

SWEET TREAT

Yale Hospitality's Pear & Cardamom Olive Oil Cake

Difficulty Level: Intermediate

1 ¼ cup all-purpose flour
½ cup granulated sugar
1 tsp baking soda
1 ½ tsp ground cardamom
½ tsp salt
½ cup extra virgin olive oil
½ cup soy milk
1 ¾ tsp apple cider vinegar
1 tsp pure vanilla extract
8.5 oz canned pears, drained and sliced
2 ½ tbsp granulated sugar
1 tsp ground cardamom

SERVINGS

8

PORTION SIZE

3.37 oz.

DIET FACTORS

VG, V

ALLERGENS

Wheat, Soy, Gluten,
Alcohol

Preparation:

Place flour, ½ cup of sugar, baking soda, 1 ½ teaspoons ground cardamom and salt in a bowl and mix together.

Mix olive oil, soy milk, cider vinegar, and vanilla extract together and slowly add to dry mixture. Scrape bowl, and mix until incorporated.

Coat a 9-inch round cake pan with pan spray.

Place half of the pear slices on bottom of pan, and pour batter over pears. Place remaining pears on top of batter.

Bake at 350° degrees F for 25 to 32 minutes. While cake is baking, combine remaining sugar and cardamom in a small bowl. Remove cake and place on cooling rack. Let cool completely before sprinkling cardamom sugar over top of cake.

Optional: Serve with a dollop of yogurt, and grilled pears topped with pistachios.

