

Canberra Cake

Birthdays and cake go hand in hand and with three years to go until Canberra's 100th anniversary the Centenary of Canberra is delighted to share a delicious new Canberra Cake recipe with Canberrans.

Released on the 12 March 2010, Canberra's 97th Birthday, the brilliant, healthy recipe was designed by Ms Janet Jeffs of Ginger Catering according to the 100 mile principle – that is, all ingredients are sourced from within a 100 mile radius of Canberra.



Some of the local ingredients the Canberra Cake features includes carrots from Cowra, Pialligo apples, Murrumbateman honey and baker's flour from Gunnedah.

Canberra Cake

(Walnut, apple, carrot and honey cake)

A healthy soft cake made with ingredients sourced from our food region

Makes 1x 1.5 kg cake 20cm

Ingredients

250g Sassafras walnuts
250g Pialligo apples peeled, cored and diced
3 Kitanodai carrots from Cowra
300g Demeter biodynamic bakers flour from Gunnedah
250g Murrumbateman honey
4 Harmony Hills free range eggs
200ml Homeleigh Grove extra virgin olive oil
¼ tsp ground cinnamon
¼ tsp ground nutmeg
¼ tsp ground cardamom
¼ tsp ground ginger
2 tsp bicarbonate soda

Recipe

Sift flour with spice and bicarb
Mix liquids into all dry ingredients
Bake at 130°C for 1 hour
Test with a skewer

Cream cheese lemon icing

125g light cream cheese
2 tbs icing sugar
1 tsp lemon rind
Cream together and ice top of the cake when cool

Canberra Cake produced by Janet Jeffs of Ginger Catering at Old Parliament House.