ST. AMBROSE · DECEMBER 7

St. Ambrose honey cake

Prep 15 min **Cook** 35 min **Total** 50 min **Makes** One 8-inch (20 cm) cake, about 9 pieces **Level** Easy

ADULT SUPERVISION REQUIRED
Cooking is for children and grown-ups together. An adult should supervise at all times and handle the oven, stovetop, knives, and anything hot.

ALLERGY INFORMATION
Contains wheat (gluten), milk, and egg. Contains honey: never give it to babies under 12 months, even baked. Always read ingredient labels, since brands vary, and ask about food allergies before you cook or share.

INGREDIENTS

- ½ cup (115 g) butter, melted and cooled, plus a little for the pan
- ½ cup (170 g) honey, plus 2 tbsp for glazing
- ⅓ cup (65 g) packed light brown sugar
- 2 eggs
- ½ cup (120 ml) milk or plain yogurt
- 1½ cups (190 g) all-purpose flour
- 1½ tsp baking powder
- ¼ tsp baking soda
- 1 tsp cinnamon
- ¼ tsp salt

METHOD

1. Heat the oven to 350°F (175°C). Butter an 8-inch (20 cm) square or round pan and line the bottom with parchment paper.
2. In a large bowl, whisk the melted butter, ½ cup honey, and brown sugar until smooth. Whisk in the eggs, then the milk.
3. Add the flour, baking powder, baking soda, cinnamon, and salt. Stir gently until no dry flour remains.
4. Pour into the pan and bake 30 to 35 minutes, until a toothpick in the center comes out clean. If the top browns too fast, cover it loosely with foil.
5. Warm the remaining 2 tablespoons of honey and brush it over the warm cake. Cool in the pan for 15 minutes before slicing.

LITTLE HELPERS CAN (WITH A GROWN-UP)

- Measure the honey (a greased spoon makes it slide off)
- Whisk the batter
- Brush on the honey glaze
- Draw a little beehive or bee on a card for the table

GOOD TO KNOW

- Keeps covered for 3 days and tastes even better the next day.
- Use a mild honey such as clover or wildflower for a gentle flavor.

A BLESSING BEFORE WE EAT

Bless us, O Lord, and these thy gifts, which we are about to receive from thy bounty, through Christ our Lord. Amen. Saint Ambrose, pray for us, that our words may be kind and sweet like honey.