


French Cuisine

MADE SIMPLE


French Summer Orange Coconut Cake

Gâteau à l'orange et à la noix de coco

gluten-free, egg-free, lactose-free options

 8 people

 10 mins prep time

 1 hr 15 mins total time

 Easy

INGREDIENTS

- 2 oranges
(organic and without seeds preferred)
- 3 1/3 cup (250 g) unsweetened shredded coconut.
(If unsweetened coconut cannot be found then reduce the total amount of sugar.)
- 1+ cup (250 g) sugar
- 5 eggs
(can be replaced with 10 tbsp of maizena/corn flour)
- 1 3/4 tsp (7 g) baking powder
(can be replaced with baking soda if gluten is present)
- Optional: 1-2 tablespoons of amber rum
- Garnish: shredded coconut and fresh grated orange rind



DIRECTIONS

Preparation of the Oranges

1. Wash well both oranges.
2. There are two options in cooking the whole oranges. Boil the oranges for 2 hours until the outside of the orange is very soft OR cook them in a pressure cooker (like an Instant Pot) for 20 minutes. If cooking in a pressure cooker place the oranges on a trivet with a half cup of water at the bottom of the pot.
3. After cooking the oranges will be very HOT! Remove them with tongs and place them on a plate to cool.
4. Once the oranges are cooled, cut them in quarters and remove any seeds.
5. The oranges need to be grinded to a pulp, skin included! This can be done by placing the oranges in a blender, or by using an immersion mixer. If you are having trouble grinding the orange then cut them in small pieces and then grind them to a pulp.
6. Place the pulverized oranges aside for later.

Cake Preparation (to be completed after the oranges are cooked)

1. Preheat the oven to 350 °F (180 °C).
2. With a hand mixer, mix together the eggs (or maizena) and sugar until the volume doubles.
3. Add the baking powder (or baking soda) and optional rum and mix.
4. Add the shredded coconut and the pulverized orange and mix.



5. Grease well the inside of a smaller-sized cooking mold, and place the batter inside.
6. Garnish with sprinkles of shredded coconut and fresh grated orange rind.
7. Cook for 20 minutes, cover with parchment paper, then cook for a remaining 20-25 minutes.
8. You will know the cake is cooked when a knife slips out clean from the middle.
9. Remove from the oven, let cool and enjoy!
10. This cake refrigerates well for a week or you can put it in the freezer for up to three months.

Bon Appetit!
Emilie Anne 

