

GLUTEN-FREE ORANGE AND ALMOND CAKE



FOOD
SERVICE



A gluten-free cake, moist and tangy with whole oranges. Keeps well due to the high proportion of ground almonds. Extremely popular in cafés.

GLUTEN-FREE ORANGE AND ALMOND CAKE

SERVES 8 (8-10 slices per cake)



INGREDIENTS

		Approx Unit Price	Approx Ingredient Cost
2	large oranges (400g)	0.00400	\$1.60
200g	Chelsea Caster Sugar	0.00262	\$0.52
200g	ground almonds	0.02600	\$5.20
½ tsp	baking powder	0.00890	\$0.02
½	lemon, juiced	0.30000	\$0.15
6	eggs	0.20000	\$1.20

METHOD

Put whole oranges in a pan and cover with cold water. Bring to the boil, turn down heat and simmer for up to two hours. Check water to ensure oranges don't boil dry. After two hours, remove from heat and leave to cool.

Preheat the oven to 200°C.

Remove oranges from the water. Cut in half and remove pips.

Place oranges in a food processor, skin and all, with all the remaining ingredients and blend until mixed.

Put mixture into a greased and lined 20cm cake tin and bake 45 minutes.

Let cake cool before serving with a dollop of crème fraîche and a scattering of raspberries.

Candied Topping

Dissolve 225g sugar in 375ml water over low heat. Add an extra thinly sliced orange (including peel but remove pips) and bring to the boil. Simmer for 6-8 minutes until glossy and transparent.

Arrange slices on top of cake and drizzle over remaining syrup.

RECIPE VARIATIONS

- Add poppy seeds to mixture for an Orange, Almond & Poppyseed cake.
- Gluten-free Orange & Lemon cake – substitute 2 lemons for one of the oranges.
- Make in individual moulds lined with cupcake papers for Orange & Almond cupcakes to display in a café food cabinet.

TOTAL COST	\$8.71
COST PER PORTION	\$1.09
GROSS PROFIT %	70%
SALES TAX	15%

MIN. SELLING PRICE (per portion)	\$4.18
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Costs based on average wholesale prices at July 2010

PROFIT

- Most customers recognise the higher cost of ingredients for gluten-free products and are prepared to pay extra for them.
- Cost per slice approx \$1.09 + GST, suggest a selling price of \$4.18 to get 70% gross profit. Add cost of spoonful of yoghurt to determine final selling price.

NUTRITION

- Gluten-free and dairy-free (when not served with yoghurt, cream, etc). Contains nuts (ground almonds).
- Almonds are a rich source of Vitamin E and monounsaturated fat, this is good for lowering levels of LDL cholesterol.

SERVICE

- Serve at room temperature with unsweetened yoghurt or cream.
- Display whole cakes on counter top in cake stands. Best unrefrigerated.
- Garnish with candied orange zest.