

Best Ever Carob Cake with Jam and Cream Filling



Serves	8-12
Prep time	1 hour, 40 minutes
Cook time	30 minutes
Total time	2 hours, 10 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Glutamates , Preservatives , Salicylates
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Dessert , Sweet Things
Misc	Child Friendly , Pre-preparable , Serve Cold
Occasion	Birthday Party , Casual Party , Formal Party , Picnic , Special Occasions

Ingredients

To assemble:

- 1 heaped tablespoon icing sugar (sifted)
- Pear jam (Refer to recipe)
- 1/3 cup thickened cream

To decorate:

- 85g unsalted butter or Nuttalex (at room temperature)
- 1/4 cup white sugar
- 2 tablespoons warm water
- 1 1/2 tablespoon raw carob powder (sifted)

For the cake:

- 1 cup boiling water
- 2 teaspoons instant decaf coffee
- 1 cup plain white flour
- 1 cup plain wholemeal flour
- 1 cup white sugar
- 2 teaspoons bicarbonate of soda
- 2 teaspoons baking powder
- 1/2 cup raw carob powder
- 1/2 cup sunflower or rice bran oil
- 1 cup low fat milk
- 2 Large eggs

Directions

To make the cake:

1. Preheat the oven to 180°C and grease and line two 20 cm round cake tins.
2. Dissolve the coffee in the boiling water and set aside.
3. In a large bowl sift together the flours, sugar, carob, bicarbonate of soda and baking powder, adding the husks back in. Make a well in the middle for the wet ingredients.
4. In a separate bowl combine the oil, milk and eggs. Pour into the dry ingredients.
5. Start to mix in the wet ingredients then add the coffee and mix vigorously until well combined. The mixture will be very "wet".
6. Pour into the prepared pans and bake for 25 to 30 minutes, or until a skewer placed in the centre comes out clean.
7. Allow to cool slightly in the pans then turn onto a wire rack to cool completely.

To assemble:

8. Once the cake has cooled, spread a thick layer of pear jam over one of the cakes. This will be the bottom cake, so level off the top if it is very rounded.)
9. Beat together the cream and icing sugar until thick. Spread over the jam.
10. Place the second cake on top, then make the icing.

To decorate:

11. Beat the butter, sugar and carob until light and fluffy.
12. Add the water and beat until well combined.
13. Spread the icing over the top of the cake and around the sides.
14. Store in the fridge if not ready to serve, and bring it out about 20 minutes before serving to come up to room temperature.

Note

Low Chemical / Failsafe

This cake is very moist and light and keeps well for two to three days. It also makes very nice cupcakes (bake for 15 to 20 minutes) and can be made as a single (very) large cake (bake for 50 minutes) and decorated with sifted icing sugar.

Refer [here for my pear jam recipe](#).