

# JOSE AND BRIDGETTE'S CARROT CAKE

## Method

1. Heat the oven to 180°C/350°F/Gas Mark 4 and grease a 28x38cm rectangle dish.
2. Mix the white sugar, vegetable oil and vanilla essence.
3. Add the three eggs and beat well until thick and creamy.
4. Add the plain flour, salt, bicarbonate of soda and cinnamon and beat all together.
5. Lastly, add the carrots and sultanas and mix all together.
6. Pour the mixture into the greased dish, ensuring it is spread evenly.
7. Place in the oven for approximately 30-40 minutes until golden brown, take out and leave to cool.
8. To make the icing, mix the condensed milk and lemon juice in a bowl until thickened.
9. Add the cream cheese and mix.
10. Lastly, add the double cream and beat all together until it is a thick consistency.
11. Once the cake is completely cool, swirl the cream cheese icing generously on top and decorate lavishly with walnut halves.

## Ingredients

- 300g white sugar
- 230ml vegetable oil
- 1 tsp vanilla essence
- 3 eggs
- 190g plain flour
- $\frac{3}{4}$  tsp salt
- $\frac{1}{4}$  tsp bicarbonate of soda
- 2  $\frac{1}{2}$  tsp cinnamon
- 100g grated carrots
- 115g sultanas
- 250g walnut halves
- 1 can condensed milk
- juice of 4 lemons
- 240ml double cream
- 125g cream cheese



## Jose's wife, Bridgette, on her husband's diagnosis and treatment, and how baking has helped.

"Jose was diagnosed with a brain tumour in 2009 after an emergency trip to A&E. We were told that the tumour was on the main artery in his brain and could not be removed, only monitored. In 2011 the tumour began to grow, and a biopsy confirmed it was a grade 2 astrocytoma.

"Jose had radiotherapy, which caused severe side effects. He was also put on medication as he was having 30-40 seizures a week. These have now reduced, but he still suffers from balance issues, shaking and finds it hard to walk anything but short distances.

"I bake regularly for our local support group in Romford. We find such great comfort in it – it's the highlight of our month. The people there are like family. They're all going through similar things, so they really understand.

"This recipe is one of our absolute favourites, I've never had anyone say they don't like it! We really hope you enjoy making it for Big Bandana Bake. We think it's so important to raise awareness of brain tumours and The Charity, and to let others know they're not alone."

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We've done a few bake sales for The Charity in the past and they were brilliant. We want to do anything we can to raise money to support those affected and help fund the very best research.