

Gâteau de Séville aux amandes et à la fleur d'oranger (GF)

Makes 5 x 100 g puddings

Ingredients:

- 1 large whole orange
- 3 eggs
- 125 g caster sugar
- ½ tsp baking powder
- 125 g ground almonds/almond flour
- Orange segments to garnish

Marmalade syrup

- Warm a little marmalade with either a little water or orange juice
- Add orange blossom water to taste (optional)

Candied Peel

- 6 oranges (or other citrus fruits)
- Equal weight of sugar and water
- Cinnamon, cloves, card or other spices (optional)

Method:

Wash and boil the whole orange in a small saucepan, covered with water for 1½ hours or until it is very soft.

When cool enough to handle, cut it open, remove the pips, and puree the orange, including the skin, in a food processor.

In a large bowl, beat the eggs with the sugar then add the baking powder and almonds and mix well.

Mix thoroughly with the orange puree and pour into a buttered and floured cake tin if preparing a whole cake or into little pudding basins for individual puddings.

Bake at 190C for about 15 minutes until the puddings are lightly coloured and a skewer comes out cleanly or for about 30-40 minutes for a whole cake, depending on the depth of your pan.

Allow to cool thoroughly before turning out. You can serve warm or re-heat as desired.



Much of the Languedoc's food is influenced by our proximity to Spain and the presence of the Moors. This recipe is adapted from Claudia Roden's Middle Eastern orange and almond cake which we serve it as a gluten free dessert. When we can, we use bitter oranges from Seville or vibrant coloured blood oranges from Morocco. We serve it with an orange blossom syrup made by just warming some marmalade and a little orange blossom water – so reminiscent of the south of Spain in winter! Serve it with a little cream fraiche or try it with our lemon ice cream recipe.

Presentation

Drizzle with the marmalade and orange flower syrup or with pomegranate molasses and crushed pistachio nuts or with melted chocolate if you prefer. Decorate with orange segments and or candied peel

Note: *orange flower water is available from most north African food shops – it is highly perfumed and should be used very sparingly – you either love or hate it – we love it! You can also add it into the cake mix but its flavour somehow loses the fresh flavour – evocative of warm evenings in the south of France or Spain*

Candied Peel

Cut the peel into thin slithers and cover with cold water, bring to the boil, drain and repeat two more times to remove the bitterness of the pith.

Combine the sugar, water and spices in a wide saucepan, heat until the sugar has dissolved.

Lay the peel in the pan and make sure it is submerged. You can use a circle of baking paper and a plate to keep them submerged.

Slowly bring to simmer and cook for about an hour - checking regularly as they can catch and burn, they should be translucent.

You can either keep them in their syrup in a sterilised jar or we lay ours out on baking paper in a warm place for a few days until they dry (South of France is best!)



Then when they are no longer really sticky we toss them in sugar and keep in a clean jar.

You can use any excess syrup to decorate your plates or over desserts.

Note: You can use a paring tool to produce a nice even peel. We use it every time we eat an orange and keep it in the freezer until we have enough to make a jar full of peel.