

Foremother Abigail's Figs and Lemon Zest Gluten Free Cake

Figs, figs, figs! Foremother Abigail came before our forefather King David with sheep, wine, raisins, parched corn and figs which is the inspiration behind this cake! This is a wonderful fruity and nutty gluten free cake to have for the Feast of First Fruits.

Not only is this cake wheat free it is also dairy free, sugar free please note we will include 2 versions in this recipe to please all taste buds and dietary requirements. Let's get right into this beautiful recipe.

INGREDIENTS

125g ground almonds

75g gluten free flour

3 fresh figs (chopped)

As many lemons zest as you'd like

3 eggs

1/2 Cup of maple syrup

1/4 extra virgin olive oil

Raisins (no raisins in the bakers 'cake but add it in to get the full essence!)

Garnish

3 figs halves Maple Syrup

For a moister, fluffier, and scrumptious cake find the recipe found after the method of making this cake.



METHOD

1. Preheat the oven to 350 F or 180 C. In an 8-inch cake tin, rub oil and draw upon a sheet of parchment paper and cut the shape of the tin and put it at the bottom of the tin.
2. In the bowl whisk all the wet ingredients together, maple syrup, olive oil and eggs.
3. Add and fold in all the dry ingredients to the wet ingredients; lemon zests, gluten free flour and ground almond, raisins, and chopped figs.
4. Pour the batter into the cake tin and bake for 30 - 35 minutes. Use a skewer in the center, the skewer should be clean to indicate that it has been cooked. Remove the cake from the tin onto a beautiful dish and drizzle maple syrup on top with some fresh figs delicately placed in the center.

Enjoy!

Foremother Abigail's Figs and Lemon Zest Gluten Free Cake

For a moister, fluffier, and scrumptious cake

INGREDIENTS

150g ground almond
100g gluten free flour (or 250g of white spelt flour or flour of choice)
5 fresh figs (chopped)
4 eggs
225 vegan butter
250 light muscovado sugar
As many lemons zest as you'd like
Raisins
Garnish
3 figs halves Maple Syrup

METHOD

1. Preheat the oven to 350 F or 180 C. In an 8-inch cake tin, rub oil and draw upon a sheet of parchment paper and cut the shape of the tin and put it at the bottom of the tin.
2. In the bowl whisk the butter and sugar together until creamy, add in the eggs and whisk very well. Let the batter rest for 2 minutes.
3. Fold in the ground almond, the gluten free flour and lemon zest until well combined. Finally add in the figs and raisins and combine very well.
4. Pour the batter into the cake tin and bake for 30 - 35 minutes. Use a skewer in the center, the skewer should be clean to indicate that it has been cooked. Remove the cake from the tin onto a beautiful dish and drizzle maple syrup on top with some fresh figs delicately placed in the center.

Enjoy!



Recipe By: Sis Abigail Christine – IUC London
Culinary Recipes
Edits: Attanyah Israel – IUC LA
Final Approval: Yoshabel H/O Officer Jonah