



Oat Cake with Warm Mixed Berry Compote and Clotted Cream

 Vegetarian

READY IN



125 min.

SERVINGS



8

CALORIES



486 kcal

DESSERT

Ingredients

- 1 teaspoon baking soda
- 8 servings clotted cream for serving
- 2 large eggs
- 1.5 cups flour all-purpose
- 1 teaspoon ground cinnamon
- 1 cup brown sugar light packed
- 0.3 teaspoon nutmeg freshly grated

- 1 cup rolled oats instant
- 0.3 teaspoon salt
- 0.5 cup sugar
- 1 stick butter unsalted softened
- 1 teaspoon vanilla extract pure
- 1.5 cups water boiling

Equipment

- bowl
- frying pan
- sauce pan
- oven
- blender
- baking pan
- toothpicks

Directions

- Preheat oven to 350 degrees F. Butter and flour a 9-inch baking pan.
- Place oats in a bowl, pour the boiling water over and let soak for 30 minutes.
- Drain well.
- Sift together the flour, baking soda, cinnamon, nutmeg and salt on waxed paper.
- Place butter and sugars in the bowl of a mixer fitted with the paddle attachment and mix until light and fluffy.
- Add the eggs, one at a time and mix until smooth.
- Add the soaked oats and mix until incorporated.
- Add the dry ingredients and mix until just combined. Scrape the batter evenly into the prepared pan and bake in the oven until a toothpick inserted into the center comes out with a few moist crumbs, about 35 to 40 minutes.
- Place on a baking rack and let cool for 40 minutes; this cake is best served warm.

- Serve the cake topped with some of the warm berry compote and a large dollop of clotted cream.
- teaspoons cornstarch
- 1/2 cups fresh orange juice plus 2 teaspoons
- tablespoons honey
- vanilla bean, split
- cup fresh blueberries
- cup fresh blackberries
- cups fresh raspberries
- For the compote: Dissolve the cornstarch in the 2 teaspoons orange juice. Set aside.
- Combine the 1 1/2 cups orange juice, the honey and vanilla bean in a medium saucepan and bring to a boil over high heat, let cook for 2 minutes or until the honey has completely dissolved.
- Add the blueberries and blackberries and cook for 2 minutes.
- Add the cornstarch and cook until the mixture thickens slightly, about 2 minutes.
- Remove from the heat and fold in the raspberries. Discard the vanilla bean.
- Serve warm.

Nutrition Facts

PROTEIN 4.68% **FAT 42.41%** **CARBS 52.91%**

Properties

Glycemic Index:32.51, Glycemic Load:24.02, Inflammation Score:-4, Nutrition Score:7.962608648788%

Nutrients (% of daily need)

Calories: 485.94kcal (24.3%), Fat: 23.13g (35.58%), Saturated Fat: 13.77g (86.05%), Carbohydrates: 64.91g (21.64%), Net Carbohydrates: 63.11g (22.95%), Sugar: 39.8g (44.22%), Cholesterol: 100.87mg (33.62%), Sodium: 239.97mg (10.43%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Protein: 5.74g (11.48%), Manganese: 0.6mg (29.84%), Selenium: 15.27µg (21.81%), Vitamin B1: 0.24mg (15.78%), Folate: 52.77µg (13.19%), Vitamin B2: 0.2mg (11.55%), Iron: 1.97mg (10.92%), Phosphorus: 105.43mg (10.54%), Vitamin A: 481.29IU (9.63%), Vitamin B3: 1.55mg (7.75%), Fiber: 1.8g (7.21%), Magnesium: 25.17mg (6.29%), Calcium: 54.68mg (5.47%), Copper: 0.11mg (5.37%), Zinc: 0.73mg (4.85%), Vitamin E: 0.72mg (4.81%), Vitamin B5: 0.46mg (4.61%), Potassium: 134.28mg (3.84%), Vitamin D: 0.51µg

(3.41%), Vitamin B6: 0.05mg (2.7%), Vitamin B12: 0.14µg (2.25%), Vitamin K: 1.38µg (1.31%)