



COOKSISTER

Waar's 'it lekker? Find out with Farzana Kumandan



CREAM CHEESE ICING

Ingredients

113g salted butter, softened
226g cream cheese
1 tsp vanilla essence
¼ teaspoon salt
500g powdered sugar
½ cup lemon zest

Method

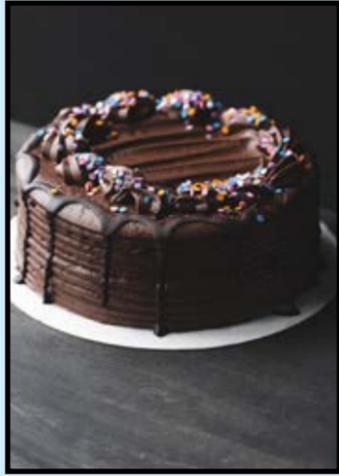
Combine butter and cream cheese in the bowl of a stand mixer (or you can use an electric hand mixer) and beat until creamy, well-combined and lump-free.

Add vanilla essence and salt and stir well to combine.

With mixer on low, gradually add powdered sugar until completely combined.

Use to ice completely cooled cake.

KHASHIFAH ISMAIL'S DECADENT CHOCOLATE CAKE



Ingredients

250g soft margarine
1½ cups castor sugar
4 eggs
4 tsp baking powder
4 tbs cocoa powder
2½ cups all-purpose flour
1 tsp vanilla essence
400g dark chocolate, chopped
400ml whipping cream
2 tbs butter

Method

Pre-heat oven to 180°C and place a rack in the center.

Line two 20cm x 20cm square pans with baking paper.

Place the margarine and sugar in a bowl and using a hand-held beater with a paddle attachment, beat until light and fluffy.

Add the eggs, one at a time, and continue to beat between

each egg.

Add the vanilla essence and mix until all ingredients are well combined.

In a large bowl, sieve together the flour, baking powder and cocoa powder and mix well.

Add the dry ingredients to the wet mixture, mixing in slowly until well combined and lump-free.

Pour half the batter into each cake tin (I always weigh the batter to get the exact amount into each pan) and bake for 35 minutes.

Insert a cake skewer in the middle and if it comes out clean, the cakes are done.

Leave to cool for 10-15 minutes then remove from their tins.

Next make sugar syrup by heating half a cup sugar and half a cup water until the sugar dis-

solves.

When cool, use a pastry brush to apply the syrup to both cakes, this will keep them moist and allow the chocolate ganache to stick to the cake more effectively.

For the chocolate ganache, heat the cream until just before it starts to boil then remove from the heat and pour it over the broken-up chocolate, stirring all the while so the chocolate melts. Add the butter and mix well so the ganache is shiny. Leave to cool overnight.

To assemble: Cut the cakes in half so you have 4 layers. Whip the ganache to a piping consistency, place into a piping bag and apply it until it covers the entire cake. Set in the fridge until firm then slice, serve and eat!

It's a piece of cake

JAEN-MARI BREYTENBACH'S CARROT CAKE

Ingredients

400g cups flour
3 tsp baking powder
1½ tsp cinnamon
½ tsp salt
295ml vegetable oil
200g sugar
200g brown sugar
1tsp vanilla essence
4 eggs
300g carrots, peeled & grated (save the peels for garnish)
125g pecan nuts, chopped
65g raisins
65g pineapple, grated
65g zucchini, grated
Zest of 2 lemons
130g dried cranberries

Method

Heat the oven to 180°C.

Grease two 23cm round cake pans and line the bottom with baking paper then grease the top of the paper.

In a bowl, whisk the flour, baking powder, salt and cinnamon until well blended.

In a separate bowl, whisk the oil, both sugars and vanilla essence.

Whisk in the eggs, one at a time, until combined.

Using a large rubber spatula, scrape the sides and bottom of the bowl then add the dry ingredients in 3 parts, gently stirring until they disappear and the batter is smooth.

Stir in the carrots, nuts and raisins.

Divide the batter evenly between the two prepared cake pans.

Bake for 35-45 minutes, until the tops of the cake layers are springy when touched and when a toothpick inserted into the centre of the cake comes out clean.

Cool cakes in pans for 15 minutes then turn out onto cooling racks, peel off parchment paper and cool completely.



LEKKER KOEK IDEAS FOR THE FESTIVE SEASON

HELLO December!
Can you believe we are heading towards Christmas already?

It's everyone's favourite time of year and one of the highlights of all our festivities is sitting down with a good cup of tea and a lekker piece of cake.

The kids are on holiday and in many homes we bake more than usual to keep those hungry tummies satisfied.

Everyone loves *koek*, and they are arguably one of the most delicious baked goods that humans have ever made, while the vast number of recipes continue to amaze.

There are always new flavours and trends popping up and Christmas is the perfect time to try them out and have your loved ones enjoy your new creations.

The first cakes - called

BY FARZANA KUMANDAN

plakous - were made in Ancient Greece and consisted of flour mixed with eggs, milk, nuts, and honey.

The Oxford English Dictionary traces the word cake back to the 13th century and was derived from the Viking word *kaka* (boy, are we South Africans thankful that was changed!).

Today cakes are everywhere - the centerpiece at weddings and birthdays, the star attraction at tea parties and a religious symbol in many countries around the world during holidays and celebrations. We even have a day dedicated to the cake.

On 26 November we celebrated Cake Day and this week we share some yummy cake recipes with you.

Happy Baking Love, Your Cooksister



TREAT YOURSELF: Pina colada

CINNAMON TUILLE

Ingredients

100g egg whites
100g icing sugar
50g corn flour
100g butter, melted
150g flour
½ tsp vanilla essence
1 tsp cinnamon

Method

Preheat oven to 180°C.

Add egg whites to a large bowl and whisk a little before adding the sugar and whisking until frothy. Stir in the flour, corn flour and vanilla essence and then add the melted butter.

Add cinnamon and mix to a smooth batter.

Spoon onto two lined baking trays and spread thinly using an offset spatula and bake for 7 to 8 minutes until the tuilles are just turning golden around the edges.

Remove the baking trays from the oven and let cool completely.

Break tuille into shards.

For the carrot peels - deep fry them in hot oil and remove when golden brown and crispy. Drain on paper towels then use for garnish on the cake along with the tuille as well as extra nuts and dried fruit if desired.

PINA COLADA LAYER CAKE

For the sponge:

125g butter, softened
250g Castor Snow
3 large eggs
165ml Double Cream Plain Yoghurt
Zest of 1 lime
220g cake flour
2 tsp baking powder
2 cups desiccated coconut

For the filling:

4 cups diced pineapple
¼ cup castor sugar
Juice of 1 lime
¼ cup rum
FOR THE FROSTING:
500g Full Fat Plain Cream Cheese, at room temperature
250g butter, softened
1 tsp vanilla extract
4 cups sifted icing sugar

TO DECORATE:

Toasted coconut shavings
Preheat oven to 180°C and grease and line 3x 20cm round cake tins.
Beat together butter and castor sugar until light and fluffy.
Whisk in eggs, yoghurt and lime zest.
Sift together flour and baking pow-

der then fold into the wet ingredients.

Gently fold in the coconut, then spoon batter into the prepared tins. Bake for about 25-30 minutes or until a skewer inserted into the cake comes out clean.

Leave cakes to cool in the tins for 5 minutes before unmoulding and cooling completely on a wire rack.

Make the pineapple filling by placing all the ingredients into a pot, then bring to the simmer and cook on gentle heat for 5 minutes, remove from the heat and leave to cool completely.

For the Cream Cheese Frosting, in a large mixing bowl, beat the cream cheese, butter and vanilla together until smooth. Add the icing sugar and mix well until smooth.

Assemble the cake by placing one sponge onto a serving plate, then top with 1/3 of the cream cheese frosting, then top with half the pineapple filling.

Repeat layering, finishing off with a layer of cream cheese frosting. Top the cake with toasted coconut shavings to decorate.