



**NAME OF THE RECIPE:**

Carrot cake

**PARTICIPANT'S NAME:**

Chloé Gauvreau

**CATEGORY:**

Young Chefs (17 years old and under)

**PROVINCE:**

Alberta

**STORY:**

Carrot cake is my brother's favourite. Ever since I was diagnosed with celiac disease, I've had a hard time making gluten-free versions of my favourite recipes and those of my family. After a lot of practice, I finally found a flour to prepare my recipes so that they taste just as good as they did before. :) Now, my brother and I can enjoy his favourite dessert together! I really missed that!

**INGREDIENTS:**

**Cake**

- 2 cups all-purpose flour (I use Cup4Cup gluten-free flour.)
- 2 tsp baking powder
- 1 tsp baking soda
- 1½ tsp cinnamon
- ½ tsp ground ginger
- ¼ tsp nutmeg
- ½ tsp salt
- ¾ cup vegetable oil
- 4 eggs
- 1½ cups brown sugar
- ½ cup sugar
- ½ cup unsweetened applesauce
- 1 tsp vanilla extract
- 3 cups grated carrots

**INSTRUCTIONS:**

**Cake**

1. Preheat oven to 350 °F. Grease two 9-inch cake pans and set aside.
2. In a big bowl, mix the flour, baking powder, baking soda, cinnamon, ground ginger, nutmeg and salt. Set aside.
3. In another bowl, mix the eggs, oil, brown sugar, sugar, applesauce and vanilla extract. Mix well, and then add the carrots to the mixture.
4. Add the dry ingredients to the wet ingredients, and mix well.
5. Divide the batter evenly between the two cake pans. Bake the cakes at 350 °F for 30 to 35 minutes. Insert a toothpick into the cakes to check if they're done. Let cool for 20 to 25 minutes.



**INGREDIENTS:**

**Frosting**

- 2 cups icing sugar
- ½ cup butter
- 8 oz cream cheese (1 pack)
- 1 tsp vanilla extract

**Caramel sauce**

- 1 cup sugar
- ¼ cup water
- 6 tbsp butter
- ½ cup cream
- 1 tsp vanilla
- 1 pinch of salt

**INSTRUCTIONS:**

**Frosting**

6. Using an electric mixer, mix the cream cheese until it's creamy. Add the butter, and continue to mix for 30 seconds to 1 minute. Make sure that there are no clumps. Then, add the icing sugar one cup at a time. Lastly, add the vanilla extract.

**Caramel sauce**

7. In a pot, dissolve the sugar in the water on medium heat. Stir until the sugar is completely dissolved and starts to bubble.
8. At this stage, don't stir; just let it boil. Scrape the sides of the pot every so often so that everything is well incorporated.
9. The sugar will clump, but continue to stir. The mixture will become darker. Continue to stir so that the mixture doesn't burn (between 8 to 10 minutes).
10. Add the butter and stir continuously until it melts.
11. Remove the mixture from the heat and add the cream. Incorporate the vanilla extract and salt.
12. Let it cool for 10 minutes.

**How to assemble the cake**

13. Once the cakes have completely cooled, spread the frosting on top of each cake. Then, stack one cake on top of the other, and frost the entire cake.
14. To decorate, pour the caramel around the cake and add nuts, if desired.