

CARROT AND ORANGE CAKES



FOOD SERVICE



Carrots have been used as an ingredient in cakes for centuries, originally due to the scarcity and expense of natural sweeteners. The popularity of carrots as an ingredient in sweets was revived in Britain during WW2, and their popularity has grown and grown since then due to their healthy perception (not always the case though with traditional cream cheese icing).

Carrot cake has become an iconic New Zealand café offering, and establishments are often judged on the quality of theirs. This version is extremely light and moist, but also very simple to make.

Customer Services Phone 0800 800 617

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CARROT AND ORANGE CAKES



MAKES 12 INDIVIDUAL CAKES

INGREDIENTS

		Approx Unit Price	Approx Ingredient Cost
350g	Chelsea Soft Brown Sugar	0.00230	\$0.80
300ml	neutral-tasting vegetable oil	0.00240	\$0.72
350g	self-raising flour	0.00105	\$0.37
6	no 7 eggs, lightly beaten	0.21633	\$1.30
300g	grated carrots	0.00110	\$0.33
200g	raisins	0.00639	\$1.28
500g	orange, grated zest only (= 2 large oranges)	0.00260	\$1.30
8g	baking soda (= 2 tsp.)	0.00260	\$0.02
4g	ground cinnamon (= 2 tsp.)	0.01344	\$0.05
2g	freshly grated nutmeg (=1 tsp.)	0.03058	\$0.06
Frosting:			
150g	cream cheese	0.01050	\$1.57
100g	Chelsea Icing Sugar	0.00262	\$0.26
80g	orange (1/4 large orange), zest and juice	0.00260	\$0.69

METHOD

Preheat oven to 180°C (160°C fan assisted).

Grease a 12 hole or 2 * 6 hole Texas muffin tin and line the bases with a disc of baking paper.

In a large bowl, mix together the sugar, eggs and oil. Stir in the grated carrots, raisins and orange rind.

Separately, mix together the flour, baking soda and spices then sift into the carrot mixture. Gently mix together to just incorporate - mixture will be loose.

Divide the mixture into the prepared muffin tins and bake in the centre of the oven for 25-30 minutes, until firm and springy to the touch.

Transfer the tin to a cooling rack and cool for 10 minutes, before loosening and unmoulding. Cool completely on the cooling rack.

Spread frosting evenly over the cakes and garnish with walnuts, toasted pumpkin seeds or chopped dried fruits.

TOTAL COST	\$8.28
COST PER PORTION	\$0.69
GROSS PROFIT %	70%
SALES TAX	15%

MIN. SELLING PRICE (per portion)	\$2.64
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Costs based on average wholesale prices at February 2012

SOME KEY POINTS TO REMEMBER:

VARIATIONS

- Substitute walnuts or crushed pineapple for the raisins
- Make in rectangular individual loaf tins
- Bake in muffin papers (such as Confoil 60*175mm – around 11c each from Gilmours)

PROFIT

- Individual Carrot and Orange Cakes cost approximately \$0.69 + GST each to make
- Sell at a minimum of \$2.65 to return 70% gross profit, but will sell for up to \$4.50 each (incl. GST)

NUTRITION

- Contains gluten (flour) and eggs, but is dairy-free

SERVICE

- These carrot cakes are made in individually in muffin tins, so should be displayed in cafés as an impulse sweet item, fully garnished
- Can also be baked as a whole cake and decorated with dried fruit and nuts for a traditional carrot cake appearance. Display on a cake stand at ambient temperature
- This is a simple recipe, so make small batches on a regular basis for freshness
- Will keep for 2-3 days – keep back up refrigerated until required and only ice those ready for sale