Salty "Amalfi" Lemon Olive Oil Cake+Outstanding Olive Oil Frosting+Italian Lemon Spritzers

By Dylan Sabuco

Prep Time 23 / **Cook Time** 12 / **Serves** 4 - 6

Shopping List

☐ FRESH

☐ 2 lemons

☐ EGGS

☐ 2 eggs **(for EGG ALLERGY sub 2 T flax seed + 1/4 C warm water—more info below)**

☐ PANTRY

☐ 2 C all-purpose flour **(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)**

☐ 1 3/4 tsp baking soda

☐ 1 C olive oil

☐ 1 tsp salt

☐ 1 1/4 C granulated sugar

☐ 1 1/8 tsp vanilla extract

☐ 1 C powdered sugar

☐ 3 C sparkling water

☐ HAVE ON HAND

☐ 1 1/3 C water

☐ ice (optional)

Fun-Da-Mentals Kitchen Skills

bake: to cook food with dry heat, as in an oven.

cake decorating: to apply frosting and other decorative foods to a cake to keep in moisture, add flavor and sweetness, and make it more attractive.

juice: to extract or squeeze out the juice of a fruit or vegetable, like a lemon, orange, or carrot, often cutting open or peeling the fruit or veggie first to access its flesh.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

pour: to cause liquid, granules, or powder to stream from one container into another.

sift: to pass a dry ingredient like flour or sugar through a sieve to make it lighter and more even in texture.

wet vs dry: to mix wet and dry ingredients separately before combining them: dry ingredients are flours, leavening agents, salt, and spices; wet ingredients are those that dissolve or can be dissolved (sugar, eggs, butter, oils, honey, vanilla, milk, and juices).

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

zest: to scrape off the outer colored part of a citrus fruit's rind (skin or peel) using a metal tool with small sharp blades, such as a zester, microplane, or the small holes of a grater (avoid the "pith," the white, spongy lining of the rind that can be bitter).

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pour: to cause liquid, granules, or powder to stream from one container into another.

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

zest: to scrape off the outer colored part of a citrus fruit's rind (skin or peel) using a metal tool with small sharp blades, such as a zester, microplane, or the small holes of a grater (avoid the "pith," the white,

spongy lining of the rind that can be bitter).

Equipment

☐ Oven

☐ Muffin pan

☐ Large mixing bowls (2)

☐ Dry measuring cups

☐ Measuring spoons

☐ Whisk

☐ Liquid measuring cup

☐ Large mixing bowl

☐ Pitcher

☐ Cutting board + kid-safe knife

☐ Citrus juicer (optional)

☐ Zester

☐ Wooden spoon

Ingredients

Salty "Amalfi" Lemon Olive Oil Cake

☐ 2 C all-purpose flour **(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)**

☐ 1 3/4 tsp baking soda

☐ 2 eggs **(for EGG ALLERGY sub 2 T flax seed + 1/4 C warm water—more info below)**

☐ 3/4 C olive oil

☐ 1 tsp salt

☐ 3/4 C granulated or brown sugar

☐ 1 lemon, juiced and zested

☐ 1/2 tsp vanilla extract

☐ 1 C water

Outstanding Olive Oil Frosting

- ☐ 2 T olive oil

- ☐ 2 T water

- ☐ 1 C powdered sugar

- ☐ 1/2 tsp vanilla extract

- ☐ 1 pinch salt

- ☐ lemon zest (a tiny pinch to top each cupcake)

Italian Lemon Spritzers

- ☐ 1 lemon

- ☐ 1/2 sugar

- ☐ 3 C sparkling water

- ☐ 1/8 tsp vanilla extract

- ☐ ice (optional)

Food Allergen Substitutions

Salty "Amalfi" Lemon Olive Oil Cake

Egg: For 2 eggs, substitute 2 T flaxseed + 1/4 C warm water. Stir and soak flaxseeds in warm water for 5 minutes or until fully absorbed and thickened.
Gluten/Wheat: Substitute gluten-free/nut-free all-purpose flour.

Outstanding Olive Oil Frosting

Italian Lemon Spritzers

Instructions

Salty "Amalfi" Lemon Olive Oil Cake

intro

This Mediterranean cake is often made to celebrate the harvest of olives. By replacing the traditional butter or vegetable oil with olive oil, the resulting cake is a little more dense and rich in olive oil flavor. To be honest, there isn't a whole lot different from a standard cupcake. This subtle twist on the classic cupcake will make you question why you've never tried it this way before.

measure + sift

Start off by measuring the dry ingredients into a large mixing bowl. Combine **2 cups flour** and **1 3/4 teaspoons baking soda** with a whisk to sift out any lumps.

zest + squeeze

Next up, wash, zest, and juice **1 lemon**. Make sure to avoid the white part just underneath the peel. This is called pith and it's quite bitter. Place the juice and zest in another large mixing bowl.

measure + crack + mix

Measure and add **2 eggs**, **3/4 cup olive oil**, **1 teaspoon salt**, **3/4 cup sugar**, **1/2 teaspoon vanilla extract**, and **1 cup water** to the mixing bowl with the lemon. Combine this mixture with a whisk until smooth.

combine + whisk

Pour the dry ingredients into the large mixing bowl with the wet ingredients. Whisk until super smooth and there are no pockets of flour remaining.

preheat + grease

Preheat your oven to 350 F. While the oven preheats, grease a muffin pan with a tiny drizzle of olive oil. Scoop roughly 1/4 cup of the batter into each well of the muffin pan.

bake + cool

Once the oven is preheated, place the muffin pan in for 12 to 14 minutes, or until the cupcakes are risen and no batter is present when you test with a toothpick or butter knife. After removing the cupcakes from the oven, allow them to cool completely before frosting.

recipe note

When cooling cupcakes, they can sometimes deflate slowly like a day-old balloon. If you remove them from the muffin pan and immediately flip them upside down to cool, the cupcakes will keep a dome-like shape.

decorate + enjoy

Once the cupcakes are totally cooled down, frost them with our Outstanding Olive Oil Frosting (see recipe)! Buon appetito!

Outstanding Olive Oil Frosting

measure + combine

In a liquid measuring cup or small bowl, combine **2 tablespoons water**, **2 tablespoons olive oil**, **1/2 teaspoon vanilla extract**, and **1 pinch of salt**.

measure + sift

Measure **1 cup powdered sugar** into a large mixing bowl. Whisk the powdered sugar a few times to sift out any lumps.

whisk + pour

While you whisk the powdered sugar, add all the liquids from the first step. Whisk until a thick and creamy frosting is formed.

decorate

Use this creamy, light green olive oil frosting to decorate cakes like our Salty "Amalfi" Lemon Olive Oil Cake (see recipe). Make sure whatever you are spooning this tasty frosting onto is completely cool or else it will start to melt right off the cupcake. Finish with a tiny pinch of lemon zest to make each cupcake extra fancy.

Italian Lemon Spritzers

juice + zest

Juice and zest **1 lemon**. Pour the juice and zest into a pitcher.

measure + stir

Measure and combine **1/2 cup sugar** and **1/8 teaspoon vanilla extract** with the lemon at the bottom of the pitcher. Stir this mixture until the sugar is dissolved.

pour + taste

Pour in **3 cups sparkling water**. Stir a few times, then taste for flavor. You can always add more sugar, lemon, vanilla, or any ingredient you would like.

cheers

Pour into everyone's cups, add ice if you'd like, and say a big "Salute" (sah-LOO-teh) or "Cheers" in Italian!

Featured Ingredient: Olive Oil!

Hi! I'm Olive Oil!

"My name is Olive and I'm just one type of cooking oil or fat. However, I'm one of the very healthiest you can use! I come from olives, the fruit of the olive tree. Olive oil is often a pretty golden or light green color and has a unique flavor. You would be hard pressed (pressed, get it?) to find a better, tastier oil!"

Olive trees have been cultivated throughout the Mediterranean for thousands of years since the 8th millennium BCE (sometime between 8000-7001 BCE.) However, there is fossil evidence of wild olive trees originating millions of years ago and North Africans using the fruit as food and its oil for fuel around

100,000 years ago.

The Ancient Greeks and Romans used olive oil in their cuisines. Archaeological evidence shows that olive oil was made from olives in 6000 BCE.

Olive oil has been a traded agricultural product since at least 2000 BCE.

The word "oil" came from a word that referred specifically to olive oil. It came from Middle English, from the Old French "olie," and from the Latin "oleum" (olive oil). The Latin word "olea" in the olive tree's Latin name is translated as either "'olive" or "oil."

Olive trees (Olea europaea) are long-lived evergreens with silvery green, leathery, narrow leaves and tiny, off-white flowers followed by fruit.

An olive is a small, bitter oval fruit, green when unripe and black when ripe, used for food and its extracted oil.

The fruit is too bitter to be eaten fresh. The phytochemical "oleuropein" causes the bitterness. To leach the oleuropein from the olives, they must be cured by treating the olives for a few days with lye, which is caustic, or for a few weeks or months with a brine solution before pickling or preserving them in their own oil. Most curing methods also include fermentation.

When extracting the oil from the olives, the whole fruit is ground into a paste and then pressed to separate the fruit's oil from its water content. After that, it goes through a filtering process unless sold as unfiltered olive oil, which looks a bit cloudy.

Cold pressing is an extraction method that does not use temperatures above 80 F. Olive oil processed by this method retains more of its nutrients and flavor.

Olive oil grades are: Virgin, extracted by mechanical rather than chemical means; Lampante virgin, produced by mechanical means but needing further refinement to be edible—"Lampante'' comes from the Italian word "lampa," meaning "lamp," as it was once used for oil lamps—and can be refined or used for industrial purposes; Refined is olive oil processed to remove defects in taste, odor, or acidity; and Olive Pomace oil, extracted from the olive pulp after the first press with the use of solvents, and then refined and mixed with virgin olive oils. It must be labeled as Olive Pomace Oil.

International Olive Council (IOC) standards for quality from the highest to the lowest: Extra Virgin: cold-pressed and the purest oil with an excellent fruity taste and odor and a free acidity of 0.8 percent (amount of fatty acids in 100 grams of oil); Virgin: a reasonably good taste and smell with 2 percent free acidity; and Refined: oil that has been refined using charcoal and other chemicals to remove high acidity and defects affecting taste or smell. Refined olive oils might be labeled Pure or just Olive oil.

The standards of the Agriculture Department of the United States, which is not part of the IOC, include Extra Virgin; Virgin; Refined; Olive Oil, a mixture of Virgin and Refined oils with a good to average taste; and Virgin Olive Oil Not Fit For Human Consumption Without Further Processing, a virgin oil with high acidity and poor flavor and odor. The IOC refers to this as Lampante oil. It cannot be sold and requires refining.

Extra virgin olive oil, or EVOO, is used as an ingredient in salad dressings and raw or cold foods, as a dip for bread with garlic or balsamic vinegar, as a finishing condiment, and when cooking with smaller amounts of oil, like sautéing or shallow frying. However, because it is more expensive than virgin and refined olive oils, it is not generally used when more oil is required, such as in deep-fat frying.

Extra virgin olive oil is considered a heart-healthy fat since it consists of primarily unsaturated fats, compared to saturated fats. It also contains polyphenols, antioxidants which help prevent cancer, and vitamins E and K.