

May 2009

## CAKE THAT GIVES YOU YOUR 5-A-DAY

A sweet cake that delivers your 5-a-day quota has been created by celebrity chef Felice Tocchini. It will be unveiled at the Malvern Spring Gardening Show – the first big Royal Horticultural Society show of the year – at Worcestershire's Malvern Showground from 7<sup>th</sup> – 10<sup>th</sup> May 2009.

The cake is being made from parsnip, carrots, cabbage, sweet potato, raisins and lavender flowers blended with coconut, cinnamon and ginger. It will be decorated with herbs and edible flowers including fennel, mint, marjoram and borage.

What makes this first cake particularly special is the design – it replicates one of the gardens appearing at the show. Garden designer, Paul Hervey-Brookes of Boxcourt Plants and Gardens, has based his design on the classical painting 'Il Ballo Della Vita Humana' by Nicolas Poussin, painted circa 1650. The painting represents man's different life stages as a circular dance with the music played by Father Time.

Felice Tocchini, who owns and runs Fusion Brasserie in Worcestershire, is the chef-in-residence for the Malvern Spring Gardening Show '**Felice's Kitchen**' will provide a host of attractions throughout the show aimed at everyone from experienced cooks through to young children. Commenting on the cake, Felice said:

" My Sprouty Cake has become renowned since I first developed it in an attempt to encourage children to eat their greens. I felt that a delicious cake that ensured people got their 5-a-day quota would be perfect to unveil at the show.

I decided to replicate a garden at the show in order for the cake to be auctioned for charity after it is unveiled at 5pm on 7<sup>th</sup> May. Monies raised will be divided between St Richards Hospice, Pied Piper Appeal and Linc.

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