

what's in season?



parsnips

Parsnips may look like the carrot's albino cousin, but they have a subtle spiciness and moody earthiness that is all their own. This cake is springy, moist, and not too sweet. Even better, it's loaded with parsnips and made with whole wheat flour. Lest you think it's too austere, rum-soaked raisins and tropical coconut add a bit of fun. But let's be honest: the whole thing is really an excuse for spiced cream cheese frosting.

—Eaganie Yuh

PARSNIP LAYER CAKE WITH SPICED CREAM CHEESE ICING

FROM EAGRANIE YUH

Serves 12

PARSNIP CAKE

6 large parsnips, peeled
2 cups (500mL or 260g) whole wheat flour
1 cup (240mL or 90g) unsweetened medium-shredded coconut
1 Tbsp (15mL) baking powder
¾ tsp (4mL) nutmeg
½ tsp (3mL) salt
¾ cup (180mL or 90g) raisins
¼ cup (60mL or 30g) spiced rum or water
1 cup (240mL or 180g) grape seed oil, or other neutral-tasting vegetable oil
1 cup + 2 Tbsp (270mL or 210g) lightly packed brown sugar
4 large eggs

SPICED CREAM CHEESE ICING

1 package (250g) cream cheese, at room temperature
½ cup + 2 tsp (130mL or 125g) unsalted butter, at room temperature
2½ cups (620mL or 250g) icing sugar, sifted
1 tsp (5mL) lemon juice
¼ tsp (1mL) ground cloves
¼ tsp (1mL) salt

GARNISH

¼ cup (60mL) toasted hazelnuts, roughly chopped

TO MAKE THE CAKE:

Preheat the oven to 350°F. Using the large holes of a box grater or the shredding disk of a food processor, grate the parsnips. You should have about 500g of grated parsnip (slightly more or less is fine).

In a large bowl, combine flour, coconut, baking powder, nutmeg, and salt. Whisk to combine. In a small bowl, soak the raisins in the rum (or water), stirring occasionally.

In the bowl of a stand mixer, combine the oil, brown sugar, and eggs. Whisk on high for 10 minutes, until doubled in volume and lightened in colour. Meanwhile, prepare three 9-inch round cake pans by lining the bottoms with parchment and lightly greasing the parchment and sides of the pan.

Using a spatula, gently fold the dry ingredients into the wet ingredients. Fold in the parsnips, the raisins, and their soaking liquid. Evenly divide the batter between the three pans. Bake for 25–35 minutes (rotating the pans halfway through) until golden brown and a toothpick inserted in the centre comes out clean.

Allow the cakes to cool in their pans for 10 minutes. Run a knife around the edges, place your hand on top, and flip so the cake pan is on top. Remove the cake pan and the parch-

ment liner, then place the cake right side up on a cooling rack until it reaches room temperature. Repeat for the other cakes.

TO MAKE THE ICING:

In the bowl of a stand mixer, cream the cream cheese and butter until light and fluffy. Add icing sugar, lemon juice, cloves, and salt, and mix until everything is incorporated.

TO ASSEMBLE THE CAKE:

Set aside the best-looking cake for the top layer. Place one of the other layers on a plate or cake stand. Add one-third of the icing and spread to within 1cm of the edge. Place a second cake layer on top, press down gently, and add half of the remaining icing; spread to within 1cm of the edge. Top with the final layer and the remaining icing and spread the icing right to the edge. Scatter hazelnuts on top.

