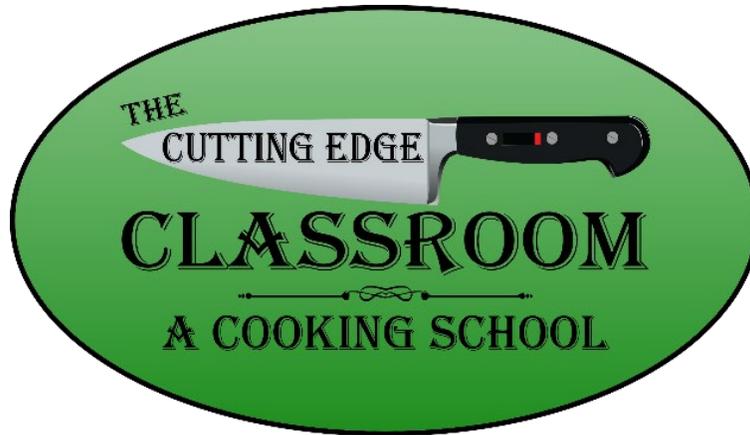


Class Date and Time: February 11<sup>th</sup>, 2021, 5:30PM-7PM  
Contact Person/Company: Kim Kirkland, AUC School Of Medicine  
Contact Phone Number: 336-926-03787  
Contact Email: [kkirkland@aucmed.edu](mailto:kkirkland@aucmed.edu)



## Re-Inventing Virtual Cooking Classes At The Cutting Edge Classroom Cooking School

### The Menu

### On The Healthy Side Carrot Cake Cream Cheese Frosting

Email: [jalunnijr@gmail.com](mailto:jalunnijr@gmail.com)  
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## Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet. Please reach out for substitution suggestions.

### Produce

- ✓ 2 cups grated carrots

### Dairy

- ✓ 4 large eggs
- ✓ 16 oz cream cheese
- ✓ ½ cup butter
- ✓ 1 tbsp milk or heavy cream

### Pantry Items

- ✓ 1 ½ cup light or dark brown sugar
- ✓ ½ cup granulated sugar
- ✓ 1 cup vegetable oil (or coconut oil)
- ✓ 3 tsp pure vanilla extract
- ✓ 2 ½ cups ap flour
- ✓ 2 tsp baking powder
- ✓ 1 tsp baking soda
- ✓ ½ tsp salt
- ✓ 1 ½ tsp cinnamon
- ✓ 1 tsp ginger ground
- ✓ ¼ tsp nutmeg ground
- ✓ ¼ tsp cloves ground
- ✓ 4 ½ cup confectioners sugar

### Dry/Canned Goods

- ✓ 2 cups pecans
- ✓ ¾ cup unsweet applesauce
- ✓ ¾ cup raisins

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## Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

### Cutlery

✓

### Hand Tools/Gadgets

- ✓ Grater
- ✓ Peeler
- ✓ Spatula
- ✓ Whisk

### Cookware

✓

### Appliances

- ✓ Oven and stove
- ✓ Hand or stand mixer with a paddle attachment

### Bakeware

- ✓ 2 each 9 inch round cake pans or 1-9 by 13 inch pan

### Other

- ✓ 2 medium size mixing bowl
- ✓ Saute pan
- ✓ Piping bag with star tip if desired

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### **Pre-Class Mise en Place and Notes**

- Please gather all ingredients prior to class if you will be cooking along
- It is helpful to organize the ingredients by recipe on rimmed baking sheets if possible
- Please pre-measure ingredients
- We encourage you to prep all your ingredients and cut all vegetables, fruits, and proteins before class as it will allow you to have more time to listen and watch the instructor

### **Notes:**

- You will not be able to ice your cake until it cools completely. The Instructor will demonstrate how to ice a cake while yours are baking, or you can pre bake the cake and ice it in class.
- At the end of this class you will have: A yummy double layer carrot cake.

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### **Yummy Carrot Cake**

- **Prep Time:** 25 minutes
- **Cook Time:** 30 minutes
- **Total Time:** 3 hours, 30 minutes
- **Yield:** serves 10-12

#### Ingredients

- 2 cups chopped pecans (*1 cup for cake, 1 cup for garnish. Nuts are optional.*)
- 1 and 1/2 cups packed light or dark brown sugar
- 1/2 cup granulated sugar
- 1 cup vegetable oil (or melted coconut oil)
- 4 large eggs
- 3/4 cup smooth unsweetened applesauce
- 1 teaspoon pure vanilla extract
- 2 and 1/2 cups all-purpose flour
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 and 1/2 teaspoons ground cinnamon
- 1 teaspoon ground ginger
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground cloves
- 2 cups grated carrots
- 3/4 cup raisins (Optional)

### **Cream Cheese Frosting**

- 16 ounces full-fat block cream cheese, softened to room temperature
- 1/2 cup unsalted butter, softened to room temperature
- 4 and 1/2 cups confectioners' sugar
- 1 Tablespoon heavy cream or milk
- 1 and 1/2 teaspoons pure vanilla extract
- pinch of salt, to taste

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#### Instructions

1. **Make the cake:** Preheat oven to 300°F. Line a large baking sheet with parchment paper or a silicone baking mat. Spread the chopped pecans on the sheet and toast for 7-8 minutes. Remove from the oven and allow to cool for 10-15 minutes. Alternate method is to toast the pecans in a saute pan.
2. Turn the oven up to 350°F. Grease two 9-inch cake pans, line with parchment paper, then grease the parchment paper. Parchment paper helps the cakes seamlessly release from the pans. Alternately use two spring form pans.
3. Whisk the brown sugar, granulated sugar, oil, eggs, applesauce, and vanilla together in a large bowl until combined and no brown sugar lumps remain. In another large bowl, whisk the flour, baking powder, baking soda, salt, cinnamon, ginger, nutmeg, and cloves together. Pour the wet ingredients into the dry ingredients and, using a rubber spatula or wooden spoon, fold the ingredients together until just combined. Fold in the carrots, raisins if using, and 1 cup of the toasted pecans. (The rest of the pecans are for garnish.)
4. Pour/spoon the batter evenly into the cake pans.
5. Bake for 30-35 minutes. Test the center with a toothpick. If it comes out clean, the cakes are done. If not, continue to bake until cooked through. Do not over-bake.
6. Allow the cakes to cool completely in the pans set on a wire rack. The cakes must be completely cool before frosting and assembling.
7. **Make the frosting:** In a large bowl using a handheld or stand mixer fitted with a whisk or paddle attachment, beat the cream cheese and butter together on medium-high speed until smooth, about 2 minutes. Add the confectioners' sugar, cream/milk, vanilla extract, and a pinch of salt. Beat on low speed for 30 seconds, then increase to high speed and beat for 3 minutes until completely combined and creamy. Add more confectioners' sugar if frosting is too thin, more milk if frosting is too thick, or an extra pinch of salt if frosting is too sweet. Frosting should be soft, but not runny.
8. **Assemble and frost:** First, using a large serrated knife or cake leveler, layer off the tops of the cakes to create a flat surface. Place 1 cake layer on your cake stand or serving plate. Evenly cover the top with frosting. Top with 2nd layer, more frosting, and then top with the 3rd layer. Spread remaining frosting all over the top and sides. Decorate the sides and top of the cake with the remaining toasted pecans. Refrigerate cake for at least 15-20 minutes before slicing. This helps the cake hold its shape when cutting.
9. Cover leftover frosted cake tightly and store in the refrigerator for up to 5 days.

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## Notes

1. **Make Ahead & Freezing Instructions:** The cake layers can be baked, cooled, and covered tightly at room temperature overnight. Likewise, the frosting can be prepared then covered and refrigerated overnight. When ready to decorate, let the frosting sit at room temperature to slightly soften for 15 minutes, then give it one more mix with the mixer on medium speed for about 1 minute before frosting cake. Frosted cake or unfrosted cake layers can be frozen up to 2-3 months. Thaw overnight in the refrigerator and bring to room temperature before decorating/serving.
2. **Nuts:** If desired, you can substitute the pecans with walnuts. Or feel free to skip the nuts if you want a nut-free carrot cake. No other changes to the recipe required.
3. **Applesauce:** Instead of applesauce, you can use 3/4 cup crushed pineapple if desired. Slightly drain the canned crushed pineapple first. You want it the consistency of applesauce– not too watery. You could also use 3/4 cup mashed bananas, sour cream, plain yogurt, or canned pumpkin puree.
4. **Carrots:** My #1 tip for carrot cakes is to grate whole carrots at home. Do not use packaged pre-shredded carrots because they are hard and dry.
5. **Oil:** If using melted coconut oil, make sure all of the other cake batter ingredients (carrots included) are room temperature. Otherwise, the melted coconut oil will begin to solidify before the batter goes into the oven.
6. **Cream Cheese:** Use blocks of real cream cheese. Not cream cheese spread.
7. **9×13 Inch Cake:** Simply pour the batter into a greased and lightly floured 9×13 inch pan and bake for 40-45 minutes or until a toothpick inserted in the center comes out clean.
8. **Carrot Bundt Cake:** Use a 10-12 cup generously greased bundt pan. Bake for 55-75 minutes. All ovens and bundt pans are different, so that's why the bake time varies. Keep a close eye on it.
9. **Add-Ins:** If you'd like to add raisins or coconut, reduce the pecans (or leave them out) to 1/2 cup. Then, add 1 cup of **raisins** or **shredded coconut**. Stick to around 1 – 1.5 cups total add-ins. Or you can leave the cake plain without any add-ins.
10. **Carrot Cake Cupcakes:** Fill cupcake liners 2/3 full. Bake at 350°F (177°C) for 20-22 minutes. Yields about 3 dozen. Or try my [carrot cake cupcakes](#) recipe.

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