

TASTE WITHOUT WASTE

Whole-Wheat Honey Nut Cake

Makes one 20cm diameter cake. Serves 6-8.

Ingredients

1 ¼ cups sour cream (I used light)
½ cup firmly packed brown sugar
1 egg, lightly beaten
2 ¼ cups wholemeal flour
1 tsp bicarbonate of soda
¼ cup plus 2 tbsp of honey, warmed gently
¼ cup walnuts, chopped
¼ cup almonds, chopped

Topping

1 tbsp margarine or softened butter
1 tbsp caster sugar
Heaped ¼ tsp ground nutmeg

Method

Preheat the oven to 150C. Grease a 20cm round cake tin (preferably spring form) and line the base and sides with baking paper.

In a large bowl beat the sour cream with a balloon whisk (or an electric mixer) until smooth. Gradually beat in the sugar and then the egg until well combined.

In a separate bowl whisk together the wholemeal flour and bicarbonate of soda. Add the flour to the sour cream mixture in batches of three, mixing well after each addition. You should now have a thick, slightly floury and scone-like dough.

Stir the chopped nuts into the warmed honey and mix until well coated. Drizzle the honey-nut mixture over the cake batter and stir well to incorporate.

Spoon batter into your prepared cake tin and bake for approximately 40 minutes or until browned on top and a skewer inserted into the centre of the cake comes out clean.

Set the cake tin on a wire rack. Beat together the topping ingredients and brush over the top of the warm cake. Turn the cake out onto the wire rack to cool.

Serve warm or cool, either buttered or with cream or ice-cream.

Will keep for approximately 2 days in an airtight container. Also freezes well.

*Source: Adapted from Margaret Fulton Baking: The Ultimate Collection.
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