Red Currant-Coconut cake

O Simple

Ingredients for 15 Persons

Preparation time:
    Required time: 20 Min.
    Set-up time: 15 Min.
    Cooking time: 65 Min.

180 g	spelt flour
20 g	Organic Coconut Flour
120 g	Organic Coconut Oil – Premium Quality
80 g	Organic Coconut Blossom Sugar
1	egg
500 g	red currant
4	egg white
1 tbs	lemon juice
1 Tbsp	

1 Put spelt flour into a bowl, melt virgin coconut oil in a water bath and add to flour together with the coconut blossom sugar and the egg. Quickly work everything into a batter.

2 Form batter into a roll, wrap in cling foil and let it sit in the fridge for 1 hour.

3 Grease spring form bottom, and roll out two thirds of the batter directly onto it. Then prick it with a fork several times.

4

Preheat oven to 180°C and bake for about 15 minutes (top and bottom heat).

Allow to cool off.

5

Wash red currants, remove stems and let them drain in a sieve.

6

Beat the egg whites until stiff, while slowly adding the lemon juice. Carefully fold in the red currant.

7

Attach the greased ring to the spring form. Out of the rest of the batter form a rim about 4-5 cm high and thoroughly press to the cake base.

8

Fill berry-meringue-mixture into spring form evenly.

9

Optionally you could sprinkle some coconut blossom sugar on top. Bake for 50 minutes a 180°C (top and bottom heat). Keep an eye on the cake because it turns brown rather quickly.

10

Allow to cool off. Dredge cake with dessiccated coconut.

Tip:

For cakes and muffins you can generally substitute about 10-15% of the regular flour with coconut flour (then just add a little more liquid). Coconut flour has a certain natural sweetness and is incredibly rich in dietary fibre.