NORTH LONDON BEEKEEPERS

Information Sheet no. R2: Jam & Honey Cake Recipe

Ingredients:

Honey 7oz (200gm) or (3/4 cup)

Butter 2.75oz (80gm) or (6 tablespoons)

2 medium size Eggs 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
Nutmed 1 level teaspoon from

Nutmeg 1 level teaspoon freshly grated

Optional:

2oz (4 fl oz) or (1/2 cup) Walnuts are good Chopped nuts

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 iam 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.

John Hauxwell 2002