

# staying upbeet

In the July 2005 edition of *Scene Magazine*, BRIGETTE ATTWOOD's Upbeet Chocolate Cake became world famous in Whangarei. And we're still getting requests for the recipe. So here it is. Eat your hearts out, chocolate and beetroot lovers!



Photos: Suzanne McNatty



Think of chocolate, then think of beetroot. Not many of us would have the two together. Surprisingly, they make a delightful combination. Say what?

We all know about chocolate – sweet, delicious and seductive. But what do we know about beetroot?

For a start, it has generous amounts of vitamins and minerals. But did you know beetroot contains anti-carcinogens, is a brilliant liver cleanser and helps your blood pressure?

It is even said to improve sex drive! Most Whangarei supermarkets will have supplies of beetroot all year round.

The Upbeet Chocolate Cake is rich but also a nutritious and mouth-watering treat. Topped generously with a creamy ganache, I'm sure you'll find it irresistible.

A guaranteed crowd-pleaser. ■

## the UPBEET CHOCOLATE CAKE

### Ingredients

2½ cups flour  
2 cups castor sugar  
½ cups cocoa  
2 tspn baking soda (rounded)  
2 tspn salt (rounded)  
2 cups raw fresh beetroot (grated)  
1¼ cups (canola) oil  
4 free range eggs  
2 tspn vanilla essence

**Method:** Preheat oven to 175°C. Sift the flour, sugar, cocoa, baking soda and salt into a large bowl. In a separate bowl combine the eggs, raw beetroot, oil and vanilla essence. Mix thoroughly. Bring the two together and mix until smooth and glossy. Pour into an oiled 24-26cm baking tin. Bake for 45 minutes and check with a skewer. If skewer unclean on test, cook for another 5-10 minutes.

Remove cake from oven and cover with tin foil immediately, until cooled.

### GANACHE

375gm dark chocolate  
300ml cream  
¾ cup icing sugar  
75gm cocoa

**Method:** Place cream in a saucepan, heat slowly. Add chocolate and mix until melted and smooth. Allow to cool. Add cocoa and icing sugar, mix well, spread over cake.

**Helpful Hints:** The cake will be heavy and stodgy if you are tired or in a bad mood. The reverse also applies! If you use a springform tin, turn the base upside down. When the cake is ready to be removed it will slide off the base. Size 7 eggs give the cake more height and bounce. This is one of those cakes that benefits from more, rather than less, mixing.



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