

Gluten-Free Carrot Cake – *Pastel de zanahoria (no gluten)*



Ingredients

1 lb (454 g) (about 3 cups)	carrots; washed, peeled, ends removed, and shredded
1 cup	milk
2	eggs; whites and yolks separated
110 g (½ cup)	unsalted butter; at room temperature
¼ cup plus 2 tbsp	sugar
1 cup	rice flour
1 tsp	vanilla
100 g (½ cup)	raisins

Prepare an 8-inch (20 cm) round cake pan or an 8×8-inch square pan by greasing with butter, then sprinkling to coat with about one tablespoon of sugar. Reserve. Pre-heat oven to 350°F (180°C). Place shredded carrots and milk in a pan over high heat, stirring to soak the carrots in the milk. Cook for about five minutes, until the carrots are tender, but not falling apart. Reserve. Beat egg whites in a bowl until foamy, then slowly add one tablespoon of sugar. Continue beating, until the mix looks firm and glossy. Reserve. In a large mixing bowl, beat the rest of the butter and the egg yolks together until creamy, then incorporate one quarter of a cup of sugar. Continue beating to dissolve sugar, then add reserved cooked carrots, along with the milk. Add rice flour in two instalments, mixing at a lower speed, just until incorporated. Scrape the walls of the bowl with a spatula, then add vanilla, raisins and reserved egg whites, folding softly until a uniform batter is obtained. Pour batter into prepared pan (photo below, left); bake in pre-heated oven for 30 to 35 minutes, until a toothpick comes out clean after inserted in the centre of the bread. Remove from oven and allow to cool down for 10 to 15 minutes. After baking, the bread will not rise much, but should be nicely set and slightly browned (photo below, right): Cut into 10-12 wedges if using a round pan, or 16 squares, if using the square pan (photo at the top).

