

## Class 62 – COURGETTE, CHEDDAR AND HERB FRITTATA

1 tbsp olive oil  
A small knob of butter  
4 large eggs  
65 g cheddar cheese, grated  
1 large or 2 small courgettes, cut into small cubes  
1 small red onion or shallot, chopped  
20 g fresh herbs – dill, marjoram, basil, tarragon  
parsley, or a mixture.

Heat oil and butter together in about a 20 cm frying/sauté pan. Add onion and courgette. Season. Once sizzling, turn down heat to low and cook 8–10 mins, stirring occasionally, till softened. Beat eggs in a bowl, season. Add most of the herbs and all but 2 tbsp of cheddar. Pour the egg mixture over the veg and cook on medium heat for 7–8 mins until nearly set. Heat grill to highest setting. Sprinkle the rest of the cheese over the frittata. Cook under the hot grill for 3–4 mins till golden and bubbling. Scatter the remaining herbs on top and leave to cool. Cut into 4 wedges.

## Class 64 – CARROT AND GINGER CAKE

### For the cake

250 g butter/marg  
300 g sugar  
150 g golden syrup  
250 g SR flour or gluten free  
1 tsp bicarbonate of soda  
2 tsp ground ginger  
100 g ground almonds  
250 g grated carrot  
4 medium eggs

### For the topping

40 g stem ginger  
1 tbsp ginger syrup  
65 g softened butter  
35 g sifted icing sugar  
1 tsp ground ginger  
125 g full fat cream cheese  
or Mascarpone

Preheat oven to 180°C. Line a 23 cm deep cake tin with baking paper. Stir butter/marg, sugar, and syrup in a pan over medium heat. Remove from heat when sugar has dissolved. Cool. Mix flour, soda, ginger and almonds in a bowl, then add grated carrot and stir well.

Whisk eggs into cooled syrup mixture, tip into carrot mixture and stir. Pour mixture into the lined tin. Bake in centre of oven for 50 mins or until a skewer comes out clean. Leave to cool.

For the topping, finely chop the stem ginger and divide into two. Using an electric mixer, beat the butter, icing sugar, and ground ginger until light and fluffy. Add cream cheese, and stem ginger syrup and mix. Stir in half of chopped stem ginger. Spread on top of cake and scatter over the remaining stem ginger.

## Class 69 – MEN'S SPECIAL: BEETROOT AND CHOCOLATE CAKE

### Cake

50 g cocoa powder  
250 g cooked beetroot  
175 g plain flour  
3 medium eggs  
1½ tsp baking powder  
200 ml sunflower oil  
200 g sugar  
100 g dark chocolate

### Chocolate Ganache

100 g dark chocolate  
100 ml double cream

Preheat oven to Gas 4, 180°C, fan 160°C. Grease and line the bottom of a 23 cm cake tin. Coarsely grate about 2 tbsp of the chocolate for decoration. Chop the rest in a mixer. Put aside.

Sieve the cocoa, flour and baking powder into a large bowl. Add sugar. Drain and halve the beetroot, then blend in a mixer. With the machine running, add the eggs one at a time. Pour in the oil and blend till smooth. Stir the wet mixture into the dry ingredients and mix in the chopped chocolate. Pour into the tin and bake in centre of the oven for 45 mins or until a skewer comes out clean. Remove from oven, cool for 10 mins, then turn out and leave to cool.

Make the ganache. Break up the chocolate into pieces and put in a bowl. Heat cream in a saucepan till boiling and pour over the chocolate. Stir till melted. Cool till thick and spread over the cake. Decorate with the grated chocolate.