

CARROT AND PINEAPPLE CAKE



FOOD SERVICE



Crushed pineapple and grated carrot add a delicious moistness to this cake while soft brown sugar contributes to a delicious rounded flavour.

CARROT AND PINEAPPLE CAKE

SERVES 36 (3 cakes, 12 slices per cake)



INGREDIENTS

| | Approx Unit Price | Approx Ingredient Cost |
|--|----------------------|---------------------------|
| 750ml vegetable oil | 0.00384 | \$2.88 |
| 750g Chelsea Soft Brown Sugar | 0.00277 | \$2.08 |
| 9 eggs | 0.20000 | \$1.80 |
| 1500g carrots, grated (approx. 8 medium sized carrots) | 0.00300 | \$4.50 |
| 1 440g can pineapple, drained (270g drained weight) | 2.49000 | \$2.49 |
| 360g walnuts pieces | 0.01800 | \$6.48 |
| 1125g self raising flour | 0.00184 | \$2.07 |
| 1½ tsp bicarbonate of soda | 0.00450 | \$0.03 |
| 12g mixed spice (2 Tbsp) | 0.01366 | \$0.16 |
| Icing | | |
| 240g cream cheese, softened | 0.01122 | \$2.69 |
| 3 tsp lemon rind, finely grated (1 lemon) | 0.30000 | \$0.90 |
| 720g Chelsea Icing Sugar | 0.00261 | \$1.88 |

METHOD

Preheat oven to 180°C.

Grease and line 3 deep 23cm round cake pans.

In a large bowl, beat oil, sugar and eggs until thick and creamy. Stir in carrots, pineapple and nuts, then sifted dry ingredients.

Pour mixture evenly into cake tins and bake for approximately 75 minutes, cover cake loosely with foil half way through cooking period.

Stand cake 5 minutes, turn out onto wire rack to cool.

Icing

Beat cream cheese and lemon rind in small bowl until light and fluffy. Gradually beat in icing sugar. Spread icing over cold cakes.

RECIPE VARIATIONS

- Replace pineapple with mashed ripe banana for a Carrot & Banana cake.
- Bake individual carrot cakes in muffin tins for a more sophisticated cupcake look.
- Substitute orange zest for the lemon zest in the icing.

| | |
|-------------------------|----------------|
| TOTAL COST | \$27.96 |
| COST PER PORTION | \$0.78 |
| GROSS PROFIT % | 70% |
| SALES TAX | 15% |

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| MIN. SELLING PRICE (per portion) | \$2.98 |
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Costs based on average wholesale prices at July 2010

PROFIT

- Returns excellent margin, if wastage is kept to a minimum.
- Freezes well, worth making a larger batch and freezing half. This will also reduce labour costs, with only one bake required.

NUTRITION

- A little goes a long way with this cake – rich and energy-packed.
- Contains the goodness of walnuts (a good source of omega-3 fatty acids, shown to be effective at lowering cholesterol levels), raw carrots (high in vitamin A, dietary fibre and antioxidants) and pineapple (high in vitamin C and vitamin B).
- Contains gluten, dairy, nuts and eggs.

SERVICE

- Display on cake stand or in ambient cake cabinet.
- Will keep well for 2-3 days, stored in an airtight container in the chiller.
- Serve as it is with coffee, or with whipped cream, crème fraîche or natural yoghurt.