



RECIPE OF THE WEEK: 13/02/2023

Keik me Ahladia ke Sokolata (Cake with Pears and Chocolate)

This is a light, moist and delectable cake using pears instead of apples or other fruits. The combination of the pears, chocolate, orange zest, brandy and vanilla essence makes for a delicious cake.

Ingredients

(16 pieces)

3 pears
2 tbsp lemon juice
4 medium, free-range eggs
150g sugar
100g yogurt or 100ml milk
175ml extra-virgin olive oil, plus extra for the tin
1 orange, zested
1 tsp vanilla essence
1 tsp cinnamon
1 tbsp brandy
125g dark chocolate (70% cocoa)
200g plain flour
2 tsp baking power
a pinch of salt
1 tbsp cocoa



Method

1. Pre-heat the oven to 180°C/160°C fan/gas 4.
2. Peel the pears and remove the cores and stalks and cut them into cubes, 1cm in length. Sprinkle the pear cubes with lemon juice and set aside.
3. Separate the egg whites from the egg yolks and beat them with a whisk or mixer for 4-5 minutes to form soft meringues.
4. In a separate bowl or using the bowl of the mixer, beat the egg yolks with the sugar for 1 minute until the mixture becomes pale and smooth. Add the yoghurt or milk and olive oil and stir well with a wooden spoon.
5. Add the orange zest, vanilla essence, cinnamon, brandy to the egg yolk mixture. Chop the chocolate into small pieces and put them into a small bowl. Pour boiling water into a large pan over a low heat. Place the small bowl containing the chocolate securely on top, ensuring it does not touch the water. Stir with a wooden spatula until the chocolate melts.
6. Sieve the flour and place in a large, deep bowl with baking powder, salt, cocoa and the pear cubes. Pour this mixture into the chocolate mixture. Add the meringue and stir lightly with a wooden spatula, making round circles and then cutting through them from the top to the bottom until the mixture is homogenised.

7. Grease the base of a round 28cm cake tin or a rectangular one 10cmx35cm and sprinkle with flour before covering with grease proof paper. Pour the cake mixture into the tin and flatten the surface of the mixture with the aid of spatula.
8. Bake in the pre-heated oven for 45-50 minutes or until a knife or skewer comes out clean after inserted into the middle of the cake.
9. Take the baking tin out of the oven and let it cool for at least 10 minutes.
10. Loosen the cake by running a knife around the edges of the cake.
11. Place a large plate on top of the baking tin and turn it upside down to release it from the tin.
12. Sprinkle the top of the cake with icing sugar, cut into pieces and serve with a coffee or tea.

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