



Sweet nothings

The desserts in this feature contain no sugar – the kind of desserts diabetics and the weight conscious can eat with (almost) absolute abandon.

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Wholewheat carrot cake with carrot sorbet

Serves 6

Wholewheat carrot cake

INGREDIENTS

4 eggs
65ml vegetable oil
300ml Sugalite (Hulets)
2,5ml salt
125ml white bread flour
375ml wholewheat flour
7,5ml ground cinnamon
4ml bicarbonate of soda
1,5ml baking powder
500ml grated carrots
125ml dried black currants
125ml diced fresh pineapple

METHOD

- 1 Pre-heat oven to 180°C.
- 2 Whisk the eggs to ribbon stage.
- 3 Add the oil, sugar and salt and mix well.
- 3 Sift together the dry ingredients, add to the batter, and mix well.
- 4 Fold in the carrots, currants, and pineapple.
- 5 Fill six prepared 6cm ring molds three quarter of the way full.
- 6 Bake until the cake springs back when gently pressed in the center, about 20 minutes.

Cream cheese icing

INGREDIENTS

150ml cream cheese
50ml plain yogurt
20ml honey
1ml ground nutmeg
1ml ground cinnamon

METHOD

- 1 Combine all of the ingredients in a bowl and mix together.
- 2 Layer the carrot cake with icing in between and leave some to place on top of the cake

Carrot sorbet

Makes approximately 500ml

INGREDIENTS

125ml carrot juice
125ml freshly squeezed orange juice
65ml water
200ml chopped carrots
65ml sugar
30ml corn syrup

METHOD

- 1 Combine all of the ingredients in a medium saucepan and bring to a boil.
- 2 Reduce the heat to medium and simmer until the carrots are tender, about 15 minutes.
- 3 Purée the mixture until smooth.
- 4 Strain through a fine mesh sieve and refrigerate for 1 hour, then churn in an ice-cream machine. Keep frozen until ready to use

Carrot powder

INGREDIENTS

1 large carrot, peeled

METHOD

- 1 Use a sharp peeler to make very thin carrot ribbons.
- 2 Place the carrot ribbons on a baking sheet lined with a silicone mat.
- 3 Dry the carrot ribbons at a very low temperature ($\pm 100^{\circ}\text{C}$) until crisp, about 3 to 4 hours.
- 4 Leave some of the carrot ribbons whole for garnish. Place the rest in a coffee/spice grinder and grind to a powder



Fig napoleon with honey yogurt cream

Serves 6

Flax seed tuiles

INGREDIENTS

125ml flaxseed or linseed, soaked for 8 to 10 hours in 250ml water
125ml, honey
½ small apple, peeled, cored and chopped
65ml golden flax or linseed meal*
2, 5ml freshly ground cinnamon
4ml vanilla extract

METHOD

- 1 In a food processor, combine half of the soaked seeds and the rest of the ingredients and process until very smooth. Add the rest of the soaked seeds to this mixture.
- 2 Spread the mixture onto nonstick drying sheets, spread into a thin layer, about 3mm.
- 3 Place the sheets in a dehydrator or into a very low temperature oven (100 °C) until crisp, about 3 to 4 hours.

* Flax/linseed meal – take some of the flaxseed or linseed which have not been soaked and blitz them up in a spice/coffee grinder. Sift the ground seeds to get the meal.

Honey yoghurt cream

INGREDIENTS

125ml plain yogurt
100ml cream
20ml honey
2,5ml vanilla extract

METHOD

- 1 Combine all the ingredients and mix to the consistency of a thick, velvety cream.

Fig sauce

INGREDIENTS

250ml chopped figs
juice of 1 orange, or as needed
30ml honey

METHOD

- 1 In a high-speed blender, combine all the ingredients.
- 2 Process until a thick purée forms, then pass through a fine sieve.
- 3 Thin with additional orange juice as needed to create a very smooth sauce.

Assembly

*You will need 5-6 whole figs, sliced, to assemble to individual tartlets

- 1 Place a tuile in the center of each plate.
- 2 Place 2 teaspoons of honey yogurt cream and 3 fig pieces over the tuile. Repeat the layering twice and then top with a fourth tuile. Lightly brush the top tuile with honey.
- 3 Spoon the fig sauce around the plate. Arrange any remaining fig pieces around the sauce.

Oatmeal pancakes

with passion fruit and blue berries

Serves 8

Oatmeal pancakes

INGREDIENTS

500ml buttermilk
375ml oatmeal
45ml honey
1 egg
1 egg yolk
60ml olive oil
zest of 1 lemon
125ml self raising flour
1ml ground cinnamon
5ml salt
250ml skimmed milk
100g clarified butter
150ml crème fraîche
Icing sugar, to garnish
4 passion fruits
1 punnet blueberries
1 punnet strawberries, sliced

METHOD

- 1 Pour the buttermilk over the oatmeal and leave to stand for 10 minutes.
- 2 Use a hand blender or food processor to process the buttermilk and oats to a finer consistency.
- 3 Add the honey, egg, egg yolk, olive oil and lemon zest and mix well.
- 4 Sift the self raising flour, cinnamon and salt. Add to the oatmeal mixture with the milk, mix well and leave to stand for an hour.
- 5 Heat a little clarified butter in a non-stick frying pan, pour in batter and swirl pan to coat base with a thin layer.
- 6 Cook until golden brown, then turn out onto a wire rack to cool.
- 7 Repeat with remaining batter.

Assembly

Spread 1 tablespoon of crème fraîche over a pancake. Fold in half, spread with 1 teaspoon crème fraîche and top with passion fruit, then fold in half again to form a triangle. Dust with icing sugar, and drizzle with passion fruit, then scatter with strawberries and blueberries.

BANANA AND MANGO

mousse with pineapple salad

Serves 6

INGREDIENTS

200g banana
300g mango
200g Bulgarian or vanilla yoghurt
40g caster sugar
20ml water
2 egg whites
200ml low fat pouring cream
1 pineapple, halved lengthwise and very thinly sliced, to garnish
½ punnet gooseberries, to garnish
2 passion fruits, to garnish

METHOD

- 1 Purée the banana and mango in a food processor (you will need 500g purée).
- 2 Strain the mixture through a fine sieve into a large bowl.
- 3 Add the yogurt to the fruit purée.
- 4 Combine the sugar and 20ml water in a small saucepan and stir over medium heat until sugar dissolves, then boil for 3 minutes
- 5 Meanwhile, using an electric mixer, whisk the egg whites on high speed until soft peaks form, then with the motor on medium speed, pour the hot syrup down the side of the bowl into the egg whites and continue whisking for 5 minutes or until the meringue is cool.
- 6 Whisk cream until soft peaks form.
- 7 Fold the meringue into the purée mixture, followed by the whipped cream.
- 8 Spoon the mousse into glasses.
- 9 Top mousse with thinly sliced pineapple and scatter with gooseberries and passion fruit.

VANILLA FROZEN YOGHURT

with grilled nectarines

Serves 8

Vanilla frozen yoghurt

INGREDIENTS

600ml fat free plain yogurt
5ml vanilla extract
20ml honey

METHOD

- 1 Combine the yogurt, vanilla extract and honey together in a bowl.
- 2 Churn the mixture. Keep frozen until needed.

Grilled nectarines

INGREDIENTS

4 nectarines, cut in half and stone removed
50ml honey

METHOD

- 1 Preheat a griddle pan.
- 2 Brush the nectarines with the honey.
- 3 Place the nectarines into the pre-heated griddle pan (flesh side down) - don't move the nectarines until a clear griddle pattern is imprinted on the nectarines.
- 4 Remove and serve warm with the vanilla frozen yoghurt.

This feature was compiled by the Institute of Culinary Arts. Recipes: Yolandé Schoeman, chef lecturer. Photography: Kelly Zetler, ICA student. Media Communications includes food theatre, journalism and photography and forms part of one of the ICA's 3 Year Higher Diploma Specialized Fields. Visit www.icachef.co.za or contact info@icachef.co.za or call 021-881 3443