

# Farmer's Market Groupie

## **Meyer Lemon And Olive Oil Breakfast Cake.**

Total Prep & Cook Time 25 minutes / Time in Oven – 25-30 minutes

I love this cake for breakfast. It is a tad sweet and when cakes are homemade they can actually be good for you because you can regulate how much sugar you want, the quality of oil you are using and whether or not you are incorporating organic eggs and flour. Your baking powder is also aluminum free. I don't think your local bakery or Starbuck's has the same standards.

I love this cake on its own but it is also delicious with whole yogurt and/or fruit. This cake has protein, vitamin B12 and essential amino acids from your eggs, nutrients from your citrus juice, healthy fats and fiber. It cost little to make so feel free to make a few and put in fridge or freezer. Enjoy!

### **EQUIPMENT NEEDED:**

Timer  
Handheld or electric whisk  
2 medium stainless bowls for dry ingredients and eggs  
1 small glass bowl for juice/zest  
2 tiny glass bowls for oil and sugar  
1 large tablespoon for scooping dry ingredients into egg mixture  
Dry measuring cups/spoons  
Liquid measuring cup  
Sieve for sifting dry ingredients  
Microplane or lemon zester  
Spatula for scraping sides of bowl  
1 8-inch baking pan or 9x5 inch loaf pan (equivalent to 8 cups)  
\*Kitchen scale  
*\*If you don't have one, it's not necessary but I do recommend getting one asap*

## INGREDIENTS NEEDED:

186 grams or  $\frac{3}{4}$  c. fresh squeezed lemon juice and zest of 4 lemons (you can use regular lemons too)

***\*You are eating the zest so make sure lemons are organic.***

3 eggs at room temperature.

$\frac{3}{4}$  c. all purpose flour

1 tsp. baking powder

1 tsp. baking soda

$\frac{1}{8}$  tsp. salt

$\frac{1}{3}$  c sugar (or even  $\frac{1}{4}$  c. will be enough)

$\frac{1}{3}$  c. extra virgin olive oil

Tad butter and splash extra flour for greasing your loaf pan

## GET COOKING:

Heat oven to 350.

If eggs are in the fridge, immediately remove and place in a bowl of warm water to bring down the temperature. Set aside.

Butter your baking pan very well so cake is easy to remove. Use your fingers to get in corners and along bottom sides. Sprinkle in some flour and tilt and tap to move flour around base and sides of pan. Set aside.

Zest \*three lemons over your small glass bowl. \*\*If you are using a microplane, make sure to remove all zest trapped on the underside.

***\*The 4<sup>th</sup> lemon is extra only if you need more juice.***

Cut lemons in half and either weigh until you have 186 grams or measure  $\frac{3}{4}$  c. of juice.

***\*\*Pour juice over microplane to remove trapped zest in glass bowl with zest. Swish around and set aside.***

Sift flour, baking powder, baking soda and salt over medium stainless bowl. Give a little mix with a spoon and set aside leaving spoon in the bowl.

In second medium bowl \*whisk 2 whole eggs with one \*\*egg yolk until the eggs are very well combined.

***\* If using an electric mixer stay on high until it's time to add dry ingredients.***

***\*\*Save and store the third egg white in the fridge for other baking or a quick scramble. Will keep until your nose tells you otherwise but at least 10 days.***

Slowly add one tbsp. of sugar at a time to eggs, each time whisking for a good 10 seconds After all sugar is combined keep whisking for another 30 seconds - minute. By now your mixture has fluffed up to at least double or maybe even triple the original amount if you used an electric mixer.

Slowly add your olive oil following same method as sugar: A little at a time, mix for 10 seconds, add a little more...

Do the same for your juice/zest mixture. When done, your mix should be smooth.

### **Now The Dry Ingredients:**

If using an electric mixer, set on low. Slowly whisk in flour a large spoonful at a time. Make sure there are no lumps before you add more. When you're done there should be not a lump in sight.

### **FYI, this batter is bowl-licking good.**

Pour batter into your baking dish and use your spatula to scrape extra into pan. If any batter drips on edges, wipe off with a towel so it does not burn and smoke in the oven.

Set cake in the middle of your top rack in your 350 oven. Check cake after 25 minutes: Is it lightly golden on top and along the edges? If so poke the center with a sharp knife or toothpick and if it comes out clean, it is done. If not just give it another minute or two.

Remove cake from oven and set it on a cooling rack. As it cools it will slowly deflate. Don't worry a bit. That's what you want.

Once cool, loosen cake from dish by very carefully dragging a thin small knife around and between the dish and cake. Tap dish on counter. \*Cover dish with a plate and carefully flip pan to release cake on plate. Now carefully using your hands just turn the cake right side up. \*\*Store unrefrigerated in a sealed container.

*\*Feel free to tap bottom of baking dish with a wooden spoon if cake is stubborn but if you greased it well, it should not resist.*

*\*\*You can also store in the baking pan. Just cover with foil, slicing as you go. It's way too delicious to last long so don't worry a bit about spoilage.*

P.S. Whoever does not cook, cleans the kitchen! That's the rule.