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The Royal Marsden Cancer Cookbook

Written by Clare Shaw, PHD RD

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The Royal Marsden CANCER COOKBOOK

Nutritious recipes during and after cancer treatment,
to share with friends and family

Catherine Phipps

Introduction and edited by Dr Clare Shaw PhD RD
Consultant Dietitian at The Royal Marsden NHS Foundation Trust

Photography by Georgia Glynn Smith

Kyle Books



Dr Clare Shaw PhD RD was appointed as the first Consultant Dietitian in Oncology in 2004 at The Royal Marsden NHS Foundation Trust where she still works. During her childhood she was successful in both local and national cookery competitions, which lead to her interest in

the science of food and a degree in nutrition. Her interest in supporting people with cancer to eat well during and after treatment has led to a career spanning more than 20 years.

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Clare Shaw
Dr Clare Shaw PhD RD

50% of the royalties from this book will be donated to The Royal Marsden Cancer Charity.

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INTRODUCTION

By Dr Clare Shaw PhD RD

Eating well when you have cancer

One in three people will be given a diagnosis of cancer. Such news is life-changing and brings many physical, psychological and emotional challenges for people living with the disease and facing cancer treatment. It will also have a profound effect on the family, friends and carers of the person with cancer. It may raise many questions about what has caused the cancer and whether lifestyle or, indeed, diet has contributed to its development. There is a wealth of research about diet and the causes of cancer, which is gradually forming a general picture of how what we eat affects our health, particularly during growth, development and into our adult lives.

This book is not about diet and the causes of cancer. Its aim is to help people who are being treated for the disease and who are experiencing changes in body weight, appetite, ability to taste and swallow, the way their digestive system works or how full or nauseous they feel. These unpleasant effects are all common before or during treatment and can make eating more difficult. It can be hard to know what to eat or how to continue with a good, healthy diet and at the end of treatment people may have lost or gained weight and need to rethink their eating patterns.

For many people, a diagnosis of cancer leads them to reconsider their diet and how it can be improved, or they may want to ensure they can continue to eat the right balance of foods. It is very important to get support from the team of doctors, nurses and other health care professionals looking after you, including dietitians and physiotherapists. There may be times during or after treatment when people are required to follow a special diet. A registered dietitian will be able to provide expert advice on why a special diet is needed, how to follow it and ways to ensure it contains all the vital nutrients to aid recovery.

This book aims to help you navigate through the facts and myths about what you should eat when you are being treated for cancer. It contains the information you need about the foods that are right for you and will inspire you to eat delicious healthy food that will support and nourish you. These recipes are for you and all your family and friends to enjoy sharing.





AMERICAN-STYLE RICOTTA PANCAKES

- 250g ricotta cheese
- 125ml whole milk
- 3 free-range eggs, separated
- ½ teaspoon vanilla extract
- 100g plain flour
- 1 teaspoon baking powder
- Pinch of salt
- 1 tablespoon caster sugar
- 200g punnet blueberries
- 25g unsalted butter

- To serve:
- 2 bananas, sliced
 - Maple syrup
 - Butter or crème fraîche

- Energy 90 kcal/378 kJ
- Protein 3.8g
- Fat 4.7g
- Sat. Fat 2.5g
- Carbohydrate 8.9g
- Fibre 0.6g

These American pancakes are much thicker than their British counterparts, but they are light and fluffy, which makes them very easy to eat. If you prefer them plain, don’t add any blueberries to the batter, just have them on the side. Because of the addition of egg whites, this batter does need to be used up immediately, however, the pancakes will keep in the fridge or freezer – reheating them (best wrapped in foil and put in a warm oven) will restore their light texture.

Makes 16 pancakes

Mix together the ricotta, milk, egg yolks and vanilla extract in a large bowl until fairly smooth.

In a separate bowl, sift together the flour, baking powder and salt. Stir in the sugar. Using a fork, gradually whisk the dry ingredients into the wet, until your batter is lump-free.

Whisk the egg whites until they form stiff peaks. Using a metal spoon, stir a couple of tablespoons of the egg whites into the batter to loosen it, then fold in the rest as lightly as you can. Fold in half the blueberries.

Melt the butter in a frying pan over a medium heat. Pour it off into the pancake batter and stir it in. Wipe the frying pan, then ladle in rounds of the pancake batter. Make sure you do not try to make too many at once – they need room to spread. Cook the pancakes for about 3–4 minutes on each side until they are a deep golden-brown.

Serve the pancakes with the rest of the blueberries, sliced bananas and a generous drizzle of maple syrup.

TIPS

- Using the bananas, maple syrup and crème fraîche adds additional nutrients.
- For extra calories, you can also top with some melted butter or crème fraîche.



Ruth Rogers’ PAPPA AL POMODORO

You need beautifully sweet, ripe tomatoes for this soup, so, if using canned, try to buy the best you can afford. If they seem slightly on the acidic side, you can add a pinch of sugar. Don’t worry about the fact that you are discarding the crusts from the bread – you can leave them to dry (putting them in a low oven will speed this up) and blitz them for breadcrumbs.

Serves 6

Heat the olive oil in a large, heavy-based saucepan and add the garlic. Cook gently for a couple of minutes, making sure the garlic doesn’t brown, just softens slightly. Add the tomatoes, then simmer for 30 minutes, stirring occasionally, until the tomatoes become concentrated. Season well with salt and pepper, then add 300ml water and bring to the boil.

Cut most of the crusts from the bread and discard. Tear or cut the remaining bread into large chunks. Put the bread into the tomatoes and stir until the bread absorbs the liquid, adding more boiling water if it’s too thick. Remove from the heat and allow to cool slightly.

Tear any very large basil leaves. Stir into the soup and drizzle in a generous amount of extra virgin olive oil – between 3 and 5 tablespoons should be about right. Allow the soup to stand before serving so that the bread absorbs the flavours of the basil and the oil.

TIP

- Add more extra virgin olive oil to each bowl at the table to increase the energy content.

5 tablespoons olive oil
3 garlic cloves, *finely sliced*
2kg sweet, ripe tomatoes, *skinned and seeded*,
or 1kg (2½ × 400g cans) best-quality peeled plum tomatoes, *drained of most of their juice*
2 loaves of stale Pugliese bread
Large bunch of basil
Extra virgin olive oil
Salt and freshly ground black pepper

Energy 385 kcal/1625 kJ
Protein 11.5g
Fat 14.4g
Sat. Fat 2.3g
Carbohydrate 56g
Fibre 7.5g

Maria Elia’s WATERMELON, AVOCADO AND BLACK BEAN TACOS

with Greek Yogurt Crema

This has a lot of ingredients in it, but don’t let this put you off – it really is just a case of assembling and mixing, and most of it can be made in advance. It’s well worth the effort! Packed with fresh ingredients, this is a great source of vitamins, especially vitamin C. This is ideal for poor appetites, as you can start with a small portion, with fillings of your choice, taking whatever you feel able to eat.

Serves 4

Combine the citrus juices and zests in a large non-reactive bowl or container. Add the chilli, ½ teaspoon sea salt and the watermelon. Mix thoroughly, then transfer to the refrigerator and marinate for at least 30 minutes or overnight.

To make the crema, mix all the ingredients together and refrigerate until required.

Pour the marinating watermelon into a sieve and drain off any excess juice.

To assemble, heat a griddle pan or grill and heat the tortillas on both sides.

Spoon a little crema down the centre of each tortilla, then top with drained watermelon, black beans, tomatoes, avocado, coriander leaves, orange, spring onions and chilli. Serve two per person, or one for a small appetite, with a wedge of lime.

Variation

Use 250g boneless, finely sliced skinless sea bream or sea bass fillets to replace the watermelon and marinate in the citrus zest and juices for 15 minutes. Alternatively, use a mix of half melon, half fish.

Juice of 1 orange
Juice of 1 lemon
Juice of 1 lime
Zest of ½ unwaxed orange
Zest of ½ unwaxed lemon
Zest of ½ unwaxed lime
½ red chilli, finely chopped
250g watermelon, deseeded
and thinly sliced
Sea salt

For the crema:
125ml Greek yogurt
½ teaspoon ground cumin
2 teaspoons coriander seeds,
roasted and ground
1 garlic clove, finely chopped
2 teaspoons finely grated
orange zest
1 tablespoon freshly
squeezed orange juice

For the tacos:
8 × 15cm corn or flour tortillas
½ can cooked black beans,
drained and rinsed
8 cherry vine tomatoes, quartered
1 avocado, diced into 1 cm cubes
15g picked coriander leaves
1 small orange or blood orange,
peel cut off and segmented



2 spring onions, finely sliced
1 red chilli, deseeded and
finely sliced

To serve:
2 limes, halved

Nutritional information for each portion (2 tacos):
Energy 556 kcal/2353 kJ **Protein** 23.2g **Fat** 10.7g
Sat. Fat 3.7g **Carbohydrate** 99.2g **Fibre** 11.2g

Nutritional information for each portion (2 tacos) with sea bream:
Energy 586 kcal/2480 kJ **Protein** 28.7g **Fat** 11.6g
Sat. Fat 3.7g **Carbohydrate** 99.2g **Fibre** 11.2g

Paul Merrett’s MACKEREL CHERMOULA ON A ROASTED BUTTERNUT SALAD

4 very fresh, decent-sized
mackerel fillets
Olive oil, for frying

‘Please don’t feel you have to use mackerel if it’s not your kind of fish – any would work well, but I think oily mackerel goes particularly well with the preserved lemon and paprika.’ *Paul Merrett*

The oily fish and vegetables provide an excellent range of nutrients. It is particularly high in vitamin D and a good source of beta-carotene, vitamin E and niacin.

- For the chermoula paste:
1 **teaspoon** coriander seeds
1 **teaspoon** cumin seeds
2 garlic cloves, *crushed to a paste*
Good **pinch** of saffron
2 **tablespoons** finely chopped flat-leaf parsley
2 **tablespoons** finely chopped fresh coriander
½ **teaspoon** salt
½ **teaspoon** paprika
1 small red bird’s eye chilli, *very finely chopped*
2 preserved lemons, *skin only*, *very finely chopped*
2 **tablespoons** olive oil

- For the salad:
2 **tablespoons** olive oil
½ butternut squash, *peeled and diced*
Handful of rocket leaves
8 cherry tomatoes, *cut into wedges*
4 spring onions, *finely sliced on an angle*
Seeds from ½ pomegranate
Splash of balsamic vinegar

Serves 4

To make the chermoula paste, heat a frying pan and toast the coriander seeds and cumin seeds. Leave to cool, then grind to a powder using a pestle and mortar. Tip into a bowl.

Add the garlic, saffron, chopped herbs, salt, paprika, chilli and preserved lemon. Stir well, then mix in the olive oil.

Spoon half the chermoula paste into a dish and lay the mackerel fillets on top. Spoon the remaining paste over the top to cover the fish. Leave to marinate for 15 minutes.

To make the salad, heat the oil in a frying pan over a medium-high heat, tip in the butternut and cook for 5–6 minutes until golden brown and cooked through. Transfer to a bowl and add the rocket, tomatoes and spring onions. Using a spoon, dig out the pomegranate seeds from the skin and tip into the salad. Add a splash of balsamic vinegar and arrange onto four serving plates.

When you’re ready to cook the fish, heat the oil in a non-stick frying pan over a high heat. Place the mackerel fillets, skin-side down, into the pan and cook for 3–4 minutes or until the skin has coloured. Flip the mackerel over and cook for a further 3–4 minutes or until the fish is cooked through.

Towards the end of the cooking time, tip any remaining chermoula into the frying pan with the mackerel.

Place the mackerel fillets on top of the salad and serve, spooning over the chermoula from the pan.

Energy 619 kcal/2571 kJ Protein 43.3g Fat 47.2g
Sat. Fat 8.9g Carbohydrate 6.7g Fibre 2.4g

Jeremy Lee’s WARM SALAD OF PORK BELLY, FENNEL AND HERBS

-
- 2 onions, peeled and roughly chopped
 - 3 fennel bulbs, chopped
 - 1 lemon, sliced
 - 4 garlic cloves
 - 1.5kg pork belly, in one piece
 - 1 tablespoon fennel seeds, ground
 - ½ teaspoon black peppercorns, ground
 - 6 tablespoons olive oil
 - 6 tablespoons white wine (or chicken stock)
 - Couple of handfuls of boiled, peeled potatoes
 - A few bunches of watercress or a lovely green leaf
-

Energy 475 kcal/1973 kcal
Protein 29.8g
Fat 37.3g
Sat. Fat 11.9g
Carbohydrate 4.8g
Fibre 1.0g

‘This dish is very fast in the preparation, long and very slow in the cooking, but don’t worry – you can leave it in the oven all day if you like, or even overnight. It will also reheat beautifully. A thought: there is a happy moment when you can add lovely things that may suggest themselves from the garden, like herbs and any rogue vegetables such as beetroots, carrots, beans, mint and/or parsley.’ *Jeremy Lee*

As this makes such a large quantity, it is a great dish for a family gathering or when friends come over. This is a wholesome recipe packed with protein, iron, zinc and B vitamins.

Serves 10

Preheat the oven to 240°C/gas mark 9.

Lay the onions, fennel, lemon and garlic in a roasting tin big enough to hold the piece of belly pork.

Score the skin of the belly. Mix the ground fennel and black peppercorns together, and rub into the skin of the belly pork. Sit the pork, skin-side up, on the vegetables. Pour over the olive oil and wine. Bake in the oven for 10 minutes or so until it darkens and the crackling begins to form. Cover the tray with tinfoil securely and lower the heat to about 120°C/gas mark ½ and let cook gently. This can be overnight in an even gentler oven or for a minimum of 8 hours.

Come the time to serve, place the pork on a board and cut into coarse pieces. Decant the vegetables from the roasting tray onto a handsome dish. Strew the leaves around and then the potatoes, then tumble the pork over this, together with any crackling that may still be on the board. Spoon over any residual juices.



Lucy Young's SUMMER FRUITS AND LEMON PAVLOVA

For the pavlova:

120g pasteurised egg whites
175g caster sugar
1 teaspoon cornflour
1 teaspoon white wine vinegar

For the filling:

150ml double cream, whipped
200ml half-fat crème fraîche
3 good tablespoons luxury
lemon curd
100g fresh raspberries
100g fresh blueberries
100g fresh strawberries, quartered
Mint leaves, to decorate

Energy 247 kcal/1033 kJ

Protein 2.5g

Fat 14.1g

Sat. Fat 8.9g

Carbohydrate 29.3g

Fibre 1.0g

The key to a perfect pavlova or meringue is to whisk the egg whites and add the sugar slowly, otherwise the sugar will sink to the bottom and the pavlova will collapse. Be patient and do not add the sugar too soon! The cornflour and vinegar give the gooey middle.

Serves 8

Preheat the oven to 120°C/gas mark ½. Line a large baking sheet with greaseproof paper.

To make the pavlova, whisk the egg whites until very stiff. Gradually add the sugar, a teaspoon at a time, whisking the whole time, until stiff and glossy. It is easiest to do this with a stand mixer or electric whisk. Mix the cornflour and vinegar together and stir into the meringue mixture. Spoon the meringue onto a baking sheet in a circle around 23cm in diameter. Using a spoon, push up the side so there is a dip in the middle (like a nest), ready for the filling. Bake in the oven for about 1 hour. Turn the oven off and leave the pavlova inside until it is stone cold.

Mix the whipped cream and crème fraîche together, and stir in the lemon curd and half the fresh fruits. Spoon into the centre of the pavlova nest. Decorate with the remaining fruits and mint leaves.

TIPS

- Any leftover meringue can be stored in an airtight container or frozen – it is then good crumbled up over yogurt, cream, ice cream or compôte, or a combination of all of the above!
- If you don't want to make a pavlova but have meringue on hand, you can break it up and use it to make lots of individual Eton messes as well, using the same ingredients or anything else you have to hand.



Richard Bertinet's GINGERBREAD

- 100ml double cream
- 100g caster sugar
- 250g honey
- ½ teaspoon mixed spice
- 2 teaspoons ground ginger
- 125g plain flour
- 50g buckwheat flour
- 200g rye flour
- 1 teaspoon baking powder
- 3 free-range eggs
- Knob of unsalted butter,
for greasing
- Pinch of salt
- 1 additional egg for eggwashing
the bread

Energy 399 kcal/1687 kJ
Protein 7.1g
Fat 10.3g
Sat. Fat 5.1g
Carbohydrate 73.7g
Fibre 4.5g

This is a wonderfully dense, sticky gingerbread – the flavour of the honey pairs beautifully with the rye flour. If you can't find buckwheat, use 250g rye flour instead. The preparation for this recipe seems lengthy, but there's actually very little work involved, just patience!

Makes 1 × 400g loaf / Serves 8

Put the cream in a heavy-based saucepan. Add the sugar, honey, mixed spice and ginger. Place over the heat and heat gently until it just starts to quiver, then turn off the heat and leave to cool. Once it has cooled, transfer it to a bowl or jug, cover and place in the fridge to infuse overnight.

The following day, place the flours and the baking powder in a bowl. Remove the cold cream from the fridge and beat in 3 whole eggs. Gradually mix all of the liquid into the flour until it comes together and combines to make a thick batter. There is no need to work it too much, just make sure that all of the ingredients are properly combined.

Place in a bowl, cover with a cloth or clingfilm and leave to rest for 2 hours.

Preheat the oven to 190°C/gas mark 5. Grease a 400g loaf tin with the knob of butter.

Transfer the dough to the greased tin. Beat the remaining egg with a pinch of salt and then brush the egg wash over the top of the dough.

Put the loaf tin into the oven for 10 minutes, then turn the heat down to 150°C/gas mark 2. Bake for a further 45–50 minutes until a skewer comes cleanly out of the middle. Remove from the tin and transfer to a cooling rack. Store wrapped in greaseproof paper.

Serve in slices with lots of butter!





For the salad:

100g giant or Israeli couscous

250g asparagus, stalks trimmed

6 handfuls of small peas
(fresh or frozen)

Grated zest of $\frac{1}{2}$ unwaxed lemon
and **3 tablespoons** juice

5 tablespoons extra virgin olive oil

Handful of mint leaves

4 generous handfuls of watercress

125g fresh, rindless goat's cheese
(or goat's curd)

$\frac{1}{4}$ **teaspoon** fine salt, or to taste

Freshly ground black pepper

For the watercress pesto:

75g watercress, stalks included

Handful of mint leaves

25g pine nuts

40g pecorino cheese, *grated*

1 garlic clove, *crushed*

Finely grated zest of **1** unwaxed
lemon and **1 $\frac{1}{2}$ tablespoons** juice

5 tablespoons extra virgin olive oil

Energy 580 kcal/2402 kJ

Protein 19.0g

Fat 44.9g

Sat. Fat 10.2g

Carbohydrate 26.3g

Fibre 6.0g

Lucas Hollweg's ASPARAGUS, PEA, GOAT'S CHEESE AND GIANT COUSCOUS SALAD

This is the perfect summer salad – fresh, green and lively. You can substitute the couscous with spelt if you like – it will give the salad a nuttier flavour. Just bear in mind it will need cooking for longer. This recipe is high in vitamins and minerals but also a little higher in fat, but this is due to the generous portions of olive oil. The fat from the olive oil is mainly monounsaturated, which is good if you are trying to gain weight. If you are trying to watch your weight, then avoid using the last oil dressing. This salad will keep very well in the fridge for a few days and is a good one for the lunchbox, not least because it's best eaten at room temperature. Any leftover pesto will keep in the fridge or can be frozen.

Serves 4

Pour the couscous into a saucepan of salted boiling water and cook until the grains are soft (timings vary – follow the packet guidelines). Drain well and leave to cool. Wipe out the saucepan.

Meanwhile, make the watercress pesto. Whizz together all the ingredients in a food-processor with some salt and pepper, scraping down the sides if necessary. You want to end up with a brilliant green paste.

Put the saucepan back on the hob and bring some salted water to the boil. Cut each asparagus stalk into three and throw into the boiling water. After 4 minutes, add the peas and cook for a further 2–3 minutes, or until the vegetables are just done. Drain in a sieve and quickly refresh under the cold tap for 30 seconds to stop the cooking. Drain again, shaking off any water.

Put the pesto in a mixing bowl, along with 3 tablespoons lemon juice and 2 tablespoons of the olive oil. Add the drained couscous, mint, peas and asparagus and stir until everything is combined. Taste and season well – you'll need at least $\frac{1}{4}$ teaspoon fine salt – then toss in the watercress.

Divide the salad between plates or wide bowls. Add a couple of pinches of lemon zest to each one, plus a few blobs of the goat's cheese. Splash with the remaining olive oil and finish with a grind of black pepper before serving.



CHOCOLATE AND BEETROOT CAKE

225g self-raising flour
50g cocoa powder
100g dark chocolate
125g unsalted butter,
softened, diced
200g soft, light brown sugar
50g runny honey
3 free-range eggs
200g cooked beetroot, puréed
2 teaspoons espresso powder
dissolved in **2 tablespoons** hot
water (optional)

For the topping
200ml double cream
100ml thick crème fraîche
1 tablespoon runny honey
Dark chocolate

Energy 422 kcal/1763 kJ
Protein 5.7g
Fat 26.2g
Sat. Fat 15.8g
Carbohydrate 44.2g
Fibre 2.2g

Nutritional information for
1 slice with no filling:
Energy 298 kcal/1251 kJ
Protein 5.2g
Fat 13.7g
Sat. Fat 7.9g
Carbohydrate 41.7g
Fibre 2.1g

This is a cake for a special occasion, with its delicious moist consistency. This recipe cuts the usual amount of sugar by using beetroot in the ingredients. The result is a cake that is very moist, with a dark, rich chocolate flavour. Consequently, it makes a good dessert. If you wish to reduce the fat content, then do not decorate it, just serve slightly warm with low-fat crème fraîche or natural yogurt on the side. This way it will keep better, too. The addition of a vegetable to this traditional recipe increases the vitamin content and provides some dietary fibre.

Makes 1 × 23cm cake/ 12 slices

Line a loose-based 23cm round cake tin with baking parchment. Preheat the oven to 180°C/gas mark 4.

Sift the flour and cocoa powder into a small bowl. Break the chocolate into a heatproof bowl and melt over a simmering pan of water.

Cream together the butter and sugar until light and fluffy. Add the honey, then start adding the eggs with alternate tablespoons of flour and cocoa, mixing well in between, then add in the remaining flour and cocoa.

Pour in the melted chocolate, the beetroot and the espresso, if using. Make sure everything is evenly incorporated, then pour the batter into the prepared cake tin.

Bake for 40–50 minutes. If after 30 minutes you feel the top of the cake is in danger of burning, cover the tin with a sheet of foil. The cake will be done when the top is springy in the middle and it has shrunk away from the sides slightly. Leave the cake to cool in the tin for 10 minutes, then turn out onto a cooling rack.

For the filling, if using, lightly whip the cream until it is almost at the soft peak stage, then add the crème fraîche and honey. Continue to whisk until it is stiff enough to hold its shape. Pile onto the top of the cake and swirl around with a spatula to cover. Grate or shave chocolate to sprinkle on top.

TIP

- This cake can be frozen – either whole or portioned out and individually wrapped. Once defrosted, it is particularly good served warm.