



# בשול עם שמחה



## Lemon-semolina Cake

This month, I was planning to give you a recipe for a healthy, low-fat nut loaf. But... I brought a Lemon-semolina cake to Temple open day, and several people asked me to write its recipe in this Bulletin. I did explain that I try to give relatively 'healthy' recipes, and this cake contained butter and many eggs.... but to no avail. Who am I to disagree with three senior ladies of the community....

Nu... here is a health-food-free and totally geshmak semolina cake. (I think it needs a certain amount of eggs and butter to taste right. I don't know whether substituting with sunflower spread, egg substitute, and fructose would still give a recognisable cake, but you are welcome to try. If cholesterol is important, consider replacing half the egg yolks with egg substitute or skim milk.)

Similar cakes exist all around the Middle East - Basbousa bil Levan, Revani, Cypriot Shammali, Sephardic Tishpishti - there's even a Burmese version with bananas and coconut milk. Many recipes use a lot more butter and syrup, and mix wheat flour with the semolina, but I particularly like this version which uses only fine semolina and ground almonds. Also this one does not require beating egg whites separately and folding them in - everything goes in sequence into the same bowl, with a hand-held Kenwood mixer.

### Ingredients:

- 100 gm softened butter (pref. unsalted)
- 3/4 cup castor sugar
- Finely grated rind of 1 large or 2 small lemons
- 4 eggs
- 2 teaspoons baking powder
- 1 cup fine semolina (not 'instant' semolina: just plain fine semolina, from the bulk bin or organic shop. Finer than breadcrumbs, coarser than wheat flour.)
- 1 cup big juicy organic raisins (like Lexia)
- 1 cup almond meal (I used supermarket ground almonds, or you could process organic almonds to fine-breadcrumb stage)
- plus: 1/2 cup flaked or slivered almonds
- 180 gm thick organic yoghurt.

### For the syrup:

- 1 cup castor sugar
- 250 ml lemon juice
- 1/2 cup honey



### Prepare:

- ✓ Preheat oven 180 deg. C.
- ✓ Oil 20 cm cake tin and line bottom with paper.
- ✓ Soften butter; beat with sugar and rind, until mix is light and fluffy.
- ✓ Add eggs one at a time; beat well after each egg.
- ✓ Mix together semolina, almond meal and baking powder, and fold into butter mix.
- ✓ Then lightly fold in raisins, most of almonds, and yoghurt.
- ✓ Pour mix into pan, sprinkle remaining almond bits on top, and bake about 45 min, or until lightly browned on top and a skewer in the middle comes out clean. Don't press the top to check - it may crack and fall in.
- ✓ Melt syrup ingredients together and cook on low heat until it begins to thicken.
- ✓ Allow cake to cool to hand-warm. Turn out of tin onto a plate. Pierce holes all over the top with a skewer and pour syrup evenly over cake.

Tsegait zich in moyl. Enjoy! Simcha bat Sarah

## Meet our Members...

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introduced to Temple celebrations; a wedding, Bat Mitzvah, Bar Mitzvah and a Rabbi Welcoming.

My present connection to Temple Sinai is through the younger generation. Amanda studied in Beit Midrash, and four years ago I became the teacher of the "Tiberias" class, where on Sunday mornings we study Hebrew and the Jewish aspects of our lives.

This summer I operated a Bed and Breakfast home stay for visitors to New Zealand, and over the breakfast table am often reminded just how special New Zealand is. I try, as I have for the last 15 years, to find time for art in my studio, to mount exhibitions, and to sell the occasional painting.

My wishes are for peace in my Israeli homeland and that New Zealand will continue to preserve the quality of life I've found here. My life has been enriched by the lovely family and friends I have in these two special places.