

HOLY LAND CAKE



This recipe comes to us courtesy of a very dear friend of ABCD and is from his family's book of recipes going back over the decades. They are a Palestinian Christian family, having roots in West Jerusalem.

It deliciously combines dates, walnuts, oranges and spices – tastes indicative of the rich culinary heritage of Palestine.

Ingredients (cake):

½ cup (100 grams) Butter
1 cup (200 grams) Granulated sugar
2/3 cup (150 grams)
Sour milk or full fat natural plain yoghurt *
2 cups (250 grams) Plain flour, sifted
1 tsp. Bicarbonate of soda*
¼ tsp. Salt
2 tsp. Grated orange rind
1 cup (150 grams) Chopped dates
½ cup (50 grams) Chopped walnuts

Ingredients (orange syrup):

1 cup (200 grams) Granulated sugar
2 tsp. Grated orange rind
½ Cup Orange juice

1. Preheat oven to 180C (Fan 160C).
2. Line and grease an 8 inch square cake tin, or something of a similar capacity.
3. Combine the above ingredients in the order given. Mix very well.
4. Pour into the tin, and put into the oven immediately. Check the cake after 40mins, as it may need a little more!
5. Whilst the cake is baking, combine the ingredients for the orange syrup. Allow to stand for a while so the sugar melts into the juice.
6. Remove the cake from the oven when a knife comes out clean. Put the cake, in its tin, onto a plate, baking tray, or something to catch the excess syrup as it seeps through.
7. Pour over the syrup immediately. Allow to cool before eating.

* It is important to use full fat natural yoghurt (not Greek style) and bicarbonate of soda (not baking powder). The soda acts with the yoghurt to produce the required leavening effect.

We made this cake using Jericho's finest Medjoul dates. These, and other ingredients from Palestine, including Palestinian Organic Extra Virgin Olive Oil, are imported by Zaytoun – visit their website to find your nearest retailer or to buy directly from them on-line at www.zaytoun.org.