



RECIPE OF THE WEEK: 28/06/2021
Yiaourtopitta me syropi ke stafides
(Yoghurt cake with sultana syrup)

This is a delicious Greek cake made with yoghurt which makes it moist and scrumptious. The infusion of the lemon zest, vanilla essence and orange zest combine to make it aromatic. The addition of sultanas soaked with brandy gives it an extra dimension and elevates it to new heights. Serve it with fresh fruit, cream, ice cream or yoghurt.

Serves 8-10

Ingredients

Sultana syrup
250g sultanas
125ml brandy
Juice of ½ lemon
450ml water
300g granulated sugar
1-2 cinnamon sticks, 3cm in length
5-6 cloves
½ tsp vanilla essence
Yoghurt cake
4 large eggs, separated
200g caster sugar
100g honey
300g plain flour
1tbsp baking powder
1 tbsp baking soda
a pinch of salt
zest of one lemon
zest of one orange
1 tbsp vanilla essence
175g unsalted butter, softened
450g Greek yoghurt
icing sugar for dusting



Method

For the sultana syrup

Soak the sultanas in brandy for at least 2 hours or preferably overnight. In a small saucepan, heat the sultanas, brandy and the remaining ingredients. Bring to the boil, simmer for 2-3 minutes and set aside to cool. Remove the cinnamon sticks and cloves.

Yoghurt cake

1. Preheat the oven to 180°C / 160°C fan / gas 4.
2. Lightly grease and flour the base of a 26cm loose bottom round tin or a 24 x 35 cm cake tin and line with greaseproof paper.

3. Place the egg yolks in a bowl and whisk until they start to thicken. Add the caster sugar and honey and continue to whisk until the mixture thickens slightly and becomes pale and creamy.
4. Sift the flour, baking powder, baking soda and salt together in a large bowl. Stir in the egg mixture, the lemon zest, orange zest and vanilla essence. Add the butter and yoghurt and mix well.
5. Using a clean whisk and bowl, beat up the egg whites to the soft peak stage or mixer and fold gently and thoroughly into the cake mixture and pour the mixture in the prepared tin.
6. Bake the cake on the centre shelf of the oven for 50-60 minutes until firm and springy to the touch. To test it, insert a skewer in the centre of the cake and if it comes out clean, the cake is ready.
7. Remove the yiaourtopitta from the oven and let it cool for 1-2 minutes in the tin.
8. Pour some of the sultana syrup over the cake and allow it to soak through. Turn on to a wire rack and allow it to cool. Peel off the parchment paper and discard.
9. Serve the slices of the cake with the poached sultanas and remaining syrup and dust with icing sugar.

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