

Honey cake

Ingredients

- 150g plain flour
- 1.5 tsp baking powder
- 0.5 tsp cooking salt
- 225g unsalted butter , *at room temperature*
- 225g honey – (2/3 cup)
- 4 large eggs (200g)
- 45 ml milk , *preferably full-fat, slightly warmed*
- 1 pinch orange zest
- 1/3 cup almond flakes

Honey syrup

- 225 g honey – (2/3 cup)
- 60 ml water
- 0.75 tsp lemon juice

Instructions

1. **Preheat** the oven to 180°C (160°C fan).
2. **Prepare cake pan:** Butter and line a 20cm/8" round pan or springform pan with baking paper (base and sides).
3. **Whisk Dry ingredients:** Whisk together the flour, baking powder and salt in a small bowl.
4. **Cream butter and honey:** In a separate bowl, cream the butter and honey for 3 minutes, scraping down the sides halfway, until smooth and fluffy. (Speed 7 handheld beater or stand mixer fitted with whisk attachment).
5. **Add eggs and flour** – Add one egg, mix with a wooden spoon for 30 seconds until mostly incorporated into the batter (mixture will look curdled). Then add in 1/4 of the flour and mix until the batter comes together. Repeat again – mixing in 1 egg, then a portion of flour – until you've used all the eggs.
6. **Milk and zest:** Stir in the milk and orange zest, stir until the batter is almost completely smooth. The batter should be quite thick, but soft.
7. **Bake 45 min:** Scrape batter into the prepared pan, smooth the surface and sprinkle with almonds. Bake for 45 minutes or until a knife inserted into the centre comes out clean.
8. **Cool 30 min:** Remove cake from the oven. Cool for 30 minutes in the pan – don't skip this else the cake gets too dense when soaked with syrup.
9. **Honey Syrup:** Meanwhile, make the syrup. Bring the honey and water to a gentle boil for 5 minutes over medium-low heat. Add the lemon juice and boil for 2 more minutes. Remove from heat, cool for 10 minutes then use per below.
10. **Poke and soak:** Poke about 30 holes all across the surface using a skewer (between the almond flakes). Pour 1/4 of the warm Honey Syrup across the surface (if using a springform pan, put it on a plate in case it leaks). Once it mostly sinks in, repeat 3 more times, waiting between pours for the syrup to soak in. Then leave the cake to soak for 15 minutes.
11. **Turn out and place onto a board/plate :** ready for entering at the High weald beekeeping association Honey show!