

# Cocoa & Pear Cake

We're not saying you should have cake all the time but sometimes it's OK! This recipe uses store cupboard ingredients and is delicious served with fresh raspberries and crème fraîche. This cake can easily be made suitable for vegans by swapping the milk for a dairy free alternative.



Follow the instructions overleaf or see our chefs make this dish in our recipe video.

Open your QR code reader on your smartphone. Hold the device over the code and click to watch.

Please note: some ingredients may have changed since we filmed the video.



## Equipment you will need:

3 mixing bowls	Whisk or fork
Weighing scales	Cake tin (20cm) or loaf tin (450g)
Masher	Tin opener
Spatula or wooden spoon	Sharp implement
Measuring jug or cups	Kitchen roll or tissue
Measuring spoons	

## Ingredients (allergens highlighted in bold):

75g apple sauce	75g sugar
75ml oil	<b>175g self-raising flour</b>
<b>200ml milk or dairy free alternative</b>	1 teaspoon bicarbonate of soda
1 400g tin pears	1 tablespoon cinnamon
	44g / 8 tablespoons cocoa powder

Helpful tip: 1 tablespoon = 3 teaspoons or 15ml

Find other recipes at: [mayorsfundforlondon.org.uk/kitchen-social/take-and-make](https://mayorsfundforlondon.org.uk/kitchen-social/take-and-make)  
Share your feedback in our survey: [www.surveymonkey.co.uk/r/TakeandMake](https://www.surveymonkey.co.uk/r/TakeandMake)

Remember to measure or check the weights of your ingredients. We may have included more than you need.

## Instructions:

1. Preheat your oven to 180°C/350°F/Gas 4. Using a tiny amount of oil on a piece of kitchen roll or tissue, grease the cake or loaf tin.
  2. Drain the pears and put them in your first mixing bowl. Mash the pears to a pulp.
  3. In the second bowl, mix together the flour, sugar, cocoa powder, cinnamon, and bicarbonate of soda. Stir together to thoroughly combine.
  4. In bowl 3, measure the oil, apple sauce and milk and whisk together until combined.
  5. Add the milk mixture to the mashed pear and whisk to combine.
  6. Add the bowl of wet ingredients to the dry ingredients bowl and beat together with a spatula until you have a glossy cake batter.
  7. Spoon or pour the batter into the cake tin and level the mixture using the spatula or the back of a spoon.
  8. Bake in the centre of the oven for around 30–45 minutes until risen (set a timer so you don't forget).
  9. Double check it's ready: insert a sharp implement into the centre of the cake, if it comes out clean it's done, if there is sticky cake batter on it then it needs more time in the oven.
  10. Remove from the oven but leave in the tin for 20 minutes to cool and firm up, before turning out and serving.
- Take & Make Boxes are assembled in a facility that also handles celery, gluten, eggs, lupin, milk, mustard, peanuts, sesame, soybeans, sulphur dioxide, sulphites and tree nuts. Therefore, this product may contain trace allergens that have not otherwise been declared.



By mid-century, the world population will hit 9 billion people. By then, food production must be increased by 70% to meet this demand.