

WALNUT CAKE WITH YOGURT AND ORANGE SPOON SWEETS

Nonstick (vegetable oil) cooking spray

1 teaspoon baking soda

1/3 cup Frangelico (or other hazelnut-flavored liqueur)

1 teaspoon baking powder

1 cup fine semolina

1 cup walnuts, coarsely chopped

1/3 cup sugar

1 teaspoon ground cinnamon

1/4 teaspoon ground cloves

1/2 cup freshly squeezed orange juice

Zest of 2 oranges

1/4 cup olive oil

Syrup (recipe follows)

1/2 cup low fat Greek yogurt (cow's milk)

Orange spoon sweets (recipe follows)

Spray the interior of six 4-ounce soufflé cups with vegetable oil spray and place on a baking sheet.

Dissolve the baking soda in the Frangelico. In a stainless steel mixing bowl, combine the baking powder, semolina, walnuts, sugar, cinnamon and cloves; make a well in the center. In another bowl, mix the orange juice and zest.

Pour the Frangelico mixture and the orange juice mixture into the well of the dry ingredients. Stir to combine. Fold in half of the olive oil; when incorporated, fold in the remainder.

Using a small ladle, fill each of the soufflé cups 3/4 full with the cake batter.

Set a convection oven to 325° F and bake for 15 to 20 minutes or until a toothpick inserted in the center of the cakes comes out clean when removed. This may take as long as 25 minutes in a conventional oven.

Keep the cakes in the soufflé cups, drizzle half the syrup over the cakes and set aside to cool. Drizzle the remaining syrup over the cakes just before serving.

Serve at room temperature topped with 1 tablespoon Greek yogurt and 1 tablespoon orange spoon sweets per cake. Serves 6.

Syrup

2 cups sugar

1 cinnamon stick



Walnut cake made with olive oil and topped with thick yogurt and orange spoon sweets is a perfectly balanced dessert, and a Santorini dessert wine matches its richness.

4 cups water

Peel from half an orange, white pith removed

1 tablespoon fresh lemon juice

1/2 cup honey

Combine all ingredients in a sauce pot, place over medium heat, and cook until contents are reduced to a syrup consistency and the liquid coats the back of a spoon, about 15 to 20 minutes. Skim the surface occasionally to clear syrup. Be careful not to overreduce the syrup, or it won't drizzle properly.

Remove from heat, strain and cool.

Note: Leftover syrup can be stored in an airtight container in the refrigerator for up to 2 weeks.

Orange Spoon Sweets

2 oranges

1/2 cup plus 2 tablespoons sugar

3 cups water

Blanch the oranges: Place the oranges in a medium-sized saucepan and cover with cold water. Place the pan over high heat and bring to a boil. Cook the oranges for 1 minute, then drain. Repeat this blanching process two more times.

When oranges are cool enough to handle, place them on a cutting board and slice in half lengthwise. Set the halves on the cutting board, flat side down, and slice into thin slices. Transfer to a bowl, add the sugar, and toss to coat evenly.

Place a nonreactive stainless steel pan over high heat and add 3 cups of water. When the water comes to a boil, add the orange slices, reduce heat and simmer for 90 minutes. Drain and chill.

Note: Leftover spoon sweets can be stored in an airtight container in the refrigerator for up to 2 weeks.