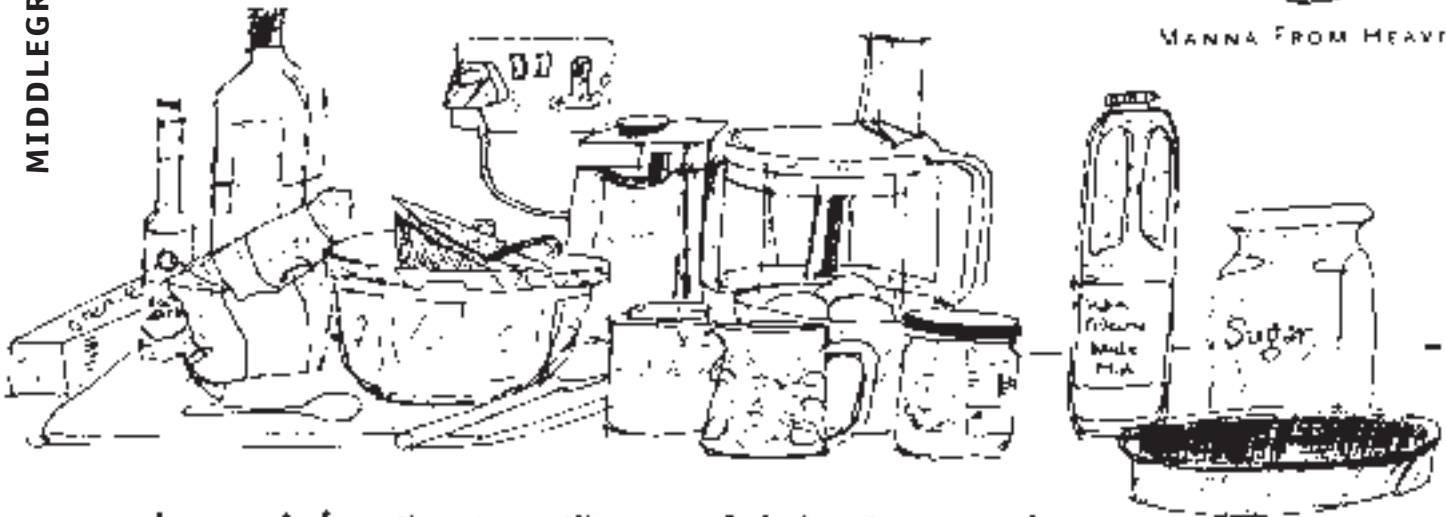


*Manna from Heaven, Sydney's slowfood emporium run by Rachel Grisewood, provides this issue's sumptuous recipe.*

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MANNA FROM HEAVEN



**honey and olive oil cake with macerated strawberries and cream**

- 1/4 cup extra virgin olive oil
- plain flour, for dusting
- 75g thick honey
- 1/2 cup milk
- 3 eggs
- 125g caster sugar
- 1 tsp vanilla extract
- 125g self-raising flour
- 40g arrowroot
- 300ml pouring cream

**For the Macerated strawberries**

- 100g raw sugar
- 1/4 cup rosewater
- 1 vanilla bean, split lengthways
- 300g strawberries, hulled



Illustration: Kate Dodd

lightly grease with olive oil an oval cake tin or round 20cm cake tin with extra olive oil, line base with baking paper, then grease again and dust base and sides with flour, shaking out excess flour.

Combine honey, milk and olive oil in a small saucepan and stir over low heat until smooth, then remove pan from heat and cool.

Using an electric mixer, whisk eggs and sugar for 5-7 minutes or until thick and creamy and mixture holds a trail, then stir in honey mixture and vanilla. Gently fold in combined sifted flour and arrowroot until just combined. Pour mixture into prepared tin and bake at 150C on middle shelf in oven for 40-50 minutes or until golden and risen, and cake has come away from side of tin. Cool cake in tin for 20 minutes, and then turn out onto a wire rack to cool completely.

For macerated strawberries, combine 200ml water, sugar, rosewater, scraped seeds from vanilla bean and bean in a saucepan, bring to the boil over medium heat and simmer for 5 minutes or until syrupy. Thickly slice strawberries into a bowl, pour hot syrup over, then leave to cool.

Turn cake out onto a plate, base-side up. Drain strawberries and spoon macerating syrup over top of cake. Using an electric mixer, whisk cream until soft peaks form, spread over top of cake, then spoon drained strawberries over. Undecorated cake will keep, refrigerated in an airtight container for up to 1 week.

