

Orange and Chocolate Cake

Oranges are one of the delights of winter. Use them in healthy fruit and raw vegetable salads and in cakes and biscuits. Try this cake with afternoon tea or coffee.

1. Pre-heat the oven to 180°C/gas mark 4.
2. Generously butter a 23cm/9in round cake tin. Cover well with breadcrumbs.
3. Whisk the eggs with the sugar until light and creamy. Add the orange juice zest and three quarters of the chopped peel.
4. In a heavy frying pan, heat the oil.
5. Whip the cream until it just holds its shape and gently fold into the mixture. Spoon into prepared tin.
6. Place on a baking sheet on a low oven shelf and bake for 40-45 minutes. Insert a metal skewer to test. The skewer should come out clean when cake is cooked. Leave to cool slightly in the tin before turning out on wire rack.
7. Melt the dark chocolate for the icing either in a microwave on medium power or in a bowl over steaming water.
8. Turn out the cake, pour over the melted chocolate and scatter with remaining chopped orange peel.

Recipe provided by www.cambridgecookeryschool.com

INGREDIENTS

Soft butter for greasing the tin
and breadcrumbs for dusting the tin

3 free-range, organic eggs

200g/7oz caster sugar

Juice and grated zest from 1 orange

55g/2 oz Italian whole candied
orange peel, chopped

200g/7oz plain white flour

1 teaspoon baking powder

142ml/5 fl oz pot whipping cream

Icing
125g/4oz dark chocolate