

CHOCOLATE PASSION CAKES



FOOD SERVICE



The origin of the name “Passion Cake” is shrouded in mystery, but there are two popular theories – either that the name has a religious connection due to the spices used being often used in Easter baking (e.g. Pain d’Épices in France), or that it was created by a thrifty chef baking a wedding cake and wanting to create a moist spice cake without using all the traditional (and expensive) dried fruits.

Whatever the origin of the name, this is a delicious, moist and inexpensive cake to make and is a variation on a carrot cake.

This recipe is vegan – no dairy or eggs are used. The eggs are replaced by a date purée, which acts as an emulsifier.

Customer Services Phone 0800 800 617

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CHOCOLATE PASSION CAKES



SERVES 12

INGREDIENTS

INGREDIENTS		Approx Unit Price	Approx Ingredient Cost
200g	pitted dates	0.00391	\$0.78
300ml	canola oil	0.00240	\$0.72
30ml	white wine vinegar	0.00500	\$0.15
300g	grated carrots	0.00110	\$0.33
150g	pecan nuts, chopped	0.03000	\$4.50
350g	high-grade flour	0.00100	\$0.35
30g	cocoa powder (= 3 Tbsp.)	0.01200	\$0.36
12g	mixed spice (= 3 tsp.)	0.00752	\$0.09
6g	ground ginger (= 3 tsp.)	0.01100	\$0.07
24g	baking powder (= 6 tsp.)	0.00904	\$0.22
150g	Chelsea Caster Sugar	0.00136	\$0.20
150g	Chelsea Golden Syrup	0.00467	\$0.70
Icing:			
300g	Chelsea Icing Sugar	0.00262	\$0.79
20g	cocoa powder (= 2 Tbsp.)	0.01200	\$0.24

METHOD

Preheat oven to 170°C.

Grease and line a 23cm round cake tin.

Put dates into a bowl and pour over 200ml boiling water and leave 10 minutes to soften. Tip dates and soaking liquid into a blender with the oil and vinegar and blend into a smooth purée.

Tip purée into a bowl and stir in the grated carrots, pecans, caster sugar and golden syrup.

Sift the flour, spices, baking powder and 3 Tbsp. cocoa powder together and beat in.

Tip the mixture into the prepared cake tin, smooth the top and bake for 45 minutes, or until a skewer comes out clean.

Combine the icing sugar, 2 Tbsp. cocoa powder and a few Tbsp. boiling water into an icing to ice the cake.

SOME KEY POINTS TO REMEMBER:

SERVICE

- Display iced and whole on a cake stand and cut to order
- Keep on counter and serve at ambient temperature
- Will keep unrefrigerated for 2 days, or refrigerated for up to a week. Do not ice until ready to use

VARIATIONS

- Can be served with or without the icing
- Can be baked in halves and sandwiched together with the icing
- Add the zest of 2 large oranges, omit the ginger and replace the pecans with pistachios for a chocolate, orange and pistachio cake

PROFIT

- Each cake costs approximately \$9.50 + GST to make and can be portioned into up to 12 slices
- 8 portions per cake = \$1.19, sell at \$4.55 to return 70% GP
- 10 portions per cake = \$0.95, sell at \$3.64 to return 70% GP
- 12 portions per cake = \$0.79, sell at \$3.03 to return 70% GP
- Actual selling price will be higher, generating excellent gross profit
- Ensure portion sizes are even – use a cake portion marker to divide into even sizes

NUTRITION

- Able to be sold as a vegan option – no dairy or eggs used

TOTAL COST	\$9.50
COST PER PORTION	\$0.79
GROSS PROFIT %	70%
SALES TAX	15%

SELLING PRICE PER PORTION \$3.03
(at 12 portions per cake)

Costs based on average wholesale prices at July 2013