

Product of the Week

Lupin flour

The Australian sweet lupin refers to the narrow leaf lupin *Lupinus angustifolius* cultivated in Australia. Australian sweet lupin is related to other lupins including peanuts and soy. While the European wild white lupin has been used as a food since the time of the ancient Egyptians, it has become unsuited to modern farming and human consumption.

The Department of Agriculture and Food Western Australia has the world's largest sweet lupin breeding team. Sweet lupin has been recognised as fit for human consumption since 1987. The health benefits of Australian sweet lupin continue to be researched, and could potentially play a role in combating obesity and the associated health problems of diabetes and heart disease.

Recipe:

Gluten free lupin mud cake

This rich moist cake is delicious on any occasion.

Ingredients:

340g butter
350g sugar
8 eggs
420g dark chocolate
360g almond meal
140g lupin flour

Method:

Line 2 by 20 cm cake tins. Melt dark chocolate and set aside to add later. Cream butter and sugar together until light and fluffy, then gradually add eggs one at a time on speed 1. Add melted chocolate alternately with almond meal and lupin flour and mix well.

Place 1/2 the mixture in each prepared round tin, with the mixture rising 4cm up the side of the tin.

Smooth the top and place in the oven, baking at 175C for approximately 80 minutes.

Allow cakes to stand in the tin for a short time. When you can handle the tin with bare hands, turn cakes out of tin and allow to cool. Decorate when cool.

(Source: Irwin Valley Lupin Flour)