

# Carrot, pear & pecan cake



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Preparation 25 mins | Cooking 1 hour 15 mins | Serves 8

2 cups plain flour  
3 tsp baking powder  
2 tsp ground cinnamon  
1½ cups soft brown sugar  
200g (about 2) carrots, grated  
100g pecan nuts, finely chopped  
3 free-range eggs, at room temperature  
1 tsp vanilla extract  
1 cup rice bran oil  
2 just-ripe Beurre Bosc pears  
2 tsp caster sugar

**STEP 1** Preheat oven to 180°C/160°C fan-forced. Grease and line a 22cm (base measurement) spring-form pan with baking paper.

**STEP 2** Sift flour, baking powder and cinnamon into a bowl. Stir in sugar, carrots and pecan nuts. Set aside.

**STEP 3** Using electric hand beaters, whisk eggs, vanilla and oil in a bowl for 2-3 minutes until thick. Make a well in the centre of the dry ingredients and add egg mixture. Using a large metal spoon, mix until just combined. Spoon mixture into prepared pan and smooth top.

**STEP 4** Quarter pears lengthways and remove cores. Thinly slice pears lengthways. Arrange pears over cake mixture. Sprinkle with raw caster sugar. Bake for 1 hour 15 minutes to 1 hour 20 minutes until a skewer inserted in the centre of the cake comes out clean. Stand in pan for 10 minutes then turn cake pear side-up onto a wire rack to cool. Slice and serve.

### Good for you... CARROTS

*The old saying that carrots help you see in the dark is due to their high content of beta carotene, which the body converts to vitamin A and uses for normal vision. A good source of vitamin C, one of the vitamins needed for the normal functioning of the immune system. Provide dietary fibre, whether raw or cooked.*

