



GLUTEN FREE GINGER PEAR CAKE

YIELDS: 1 LARGE LOAF

A dessert cake that is best served warm with a drizzle of cream or a scoop of ice cream. The freshly grated ginger combined with ginger poached pears is amazing! Any type of pear will work in this recipe but it does need to be ripe and easy to slice.

This recipe was created by one of our wonderful partners, Mary Thompson @acoupleofceliacs



Ingredients

- 4 medium pears
- 240 g Anita's AP gluten free flour
- 30 g Anita's oat flour
- 10 g Anita's coconut flour
- 2 tsp baking powder
- 1/2 tsp baking soda
- 2 tsp ginger powder
- 7 g peeled, grated ginger root
- 75 g butter
- 100 g brown sugar
- 100 golden syrup
- 1 tbsp fancy molasses
- 1 tbsp fresh grated ginger
- 1 tsp whole psyllium husk
- 1 tbsp chia seed
- 100 g milk
- 1 egg

GLAZE (OPTIONAL)

- 120 g icing sugar
- 1 tbspn butter
- 1 tbsp water
- 1 tbsp lemon juice
- 1/2 tsp grated ginger

Instructions

1. Grease and line a 8.5 inch x 9 inch dish, or a large loaf pan (9 inch x 5.5 inch and 3 inches deep) with parchment paper
2. Peel, core and slice the pears.
3. Combine the golden syrup, molasses, butter, brown sugar, sliced pears, and grated ginger into a saucepan. Cook the pear mixture on low heat for about 5 - 8 minutes until the sugar is dissolved and the pears are soft. Cool for 20 minutes and there will be a lot of liquid.
4. Remove the pears from the saucepan with a slotted spoon and place them in the bottom of the parchment lined pan. Whisk the psyllium husk and chia seeds into the warm liquid and let this thicken for a few minutes. Beat the egg and milk together and add this into the saucepan mixture.



5. Weigh all the flours, powdered ginger and baking powder.
6. Add the 1/2 tsp of baking soda to the warm pear mixture, whisk and then pour this into a large bowl with the flour, beaten egg and milk. Mix well and pour the cake batter on top of the pears.
7. Bake at 350°F (180°C) for 55 to 60 minutes or until a toothpick comes out clean and the top is set.