



Holiday Baking with Olive Oil

Baking with olive oil, instead of butter, cuts the amount of cholesterol and saturated fat in your favorite recipes. Olive oil produces lighter-tasting breads, brownies, biscotti, and cakes. And there's more good news—you need less olive oil than butter when baking. Use the chart at the right as your guide in making the switch.

BLACK OLIVE CAKE

Ingredients:

- 2 cups whole wheat pastry flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 2 teaspoons ground cardamom
- 1 teaspoon ground cloves
- 1 teaspoon ground cinnamon
- 3 eggs
- ½ cup extra-virgin olive oil
- 1 cup plain Greek yogurt
- 3 tablespoons pomegranate molasses
- 1 ½ cups or 1 can (6 ounces)
pitted black olives, chopped
- Grated zest and juice from 1 orange
- ½ cup currants
- 1 cup crystallized ginger, diced
- 2 tablespoons fennel seeds
- 1 ½ cups confectioners sugar
(for glaze)

Directions:

1. Heat the oven to 350°F. Grease a round 9-inch cake pan, cover with a circle of parchment paper, and grease the paper.
2. Combine flour, baking powder, baking soda, cardamom, cinnamon, and cloves in a bowl and blend with a whisk. Set aside. In a mixing bowl combine the eggs, olive oil, yogurt, and 2 tablespoons of the pomegranate molasses and whisk until smooth. Stir in the dry ingredients. Fold in olives, orange zest, currants, ginger, and fennel seeds. Stir until smooth.
3. Spoon batter into cake pan and bake for 35 to 40 minutes, or until the cake is lightly browned and a toothpick inserted in the center comes out clean. Transfer cake to a rack to cool. While still slightly warm, run a knife around the edge. Put a flat plate on top of cake, flip it onto plate, then cover cake with a serving plate and flip again.
4. Combine 2 tablespoons of the orange juice and remaining 1 tablespoon of pomegranate molasses in a small saucepan, and bring just to a simmer. Add sugar and cook for about 1 minute, whisking to form a smooth glaze. Pour the glaze over the cake and serve warm, or let cool.

Baking Substitutions

Butter	Olive Oil
1 tsp	3/4 tsp
2 tsp	1 1/2 tsp
1 Tbsp	2 1/4 tsp
2 Tbsp	1 1/2 Tbsp
1/4 cup	3 Tbsp
1/3 cup	1/4 cup
1/2 cup	1/4 cup + 1 Tbsp
2/3 cup	1/2 cup
3/4 cup	1/2 cup + 1 Tbsp
1 cup	3/4 cup



Yield: Serves 16

Nutrition per serving:

Calories 220; fat 10g; saturated fat 2g;
sodium 190mg; carbohydrate 33g;
fiber 3g; protein 4g

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