

Parsnip, Apple and Maple Syrup Cake

This is a light, tasty cake and the spicy note is slightly autumnal.

175g butter or quality vegetable margarine
250g demerara sugar
100ml maple syrup or golden syrup
3 eggs - free range
250g self - raising flour
2 tsp baking powder
2 tsp mixed spice
250g parsnip, peeled and grated
1 medium eating apple, grated, no pips or core
zest and juice of an orange
icing sugar for finishing



Method

Preheat the oven to 180°C. Grease and base line 2 x 20cm sandwich tins. Melt the butter,

sugar and syrup together in a pan gently. Allow to cool slightly, then beat in the eggs, stir in the flour, baking powder and spice. Now add the parsnip, apple and orange. Pour into the prepared tins. Bake for 25-30 mins until cooked when tested with a skewer or when lightly pressed with a finger, bounces back.

Cool on a wire rack. Once cooled slightly, take the cakes out of the tins and allow to cool fully.

You can sandwich the cakes with cream, buttercream, soft cheese or mascarpone. Vanilla buttercream is fine but a soft cheese based filling would be slightly less sweet.