

Flourless Pineapple Cake

Serves: 12

Prep time: 30 minutes

Cook time: 35-45 minutes



½ serve per portion

Ingredients

440g can crushed pineapple

⅓ cup caster sugar

1 cup apple puree

6 eggs

2 cups ground almonds

1 ½ cups desiccated coconut

1 tablespoon baking powder

1 cup diced pineapple to serve

1 tablespoon small mint leaves

Syrup:

3 Tablespoons caster sugar

⅓ cup lemon juice

1 cup pineapple juice (reserved from tin)

4 finger limes, pulp (optional to decorate)

Method

PREHEAT the oven to 200°C. Grease and line a shallow 25x30cm cake tin.

STRAIN pineapple reserving the juice for later, then fry the pineapple in a frypan on medium heat for a few minutes.

COMBINE sugar, apple puree and two whole eggs in a bowl and beat well.

SEPARATE remaining eggs, reserve whites, and add yolks one at a time to the batter.

COMBINE the ground almonds, coconut, and baking powder in a separate bowl. Add the cooked pineapple and mix thoroughly.

ADD the wet batter to the pineapple mixture and stir to combine.

WHISK egg whites until soft peaks are formed and carefully fold through the batter.

POUR mixture into tin and bake for 10 minutes then reduce heat to 160°C and bake for a further 25-30 mins.

COMBINE sugar, lemon juice and reserved pineapple juice in a saucepan and bring to the boil then reduce heat and simmer for 5-10 minutes or until mixture starts to reduce and thicken slightly. Set aside to cool.

POUR syrup over cake and decorate with fresh pineapple pieces, mint and finger lime.



Discretionary Food

Recipe courtesy of Sue Baillie, Sunnybank-Coopers Plains Branch