



If possible, bake the cake the night before and store it in the fridge overnight.

what you need

what to do with it

Cake

- 1½ cups cooked black or kidney beans
- 5 free-range eggs
- ½ cup apple sauce
- 90g softened grass-fed farm butter
- 6 tablespoons cocoa powder
- ½ cup honey
- l teaspoon baking powder
- ½ teaspoon bicarbonate of soda
- l tablespoon vanilla extract
- 1/4 teaspoon salt
- 1/4 cup strong black coffee, cooled

Chocolate ganache

- ½ cup cashew nuts
- 100g dark chocolate (I use 70%)
- ½ cup heavy cream
- 1/4 cup honey
- 2 tablespoons grass-fed farm butter
- Punnet of strawberries or other seasonal fruit, sliced, to decorate
- l cup whipped cream to decorate (optional)

- To make the cake, preheat the oven to 180°C and grease a 15–20cm springform cake tin with butter and dust with cocoa powder.
- 2 Rinse the beans well under cold water.
- In a food processor or blender, blitz together the beans, eggs, apple sauce, butter, cocoa powder, honey, baking powder, bicarb, vanilla extract and salt until smooth.
- 4 Pour in the coffee and blitz again until well combined.
- Pour the batter into the prepared cake tin. Bake for 30–40 minutes, depending on your oven. Test after 30 minutes. The cake is cooked when a knife inserted in the centre comes out clean. Set aside to cool, then refrigerate overnight in an airtight container.
- To make the ganache icing, blitz the cashew nuts in a blender to a butter-like consistency. Add the blended nuts and the remaining ingredients to a glass bowl set over a pot of simmering water or in the microwave for 1-1½ minutes, stirring every 20 seconds, until melted. Once completely melted, it will begin to thicken, then leave it to cool slightly before icing the cake.
- 7 Take the cake out of the fridge and remove it from the tin. Using a sharp bread knife, carefully cut the cake horizontally through the centre, so that you have two layers to sandwich together.
- Spread half the ganache over the bottom layer of the cake.
- Next add a layer of strawberries and a layer of whipped cream.
- 10 Carefully place the top layer over the bottom layer and gently press down. Cover with the remaining ganache, the rest of the strawberries and a pretty border of cream. Be creative; the more decadent the better.
- Place the finished cake in the fridge for a while to let the ganache and cream set. Bring the cake to room temperature before serving.

Serves 6-8

