

ROALD DAHL'S  
**Matilda**  
THE MUSICAL

## CHOCOLATE CAKE RECIPE

### Ingredients for the cake

320g of **honey** or 375g **coconut sugar** or 400g **granulated sugar**  
210g whole **spelt flour, whole wheat flour**, white whole wheat flour, all-purpose flour or 236 gram **gluten-free baking** flour for GF version  
85g **cocoa powder**  
1.5 teaspoons **baking powder**  
1.5 teaspoons **baking soda**  
1 teaspoon **salt**  
2 large **eggs** / 2 chia eggs for VG alternative

240 millilitres of **milk** of your choice  
120 millilitres of **rapeseed oil**  
2 teaspoons **vanilla extract**  
240 millilitres of **boiling water**

### Ingredients for the frosting

flesh of 1 **avocado** (155g)  
72g **cocoa powder**  
214g **maple syrup**  
1 teaspoon **vanilla extract**  
1/4 teaspoon **salt**  
2 tablespoons (28g) refined **coconut oil**

### Instructions

1. If using **honey**, preheat your oven to 167 °C. If not using honey (which bakes quicker than sugar, hence the lower temperature), preheat to 175 °C.
2. Line 2 round 8" cake pans with **greaseproof/baking paper** on the bottom and then grease the sides of the pans.
3. In a large bowl, stir together the **sugar** (if using honey, don't add it yet) **flour, cocoa, baking powder, baking soda and salt**.
4. Add **eggs, milk, honey** (if using), **olive oil and vanilla**. Mix for 2 minutes on medium and then stir in the boiling water. The batter will be almost as thin as water. If you taste it, it will NOT taste good! But don't worry. It tastes great after baking.
5. Divide the batter between the **two pans**.
6. Bake for **25-30 minutes** or until a toothpick comes out with some moist crumbs, but no uncooked liquid.
7. The **bake time will vary** widely depending on what combination of sugar / eggs / flour you use. The whole wheat / egg / honey version is on the longer side. The gluten-free / chia egg / honey version is on the shorter side.
8. Let **cool** completely before frosting.

### Instructions for frosting

1. Put **all the ingredients** (using 64g maple syrup) in a high-speed blender (or a small food processor) and blend until smooth. Taste and add up to another 2 tablespoons of **maple syrup** to check sweetness.
2. Split **the frosting** so you have roughly 1/2 in the middle and 1/2 on the outside.
3. The frosting will harden in the **fridge** but you can still cut it once it's on the cake. It will be too firm to spread once cold, so just gently **reheat it if you need** to spread it after it's been chilled.
4. It's best used on the day of making but can also be stored for up to 2 days in the fridge. The longer it sits, the more avocado-y it gets (it doesn't taste at all like avocado when you first make it).
5. Eat and **enjoy!**

