

NUTRITION: Lazza's Kitchen Adventure

Spiced Hummingbird Cake

A Brand NEW Recipe from Lazza's Kitchen.
Lazza made his first ever Spiced Hummingbird Cake from scratch

Created in Jamaica where the dessert is called doctor bird cake, it is named after the island's national bird, the "scissors-tail hummingbird" (locally known as the doctor bird). In 1968, the Jamaica Tourist Board exported the recipe for hummingbird cake, along with other local Jamaican recipes, in media press kits sent to the USA . It was voted "Southern Living"'s favourite recipe in 1990 and was noted as the most requested recipe in the magazine's history

Ingredients

225ml Vegetable Oil: 300g Self-Raising Flour
½teasp Baking Powder: 3 Eggs
300g Golden Caster Sugar: 2 Bananas
Teasp: Cinnamon, Nutmeg, All Spice, Ginger
Pineapple chunks (from can and diced)
150g crushed mixed nuts.
Tub Mascarpone:
150g Softened Unsalted Butter
100g honey: 80g icing sugar
Orange zest, plus extract:

Heat the oven to 180C/160C fan/gas 4. Grease two 20cm cake tins.

Put the flour into a large mixing bowl, and add 1/2 tsp salt and the baking powder and caster sugar. Stir through the cinnamon, nutmeg, ginger and all spice.

In a separate bowl, whisk the mashed bananas through the eggs and oil until well combined (can add some vanilla essence if you wish).

Make a well in the centre of the dry ingredients and tip in the wet mixture.

Fold everything together until combined, then mix through the pineapple and nuts.

Spoon the mixture into the tins and bake in the centre of the oven for 35-45 mins or until a skewer inserted into the middle comes out clean. Leave to cool in the tins for about 10 mins before transferring to a wire rack to cool down completely.

Meanwhile, put the mascarpone, softened butter, orange mix, honey and icing sugar into a mixing bowl and beat together until just combined. Try not to overbeat the mixture or it will become too soft and runny. Chill for 30 mins in the fridge before using.

Put one of the cakes on a serving plate and spread with half the icing. Top with the other cake and smooth over the remaining icing.



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.