

Private Chef - Global Catering - Food Consulting

Beetroot coconut cake with lime cheese cake

(beetroot leaves, red currants and icing sugar)



Ingredients for a cake for 8 persons:

- 250g raw beetroot, peeled, finely grated.
- 150 g coconut butter (bio shop)
- 200 g caster sugar
- 4 eggs
- 200 g all purpose flour
- ½ tsp salt
- ½ tsp cinnamon
- 2 tsp baking powder
- 1 Vanilla pod
- 75 g coconut flakes
- 2 tablespoons milk

Preparation:

Preheat the oven to 190 ° C.

Whisk the coconut butter and sugar until it gets light and fluffy,

Sift the flour with the baking powder two times.

Add the egg yolks in the coconut butter foam and continue to stir.

Mix well the beetroot, vanilla, salt, cinnamon, coconut milk.

Beat the egg whites to get a nice Merengue.

Put the flour into the mixture of coconut foam and gently fold together.

Fold the Merengue gently under the dough in two steps.

Fill the dough into a buttered and floured baking tin and bake at 180° for 45 minutes. Set on a rack to cool down. Cut the cake in rectangular pieces and keep ready for plating.

Cheese cake:

This is the recipe of a bottomless lime cheese cake, that will accompany my beetroot cake.

Ingredients:

Juice of 2 limes

3 Gelatine sheets

80 g caster sugar

150 g low fat curd cheese

150 g semisolid whipped cream

Preparation:

Heat up the lime juice and sugar, stir until the sugar has melted, then add the soaked, softened gelatine leaves.

Take the pan from the fire and let the juice mix cool down a bit, then stir in the curd cheese. Fold in carefully the semi-solid whipped cream.

Let the cheese cake rest in a square bowl until firm in the refrigerator for about 3 hours. Then it is ready to cut, to accompany the beetroot cake.

Other ingredients:

beetroot leaves

Red currants on a vine

Red currant coulis

Icing sugar

If you want to give your dish a nice natural touch, have some natural and strong beetroot leaves ready. Place them first on the plate, set the beetroot and the cheese cake, decorate with some red currants and dust with some icing sugar.