

Flourless Carrot Cake

This crunchy carrot cake is light and lovely and since its wheat/gluten-free it is Kosher for Passover. For best results, wrap the cake tightly in plastic after it cools and serve it the next day. It will keep for five days in the refrigerator if wrapped airtight.

- 1 1/2 cups (1/2 pound) unsalted toasted almonds
- 1/4 cup raw brown (turbinado) sugar
- 1 1/2 teaspoons baking powder
- 1/8 teaspoon salt
- 1 teaspoon cinnamon
- 1/2 teaspoon freshly grated nutmeg
- 2 teaspoons grated lemon zest
- 4 large eggs
- 1/3 cup organic white sugar
- 1 teaspoon vanilla extract
- 2 cups finely grated carrots (about 10 ounces or 3-4 large carrots)*

*It's important to grate the carrots on the fine holes of your grater, or else they'll remain too crunchy.

1. Heat the oven to 350 degrees. Oil a 9-inch pan, (ideally springform lined with parchment).
2. Combine the almonds & brown sugar in a food processor and blend until almonds are finely ground. Add the baking powder, salt, cinnamon, nutmeg & lemon zest, and pulse together.
3. Beat the eggs until thick in the bowl of a standing mixer fitted with the whisk attachment, or with an electric beater. Add white sugar, continue to beat until the mixture is thick and forms a ribbon when lifted from the bowl with a spatula. Beat in the vanilla. Add the almond mixture and the carrots in three alternating additions, and slowly beat or fold in each time.
4. Scrape the batter into the prepared cake pan. Place in the oven, and bake one hour until firm to the touch and beginning to pull away from the pan. A toothpick inserted into the center of the cake should come out clean. Remove from the heat, and allow to cool on a rack for 10 minutes. Run a knife around the edges of the pan, and carefully remove from the pan. Allow the cake to cool completely, then wrap tightly in plastic.

Yield: Serves 10 to 12.

Nutritional information per serving (10 servings): 209 calories; 13 grams fat; 1 gram saturated fat; 85 grams cholesterol; 18 grams carbohydrates; 3 grams dietary fiber; 135 milligrams sodium (does not include salt added during preparation); 7 grams protein

Recipe from the New York Times by Martha Rose Shulman (martha-rose-shulman.com).

