

Fresh Ideas featuring:



**2009 CFFA University & College "Fresh n' Fit" Recipes Contest
First Place Winner – Dessert Category**

Toasted Lemon Kiwi Cake with Zesty Citrus Yogurt Cream

*Submitted by Marsha M. Dawkins, Sodexo Dining Services,
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Cake

4 tablespoons butter, softened
3/4 cup sugar
2 eggs
1 tablespoon lemon zest
1 teaspoon lime zest
1 cup flour
1 cup cake flour
2 1/2 teaspoons baking powder
1 teaspoon salt
3/4 cup buttermilk
1/2 cup Chilean kiwi, diced, 1/4 inch pieces



Prep 8" loaf pan by spraying the bottom of the pan and laying a piece of parchment on the bottom only. Spray the parchment also. Set aside.
Cream the butter and sugar until light and fluffy. Add eggs and zest. Beat well.
Sift together flour, baking powder, and salt. Add to creamed mixture alternating with buttermilk, beating smooth after each addition. Fold in small-diced kiwi.
Pour into prepared pan and bake for 50-60 minutes or until toothpick inserted in the center comes out clean. Brush on the glaze (see below) on top while cake is still warm. Make sure to reserve 2 tablespoons of the glaze for the citrus yogurt cream. Cool 5-10 minutes, then remove from pan and set on a rack to cool.

Glaze (cake & citrus cream)

1/4 cup fresh lemon juice
1 tablespoon lemon zest
1/4 cup fresh lime juice
1 teaspoon lime zest
3/4 cup sugar

Place all in above in a small saucepan and heat for 2-4 minutes, until the sugar is dissolved. Set aside for later.

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2.

Zesty Citrus Yogurt Cream

1 1/2 cup light vanilla yogurt
1/2 cup Chilean kiwi, diced, 1/8" pieces
1/2 cup non-dairy whipped topping or ready made cool whip
2 tablespoons citrus cream (see above)
12 Chilean kiwis, sliced, about 1/8"-1/4" slices

Place the yogurt in a fine mesh strainer lined with a paper towel and let it drain in the refrigerator for at least 4 hours or up to one day. After several hours or so discard liquid and place the drained yogurt in a small bowl. Add the diced kiwi. Fold in the non-dairy whipped topping. I used cool whip in this recipe, but you can whip up your own topping with 1 tablespoon powdered sugar and 1 teaspoon vanilla. Mix in the citrus glaze and set aside until plate assembly.

Garnish

4 tablespoon non-dairy topping
1 Chilean kiwi, sliced

Slice loaf cake into 8 pieces (cut off the small ends first). Toast the slices in the toaster until slightly golden brown-about 2 minutes. Place 1 piece of cake on plate. Cut a 1 inch circle out of the center of the cake. Place about 2 tablespoons yogurt cream into the center hole and spoon a thin layer on the top of cake. Fan several kiwi slices (about 7) on the cake in a circular fashion. Place 1 to 2 teaspoons of whipped topping in the center of the kiwi fan and top with a slice of kiwi for garnish.

8 Servings



Chilean Fresh Fruit Association
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