

# Honey cake recipe

- 90g plain flour
- 100g Self Raising flour
- 1¼ tsp baking powder
- 1 tsp bicarbonate of soda
- ½ tsp ground cinnamon
- 4 eggs (separated)
- 100g caster sugar
- 110ml syrup
- 110ml sunflower oil
- 110ml tea (the stronger the better)



1. Line an 8" baking tin well. This cake mix is more like batter than cake so it will run out of any cracks in a loose bottom tin. It's also quite sticky once baked so I always bake in cake liners. It also makes it easier to give the cakes as gifts.
2. Heat your oven to 180°C (Fan oven 160°C)
3. Make the strong tea and set aside to cool a little.
4. In a separate bowl measure out all the dry ingredients
5. Measure the egg whites and sugar into a heat proof bowl and place over a bain-marie. You want to warm the mixture not heat it up. If it gets too warm you'll have scrambled eggs - yuck! Whisk the ingredients to add air and make the mixture double in size. Remove from the heat and carry on whisking with a hand held whisk or in a stand mixer. Stand mixer is easier.
6. Measure the oil into a jug and while whisking the egg whites slowly add the oil in a slow and steady trickle. Add the egg whites and the oil and whisk further.
7. Add the cooled tea and whisk again.
8. Sieve the dry ingredients over the cake mix. Avoid pouring the dry contents into the bowl in one go as the weight of it will burst loads of air bubbles and we need them to give the cake lightness. Fold the dry ingredients into the mix until completely combined then pour the ingredients into the cake tin. The mix will resemble a very wet batter. It will rise into a deep cake so fill the case to ¾ full.
9. Bake in the centre of the oven for 45 minutes or till the cake starts coming away from the sides. This cake is incredible light so if you press the top with your finger it will leave an indent even if the cake is baked.
10. Remove from the oven and leave to cool completely on a rack before removing from the tin.