



Pear, Blueberry & Polenta Cake
with
Passion Fruit Sauce



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Serves 10 | Preparation 25 mins | Cooking 30 mins

Ingredients for the cake:

3 seasonal ripe pears
10ml rapeseed oil
1 lemon (grated zest and juice removed)
175g soft margarine
225g caster sugar
3 medium eggs
5ml vanilla extract
15g baking powder
250g fine polenta
100g blueberries

Ingredients for the sauce:

1 litre orange juice
15g cornflour
2 passion fruits

"This great cake will work with fruits other than blueberries; in the early autumn try Victoria plums cut in half and stone removed, just lay these on top of the cake before cooking."

Method:

1. For the sauce, bring the orange juice to a simmer and whisk in the cornflour mixed with a little water until the juice thickens to a consistency that will coat the back of a spoon. Cool, then add the juice and seeds from the passion fruits. Let stand for the flavours to infuse.
2. Preheat the oven to 180°C and oil a 20cm round cake tin. Peel and core the pears and cut into chunks, coat in the lemon juice to stop them browning.
3. Place the margarine and sugar in a bowl and cream together well until nearly white. Add the lemon zest, beaten eggs, vanilla, baking powder and polenta. Mix well.
4. Carefully fold in the pear chunks and pour into the oiled cake tin. Press the blueberries into the top of the mixture. Bake for 30 minutes until golden and cooked (if lightly pressed on the top it should spring back).
5. Leave to cool slightly, but when still just warm, cut into wedges and pour over the passionfruit sauce.

BE PART OF IT

with Matt Dawson

Nutritional analysis per portion:

Energy	Energy	Protein	Carbohydrate	of which sugars	Fat	Sat Fat	Salt
422Kcal	1766KJ	5.3g	59g	37.6g	19.2g	3.6g	1.7g

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