



Lebanese Sfouf

Sfouf is a Lebanese turmeric-semolina cake traditionally eaten on birthdays, family reunions, and other festive occasions. Sold by cart vendors on the streets of Beirut, the cake was originally made with date or carob molasses, a healthy substitute for refined white sugar if you can find it. Suzanne Friemann, director of PIBO, writes: “My Lebanese neighbour introduced me to this cake a few years ago and we really liked that it wasn’t too sweet and that it contained an unusual ingredient—turmeric! Food as medicine is a thing with me and a cake with the anti-inflammatory properties of turmeric is a happy combination.”

INGREDIENTS

- 1½ CUPS** semolina flour
- ½ CUP** all-purpose flour
- 1 TSP** ground turmeric
- 1½ TSP** baking powder
- 1 CUP PLUS 2 TBSP** white sugar (or ½ cup carob or date molasses)
- 1 CUP** soy milk (or any unsweetened milk alternate)
- ½ CUP** avocado oil (or any mild-tasting oil)
- 1 TBSP** pine nuts (or ¼ cup slivered almonds)

SERVES 12

METHOD

- Preheat oven to 350°F. Grease a 9-inch round baking pan.
- In a small bowl, mix semolina, flour, turmeric, and baking powder. Set aside.
- In a large bowl, stir milk and sugar until sugar is dissolved. Add flour mixture and oil and beat with an electric beater at medium speed for 5 minutes. This step is essential: do not shorten the beating time.
- Pour into a prepared 9-inch round pan. Sprinkle top with pine nuts. Bake for 25 to 35 minutes, or until a wooden pick inserted in centre comes out dry.
- Cool, dust with icing sugar, and serve.

