

Helen Brown Capital Recipe

Helen will be on the Drivetime show every Thursday from 6pm in "Foodie Thursday".



Spiced Halloween Pumpkin Cake

Ingredients Makes 15 slices

Cake

300g self-raising flour
300g light muscovado sugar
3 tsp mixed spice
2 tsp bicarbonate of soda
175g sultanas
½ tsp salt
4 eggs, beaten
200g butter, melted
Zest of 1 orange

1 tbsp orange juice
500g (peeled weight) of butternut squash or fresh pumpkin, grated

Frosting

200g tube of full fat soft cream cheese
85g butter, softened
100 sifted icing sugar
Zest of 1 orange and juice of ½ orange

Method

Heat the oven to 180°C/gas 4. Grease and line a 30 x 20 cm baking or roasting tin with parchment paper. Put the flour, sugar, mixed spice, bicarbonate of soda, sultanas and salt into a large bowl. Stir to combine.

Beat the eggs into the melted butter, stir in the orange zest and juice. Mix with the dry ingredients till combined. Stir in the pumpkin. Pour the batter into the prepared tin and bake for 30 minutes or until golden and springy to touch.

Frosting – Beat the cream cheese with the butter, icing sugar, orange zest and **1tsp** of the juice until soft and creamy. Set aside in the fridge.

When the cake is done, cool for 5 minutes then turn it onto a cooling rack. Prick the top of the cake with a skewer and drizzle with the rest of the remaining orange juice whilst the cake is still warm. Leave to cool completely.

Trim the edges to neaten the cake. Take the frosting out of the fridge. Beat the frosting to loosen then using a flat bladed or palette knife, spread the frosting over the top of the cake.

Keep covered in the fridge, until required.

Per slice

Kcal 408
Fat 21g
Carbs 52g
Protein 5g