

Mama's Sweet and Spiced Carrot Cake



Story

This recipe holds a special place in my heart as it reminds me of the comforting warmth and love of home, especially during my time living abroad.

Every time I bake my mom's carrot cake, I am transported back to cherished moments spent with family and friends. It's more than just a cake; it's a connection to my roots, a taste of familiarity in unfamiliar surroundings.

The fragrant aroma of bananas and cinnamon mingling with the sweetness of carrots evokes memories of laughter, conversation, and shared joy.

This recipe is a tribute to my mum's creativity and her enduring presence in my life, even when continents apart.

One particularly memorable moment was when my mom and aunt accidentally added too much spice to the mix, resulting in a hilarious kitchen mishap that we still laugh about today. It's moments like these that make Mum's baking not only delicious but also filled with laughter and fond memories.

Ingredients

- 200 g (250 ml) caster sugar
- 250 ml sunflower oil
- 3 eggs
- 200 g (375 ml) flour
- 10 ml baking powder
- 10 ml ground cinnamon
- 5 ml bicarbonate of soda
- 125 g (250 ml) mashed bananas
- 125 g (250 ml) peeled and coarsely grated carrots
- 50 g (125 ml) chopped pecan nuts

Preparation

Preheat the oven to 180°C (350°F). Grease and line two 23 cm round cake tins.

Cream together the caster sugar, sunflower oil, and eggs.

Sift the self-rising flour, baking powder, ground cinnamon, and bicarbonate of soda together, then fold into the egg mixture.

Stir in the mashed bananas, grated carrots, and chopped pecan nuts until well combined.

Divide the batter evenly between the prepared cake tins.

Bake for approximately 25 minutes or until a skewer inserted into the centre comes out clean.

Allow the cake layers to cool in the tins for a few minutes, then transfer to wire racks to cool completely.

To make the filling and icing, cream together the softened butter and icing sugar until light and fluffy. Add the cream cheese and vanilla extract and beat until smooth.

Spread the cream cheese filling between the two cake layers and then use the remaining icing to cover the top of the cake.

Store the cake in the refrigerator.

Note: You can also make carrot cake cupcakes.