



Seasonal and Local Recipes

Tayport Community Growing Space

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

October

Windfall cake by Linda

There are so many windfall apples around at this time of the year. A bit unsightly and bruised but perfect as an ingredient in a cake!

This one is adapted from Country Wisdom by Rosamond Richardson.

Gluten- and dairy-free

Ingredients:

225g	Brown rice flour
2 tsp	Baking Powder
Pinch	Salt
150g	Coconut oil
100g	Brown sugar
100g	Chopped hazelnuts (or walnuts if you prefer)
350g	Peeled Tayport windfall apples, chopped
2	Eggs (from Tayport chickens) beaten
1 tsp	Nutmeg or cinnamon

Directions:

- Simmer apples with a tablespoon of water to soften.
- Cool but while still warm add the coconut oil and sugar and beat well until oil incorporated.
- Sift flour, baking powder and salt into mix along with beaten eggs.
- Pour mixture into oiled 8 inch tin and bake at 180 C for 40-50 minutes.
- Dredge with sugar while still warm. Great served warm as a pudding or keeps well in a tin.

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