



Seasonal and Local Recipes

Tayport Community Growing Space

<http://tayportplantgardens.wordpress.com/>

September

Polish Apple Cake by Kaska

Polish cooking from my childhood was far from vegan- friendly but recently Polish bloggers have been coming up with some amazing vegan versions of traditional recipes. This one is inspired by <http://majaskorupska.blogspot.co.uk>

No eggs or dairy

Ingredients:

3 cups	Wheat flour
100ml	Warm plant-based milk (e.g. soy milk)
7g	Instant dry yeast
4tbsp	British sugar-beet sugar (or more to taste)
Pinch	Salt
1 cup	Carrot puree (around 500g of raw carrots, cooked and blended)
100g	Coconut oil (liquid)
700g	Apple mousse – I made some earlier from windfalls in Jessie's garden (Cook the peeled and cored apples on low heat until they fall apart. Add cinnamon and sugar to taste)

Directions:

- Combine flour, milk, yeast, sugar and salt and knead for 1 minute. Gradually add carrot puree while kneading for another 3 minutes.
- Slowly add the coconut oil and knead for another 5 minutes or until it stops sticking to your hands.
- Form it into a ball and leave it covered in an oiled bowl in a warm place for 1 hour. It should roughly double in size.
- Roll into a 0.5cm thick rectangle (35x40cm). Cover the surface with the apple mousse, leaving 2cm space along each edge. Roll it up into a roulade shape.
- Slice it into 15 portions and arrange them cut side up in a greased rectangular baking pan (32x22 cm). They should be touching – you want them to connect together into a single cake. Bake in a preheated oven at 180-200C for 20-30 min.

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