Product Development

ATCHARA CAKE



Submitted by: Justin C. Pamparo Submitted to: Ma'am Vignette San Agustin, Matem Atchara, traditionally a savory Filipino pickled dish made from green papaya, is a unique choice for a dessert ingredient due to its balance of flavors. Here are several reasons why atchara can be a great addition to a dessert:

1. Tangy and Sweet Flavor Profile:

Atchara combines the sweetness of sugar with the tanginess of vinegar and the sharpness of other spices (like ginger). This contrast can make it a wonderful flavor enhancer in desserts, adding complexity and depth.

2. Unique Texture:

The texture of atchara, especially when made with shredded papaya, is crunchy yet tender, making it an interesting texture contrast when used in cakes, pies, or pastries. It provides a pleasant surprise when combined with soft, spongy cake or creamy desserts.

3. Cultural Fusion:

By incorporating atchara into desserts, you create a fusion of traditional Filipino flavors with more familiar sweet dessert bases. This is a great way to bring an authentic twist to Western-style cakes, ice creams, or even tarts.

4. Digestive Aid:

The vinegar and spices used in atchara have digestive properties, which can make it a good digestive aid, especially after a heavy meal. The tanginess could also complement rich, sweet desserts, helping to balance the overall flavor.

5. Customization:

You can adjust the sweetness and tanginess of atchara to fit different desserts. For example, more sugar can be added for sweeter dishes, while keeping the vinegar level low will give a milder tang, perfect for incorporating into dessert bases like cakes and ice creams.

6. Health Benefits:

Since atchara is made primarily from papaya, which is rich in vitamins A and C, it can offer some nutritional benefits, making it a healthier alternative to more sugary fruit-based desserts.

In essence, atchara in desserts works as a unique and flavorful twist that brings a refreshing and slightly exotic element to traditional sweet treats, offering both complexity and cultural fusion.

Ingredients:

For the Cake:

- 2 cups all-purpose flour
- 1 ½ cups sugar (or adjust to your sweetness preference)
- 1 ½ tsp baking powder
- ½ tsp baking soda
- ½ tsp salt
- 1 tsp ground cinnamon (optional)
- 3 large eggs
- 1 cup vegetable oil or melted butter
- 1 tsp vanilla extract
- 1 cup finely chopped atchara (pickled papaya)
- ½ cup of the atchara brine (to add moisture and tang)
- ½ cup crushed walnuts (optional, for texture)

For the Frosting:

- 1 cup cream cheese, softened
- 1/4 cup butter, softened
- 2 cups powdered sugar
- 1 tsp vanilla extract
- 2 tbsp atchara brine (optional, to enhance flavor)

Procedure:

- 1. Preheat the Oven: Set the oven to 350°F (175°C) and grease and flour your cake pans (two 9-inch round pans or one 9x13-inch pan).
- 2. Prepare the Cake Batter:
- In a large bowl, sift together the flour, sugar, baking powder, baking soda, salt, and cinnamon (if using).
- In another bowl, whisk the eggs and oil (or melted butter) together until well combined. Add the vanilla extract.
- Gradually mix the dry ingredients into the wet ingredients until smooth.
- Fold in the finely chopped atchara and the atchara brine. If using, also fold in the crushed walnuts.
- 3. Bake the Cake: Pour the batter into the prepared cake pans and bake for 25-30 minutes, or until a toothpick inserted into the center comes out clean. Let the cakes cool completely in the pans before removing.
- 4. Prepare the Frosting:
- In a bowl, beat the cream cheese and butter until creamy and smooth.
- Gradually add powdered sugar, continuing to beat until the frosting is fluffy.
- Add the vanilla extract and atchara brine for a tangy twist.
- 5. Assemble the Cake: Once the cake layers are completely cool, frost the top of one layer with the cream cheese frosting. Place the second layer on top and frost the entire cake. You can optionally garnish with a few more pieces of atchara or chopped walnuts.