

Traditional living made modern.

A man and a woman are standing in a lush garden. The woman on the left is holding a large basket of fresh produce, including purple leafy greens, a pink flower, and a radish. The man on the right is holding a large brown chicken. A black and white dog is visible in the background. The scene is set in a garden with many green plants and trees in the background.

Grown & Gathered.

BY MATT & LENTIL

RECIPES AND PRACTICAL GUIDES TO GROW, COOK, PRESERVE, TRADE AND LIVE WELL.



Honey-soaked lemon, sour cream & olive oil cake.

SERVES 8-10

TIME: 1 HOUR

1 lemon

3 eggs

200 ml sour cream (see page 167)

80 g (½ cup) unrefined sugar
(e.g. rapadura)

160 g LSA (see page 149)

140 g millet flour (see note)

1 teaspoon bicarbonate of soda

100 ml extra-virgin olive oil

natural yoghurt (see page 170),
sour cream (see page 167)
or cream, to serve

Syrup

150 g (½ cup) unprocessed honey

100 ml water

3 tablespoons dried or semi-dried
rose petals (optional)

Gluten free and you would never know it! Full of the goodness of flaxseed, sunflower seeds, almonds and millet, this moist cake has an addictively sharp flavour from the lemon and sour cream, which works super well with the sweetness of honey. Trust us – it tastes like it's no good for you, but it is.

Add the whole lemon to a small saucepan and cover with water. Place the lid on and boil for about 20 minutes or until soft. Take the lemon out of the water and place in the fridge to cool.

Preheat the oven to 180°C. Grease a 20 cm round cake tin.

Beat the eggs and sour cream in a large mixing bowl until combined. Slowly add the sugar while beating until the mixture is light and smooth.

Combine the LSA, millet flour and bicarbonate of soda in a separate bowl.

Place the olive oil and whole lemon in a blender and blend until smooth.

Slowly fold half of the dry mixture into the egg mixture, followed by half of the lemon mixture. Fold in the remaining dry and lemon mixtures until well combined. Tip the batter into the prepared tin and bake for 30–40 minutes until a skewer inserted in the centre comes out clean. Leave in the tin for a few minutes, then turn out onto a cooling rack.

Meanwhile, heat the syrup ingredients in a small saucepan over a low heat until warm and combined. Pour the syrup into the empty cake tin and carefully return the cake to the tin to soak up the syrup.

Serve hot or cold with yoghurt, sour cream or cream.

Notes.

If you want a super-moist and sweet cake, double the syrup mixture.

If you can't find millet flour and don't have a grain mill, try grinding whole millet in your spice grinder.

If you don't grow roses, ask a neighbour!

