NUTRITION: Lazza's Kitchen

Coffee and Walnut Cake (<u>my first ever cake</u>)

Lazza is still trying out new recipes Today - he bakes coffee and walnut cake (any cake) for the first ever time.

Coffee cake, also referred to as gugelhupf or kaffekuchen, evolved from other sweet dishes from Vienna. In the 17th century, Northern/Central Europeans are thought to have come up with the idea of eating sweet cakes while drinking coffee. As the region's countries were already known for their sweet yeast breads, the introduction of coffee in Europe led to the understanding that cakes were a great complement to the beverage



Cake:

- 225g / 8oz softened unsalted butter
 225g / 8oz caster sugar
 225g / 8oz self raising flour
 5 eggs (or 4 large eggs)
 75g / 3oz crushed walnuts
 1tbsp coffee in 1tbsp boiling water
 Icing
 175g / 6oz softened unsalted butter
 300g / 10oz icing sugar
 50g / 2oz crushed walnuts
 Whole walnuts to decorate
- Preheat oven to 180°C/gas mark 4. Grease and line 2 x 8 inch (20cm) sandwich tins with baking paper
- Cream the butter and sugar together until light and fluffy I use a hand-held whisk for this
- Add the beaten eggs, a little at a time, with a tablespoon of flour to stop it curdling, and beat well between each addition of egg and flour
- Add any remaining flour along with the coffee and walnuts and mix well
- Divide the cake mixture between the two sandwich tins and bake for 20–25 minutes, or until well risen and a dark golden brown. Remove from the oven and allow to cool for 2 minutes before turning the cakes out onto a wire rack
- Whilst the cakes are cooling, make the coffee buttercream. Beat the butter together with the icing sugar until pale and fluffy, then add the coffee and chopped walnuts. Mix well again and allow to firm up in the fridge for 15–20 minutes
- When the cakes are completely cold, sandwich them together with half of the coffee buttercream. Spread the rest of the buttercream over the top of the cake and decorate with the walnut halves



Look, I am not going to get "best designed cake" awards. But I don't care. It looks incredible, covered in buttercream and walnuts. And tastes fantastic!!!!!!!

During this pandemic I decided to try a new hobby - cooking. Something I have never really experimented with. And it is going so well. Why not try out some new recipes and foods yourself? This was a great and tasty bake to prepare.