



# SHEDDER'S COOKBOOK

How often does your other (better) half complain that you don't support her by doing some of the cooking? Let's hope not too often.

This is a recipe from the Coles collection that **Raymond Garfield** has tried and found easy to make. He says it is delicious

We are reminded that you don't have to be a great cook (you heard about the army joke when the sergeant asked "Who called the cook a bastard? ...") but it is good to tempt fate at times and to prove victorious.

## CARROT CAKE

### Ingredients

- Olive oil, to grease
- 1/2 cup (80g) brown sugar
- 3/4 cup (185ml) olive oil
- 1/2 cup (125ml) golden syrup
- 3 eggs
- 1 tsp vanilla essence
- 1 cup (150g) self-raising flour
- 1/2 cup (75g) plain flour
- 1 tsp Bicarbonate Soda
- 1/2 tsp Cinnamon Ground
- 2 (about 300g) carrots, peeled and grated

### Icing

- 1/2 cup (80g) Pure Icing Sugar
- 1/2 tsp vanilla essence
- 250g spreadable cream cheese



### Method

1. **Preheat oven to 170C or 150C fan-forced.** Grease a 20cm (base) round cake pan lightly with oil and line with non-stick baking paper.
2. Put the brown sugar, oil, golden syrup, eggs and vanilla in a separate bowl. Use a balloon whisk to **mix until combined.**
3. Sift the flours, bicarbonate of soda and cinnamon into a large bowl.
4. Pour the olive oil mixture into the dry ingredients. Use a wooden spoon to stir gently until just combined. Stir in the grated carrot.
5. Pour the mixture into the pan and **bake for 1 hour.** Set aside for 5 minutes, before turning out onto a wire rack to cool completely.
6. To make the icing, place the cream cheese, icing sugar and vanilla in a bowl. Use a wooden spoon to mix until well combined, **spread the icing** over the cake.

**Bon Appétit!**