

Warm Carrot Cake **mango sorbet, cinnamon sauce**

Serves 8

Ingredients for carrot cake

8 eggs
600g sugar
640g flour
3 teaspoons of cinnamon
1½ teaspoons baking powder
1½ teaspoons bicarbonate of soda
300g grated carrot
430ml sunflower oil
Pinch of salt

Method

Whisk the eggs and sugar together until white.
Mix all the dry ingredients together, then add with the carrot to the whisked eggs and mix slowly. Finally add the oil.
Line a baking tray approximately 25 cm (10") x 30 cm (12") x 5 cm (2") with greaseproof paper/baking parchment.
Pour the mixture into the tray and cook at 170 °C for about 30 minutes until golden. The sponge should spring back when touched.

Ingredients for Mango Sorbet

1 litre of water
400g caster sugar
500g mango puree

Method

Bring the water and sugar to the boil add the mango puree and chill
Place the mixture in an ice cream machine and churn until the sorbet holds its shape. Remove from the machine and put in the freezer. It is possible to make the sorbet without an ice cream machine by putting it in a freezer and mixing every half hour until it holds its shape.

Ingredients for Cinnamon sauce

8 egg yolks
150g sugar
500ml milk
300ml double cream
1 teaspoon vanilla extract
1 teaspoon ground cinnamon

Method

Whisk the yolks and sugar together.
Bring the milk, cream, vanilla and cinnamon to the boil. Pour into the whisked yolks and sugar, then return to the stove and stir continuously until the sauce thickens. Immediately remove from the heat, strain the sauce and chill.
Slice the sponge cake into 8 portions. Place one portion in the centre of a plate with a scoop of sorbet on the top. Drizzle the sauce around the cake and serve immediately.