

inspired recipe

Spiced Rhubarb Cake with Crème Fraîche

by Michael Dart, head chef at Berry Blue Creative Food

Spring sees the arrival of rhubarb in Britain. Technically a vegetable, but consumed as a fruit, rhubarb is more than just a tasty, tangy ingredient. This is a delicious and simple recipe. You can serve the cake warm as a dessert - with a dollop of low-fat crème fraîche - or leave to cool, and serve as an afternoon snack with a cup of tea. And there's more to rhubarb than meets the tastebuds! It is said to possess some great medicinal qualities, and can even reduce blood pressure. So, boost your health and relish the taste with this delicious spiced rhubarb cake.

Ingredients:

50z Ground Almonds
50z Butter
50z Caster Sugar
50z Self-Raising Flour
1 tsp Cinnamon
1 Egg
80z Sliced Rhubarb

Crème Fraîche, to serve

Recipe:

Place all the ingredients, except the rhubarb, into a food mixer and blend thoroughly.

Line an 8 inch spring-form cake tin with baking parchment and spread half the mix in.

Scatter the rhubarb over and place remaining cake mix on top.

Bake for 50 minutes at 150°C until firm

Serve warm with a dusting of icing sugar and crème fraîche, or leave to cool on a wire rack.

...mmm, simple and ever so tasty!



Berry Blue Creative Food is a catering and event management company with a simple ethos – to use local, seasonal, fresh food. Based in Gloucestershire, Berry Blue harvests its own fruit and vegetables from its farm to turn into stunning canapés or delicious meals for weddings, parties and corporate events. Cooking seasonally means Berry Blue can keep food miles low and packaging to a minimum, while all waste food is composted or fed to the chickens on the farm. www.berry-blue.co.uk