NUTRITION: Lazza's Kitchen Adventure
Lemon and Coconut Slice

A Brand <u>NEW</u> Recipe from Lazza's Kitchen.
Lazza made his ever version of a Lemon and Coconut Cake from scratch

In Roman times, eggs and butter were often added to basic bread to give a consistency that we would recognize as cake-like, and honey was used as a sweetener. The distinction between Roman concepts of cake and bread was therefore very blurred.
During the 17th century, in England, people believed that keeping fruitcakes under the pillow of those who are unmarried will give them sweet dreams about their fiancée.

Ingredients
250 grams butter (softened)
350 grams caster sugar
4 Eggs
225 grams plain white flour
120 grams desiccated coconut
1 tablespoon finely grated lemon rind
60ml fresh lemon juice
Vanilla Essence
Icing sugar, to dust

Preheat oven to 180º C (350º F).

Line a 20 x 30cm brownie or slice pan with a small spray of cooking spray and baking paper.

Melt the butter in a saucepan over medium heat.

Remove from heat and stir in castor sugar, mix well.

Add eggs one at a time, mixing well and stir until mixture is thick and glossy.
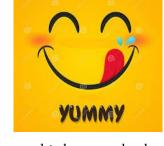
Add the flour into the egg mixture and stir until well combined.

Stir in coconut, lemon rind and lemon juice, and vanilla essence.

Pour mixture into prepared pan.

Bake for 30 – 40 minutes or until a skewer inserted into the centre comes out clean and it bounces back slightly to a gentle touch.

Remove and cool.

During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking.
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This was a great, and very tasty, bake to prepare.