



**tropical  
wholefoods**

## Apricot Kernel Cake in Orange Syrup

This cake is inspired by recipes from Spain and the Middle East. Make it at least a few hours before you want to eat it, and preferably the day before so that the orange juice has time to soak in. Simply lovely and entirely gluten free.

Serves 8 people.



### Ingredients

For the cake:

200g Tropical Wholefoods Fairtrade  
apricot kernels  
8 eggs, separated  
200g caster sugar  
Grated zest of 2 oranges  
2 tsp ground cinnamon

For the syrup:

200ml freshly squeezed orange juice  
100g caster sugar

### Method

1. Heat the oven to 180 C/350 F/Gas Mark 4. For fan assisted, reduce by 20 C.
2. Grind the apricot kernels in an electric grinder down to a powder.
3. Mix the egg yolks well with the sugar, orange zest, cinnamon and all the ground kernels.
4. Beat the egg whites until stiff and fold them in.
5. Pour into a lined 24cm (9 inch) round cake tin and bake for 40 minutes.
6. Make a syrup by bringing the orange juice to boil with the 100g caster sugar. Remove from the heat and stir to dissolve the sugar.
7. When the cake has cooled, make little holes on the top with a fork to allow the juice to be absorbed, and turn out into a deep tin or a dish that will just contain it and the syrup. Pour the syrup on top and leave to soak for a few hours.
8. Serve with crème fraîche, decorated perhaps with a few apricot kernels, slivers of orange zest and petals from your garden.