

Orange & Lemon Polenta Cake With Burnt Orange Toffee Syrup

BBC
RADIO



By Mary Contini

Ingredients

A delicious, moist cake which is gluten-free
and keeps for up to a week

For the cake

225g unsalted butter
225g caster sugar
225g ground almonds
3 free range eggs
Zest of 1 lemon
Zest of 2 oranges
Juice of 1 lemon
125g fine polenta flour
60g course polenta flour
1 teaspoon baking powder
A good pinch of salt



For the syrup

100g caster sugar
100ml water
6 tablespoons orange juice

Prep Time: 15 mins

Cooking Time: 45 mins + 10 mins

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Method

For the cake

1. Pre-heat oven 180C/350F/Gas 4. Line and grease a 30cm baking tin.
2. Beat the butter and sugar together until light and fluffy.
3. Stir in the ground almonds.
4. Beat in the eggs, lemon juice and zest and mix slowly so as not to curdle the eggs.
5. Fold in the mixed polenta flours. Pop the mixture into the baking tin.
6. Bake in the pre-heated oven for 40-45 minutes until a skewer in the middle comes out clean.

For the syrup

1. Slowly dissolve the caster sugar in the water.
2. Watch it carefully, moving the pot gently to ensure all the sugar dissolves.
3. As it comes to the boil increase the heat and boil fiercely until the toffee browns at the edges and just starts to singe.
4. Remove from the heat and add 6 tablespoons of orange juice, stirring it to make a syrup.
5. Slice an orange thinly and cook it in the syrup.
6. Pour the syrup over the polenta cake and decorate with the glazed orange slices.
7. Store the cake in a sealed container or in tin foil for up to 7 days.