

Orange Cake

YIELD: One 9- or 10-cup Bundt cake, 16 servings

BAKING TEMPERATURE: 350°F

BAKING TIME: 55 minutes to 1 hour

The tangy-sweet flavor of oranges and whole wheat have a natural affinity for each other. This cake highlights that happy coincidence, getting an orange glaze while still warm that gives it a crunchy, irresistible texture outside. The inside is tender, moist and smooth.

Batter

- 2½ cups (8¾ ounces) whole wheat pastry flour
- 1 cup (4¼ ounces) unbleached all-purpose flour
- 2 teaspoons baking powder
- ½ teaspoon salt
- 1 cup (2 sticks, 8 ounces) unsalted butter, softened
- 1¾ cups (12¼ ounces) sugar
- 4 large eggs
- 1 cup (8 ounces) milk
- 1 tablespoon grated orange zest

Glaze

½ cup (4 ounces) orange juice

2 teaspoons orange zest

¾ cup (5¼ ounces) sugar

Place an oven rack a third up from the bottom and preheat the oven to 350°F. Grease and flour a 9- or 10-cup Bundt pan.

TO MAKE THE CAKE: Mix together the flours, baking powder and salt in a medium bowl. Cream together the butter and sugar in a large bowl until light and fluffy; this should take about 5 minutes. Add the eggs one at a time, beating after each addition; scrape the sides and bottom of the bowl after adding each egg. Reduce the mixer's speed to low; add the flour mixture one-third at a time, alternating with the milk. Stir in the orange zest.

Transfer the batter to the prepared pan; level the batter with the back of a spoon. Bake until a cake tester inserted in the center comes out clean, 55 to 60 minutes. Remove from the oven and cool in the pan for 5 minutes, then cover with a rack and invert. Remove the pan and leave the cake upside down on a rack; place the rack over a large tray or piece of wax paper.

TO MAKE THE GLAZE: Mix the orange juice, zest and sugar together in a heatproof bowl. Heat in the microwave at medium power for 1 minute and stir to dissolve the sugar. Brush the glaze all over the hot cake, letting it sink in. Cool the cake completely before transferring to a serving plate.

NUTRITION INFORMATION PER SERVING (1/16 CAKE, GLAZED, 108G): 19g whole grains, 341 cal, 14g fat, 6g protein, 21g complex carbohydrates, 30g sugar, 3g dietary fiber, 87mg cholesterol, 138mg sodium, 146mg potassium, 148RE vitamin A, 6mg vitamin C, 1mg iron, 80mg calcium, 171mg phosphorus.