Chocolate Potato Cake



Serves	20
Prep time	30 minutes
Cook time	30 minutes
Total time	1 hour
Allergy / Intolerance	Artificial Addititives, Artificial Colours, Preservatives, Salicylates
Suitable for	Amines Challenge, RPAH Elimination Diet - Amines Allowed, RPAH Elimination Diet – Very High Chemical
Meal type	Sweet Things
Misc	Child Friendly, Freezable, Pre-preparable, Serve Cold
Occasion	Casual Party, Picnic, Special Occasions

Ingredients

- 2 Medium potatoes (enough to make 1 cup when mashed)
- 1 cup luke warm water
- canola oil spray
- flour (for dusting the cake pan)
- 1 cup plain white flour
- 1 cup plain wholemeal flour
- 3/4 cups raw cocoa
- 2 1/4 teaspoons baking powder
- 1/2 teaspoon bicarbonate of soda
- pinch salt
- 125g unsalted butter (softened)
- 1 1/2 cup caster sugar
- 1 teaspoon vanilla essence
- 4 Large eggs

For serving: (Optional)

- pure icing sugar

Directions

1. Pre-heat the oven to 180 C and position the rack in the middle of the oven.
2. Peel and cook the potatoes (microwave, boil, steam) without salt. Mash the potatoes with a potato masher (do not add anything else to them) then pour into a sieve and push the potato through the sieve to get a smooth paste. Measure 1 cup of mashed potato, then place into a small bowl. Using a whisk or fork, slowly add the water, stirring to form a smooth mix.
3. Grease and dust a 32 x 22cm cake pan that is at least 4 cm deep.
4. Sift together the flour, cocoa, baking powder, bi-carb soda and salt (add the husks from the wholemeal flour back in).
5. Combine the butter, sugar and vanilla in a separate bowl and beat with an electric beater. Slow at first to combine then at medium speed for 2 minutes. Add the eggs 2 at a time, beating at low speed until blended. Increase the mixer speed to medium and beat for 1 minute.
6. With the mixer on low speed add 1/3 of the sifted dry ingredients, beating until just blended. Add half of the potato mixture and beat until just blended. Repeat for another 1/3 of the dry mixture, followed by the rest of the potato mixture, then the last of the dry mixture. The batter may appear lumpy or curdled at this stage, but that is OK.
7. Pour the batter into the prepared pan, spreading it level and making sure it is pushed into the corners. Using a spatula, push the batter slightly higher around the edges. (The cake will rise higher in the middle when being cooked, but will fall slightly as it cools.)
8. Bake in the oven for 27 to 32 minutes, turning around in the oven after 15 minutes. Do not over bake, the cake is cooked when a skewer in the middle comes out clean with a few crumbs on it.
9. Remove the cake from the oven and allow to cool before turning out of the pan. Cool completely before serving.
10. Sprinkle icing sugar over the top (optional) just before serving.

Note

Very High Amines, Low Salicylates, Low Glutamates

This is a large cake that stores well in an airtight container for up to 4 days, or can be frozen.