



Recipe of the Month

Sept 2016 Olympic winning Chocolate Cake!

It's time to channel your inner Mary Berry! This is a very popular dessert at school. It produces a lovely moist cake. (no soggy bottoms!) One special ingredient make this a cake worth baking, see the ingredients information for all the details. In winter we have served this with a chocolate sauce or it could be served as a cake filled with fresh raspberries and cream...

This recipe makes one tray 26x40cm. At school we portion this into 24 portions. You could use the same recipe to make an 8-9 inch round sponge cake in two sandwich tins. The cake freezes really well if you think you have too much for one sitting! Allergens are eggs and gluten.

Ingredients

104g cocoa powder
5 eggs
333g caster sugar
333g cooked beetroot
280 ml sunflower oil
250g Plain flour
1tsp Baking powder
1 tsp Vanilla extract

Method

1. Lightly grease the tin with a little extra oil. If using sandwich tins line the base with greaseproof paper so you can tip it out when cooled.
2. Place the beetroot in a food processor and puree/ blend. If you do not have a processor chop very finely. *
3. Gradually add the eggs, vanilla and oil and blend until smooth.
4. Mix together the dry ingredients, cocoa, flour, baking powder and sugar, stirring to ensure there are no lumps.
5. Add the beetroot mix to the dry ingredients and mix lightly.
6. Pour into prepared tins.
7. Bake for 20 - 25 mins on 180 degrees celsius. The cake should be firm to the touch and shrink away from the edge of the tin slightly.
8. Leave to cool in the tin before portioning.

Tips*

Wear gloves if you are chopping the beetroot, it stains very quickly!



About the ingredients.

Beetroot

Exercise and Athletic performance.

Since **Paralympic gold medalist David Weir** said that a shot of beetroot juice was his secret of success there has been a lot of interest in the amazing health benefits of the beetroot. Beetroot juice helps oxygen reach the muscles during exercise and has been shown to improve times for cycling and running. This is due to the high **Nitrate** levels in beetroot juice which increase blood flow and lower blood pressure.

Medicinal

Beetroot was first cultivated by the Romans. It has exceptional nutritional value and both the leaves and the root can be eaten. It is an excellent source of **folic acid, fibre, manganese and potassium**.

Beetroot has been used in medicine for a long time primarily with disorders of the liver as it stimulates the liver's detoxification processes.

The increased blood flow can improve oxygenation to the brain which can slow the progression of dementia.

Beets contain an antioxidant, **alpha-lipoic acid** which lowers glucose levels and increases insulin sensitivity both helpful for diabetics.

Choline, an important nutrient in beetroot helps with sleep, muscle movement, learning and memory.

The plant pigment that gives beetroot its purple colour is **betacyanin**, thought to suppress the development of some types of cancer.

Beetroot is rich in **fibre**, this type of fibre increases the level of antioxidant enzymes in the body. It also increases the number of white blood cells which detect and eliminate abnormal cells. Beetroot supplies a rich source of **glutamine**, which is an amino acid essential to the good health of the intestinal tract.

Enjoy!

Juliette Smith, Catering Manager