

# Honey Recipes from the Scottish Beekeepers' Association

## Honey Fruit Cake

200g SR flour  
175g honey  
110g butter  
175g sultanas  
2 medium eggs  
110g glace cherries  
(halved)

Preheat oven to 150C. Coat the cherries with 2 teaspoonfuls of the flour. Cream the butter and honey together. Beat eggs well and add them to the creamed mixture alternately with the sifted flour adding a little milk if necessary to give a dropping consistency. Fold in cherries and sultanas. Put into lined 150mm - 175mm buttered circular tin. Bake for 1 hour 10 minutes, check with a skewer. If not cooked in centre cover with foil before cooking for another 10 minutes. Test again.

## Date and Walnut Honey Loaf

225g SR flour  
175g unsalted butter  
2 tablespoons clear honey  
2 medium eggs,  
½ teaspoon ground  
cinnamon  
100g light muscovado sugar  
50g walnut pieces  
100g stoned dates,  
2 semi-ripe bananas, about  
250g total weight in skins

Heat oven to 150C. Line the base and sides of a 900g (2lb) loaf tin with greaseproof paper, buttering the tin and paper. Tip the flour, cinnamon, butter (softened and cut into cubes), sugar, 2 tablespoons of the honey, eggs and about half the banana into a large mixing bowl. Beat the mixture for 2-3 minutes with wooden spoon or mixer adding banana until mixture is just a dropping consistency. Mix in dates. Spoon into prepared tin and level the top. Scatter on the walnut pieces. Bake for one hour, then lightly press top. If firm check with skewer into centre of cake. Bake for another 5 or 10 minutes if necessary. Cool for 15 minutes then lift out of the tin.  
**Note:** using bananas makes this loaf moist



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