

FoodSense with Chef Feker

Chef Feker's Individual Carrot Cakes with Orange Frosting

Who doesn't love a creamy and spongy carrot cake? I know I do. This is all of that goodness made in individual servings. The reason I serve them this way is I need to control how much cake I am eating or I will finish it all. I hope you take the few extra minutes and make this in individual ramekins. ~Chef Michael Feker

INDIVIDUAL CARROT CAKES WITH ORANGE FROSTING

Makes: 12 cakes Time: 30 min Cooling Time: 2 hours

Ingredients

For Individual Cakes:

4 medium carrots
1 1/2 cups all-purpose flour
1 1/2 tsps baking powder
1/2 tsp baking soda
3/4 tsp salt
1 tsp ground cinnamon
1/2 tsp ground ginger
1/4 tsp grated nutmeg
3/4 cup vegetable oil
3 large eggs
1 cup packed light brown sugar
1 tsp pure vanilla extract

Frosting:

16 oz cream cheese, room temperature
1 cup (2 sticks) unsalted butter
6 Tbsps orange juice
2 tsps grated orange peel
5 cups powdered sugar, sifted

Equipment: 12 x 4-5 oz ramekins **Garnish:** caramelized carrots and pineapple

Directions

For Individual Cakes:

Spray ramekins with non-stick baker's spray. Preheat oven to 350°F with rack in middle.

Coarsely grate enough carrots to measure 2 cups using large teardrop holes of a box grater.

Whisk together flour, baking powder, baking soda, salt, cinnamon, ginger and nutmeg in a bowl. Whisk together oil, eggs, brown sugar, grated carrots and vanilla in a large bowl. Stir in flour mixture until just combined.

Divide batter among ramekins and place on a cookie sheet. Bake until golden and a wooden pick inserted into center of a cupcake comes out clean, about 20 to 25 minutes.

Cool in ramekins on a rack for 10 minutes. Remove cakes from ramekins and cool completely on rack, about 1 hour more.

Frosting:

Using electric mixer, beat cream cheese and butter in large bowl until light. Beat in orange juice and 2 teaspoons orange peel. Add powdered sugar and beat until smooth. Refrigerate until thick enough to spread, about 30 minutes.

CMFs' Note:

Cakes without garnish and or icing can be made one day ahead and kept in a single layer in an airtight container at room temperature. Ice or frost the day of service.

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