

NORTH LONDON BEEKEEPERS

<http://www.beekeeping.org.uk/NL>

Information Sheet no. R2: Jam & Honey Cake Recipe

Ingredients:

Honey	7oz (200gm) or (3/4 cup)
Butter	2.75oz (80gm) or (6 tablespoons)
Eggs	2 medium size
Jam	8fl oz (1 cup)
Plain flour	6.75oz (190gm)
Baking powder	1.5 level teaspoons
Bicarbonate of soda	1/2 level teaspoon
Mixed Spice	1/2 level teaspoon
Cinnamon	1 level teaspoon
Nutmeg	1 level teaspoon freshly grated
Optional;	
Chopped nuts	2oz (4 fl oz) or (1/2 cup) Walnuts are good

Method:

1. cream the honey and butter until fluffy.
2. Break the eggs in, one at a time and mix well.
3. Combine the flour with the baking powder, bicarbonate of soda and spices.
4. Beat the dry ingredients into the butter mixture until just blended.
5. Beat in the jam which should be rather firm. Original recipe suggests raspberry or blackberry jam. I like gooseberry jam, but any odds and ends of jam will do.
6. Add nuts if required.
7. Grease a 7 inch tube pan (this is a round tin with a hole in the middle) and line it with grease proof paper.
8. Bake for about 35 minutes at Gas Mk 4 (350 degree F) until done. When a cocktail stick stuck into the cake comes out clean, the cake is done.
9. Allow the cake to rest in the tin for 5 minutes before turning out on a rack to cool.

This recipe is from Margaret Jarvie and is always enjoyed at our social occasions and committee meetings.