

Medieval Honey Almond Cake

Indulge in a slice of history with this medieval-inspired honey almond cake, sweetened with natural honey and enriched with the flavor of almonds. Perfect for a cozy afternoon tea or a festive gathering!



30 min

Total time

easy

Difficulty

320

kcal / serving

Nutrition per serving (estimated)

Protein 8 g

Carbs 43 g

Fat 13 g

Fiber 2 g · Sugar 28 g · Sodium 170 mg

Ingredients

- 1/4 cup ground almonds
- 1/4 cup honey
- 1/4 cup all-purpose flour
- 1/4 teaspoon baking powder
- 1 egg
- 1/2 teaspoon vanilla extract
- 1 tablespoon butter (melted)
- pinch of salt

Substitutions

All-purpose flour – Use the same amount of plain spelt flour.

Vanilla extract – Use the same amount of almond extract for a more pronounced almond aroma.

Butter – Use the same amount of melted coconut oil.

Steps

- 1 Preheat your oven to 350°F (175°C) and grease a small baking dish.
- 2 In a bowl, mix the ground almonds, flour, baking powder, and salt together.
- 3 In another bowl, whisk together the honey, egg, melted butter, and vanilla extract until smooth.
- 4 Gradually combine the dry ingredients with the wet mixture, stirring until just combined.
- 5 Pour the batter into the prepared baking dish and smooth the top.
- 6 Bake for about 20–25 minutes, or until a toothpick inserted in the center comes out clean.
- 7 Allow the cake to cool slightly before serving. Optionally, drizzle with additional honey or sprinkle with powdered sugar.

Chef's tips

- The cake should look lightly golden at the edges and feel set in the center; avoid waiting for a deeply browned top, which can make this small cake dry.
- A small baking dish helps the batter bake evenly. If using a wider dish, start checking earlier because the thinner cake may finish sooner.
- Let the cake cool until just warm before slicing; its tender crumb is delicate when very hot and firms as it rests.

Drink pairing

A cup of black tea

Its gentle bitterness balances the honeyed sweetness and complements the almond flavor.

0% option: A cup of black tea

Storage

Keep cooled leftovers covered in the refrigerator for 3–4 days. Serve at room temperature or warm briefly until steaming hot.

Frequently asked questions

How can I tell when the cake is done?

The edges should be lightly golden, the center should look set, and a toothpick inserted in the middle should come out clean.

Can I make this cake ahead?

Yes. Bake it earlier the same day, let it cool, and keep it covered; add any optional topping shortly before serving.

What should I serve with it?

Serve a small slice with black tea or coffee; fresh berries also make a simple accompaniment.