



RHS GROW YOUR OWN



PARSNIP & CARAWAY CAKE

Ingredients

180g self raising flour

1 tsp bicarbonate of soda

180g grated parsnip

8 tsp caraway seeds

120g soft margarine

80g castor sugar

2 eggs beaten

1 lemon juice & zest

Method

- 1** Pre-heat oven to 180°C / Gas Mark 4 and prepare 20cm cake tin buttered and floured.
- 2** Sieve flour and bicarbonate of soda. Stir in the parsnip and caraway seeds.
- 3** Cream together the margarine and sugar and beat in the eggs.
- 4** Fold in the flour and lemon zest.
- 5** Put in to the cake tin and bake for 30-40 minutes.
- 6** Cool and drizzle with lemon and water icing.



Recipe provided by Jamie Allen / RHS Enterprises | RHS Garden Rosemoor | Great Torrington | EX38 8PH

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