

Blood Orange Citrus Polenta Cake

Makes 8-12 portions

Ingredients

Equipment

23cm loose-bottomed or springform tin, greased with the base lined with a disc of baking parchment

For the candied oranges

2-3 Blood oranges, thinly sliced (about 2mm)
220g Caster sugar
125ml Water

For the cake

3 Egg yolks
125ml Vegetable oil (any veg oil will do – a mild olive oil would be fine)
110g Caster sugar
1 Orange, grated zest of
1 Lemon, grated zest of
100g Ground almonds
75g Polenta
¼ tsp Baking powder
20g Caster sugar
3 Egg whites



Method

Candied orange slices:

- Place the sugar and water in a saucepan over a low to medium heat and cook, stirring occasionally until the sugar has dissolved. Turn the heat up to medium high and add the blood orange slices and bring to the boil. Reduce the heat and simmer for 10-15 minutes until the peel looks semi-translucent.
- Remove the orange slices with a slotted spoon to a tray lined with baking parchment.
- Add the juice from the zested orange and lemon to the syrup, bring to the boil and boil until it thickens slightly. Remove from the heat and set aside.

The cake:

- Heat the oven to 180C
- Put the egg yolks, vegetable oil, caster sugar and orange and lemon zests in a bowl and beat until smooth and combined.
- Put the ground almonds, polenta, and baking powder in a medium-sized bowl. Add the egg yolk mixture and fold in until combined.
- Whisk the egg whites to stiff peaks, then add the 20g sugar and beat until combined. Fold the whisked egg whites into the cake mixture.
- Pour into the prepared tin being careful not to displace any of the candied orange slices. Put in the oven and bake for 35-40 minutes until brown on top and a skewer inserted comes out clean.



- Remove the cake from the oven and cool for about 10 minutes. Pierce the cake all over with a skewers, then slowly spoon the syrup over the cake, allowing it to sink in before adding more.
- Leave the cake to cool completely before turning out onto a serving plate.

Tips:

- If you want this cake to be gluten-free, ensure that the baking powder you use is GF
- This cake works with any citrus fruit, so you can replace the orange and lemon with limes or grapefruit
- You can flavour the cake, and the syrup, with different spices should you wish. For instance, try adding a teaspoon of ground cardamom to the cake batter, or flavour the syrup with a teaspoon of cinnamon or ½ a teaspoon of ground spice.