



Spiced Steamed Pumpkin Cake

Recipe Gluten-free, dairy-free (casein-free) and hypotoxic

By: Cuisine l'Angélique

PORTIONS : 15

PREPARATION: 15 MINUTES

COOKING: 2 HRS 15 MINUTES

Equipment required: A roasting pan and a small grilling rack

INGREDIENTS

- 280 g (2 cups) all-purpose flour "[La Merveilleuse](#)"
- 7.5 ml (1 1/2 tsp) baking powder
- 7.5 ml (1 1/2 tsp) baking soda
- 2.5 ml (1/2 tsp) salt
- 5 ml (1 tsp) ground cinnamon
- 1 ml (1/4 tsp) ground cloves
- 3 large eggs
- 385 g (1 3/4 cups) cane sugar
- 100 g (1/2 cup) margarine
- 500 g (2 cups) [pumpkin puree](#)

PREPARATION

1. Preheat the oven to 300° F(150° C). Oil a cake pan with a capacity of 2 1/2 litres.
2. In a bowl, combine dry ingredients: flour, baking powder, baking soda, salt and spices.
3. In a large bowl, using an electric mixer, beat the eggs and gradually add the sugar. Beat until smooth and creamy (about two minutes). Add margarine and pumpkin puree and beat well.
4. Gradually add the flour mixture, beating well after each addition.
5. Pour the mixture into the pan and cover it tightly with aluminum foil.
6. Place a rack in a roasting pan and add boiling water to the level of the roasting pan. Place the pan on the grill and place the lid of the roasting pan on top.
7. Bake on the centre rack of the oven for about 2 hours 15 minutes, or until a toothpick inserted in the middle comes out clean.
8. Remove from oven and let stand for 5 minutes, then unmould. Serve warm or cold.



This cake is such a treat! You will be pleasantly surprised by its lovely tenderness. Also, I always find it fascinating to bake a cake this way. Each time I remove it from the oven I marvel at how well it has risen!

TIP

* Take advantage of autumn to stock up on pumpkin puree. Simply cut your pumpkin in half and hollow it out. Place each half of your pumpkin in a roasting pan, peel up, cover the bottom of the roasting pan with water and place in the oven at 350° F (180° C). The pumpkin will be ready when it is tender, so you will simply have to scoop out the flesh and puree it in a blender, adding a little water if necessary.

NUTRITION FACTS

Per portion	230 Calories
Fat: 7 g	11 %
Saturated 1 g	
Trans 0.1 g	6 %
Polyunsaturated: 1.5 g	
Omega-6: 1 g	
Omega-3: 0,6 g	
Monounsaturated: 3,5 g	
Cholesterol: 40 mg	
Sodium: 250 mg	10 %
Carbohydrate: 40 g	13 %
Fibres: 1 g	4 %
Sugars: 25 g	
Protéines: 2 g	
Vitamin A	20 %
Vitamin C	2 %
Calcium	4 %
Iron	6 %
Magnesium	10 %
Manganese	25 %

