

Oats Country Cake

From Nelson's Kitchen
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My mother made this cake when we were visiting my brother in Brasília. It was very good and I asked for the recipe. Many variations are possible. To make it gluten-free see note on powdering the oats to coat the pan. For a version without milk, substitute almond milk for milk — usually people with lactose intolerance may consume parmesan cheese. For a vegetarian version use sun-dried tomatoes preserved in oil in place of chicken. For a piscitarian recipe use tuna. For a sinful recipe use fried bacon instead of chicken and add 1/2 cup of cubed gruyere or sharp cheddar cheese.

Ingredients:

- 1 cup rolled oats (100 grams)
- 1 can of corn (200 grams) at room temperature
- 4 eggs
- 1/4 cup canola oil (50 ml)
- 1 cup milk (250 ml)
- 1 teaspoon salt
- 1/2 tablespoon dried oregano
- 1 cup of green green onions and parsley chopped
- 50 grams of grated parmesan
- 1 tablespoon baking powder
- 100 grams of chicken breast cooked with salt and shredded
- 2 Italian diced tomatoes (220gr)
- Oil and flour to grease and flour the shape

Procedure:

1. Preheat oven and prepare form.

- Turn the oven to 200 C.
- Oil the shape very well with oil
- Spray very well with the bread flour. For a gluten-free version, put two tablespoons of oatmeal on the food processor and process to obtain a flour. Pulverize the pan with this flour instead of the bread crumbs.

2. Process the Oats

- Put the oats in the bowl of the food processor and pulse five or six times until you obtain coarse flakes.
- Dump the flakes in large bowl.

3. Process wet ingredients

- In a food processor or blender, process the eggs, corn, oil, milk and salt until a homogeneous mass is obtained.

- Transfer the mixture to the bowl that contain the oat flakes.

4. Add the dry ingredients

- Add the oregano, the green onions and parsley, the oats, the parmesã to the grated and the yeast and mix.
- Add chicken and tomatoes, or tuna, or dried tomatoes (if using dry tomatoes, do not use fresh tomatoes).

5. Bake

- Place the mixture in the pan and bake in preheated oven (200 C) and bake for approximately 40 minutes.
- The cake is baked when a toothpick inserted in the center comes out clean.
- Remove from the oven and let it cool for 5 minutes.
- Thread a narrow tip knife around the shape and around the center.
- Place the serving dish on top of the shape and invert the shape to unmold the cake.
- Serve warm.