

GOODNESS FLOUR

Goodness Vanilla Cake

Lovely as a plain, simple cake. Or use it as a base for adding your favourite, seasonal extras. Specially designed for wholegrain flour.

Wholegrain
baking



Goodness Vanilla Cake

- 130g Scout Wheat Flour
- 20g Rye Flour
- 60g Spelt Flour
- (a lovely combination, but really any freshly milled wholegrain wheat flour will work, just make sure the total is 210g)*
- 1 tsp baking powder
- 1 tsp baking soda
- ½ tsp salt
- Pinch of vanilla / a splash of vanilla essence
- 175g raw sugar
- 2 large eggs
- 140g (150ml) olive oil (use a good quality, fresh oil with a mild flavour)
- 210g (205ml) milk (a mix of half milk, half buttermilk also works well)

1. Grease and line a cake tin. (Works well in a 21cm round tin)
2. Preheat the oven to 180°C.
3. Using a coarse, open sieve, sift the flours, baking powder, baking soda and salt into a large mixing bowl. (You don't want to remove the bran, so the coarse sieve is just to remove any husks and to break up any salt / baking powder clumps.)
4. Remove the sieve. Add the sugar and vanilla and set aside.
5. In a medium sized bowl, whisk your oil / melted butter and eggs together. Mix in the milk.
6. Pour the wet blend into the flour blend. Mix everything together gently with a spoon or spatula.
7. Pour the mixture into the prepared tin.
8. Bake for 45 - 50 minutes, or until a skewer poked in the middle comes out clean.