



Plum Torte

{ grain-free, gluten-free, refined sugar free / Paleo substitution }

Recipe makes one 8-10" round torte. Adapted from NY Times [Marian Burros Plum Torte](#).

INGREDIENTS

For the torte:

2 large eggs, separated

1/2 C (114g) unsalted butter (grass-fed organic for Paleo), at room temperature at least 1 hour

1/2 C (115g) 1/2 C (115g) **raw** granulated cane sugar or 1/2 C (92g) regular granulated sugar or
sub 1/2 C (92g) of packed coconut sugar for refined sugar free

1 C (130g) Bob's Red Mill Paleo flour (can sub 1 C all-purpose flour)

1 tsp baking powder

1/8 tsp salt

For topping:

2-3 plums, halved and pitted, sliced very thinly

Squeeze of lemon juice

Sprinkles of cinnamon powder

Sprinkles of demerara, turbanado or other coarse sugar (omit for refined sugar free / Paleo)



METHOD

Preheat oven to 325f. Take out your 8", 9" or 10" baking dish of choice - it can be a springform cake pan, a regular cake pan, pie dish or a fluted tart pan which I prefer for the slightly crispier edge it creates. If you are going with the fluted tart pan too, very lightly grease the fluted sides to ease unmolding later.

Separate the eggs, placing the whites in the bowl of a stand mixer and the yolks in a separate small bowl. Whisk the whites on high (8 on stand mixer) until soft peaks form, about 3 minutes. Scoop them out and set aside.

Replace the whisk attachment with the paddle attachment. Place the room temperature butter and sugar into the stand mixer bowl (no need to wash it yay!) and cream them on medium speed (3 or 4) until light and fluffy, about 3 minutes. Add the yolks and beat one minute more. Whisk the flour, baking powder and salt together and pour it into the mixing bowl. Beat just to combine well. Gently fold in the egg whites, stopping just short of a few white streaks should do.

Scoop batter into your baking pan. Sprinkle cinnamon all over. Arrange sliced plums on top. Squeeze some lemon juice over the plums to keep their color post-bake (use a brush if you want to). Optional - sprinkle some coarse sugar all over the top. This will obviously make it not Paleo or refined sugar free.

Bake for about 1 hour or until a skewer pierced into the middle emerges with just a few crumbs. If the top gets a little too dark for your liking (especially if coconut sugar was used), you may throw a piece of foil loosely on top for the last half of baking. Cool and serve all by itself, or if feeling decadent, with some soft cream or ice cream on top. People will go mad for it. :)

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