



LIME, COCONUT AND COURGETTE CAKE

This weeks Recipe of the Week is an absolutely delicious Lime, Coconut & Courgette (Zucchini) cake inspired by Marianne Stewarts' Nourish Cakes. Made and photographed by Affordable Wholefoods owner Denise Evans, its tart, fresh and delicious and still suitable for the gluten and dairy intolerant. Enjoy!

Makes a 20cm (8 inch) cake to serve 10-12

Ingredients:

4 medium size *courgettes (zucchini)*, washed and grated

finely grated zest and juice of 6 *limes*

5 *free range eggs*

1 and 2/3 cups *brown sugar*

1 and 3/4 cups *rice flour*

1 cup of *ground almonds*

5 teaspoons *ground flaxseeds*

1 1/4 teaspoons *bicarb soda*

2/3 cup *desiccated coconut*

Coconut oil for greasing

For the Lime Curd:

6 tablespoons fresh *lime juice* (left over from the cake ingredients above)

5 teaspoons *tapioca flour*

1/2 cup *brown sugar*

1/2 cup *coconut cream*

5 free range egg yolks

1/4 cup coconut oil

Method:

Layer the grated courgette between double thicknesses of kitchen paper or tea towels and press down to extract the juice. Set aside for 30 minutes making sure the courgette is well drained. Weigh out 465g of the courgette and add to this the lime zest and 4 tablespoons of the juice. Set aside the remaining juice for the curd.

Place the eggs and sugar in a bowl and whisk on medium to high speed (if you have an electric mixer) for 5 minutes, or until the mixture is pale and doubled in volume. Alternatively use an electric hand whisk.

Fold the courgette and lime through the egg mixture until well incorporated. Add together the rice flour, ground almonds, flaxseed, bicarb soda and coconut and fold this mixture through the cake batter. Leave to rest for 10 minutes.

Preheat the oven to 180°C or 160°C fan forced. Grease 2 x 20 cm round cake tins (at least 5cm deep) with coconut oil and line with baking paper.

Divide the cake batter evenly between the tins and bake for 40 minutes, or until browned and the tops spring back when gently pressed.

Cool the cakes in their tins on a wire rack until cold. Chill thoroughly before slicing and filling.

For the Curd, add a little of the lime juice to the tapioca flour in a bowl to make a loose paste.

Place the remaining juice, along with half of the sugar and half of the coconut cream in a small pan and heat gently to a simmer, stirring as you go.

Add the tapioca paste and cook for another 4 minutes until the mixture has thickened and has lost its floury taste.

Whisk the remaining sugar with the egg yolks. Add a little of the hot mixture from the pan to the eggs and mix well, then pour back into the pan.

Place over a very low heat and cook for 3 minutes until the mix has thickened. Mix in the coconut oil. Scrape into a bowl, cover and chill until firm and cold.

To assemble the cake, slice each layer in half and, if the tops are uneven, trim these as well with a long serrated knife.

Whisk 1/2 cup of the lime curd with the other half of the coconut cream and set aside. Place the first layer of cake on a serving plate and spread evenly with half of the remaining curd.

Place the next layer on top and spread with half of the lime-coconut cream.

Place the next layer on top and spread with the remaining curd, then place the final layer of the cake (as one of the bottom halves of the cake crust side up) on top and spoon the remaining lime and coconut cream.

Decorate with coconut flakes, grated lime zest and edible flowers.

Tip: make sure the courgettes are firm and not too large. Too much softness or too many seeds can affect the cakes texture.

Gluten Free | Dairy Free

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