



## VEGAN ORANGE, CHOCOLATE & OLIVE OIL TORTE

Vegan

 1 hour and 30 minutes

 6 portions

### INGREDIENTS

- 3 units [2-5/8" dia] of oranges, raw, Florida [423 g]
- 1 tbsp of vinegar, cider [15 g]
- 100 grams of flour, wheat, white, self raising
- 60 grams of cocoa powder
- 1 level teaspoon of bicarbonate of soda [4 g]
- 30 grams of almonds, flaked and ground
- 180 grams of sugar, castor
- 5 tablespoons of oil, olive [55 g]
- 1 serving [8 fl oz] of beverages, water, filtered, well [237 g]
- generous pinch of sea salt **or** 2 grams of salt

### COOKING METHOD

- 1° This vegan chocolate torte has a fudgy, dense crumb with wonderful fragrance from seasonal oranges. There is a grown-up hint of bitterness from the olive oil and orange zest alongside the rich chocolate, a pinch of sea salt really boosts the flavour.
- 2° Equipment needed Small saucepan 20cm cake tin baking parchment 2 mixing bowls
- 3° 1. Finely zest all 3 oranges. Add the zest to the small saucepan with the olive oil - 80ml is just over 5 tablespoons if that helps. Gently warm the oil until it is bathwater hot. Leave to one side for at least 20 mins to infuse.
- 4° 2. Meanwhile grease a 20 cm cake tin with a little olive oil and line with baking parchment. Turn your oven on to 180C/Gas 4 to preheat.
- 5° 3. Juice enough oranges to give you 80ml of juice - this will be over 5 tablespoons in volume or will weigh 80g. place the juice in a bowl with the [filtered] water half of the vinegar and a generous pinch of sea [or Himalayan Crystal] salt.
- 6° 4. In a separate mixing bowl, sift the flour, cocoa powder and half the bicarbonate of soda. Add the ground almonds and sugar, and mix well so everything is evenly distributed.
- 7° 5. When the olive oil is ready, transfer it all along with the zest, to the bowl of orange juice. Give it a quick whisk and then pour it all into the bowl of dry ingredients. Fold together gently but firmly, until everything is just incorporated and you no longer see any dry lumps.
- 8° 6. Spoon the mixture into the cake tin and level it with the back of a spoon. Transfer to the oven Bake for 35-40 minutes, or until firm, risen and starting to crack slightly at the sides. A skewer or knife tip inserted in the middle should come out clean

9° TIPS Infusing the olive oil with the orange zest really amplifies the orange flavour. Warming the oil speeds up the process, but the longer you can leave them the better. We have been known to leave them overnight overnight. You need to make sure that you bring the wet and dry ingredients together without overmixing for the lightest results. Avoid using an electric mixer for this part use a spatula or wooden spoon instead.

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## NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (184 g)	% DRI
ENERGY	192 kcal	353 kcal	18 %
PROTEIN	3 g	5 g	10 %
CARBOHYDRATE	30 g	54 g	21 %
SUGARS	21 g	38 g	43 %
FAT	8 g	15 g	21 %
FATTY ACIDS, TOTAL SATURATED	2 g	3 g	14 %
FIBER	1 g	2 g	9 %
SODIUM	221 mg	408 mg	17 %