

Bolo Polana

A Gluten Free Potato & Cashew Nut Cake

Ingredients

1 1/2 cups butter
1 cup white sugar
2 teaspoons zest of lemon
2 teaspoons zest of orange
9 egg yolks
5 egg whites
2 medium sized potatoes peeled, cooked and mashed until smooth
2 cups raw unsalted cashew nuts ground in a blender or food processor until smooth

Method

Step 1: Preheat oven to 360 degrees
Step 2: Butter the bottom and sides of a spring form cake tin
Step 3: In a large bowl, cream the butter and sugar until light and creamy
Step 4: Beat in the mashed potatoes, ground cashew nuts, zest of lemon and orange
Step 5: Add in the egg yolks one at a time and blend well.
Step 6: In a separate bowl, whisk the egg whites until stiff
Step 7: fold the egg whites into the batter
Step 8: Pour the batter into the cake tin
Step 9: Bake in the oven for one hour or until golden brown
Step 10: Remove and let cool before removing from the form.
Step 11: garnish with a few roasted cashew nuts
Enjoy!

THE
COOKERY

by The Secret Jozi Chef

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