



HOME COOKING

with Cathy

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Hello there. I hope everyone has been enjoying this wonderful fall weather. I chose two recipes that I tried this week and would love to share them with you. The Italian Lemon Cake is a great gluten free choice but also a lovely cake to serve over the Christmas Holidays. I have also included a carrot soup. When I first saw the recipe, I thought the ingredients were a bit different for a carrot soup. Please give it a try! I loved the layers of flavour. It will probably be one of my new favourites. The carrot soup recipe comes from a famous Lodge in the Isle of Skye called the Kinloch Lodge. Enjoy!!

Carrot Soup with Ginger and Lemon

Ingredients:

- ¼ cup butter
- 1 ½ cups chopped onion
- 1 Tbsp. finely chopped peeled fresh ginger
- 1 ½ tsp. minced garlic
- 1 ¼ pounds medium carrots, peeled and chopped (about 3 cups)
- 1 1/3 cups canned diced tomatoes
- 1 ½ tsp lemon zest
- 3 cups (or more) low sodium vegetable stock or chicken stock
- 2 Tbsp. fresh lemon juice
- 4 Tbsp. sour cream
- 1 small carrot, peeled and grated for garnish
- Salt and pepper



Preparation:

- Melt butter in heavy large pot over medium -high heat. Add onions and sauté for 4 minutes. Add ginger and garlic and sauté for 2 minutes.
- Add chopped carrots, tomatoes and lemon zest. Sauté for 1 minute. Add 3 cups of stock and bring to boil. Reduce heat, cover partially and simmer until carrots are very tender, about 20- 30 minutes. Cool slightly.
- Puree soup in batches with a blender or use an immersion blender. Return soup to pot. Mix in lemon juice and season with salt and pepper. (Can be made one day ahead. Cover and chill).
- Bring soup to simmer, thinning with more stock if desired. Ladle into bowls. Top with sour cream and grated carrot.
- Makes 4 servings.

Italian Lemon Cake (Torta caprese Bianca)

Ingredients:

- 3 cups almond flour
- 1 cup white chocolate chips or white baking chocolate chopped
- 2 Tbsp. cream or milk
- ¾ cup unsalted butter softened
- 1 cup white sugar
- Zest of 4 lemons, about 2 Tbsp.
- 4 large eggs, separated and at room temperature
- 1 tsp. lemon extract
- 2 Tbsp. fresh lemon juice or limoncello liqueur
- 1 Tbsp. powdered sugar for garnish (optional)



Preparation:

- Preheat oven to 350 F. Grease a 10" spring form pan or line it with parchment paper.
- Combine the white chocolate and milk/cream and warm slowly until blended and the chocolate is melted.(cool mixture slightly)
- Beat the softened butter with ¾ cup sugar until fluffy.
- Add the lemon zest, 4 egg yolks and lemon extract and beat until well combined.
- Add the almond flour and the melted chocolate. Add the limoncello or lemon juice and beat until well combined.
- In a separated bowl with spotlessly clean beaters, beat the egg whites until soft peaks form. Gradually add the remaining ¼ cup sugar to the egg white mixture. Fold the egg whites into the almond batter until well combined.
- Spoon the batter into the greased pan and bake for 40-45 minutes. The cake will puff up in the oven, but when cooling, it will fall back down.
- Let the cake cool completely in the pan and then invert the cake onto a plate, and then flip the cake back onto a serving plate (so that it's not upside down).
- Sprinkle some powdered sugar on top of cake if desired, but only before serving.
- Serves 8-10 people.