

Juneteenth Red Velvet Cake (makes large 2 layer cake, 16 servings)

Red Velvet Cake will be a centerpiece for any Juneteenth Party! For Juneteenth celebrations, the color red represents the struggle and blood shed of the enslaved as well as the ultimate resilience of the people. This is a healthier red velvet cake, using fresh red beets.

Kitchen tools:

1 large bowl and vegetable brush	1 cutting board
1 mixing bowl	1 knife and 1 large rubber spatula
1 whisk and 1 electric mixer	1 set measuring spoons and measuring cup
1 vegetable peeler and 1 vegetable grater	2 cake pans (9 inch by 9 inch)
1 food processor or puree machine (optional)	wax paper and pair of kitchen scissors

Ingredients for the Cake

3 to 4 large raw beetroots	4 large eggs (room temperature)
1 ½ c. vegetable, safflower or canola oil	1 ½ c. all purpose or cake flour
1 c. dark brown sugar	2 tsp. cinnamon (optional)
1 c. sugar or dark brown raw cane sugar	1 ½ tsp. baking powder
	1 pinch of salt

Ingredients for the frosting

2 c. cream cheese, room temperature	2 tbsp. heavy cream
1 c. unsalted butter, room temperature	2 tsp vanilla extract or 2 vanilla pods (seeds)
2 c. powdered sugar	1 pinch of salt

What to Do (beetroot cake) Preheat Oven to 350 degrees

1. Line cake pans with wax paper (use pan over piece of wax paper to trace the outline, then use scissors to cut round circle).
2. Wash beets under cold water and scrub clean with vegetable brush. Pat beets dry. Cut off stem top and root tip). Peel, grate beetroots; squeeze out excess water. (Optional, puree the shredded beets for a smoother texture and even color).
3. Whisk the oil and sugars in mixing bowl. Beat in eggs, one at a time.
4. Mix dry ingredients in large bowl. Slowly add dry ingredients to wet ingredients. Gently stir with spatula. Add beets then mix gently with spatula.
5. Pour batter into two prepared cake pans. Bake 25 to 30 minutes or until toothpick inserted, comes out clean.
6. Let cake cool completely in pans. To remove cake, turn pan upside down on a plate, then remove wax paper.

What to Do (frosting)

1. Put cream cheese and butter to large bowl. Using mixer, beat on medium speed until smooth (about 3 min)
2. Add powdered sugar, heavy cream, vanilla flavoring or seeds and pinch of salt to cream/butter mixture. Beat on low and then increase to high speed for 3 minutes until smooth.
3. Frost one layer of cake. Then place other layer on top and frost. Put cake in refrigerator for 3 hours.
4. Remove cake from refrigerator for 15 minutes before serving.

June 2022 by U.R. Taylor, MS, RDN, CDN, Educator/EFNEP Supervisor

Adapted from Del's Cooking Twist <https://www.delscookingtwist.com/beetroot-cake-with-vanilla-frosting/print/21979/>