

Mandarin Almond Cake

Mandarin peel, or 'chen pi', has been used by Chinese herbalists for centuries as a digestive and pancreatic tonic. It also clears congestion. This recipe uses whole mandarins, and no milk or flour products. What a great tasting tonic!

4 medium mandarins, well washed

6 eggs, beaten

½ cup maple syrup, honey or rice
syrup

2 cups ground almonds

3 tsp baking powder

Option

Replace ground almonds with ground
Hazelnuts

Place mandarins in a medium saucepan. Cover with water, bring to boil, then simmer for 2 hours. Preheat oven to 190°C. Drain, cool and chop mandarins roughly, removing any seeds. Process mandarins until smooth. Beat together the eggs and maple syrup until thick. Combine mandarins, egg mixture, almonds and baking powder in a large bowl and mix well. Oil a 20cm springform or baking tin and line base with baking paper. Pour in batter and bake for 40 minutes, until an inserted skewer comes out cleanly and cake is browned. Extra cooking time may be needed, if the mandarins are very juicy. Serve warm.

Serves 8

Suitable for freezing

