



MARI MERERID WILLIAMS
FOOD STYLIST & WRITER

CARROT CAKE

Preparation Time:

10 minutes

Cooking Time:

1 ¼ hours

Serves: 12

400g carrots, peeled
1 piece stem ginger in sugar syrup
(1 tbsp sugar syrup)
300g unsalted butter, softened
300g light muscovado sugar
Zest of 1 orange, plus 3 tbsp juice
7 eggs, beaten
350g self-raising flour
3 tsp baking powder
1 tsp ground cinnamon
75g ground almonds
75g walnuts, roughly chopped

For the frosting:

400g mascarpone or cream cheese
75g golden icing sugar

Fresh rose petals
1 egg white, lightly beaten
Caster sugar, for dusting

Preheat the oven to 180°C, gas mark 4. Grease a 22cm round, deep cake tin and line with baking parchment.

Roughly chop the carrots and place in a food processor along with the stem ginger, the sugar syrup and 2 tbsp water. Process the carrots into a pulp.

Beat together the butter, sugar and orange zest in a large bowl until pale and fluffy. Add the eggs, a little at a time. If the mixture curdles, add a little flour. Sift the flour, baking powder and cinnamon into the bowl. Add the almonds, carrot pulp, and the walnuts, and stir gently together until evenly combined.

Spoon into the tin, level and bake for about 1-1 ¼ hours until risen and golden. To test the cake is cooked, push a skewer into the centre – it should come out clean. Remove from the tin and leave to cool on a wire rack.

To make the frosting, beat the mascarpone or cream cheese in a bowl. Add the juice from the orange and icing sugar, and beat until smooth. Using a palette knife spread the frosting over the top and sides of the cake.

For the frosted flowers, gently brush both sides of the petals with a little beaten egg then sprinkle generously with caster sugar. Shake off excess sugar and place on a sheet of greaseproof paper and leave to dry preferable over night. Use to decorate the carrot cake.

MOBILE: 07703 398476
EMAIL: MARI@MARIWILLIAMS.COM
www.MARIWILLIAMS.com



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ROASTED MEDITERRANEAN VEGETABLES PUFF TART

Preparation Time:

10 minutes

Cooking Time:

35 minutes

Serves: 2 as a main course

Serves: 4 as a snack

2 red onions, cut into wedges
8 baby plum tomatoes
1 red pepper, cut into chunks
1 green pepper, cut into chunks
olive oil for drizzling
1 sheet Jus Rol ready rolled puff
pastry, thawed
2 tbsp Sacla' sun dried tomato pesto
100g mozzarella, sliced
1 egg, beaten

Preheat oven to 220°C/425°F/Gas Mark 7. Lightly oil a flat baking tray.

Place the onions, tomatoes and peppers on a tray and drizzle lightly with olive oil and roast for 15-20 minutes or until just tender. Allow to cool slightly.

Unroll pastry sheet and lay on a baking sheet. Score the pastry with a sharp knife about 1cm from the edge. Spread tomato pesto on the pastry within the scored line.

Top with roasted vegetables and mozzarella, brush borders with beaten egg and bake for 12-15 minutes, until borders risen and golden brown.

Serve immediately.



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FLOWER POT BUNS

For the Batter:

7g sachet Allinson easy-bake dried yeast
1 tsp light muscovado sugar
100g Allinson Very Strong White Bread
Flour
200ml hand-hot milk

For the Dough

300g Allinson Very Strong White Bread
Flour
1 tsp salt
2 tsp ground mixed spice
grated rind of 1 orange
50g butter, cut into small pieces
50g light muscovado sugar
100g cranberries
50g walnuts, chopped
1 egg, lightly beaten

For the Glaze:

1 orange
50g unrefined golden caster sugar
50g unrefined Demerara sugar

Line 9 small terracotta flower pots with non-stick baking paper.

Make the batter: In a large bowl mix together the yeast, sugar and flour. Stir in the milk and mix to a smooth batter. Cover the bowl with a clean tea towel and leave to rise for 25-30 minutes until the surface is covered with large bubbles.

Make the dough: sift together the flour, salt, mixed spice. Stir in the orange rind, add the butter and rub into the flour, then stir in the sugar, cranberries and walnuts.

Add the dry mix and the beaten egg to the batter, and mix to a soft dough. Tip the dough on to a lightly floured surface; knead for five minutes until smooth and no longer sticky. Knead in more flour if still sticky after five minutes.

Divide the dough into nine equal pieces and shape to fit into the flower pots. Place the pots on the baking sheet, a little apart, in a three by three formation. Oil one side of a sheet of cling films or large polythene bag and place over the buns. Leave to rise for 1½ hours until the buns have doubled in size and spring back when prodded.

Preheat the oven to 200C/425F/Gas 7.

Bake the buns for 15-20 minutes until risen and golden brown. Make the glaze: pare the orange rind, and then cut into fine strips. Put the rind and sugar in a pan with three tbsp of water. Bring to the boil, stirring, until the sugar has dissolved, then boil rapidly to make a light syrup (1½-2 minutes). Transfer the buns to a rack, brush immediately with the glaze, and sprinkle with the Demerara sugar then leave to cool.