

Parsnip and Walnut Cake



This has been a *lovely sunny day* so any hope I had of making a start to decorating the dining room went out the window. *The allotment won!* Hubby disappeared for 3 hours or so to plant potatoes and some asparagus (a new venture!) and to do a bit of digging. I planted a few flower seeds and potted up some plugs of geraniums.

My job is providing the colour!

The allotment doesn't yield much at this time of year but a few leeks are still hanging on in there (they provided potato and leek soup for lunch!) and there are a *few parsnips* to be used up.

So I dug out this recipe, put on *my cook's apron* and made a cake for afternoon tea. Afternoon tea on a Sunday is a tradition that has given us a *few happy memories* over the years, sometimes just me and hubby with the newspapers and a bit of good music, or with *family and friends*. Then it becomes a bigger event with scones, pancakes and cucumber sandwiches! *Love it.*

But *back to the cake.....* It hides a few parsnips from the kids, includes walnuts (the healthiest of all nuts) and with a bit of optional chopped ginger how can it go wrong? There is not a lot of sugar in it either and I prefer it as it is. However, for those of you who would like a bit of extra sweetness then just add the frosting. *Enjoy!*

INGREDIENTS

This makes 1 kg loaf (or can be made into 12 muffins)

3 medium eggs
100g soft light brown sugar
100ml sunflower oil
200g plain flour (or spelt flour)
2tsp ground cinnamon
1tsp baking powder
1tsp bicarbonate soda
100g walnuts – chopped
300g parsnip – coarsely grated
60g crystallised ginger - chopped

For the Frosting

130g unsalted butter
250g icing sugar
Zest of a large orange
Juice of ½ an orange

To make

Pre-heat oven to 170C or gas mark 5

Whisk the eggs, sugar and oil together until light and fluffy. In another bowl, sift the flour, cinnamon and the two raising agents together and add the chopped walnuts into the flour mixture. Then fold this mixture carefully into the egg mixture until everything is incorporated. Finally fold in the grated parsnip and the chopped ginger. Bake in the oven for 50 minutes for the loaf or 20 minutes for the muffins, or until a skewer comes clean out of the centre of the cake. Allow cake to cool before adding the frosting.

To make the icing

Beat the butter for 4-5 minutes to soften it, add the cream cheese and mix until smooth. Add the icing sugar, orange zest and juice and mix until smooth and glossy. Spread over the top of the cake.

If you are thinking of have a bake-off have a look at our [Scott Inness Collection](#) - brightly coloured Cooks Aprons and Tea Towels

Linda