

Prep Time	30 minutes
Cook Time	50–60 minutes
Cooling Time	20 minutes (in pan) + 30 minutes (on rack)
Total Time	Approximately 2 hours
Yield	8–10 servings
Equipment	10-cup Bundt tin, whisk, spatula, skewer

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Ingredients

For the Carrot Cake Batter

- 170 ml sunflower oil, plus extra for greasing

- 440 g light soft brown sugar
- 4 large eggs
- 270 g carrots, finely grated (about 3 medium carrots)
- 280 g plain flour, sifted
- 2 tsp baking powder
- ½ tsp salt
- 1 tsp ground cinnamon
- 1 tsp mixed spice
- 1 tsp ground nutmeg

For the Cream Cheese Ripple

- 100 g full-fat cream cheese, at room temperature
- 20 g unsalted butter, softened

- 180 g icing sugar
- 3 tbsp milk
- 1 tsp vanilla bean extract

To Finish

- 1-2 tbsp icing sugar, for dusting
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Step-by-Step Method with Timing & Intensity

Phase 1: Preparation (10 minutes | Low Intensity)

Preheat the oven to 190°C (Fan 170°C / Gas 5). Grease the inside of a 10-cup Bundt tin thoroughly with oil or butter, making sure to reach every crevice of the fluted design. A pastry brush works well here. Set the tin aside.

Grate the carrots finely using the small holes of a box grater. Finely grated carrots distribute more evenly and keep the cake moist without large chunks. Set aside.

Intensity note: This phase is hands-on but simple. No special technique required—just ensure the pan is well-greased to prevent sticking, which is the most common Bundt cake pitfall.

Phase 2: Mixing the Batter (10 minutes | Medium Intensity)

In a large mixing bowl, whisk together the sunflower oil, brown sugar, eggs, and grated carrots until well combined. The mixture will look glossy and slightly thick.

In a separate bowl, combine the sifted flour, baking powder, salt, cinnamon, mixed spice, and nutmeg. Whisk briefly to distribute the spices evenly.

Add the dry ingredients to the wet ingredients in two batches, folding gently with a spatula or whisk until just combined. Stop as soon as you see no streaks of flour. Overmixing at this stage develops gluten and can make the cake tough.

Intensity note: Medium—you are folding, not beating. Keep the motion light and stop early.

Phase 3: Preparing the Cream Cheese Ripple (5 minutes | Low Intensity)

In a small bowl, whisk together the cream cheese, softened butter, icing sugar, milk, and vanilla extract until completely smooth. The mixture should be thick but pourable—similar to a loose frosting. If it feels too stiff, add milk one teaspoon at a time.

Intensity note: Low. A hand whisk is sufficient; no electric mixer needed.

Phase 4: Assembling the Bundt (5 minutes | Low Intensity)

Pour half of the carrot cake batter into the prepared Bundt tin, using a spatula to level the surface gently.

Spoon the cream cheese ripple mixture over the batter in an even layer. Do not spread it all

the way to the edges—leave a 2 cm border so the ripple stays contained within the cake structure.

Pour the remaining carrot cake batter on top, covering the cream cheese layer as completely as possible. Drag a skewer or thin knife through the batter in a gentle figure-eight motion, going around the pan once. Do not over-swirl, or the layers will muddle entirely .

Intensity note: Low, but precision matters. A light hand with the skewer creates a beautiful ripple; aggressive swirling produces a muddy effect.

Phase 5: Baking (50-60 minutes | Passive Intensity)

Bake in the preheated oven for 50 minutes to 1 hour. Begin checking at the 50-minute mark. The cake is done when it has risen firmly, pulled slightly away from the sides of the pan, and a skewer inserted into the center (avoiding the cream cheese layer) comes out clean .

Intensity note: Passive. You can walk away, but set a timer. Ovens vary, so rely on the skewer test rather than the clock alone.

Phase 6: Cooling and Unmoulding (50 minutes total | Low Intensity)

Remove the cake from the oven and leave it in the tin for at least 20 minutes. This resting period is critical—Bundt cakes are fragile when hot, and the structure needs time to set .

Run a thin table knife or small palette knife gently around the edges of the cake and around the central tube. Invert the cake onto a wire cooling rack. Tap the tin lightly if needed, then lift it away.

Allow the cake to cool completely on the rack, about 30 minutes more, before dusting with icing sugar.

Intensity note: Low, but patience is essential. Unmoulding too early is the second most common cause of Bundt cake failure.

Phase 7: Finishing (2 minutes | Low Intensity)

Dust the cooled cake generously with icing sugar through a fine-mesh sieve. Serve immediately, or store in the refrigerator for up to 5 days .

Nutrition Information

Estimated per serving (based on 10 slices, including the cream cheese ripple and icing sugar dusting). Values are approximate and will vary with exact ingredients and portion size.

Nutrient		Amount per Slice
Calories		~485 kcal
Total Fat		~23 g
Saturated Fat		~4 g
Carbohydrates		~65 g
Sugars		~48 g
Protein		~5 g
Fibre		~1.5 g
Sodium		~180 mg