



Carrot Cake with Cashew Cream Cheese, Candied Pecans and Maple Caramel

Serving:

12-14

Type:

pareve (dairy free) dessert

Author:

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Notes:

Carrot cake has been a delectable stand-by in kosher kitchens since the 1960's when it gained in popularity across the U.S. Traditionally, carrot cake is moistened with oil rather than butter, making this the perfect pareve (dairy-free) dessert for kosher keepers to enjoy after a meat meal.

This chef's recipe goes all out with a cashew and coconut cream frosting, maple caramel drizzle and candied pecans. See an easier option for 3 ingredient dairy-free cream cheese frosting in the TIPS* below the recipe.

Ingredients:

Cake:

2 cups organic cane sugar

2 cups vegetable oil

4 eggs, beaten

2 cups flour

1 tsp salt

2 tsp baking soda

2 tsp ground cinnamon

3 cups (about 5 large carrots) finely grated carrots

Frosting:

1 ½ cup cashews (soaked in water over night)

½ cup coconut cream

1 tsp lemon juice

1 cup confectionary sugar, sifted

4 tablespoons Earth Balance margarine

water if needed

Candied pecans:

1 egg white

1 tbs water

1 pound pecans

1 cup sugar

½ tsp cinnamon

Maple caramel drizzle:

1 cup sugar

1/3 tsp lemon juice

¼ cup water

¼ cup maple syrup

4 tbs Earth Balance

2 tbs coconut cream

Directions:

Make the cake:

Preheat the oven to 300, Grease three 9 inch round cake pans with cooking spray, line with parchment paper & spray again.

In a mixing bowl, mix sugar, vegetable oil & eggs. In a separate bowl mix together flour, salt, baking soda & cinnamon.

Gently fold dry ingredients into wet, mixing until just combined. Fold in carrots, mixing until immersed; be careful not to over mix. Pour into prepared pans & bake in preheated oven for 50- 60 minutes.**

Make the frosting:

Drain cashews. In a blender, blend cashews until creamy. Run through a mesh strainer to get rid of any large pieces. In a large bowl mix coconut cream & lemon juice, add confectionary sugar and begin to beat on low until thoroughly combined.

Add earth balance, 1 tbs at a time. If the mixture is too thick, add a little bit of water.

Assemble the cake:

Place the first layer, bottom side down, at the center of the cake stand. With a spatula evenly spread frosting on the layer. Center the next lay on top of the first one, top side down, again with the spatula spreading evenly the frosting. Center the third layer, top side down. Press firmly but gentle to get all the layers together into one firm cake. With the spatula, spread remainder of frosting to cover top and sides of cake.

Refrigerate until ready to eat.

Make the candied pecans:

Preheat oven to 250. Line baking sheet with silpat or greased parchment paper.

In a mixing bowl, mix egg whites and water until frothy. In a separate bowl mix together sugar & cinnamon.

Add pecans to egg whites, stir to coat the nuts evenly. Remove the nuts and toss them in the sugar mixture until coated. Spread the nuts on prepared baking sheet.

Bake in oven for 1 hour, stirring every 15 minutes. Store nuts in air tight container- will last about a month.

Make the maple caramel drizzle:

In a heavy duty sauce pan, stir the sugar, lemon juice & water. Bring to a boil over medium high heat until the mixture starts to change in color, anywhere from 5-8 minutes. You must keep an eye on this, once it starts to change, it changes very quickly.

Remove from heat and add maple syrup. Whisk in earth balance 1 tablespoon at a time. Finish with coconut cream.

Tips:

* Easy 3 ingredient, dairy-free cream cheese frosting: Bring 1 stick of Earth Balance dairy free margarine and (1) 8 oz. container of vegan cream cheese (Tofutti or Trader Joe's) to room temperature for about an hour. Beat margarine and cream cheese together in a medium bowl until

blended. Set aside 3-5 cups of sifted organic powdered sugar. Add sugar to mixture, 1 cup at a time, until smooth and thick. Consistency should be of a sturdy frosting so it is spreadable but stays in place.

****chef tip-** its best if you make the cake the day before you want to frost it, frosting adheres better to a crispy cake. Store the cake in the pans, inverted, in a closed cupboard, to prevent from drying.