



Feijoa Spiced Cake

Recipe by Renee McGarvey & Oriwa Clark

INGREDIENTS

- 2 cups S R Flour
- ½ cup raw sugar
- 2 tsp ground cinnamon
- ½ tsp nutmeg
- 150g butter, melted
- 2 eggs lightly whisked
- 2 cups chopped feijoa flesh (fresh or lightly stewed)
- ½ cup chopped walnuts (optional)
- Icing sugar, to dust or Lemon icing to spread
- Whipped cream or custard to serve

DIRECTIONS

1. Preheat oven to 170 fan forced. Grease a 20cm cake tin and line the base with baking paper.
 2. Mix flour, sugar, cinnamon and nutmeg together in a large bowl.
 3. Stir in butter, eggs and feijoas until combined. Fold in walnuts.
 4. Transfer mixture to prepared tin.
 5. Bake 50-60 minutes until cake is brown and a skewer comes out clean.
 6. Leave to cool in the tin for 15 minutes, then carefully turn out onto a wire rack.
 7. Dust cake with icing sugar, cut into slices and serve with a generous dollop of cream or custard.
- *Cake can be served warm or room temperature
*For a tangier cake, use fresh feijoas
*For a sweeter cake, stew feijoas with brown sugar and a squeeze of lemon by microwaving for 2-3 minutes



Sundays

with Lucie Cutting

on 936AM and the ABC listen app



Feijoa Chutney

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INGREDIENTS

- 1 kg feijoa
- 2 small onions chopped
- 1 small lemon, zest and juice
- 2 fresh red chillies or $\frac{3}{4}$ chilli powder
- 1 tsp cumin seeds or 1 1/2 cumin powder
- 1 1/2 cups of brown sugar
- $\frac{1}{2}$ cup of red wine vinegar
- 1 tsp of sesame seed oil

Note: Let the jars sit for 2 weeks to allow flavours to develop.

DIRECTIONS

1. The night before, top and tail the feijoas, leaving the skin on. Cut feijoas into quarters then into 7-8 slices.
2. Place sliced feijoas into a slow cooker with foil on top to keep in the moisture.
3. Chop the chillies finely and de-seed them. Add them to the slow cooker followed by the remaining ingredients.
4. Give it all a good stir, cover over with a tea towel and let sit over night (turned off).
5. In the morning, remove the tea towel and foil and stir the ingredients.
6. Turn the slow cooker on to low-medium and cook for 2-3 hours with the lid on. Stir every half an hour. It will thicken and turn a dark brown caramel colour.
7. If the chutney is not thick after 2 hours, cook for a further hour.
8. Pour chutney into sterilised jars.



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