



LUCKY

Kumquat. Tangerine. Macadamia. Calendula petals for healing.



For light in the heart space.
This cake is for all those who have suffered great loss.
Knowing that darkness, Lucky transforms the lacerated heart
and reveals a pathway through to the light.

SIZE	20cm	25cm
SERVES	10-15	12-15

GRAPEFRUIT CONFIT (OPTIONAL)	
pink grapefruit	1
caster sugar	200g

TUTTI FRUTTI CURD		
eggs	2	3
yolks	2	3
caster sugar	100g	150g
freshly squeezed citrus juice and their zest (I use a combination of ruby grapefruit, limes, oranges and lemons)	100ml	150ml
unsalted butter	100g	150g

MACADAMIA ROCHER		
macadamias, toasted	100g	130g
almond meal	50g	65g
icing sugar	150g	200g
cream of tartar	¼ tsp	¼ tsp
cornflour <i>(SEE NOTE)</i>	1	1½
	tbsp	tbsp
egg whites	3	4

LEMON DELICIOUS PUDDING	
eggs	3
caster sugar	150g
lemons, juiced and zested	2
mascarpone	130g
milk	50ml
self-raising flour, sifted <i>(SEE NOTE)</i>	50g

KUMQUAT AND TANGERINE COMPOTE		
kumquats	250g	350g
water	500ml	700ml
tangerines or mandarins, peeled and segmented	2	3
caster sugar	150g	200g

TO DECORATE	
icing sugar, for dusting	
pure cream	200g
calendula petals, for healing	

GRAPEFRUIT CONFIT (OPTIONAL)

- 1 Slice the grapefruit in half vertically and squeeze out the juice (reserve for the curd below). Cut each half into quarters, then place in a medium saucepan and cover well with cold water. Bring to the boil, then drain the water off into the sink. This is called blanching and it releases the bitterness from the peel and needs to be repeated a minimum of three times. If you were to continue boiling the water without draining it off, the bitterness would just cook back into the peel. Once you have blanched the grapefruit segments three (or four times, for good measure), drain off the water and return the grapefruit to the saucepan with the caster sugar over low heat. The sugar will start to dissolve and there will be quite a lot of liquid in the pan. Continue to boil, stirring only occasionally with a heatproof spatula as too much agitation may cause the sugar to crystallise. Giving the pan a little shake is actually preferred to stirring, although, eventually as the sugar starts to really coat the fruit, it will be necessary to put your spatula in there and turn the fruit to prevent it from catching on the base of the pan. Heat can vary, as can the grapefruit segment sizes, so it is difficult to pinpoint how long the confit will take, but a rough guide of 40 minutes would be fair. The fruit will become a beautiful, transparent ruby colour and once this stage is reached, regardless of how much sugar is remaining, I usually turn off the heat to reserve the flavour of the fruit. It’s possible to keep cooking to evaporate all the sugar, but this may caramelise the fruit and detract from its flavour. Use a pair of tongs or a fork to remove the grapefruit quarters from the pan and arrange them on a cooling rack to cool.

TUTTI FRUTTI CURD

- 1 Begin by cracking the eggs and yolks (set aside the egg whites for making the rocher) into a medium heatproof bowl. Add the sugar and use a hand whisk to beat for 1 minute or so until the eggs are slightly pale and the sugar is dissolved. Add the citrus juice and zest to the eggs and whisk again until well incorporated, then place the bowl over a saucepan of barely simmering water and heat, whisking every 3 minutes, for approximately 20 minutes. The curd will begin to cook around the edges first, so whisking the curd occasionally ensures an even temperature is maintained throughout the cooking process. The whisk is a great tool to use for scraping the cooked curd away from the sides of the bowl and into the middle. Don’t worry about any little lumps at this stage, they will be smoothed out later. The curd will be cooked when it reaches 85°C on a digital thermometer or becomes the consistency of thick cream. Turn the heat off and allow the curd to sit for a further 10 minutes in the bowl over the saucepan. This step is an insurance policy to guarantee the thickness of the curd and its ultimate setting.
- 2 After 10 minutes, remove the bowl of curd from the saucepan and set it on the bench to cool down, whisking the curd occasionally so the heat can be released and the temperature reaches 45°C on a thermometer or is warm to touch. Once it has cooled to this temperature, start whisking in the butter, 1 tablespoon at a time, waiting until each addition is incorporated before adding the next. This step can also be done in a food processor or with a stick blender.
- 3 Cover the curd and refrigerate overnight or for a minimum of 6 hours until chilled and set.

MACADAMIA ROCHER

- 1 Preheat the oven to 160°C. Grease and line a 20 cm | 25 cm cake tin with baking paper and set it aside.
- 2 Place the macadamias in a food processor and blitz using the pulse function until they are as finely chopped as possible. Be aware the high oil content of the macadamias makes them prone to turning into a paste, so keep an eye on them, then add the almond meal and blitz again so the almonds soak up some of the oil and assist in making the macadamias finer.
- 3 Sift the icing sugar, cream of tartar and cornflour into a bowl together to remove any lumps and set the bowl beside your electric mixer. Place the egg whites (some of which have been reserved from making the curd) in the electric mixer fitted with the whisk attachment and begin whisking on high speed. Once you see soft ribbons forming in the egg white, reduce the speed to medium and very gradually add the icing sugar mixture, 1 tablespoon at a time, until all incorporated. This meringue has a high sugar content to make the rocher crunchy, so take your time adding it to the whites so as not to ‘saturate’ them, this will result in a heavy meringue. Aim to take 10 minutes to add all the sugar and, once the meringue is thick and glossy, remove the bowl from the mixer and fold through the macadamia crumb using a spatula.
- 4 Pour the meringue into the prepared cake tin and smooth the top using an offset palette knife or a tablespoon. Bake for 35 minutes or until crunchy on the outside and soft in the middle. You will be able to assess this by pressing your finger into the middle of the rocher, where it will feel slightly springy to touch, then remove the rocher from the oven and cool in the tin for at least 1 hour or overnight.

LEMON DELICIOUS PUDDING

- 1 Preheat the oven to 150°C. Grease and line a 20 cm | 25 cm cake tin with baking paper and set it aside.
- 2 Separate the eggs and place the yolks in the bowl of an electric mixer fitted with the whisk attachment. Start whisking on slow speed, then add only 100 g of the caster sugar. Increase the speed to medium and whisk the yolks for 5 minutes or until they are thick and fluffy. While the yolks are whisking, take this time to whisk the lemon juice and zest, mascarpone and milk together, then set the bowl aside. We do this now because the citrus will thicken the mascarpone, which will make the pudding fluffier later on.
- 3 Once the egg yolks are glossy, remove the bowl from the mixer and decant the mixture into a large bowl. This is called our ‘sabayon’. Clean and dry the electric mixer bowl, add the egg whites and whisk on medium speed until soft ribbons start to form, then gradually add the remaining caster sugar, 1 tablespoon at a time, until it is all incorporated. Stop whisking the egg whites before they reach firm peaks so the meringue remains softly whipped. Fold the mascarpone mixture gently through the sabayon using a whisk.
- 4 Sift the flour for a second time directly over the surface of the mascarpone mixture and fold it through using the whisk. Once the flour is all incorporated, fold through the egg white, using a spatula to smooth out any lumps that have formed in the meringue. Once the last streak of egg white has disappeared give two final big folds to the bottom of the bowl using the spatula, then pour the mixture into the prepared cake tin. Place immediately in the middle of the oven for 30 minutes or until the centre of the cake is firm and springy to the touch. Remove from the oven and cool in the tin for 2 hours or overnight. (cont.)

- 1 To prepare the kumquats, ensure that the stem has been removed completely with a sharp paring knife, then cut them in half lengthways. Place the kumquats and the water in a medium saucepan and bring to the boil, then reduce the heat so that they are just simmering. Continue to cook the kumquats for 30 minutes or until the fruit is tender, then remove from the heat and strain away any surplus water. Return the kumquats to the pan with the tangerine or mandarin segments and the sugar and place over medium heat, stirring to dissolve the sugar completely. Once the liquid starts to boil, reduce the heat to low and simmer for 20 minutes or until the sugar has turned syrupy and glossy and the tangerines look softened. Remove the compote from the heat and cool completely for 4 hours or overnight.

(On the day)

TO ASSEMBLE

- 1 This cake is best assembled directly on the platter you intend to present it on, as it is a very voluptuous cake and won't like being transferred. Begin by peeling the paper from the rocher layer and placing it onto the platter, then spread the tutti frutti curd evenly over the rocher using an offset palette knife. Roughly chop three or four wedges of the grapefruit confit (if using), then scatter these pretty jewels evenly over the curd. Remove the lemon delicious from the tin by inverting it onto a small plate and flipping it back the right way up, then place it on top of the grapefruit layer. It will likely be quite soft and mousse-y and will appreciate a gentle hand when manoeuvring it from the tin. Once the pudding layer is in place, I like to dust it with icing sugar to soften the edges and give it an ethereal appearance.
- 2 Whip the cream softly and smooth it over the top of the pudding layer, then spoon the kumquat and tangerine compote evenly over the cream. Thinly slice more slivers of the grapefruit confit (if using) and arrange them delicately over the top of the compote (I like to make sure everyone in the party will receive one), then finish the cake with a liberal amount of calendula petals.
- 3 The layers of Lucky can be made the day before and assembled on the day. I have also assembled this cake and kept it in the fridge overnight, finding that the layers meld into one another to form a different cake personality. No less delicious, albeit a little less light. Always leave the cake out of the fridge for 1 hour before serving to allow the flavours and textures to become their best selves. (*end*.)

NOTES.

It's important to me when writing recipes that I try to make them as accessible as possible and not overcomplicate them. There are many components to this cake and while the grapefruit is a lovely touch it isn't essential to the deliciousness of this cake.

To make this gluten-free, you can substitute the cornflour with gluten-free maize for the rocher and the self-raising flour with 50 g gluten-free flour plus ¼ tsp baking powder for the lemon delicious pudding.

