

The Friday 4

4
FRESH
IDEAS
YOU
CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: Great for a Dessert, Perfect for a Snack, Toast it for Breakfast!

Olive Oil makes it Moist and Tender : British Citrus Cake

1 ¼ Cup Whole Wheat Pastry Flour
1 Tsp Baking Powder
¼ Tsp Fine Sea Salt
2 Large Eggs
2 Large Egg Whites
¾ Cup Sugar
Zest of 1 Grapefruit
Zest of 1 Orange
Zest of 1 Lemon
Zest of 1 Lime
1 ½ Tsp Vanilla
1 Cup Extra Virgin Olive Oil

Glaze

1 Cup Powdered Sugar
2 TB Grapefruit Juice
1 TB Lime Juice

Serve with:

Faux Crème Fraiche (Nonfat Greek

Yogurt mixed with 1 TB Lemon Juice)
Powdered Sugar
Fresh Berries

Step One Preheat the oven to 350F.
Lightly olive oil, (or non-stick spray)
a 9" parchment-paper-lined
springform pan.

Step Two Sift the flour, baking
powder, and salt together. Using a
mixer with the whisk attachment beat
the eggs, sugar, and zests on high
speed for 5 minutes, until the eggs
are thickened and lighter in color.
Add the vanilla. Turn the mixer to
low speed and drizzle the olive oil
into the batter, adding it in slowly.
Sprinkle in the flour and mix on low
speed until just incorporated. Pour
the batter into the prepared pan.

Step Three Bake for 25 to 30

minutes, or until the cake is golden.
Cool slightly and poke holes with a
toothpick to allow the glaze to soak
into the cake.

Step Four To make the glaze, sift the
confectioners' sugar into a small
bowl. Add the juices and whisk to
combine. Pour the glaze over the
cake.

2 Kitchen Smidgen

Using Olive Oil as a fat in cake,
makes it especially moist and tender
with a unique European firm texture.
Olive Oil cakes stay delicious for
almost a week - if it lasts that long!

3 Get Creative

Serving the cake as a dessert for an
adults-only dinner? Try substituting
Limoncello liquor for the juice in the
glaze. It's a delicious change!

4 WINE of the Week Bougrier Sparkling Chenin Blanc

Loire Valley, Vouvray France
About \$18.00 at Total Wine

Here's a not-the-usual suspect to partner
with the delicious citrus cake. My first im-
pression on tasting this luscious sparkler was lime and citrus zest, crisp green apple
and bread. Good bubbles from this French charmer - a great example of a sparkler
that is a little off-dry to enjoy with fruit dessert or mild cheeses.