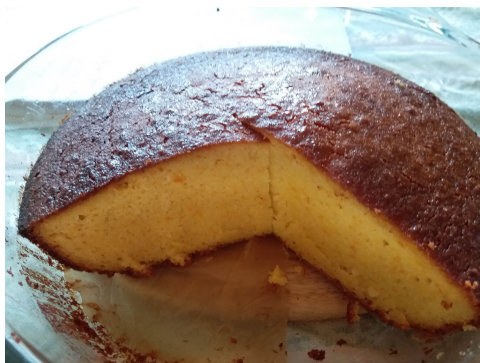


Orange & Cardamom Polenta Cake **(Gluten & Dairy Free)**



Ingredients:

- 2 medium oranges
- ½ tsp of cardamom powder
- 200 gms sugar
- 6 eggs
- 2 tbsp vegetable oil
- 200 gms ground almonds
- 50 gms polenta
- 25 gms gluten free self-raising flour
- 2 tsps baking powder
- 2 tbsps orange liqueur
- 2 tbsps honey

Method:

1. Cover the oranges with water and boil until soft - about 30 minutes.
2. In a bowl, beat the eggs and sugar together and then mix in the oil.
3. When softened, discard the water from the oranges and remove all the pips.
4. Puree the oranges together with their skins.
5. Line a 8" round or square cake tin and reheat oven to 160 degrees.
6. Mix the almonds, polenta and flour together and then add the baking powder and cardamon mixing all together well.
7. Add these dry ingredients to the egg mixture and again mix well.
8. Stir in the pureed oranges.
9. Place mixture in cake tin and bake for 50-60 minutes or until cooked.
10. Mix orange liqueur and honey together and while the cake is still hot, poke some tiny holes in it and brush with the glaze.

© Elaine Dickinson, 2019

Permission to use and distribute is given providing no charges are made.

Applications to republish should be sent to admin@thelittlechurchworld.org

For more tasty recipes visit Wai's Kitchen, TLC World at <https://tlcwhk.com>