



Coconut ravani with syrup

15'

Hands on

50'

Cook Time

10-12

Portion(s)

1

Difficulty



Method

For the syrup

- In a pot, add the water, sugar and lemon rinds.
- Place pot over heat and bring to a boil.
- Remove from heat and add 1 tablespoon honey.
- Stir and set aside to cool completely.

For the ravani

- In a mixer's bowl, add the butter at room temperature and sugar. Beat until fluffy.
- Add the eggs, one at a time, the cognac and vanilla extract. Continue beating.
- In a separate bowl, add the coconut, semolina, almond flour, self-rising flour, baking powder and salt.
- Mix and add to the ingredients in the mixer's bowl.
- Preheat oven to 160* C (320* F) Fan.
- Grease a 25x35 cm baking pan with butter and dust with semolina. Add the mixture and spread evenly in baking pan with your hands.
- Bake for 50 minutes, on the highest rack in the oven.
- When ready, remove from oven and immediately pour the cool syrup over the very hot ravani.
- Set it aside to soak up the syrup.
- Serve with [ice cream](#), lemon rinds and rosemary.

Ingredients

For syrup

- 600 g water
- 500 g granulated sugar
- rinds from 1 lemon
- 1 tablespoon honey

For ravani

- 160 g butter, at room temperature
- 250 g granulated sugar
- 3 eggs, medium
- 50 g cognac
- 1 teaspoon vanilla extract
- 150 g coconut, grated
- 100 g fine semolina
- 85 g almond flour
- 150 g self-rising flour
- 1 heaping tablespoon baking powder
- pinch of salt

To serve

- [vanilla ice cream](#)
- lemon rinds from 1 lemon
- rosemary

Διατροφικός πίνακας

Nutrition information per portion

| | | | |
|---------------------------|--------------------------|------------------------------|----------------------------|
| 578 Calories (kcal) | 24.3 Total Fat (g) | 14.4 Saturated Fat (g) | 81.0 Total Carbs (g) |
| 29% | 35% | 72% | 31% |
| 65.0 Sugars (g) | 6.5 Protein (g) | 4.3 Fibre (g) | 0.32 Sodium (g) |
| 72% | 13% | 17% | 5% |