



Royal
Botanic Garden
Edinburgh

Botanic Cottage Community Cook Club Early March 2021

Something sweet

Parsnip and walnut cake

We all have our favourite vegetables and the ones we're not crazy about. For me parsnips are in the latter category. If I bought my vegetables individually then I'd skip them, but as I get a veg box delivery they just keep coming so I have to find ways to use them up, and make them delicious. This is my newest kitchen 'invention' and I have to say, I'm pretty delighted with it!

If you don't have parsnips then this recipe will work with carrots too. If you don't have sultanas and walnuts you can add something similar (dried fruit, nuts, seeds) or leave them out. A simple white icing is also tasty if you don't enjoy cream cheese icing.



Ingredients

250g parsnips, peeled and grated (around 2-3)
1 lemon
2 tsp ground mixed spice
120g soft brown sugar
125ml vegetable or sunflower oil
3 eggs
200g self-raising flour
½ tsp bicarbonate of soda
100g sultanas
100g walnuts, roughly chopped

For the icing

100g icing sugar

50g cream cheese

½ a lemon

Extra walnuts to decorate (optional)

You will need a large mixing bowl, a grater, a loaf tin lined with baking paper, a sieve and a cooking rack.

Method

1. First line your loaf tin with baking paper and lightly grease with a little oil.
2. Preheat the oven to 180 degrees.
3. Wash, peel and grate your parsnips into a large mixing bowl.
4. Zest the lemon (use a fine grater if you have one), add to the bowl and then cut the lemon and squeeze the juice in too. If you squeeze the lemon juice through your fingers you'll catch any pips.
5. Add the flour, bicarb, mixed spice and brown sugar to the bowl and mix well.
6. Add the oil, break in the eggs and mix again until the mixture is smooth and contains no lumps of flour.
7. Stir in the sultanas and walnuts.
8. Pour the cake mix into the lined loaf tin and put in the oven.
9. Bake for about 40 minutes until risen and golden. Test with a knife or skewer to make sure it's cooked through. Cool on a rack, carefully removing from the tin after ten minutes resting.
10. When the cake is completely cool make the icing. Zest the half lemon and set aside. Sieve the icing sugar into a bowl, add the cream cheese and mix together. Add lemon juice until the icing is the desired consistency. Spread a thick layer over the cake and sprinkle the lemon zest over the top. Decorate with walnuts if desired.