

CHOCOLATE COURGETTE LOAF

Preparation time: 20 minutes
Cooking time: 55 minutes
Use: 900g (2lb) loaf tin
Makes: 8–10 slices

CAKE

175g (6oz) dark chocolate,
minimum 60% cocoa solids, broken into pieces

225g (8oz) courgettes

200g (7oz) plain flour

1 teaspoon baking powder

1 teaspoon bicarbonate of soda

1 teaspoon ground cinnamon

110g (4oz) caster sugar

175ml (6fl oz) sunflower oil

2 medium eggs

ICING

175g (6oz) unsalted butter, softened

350g (12oz) icing sugar

50g (2oz) cocoa powder

water or liqueur (optional)

Preheat the oven to 180°C/350°F/gas mark 4.

Brush the tin with a little oil and line the base with greaseproof paper.

Melt the chocolate in a heatproof bowl suspended over barely simmering water. Stir until smooth and keep warm.

Finely grate the courgettes.

Sift the flour, baking powder, bicarbonate of soda and cinnamon into a large bowl and mix in the sugar and grated courgettes.

In another bowl, beat together the oil and eggs. Stir the mixture into the dry ingredients, then stir in the melted chocolate.

Pour the mixture into the prepared loaf tin and bake for 55–65 minutes, or until the loaf is well risen and a skewer inserted into the centre comes out clean.

The freshly baked loaf is very fragile so leave it to cool in the tin for at least 15 minutes or until lukewarm before turning it out carefully on to a wire rack to cool completely.

To make the icing, cream the butter until light and fluffy. Sift together the icing sugar and the cocoa powder, then beat into the creamed butter with enough liqueur or water to make a frosting that is easy to spread.

HINT: This loaf freezes well. Wrap it in foil and place it in a plastic bag before freezing.



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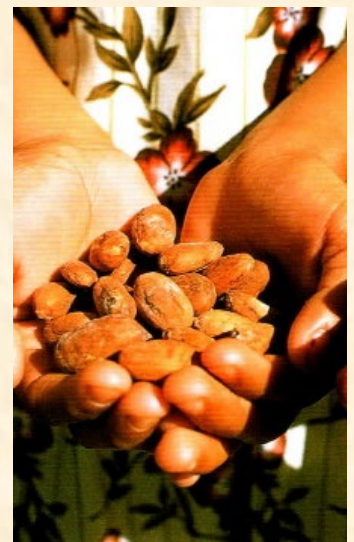
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From 1983 through to 2009, Jasmine Sergeant enjoyed a successful career both as a Fine Dining Chef and as a Hospitality Consultant.

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