

Vegetable cake recipes

GWF438
Updated Jan 09

Try making a delicious vegetable cake to tempt your friends and family and have fun asking them to guess the ingredients.

Nut & parsnip cake

340g (12oz) parsnips, peeled and grated
115g (4 oz) hazelnuts or walnuts, chopped
370g (13oz) granulated or caster sugar
230g (8oz) plain flour
2 level tsps baking powder
2 level tsps cinnamon
1 level tsp salt
8 fl oz sunflower oil (or 4 fl oz hazelnut/walnut oil plus 4 fl oz sunflower oil)
4 eggs
1 tsp vanilla extract

Cream cheese filling

230g (8oz) soft cream cheese
115-170g (4-6oz) softened, unsalted butter
4 level tbsps icing sugar
1 tsp vanilla essence

Preheat the oven to 190°C/375°F. Mix the parsnips and nuts together. Blend the sugar, flour, baking powder, cinnamon, salt and oil and add to the parsnip mixture. When mixture is smooth, gradually beat in the eggs and add the vanilla. When smooth, place in two greased 23cm (9in) shallow cake tins and bake for 30-40 minutes. For a drier, crisper cake, use three 20cm (8in) sandwich tins and bake for 30 minutes.

To make the filling

Mix all the ingredients together and use to sandwich the cake layers together once they have cooled. Use any excess as icing.

White chocolate & beetroot cake

170g (6oz) plain flour
30g (1oz) cocoa powder
½ tsp baking powder
Pinch of salt
170g (6oz) caster sugar
230ml corn oil
1 tsp vanilla essence
3 eggs, beaten
9 tbsps cooked beetroot (pureed)
Handful of white chocolate (broken into chunks)

Preheat oven to 190°C/375°F. Sift the flour, cocoa powder, baking powder and salt, then mix in the sugar. Add the corn oil, vanilla essence, eggs, beetroot and white chocolate and mix well. Pour into a lightly greased and lined 18cm (7in) circular or square cake tray. Bake for 35-40 minutes or until a skewer comes out clean.

Carrot and fruit cake

115g (4oz) soft brown sugar
6 tbsps of clear honey
170g (6oz) finely grated carrot
115g (4oz) raisins
60g (2oz) chopped dates
¾ tsp ground nutmeg
115g (4oz) butter
140 ml (¼ pint) water
1 egg, beaten
115g (4oz) wholemeal flour
115g (4oz) plain flour
2 tsps baking powder

Preheat the oven to 180°C/350°F. Put the brown sugar, honey, carrots, raisins, dates, nutmeg, butter and water in a saucepan.

Bring to the boil and simmer for five minutes, turn into a mixing bowl and leave until cold. Stir in the eggs, both flours and baking powder. Turn into a greased and lined 20cm (8in) round cake tin and bake for 45 minutes.

Chocolate courgette cake

170g (6oz) butter
340g (12oz) sugar
3 eggs
285g (10oz) grated courgette
2 tsps vanilla essence
355g (12½oz) plain flour
75g (2½oz) cocoa
2½ tsps baking powder
1½ tsps bicarbonate of soda
1 tsp salt
1 tsp cinnamon
4 fl oz (110ml) milk
170g (6oz) walnuts, chopped

Preheat oven to 180°C/350°F. Beat the butter and sugar together. Add the eggs one at a time and stir in the grated courgettes and vanilla essence. Sift the flour, cocoa, baking powder, bicarbonate of soda, salt and cinnamon together. Then gradually stir them into the mixture with the milk. Fold in the nuts. Pour into a greased cake tin and bake for 45 minutes or until a skewer comes out clean. Allow the cake to stand before turning out.