

Food Task – make your own carrot cakes

Did you know?

- Carrots have been used in cakes since medieval times as sugar was expensive, and carrots which are naturally sweet, were much cheaper and more readily available.
- The first recipe for carrot cake was in 1827.
- Carrot cake was very popular during the Second World War in Great Britain because of rationing.

Use our school recipe to make your own carrot cakes. You can eat them as they are or make and add a cream cheese icing. Make sure a grown up helps you when you are using the oven.

Mini Carrot Cakes

Ingredients – makes 6

75g butter or margarine

125g carrots

75g sugar

1 egg

100g self raising flour

1 heaped tablespoon raisins or sultanas

1 level teaspoon cinnamon

6 paper muffin cases

Optional icing

3 tablespoons cream cheese

3 tablespoons icing sugar



Mini Carrot Cakes

Method

1. Preheat the oven to 180 degrees, 160 degrees fan oven or Gas mark 4.
2. Peel and grate the carrots.
3. Melt the butter in a small saucepan and allow to cool. Pour into a measuring jug and add the egg, mix with a fork.
4. Place the self raising flour, sugar and cinnamon in a large mixing bowl.
5. Pour in the butter and egg mixture, add the grated carrots and the dried fruit.
6. Mix quickly to a lumpy sludge.
7. Divide equally into your muffin cases in a muffin tin.
8. Bake for 20 minutes until risen and golden brown.
9. For the icing, sieve the icing sugar and mix with the cream cheese until smooth and creamy.
10. Spread over the cooled muffins and top each one with a blueberry or walnuts if you like.

