

honey gingerbread

recipe: adapted from an old family recipe - my mother's sisters learned to make this in home economics class

Yields a 9 x 13 baking pan.

- 2 1/2 cups cake flour
- 1 teaspoon baking soda
- 1/2 teaspoon baking powder
- 1 teaspoon cinnamon
- 1 teaspoon ground ginger
- 1/2 teaspoon salt
- 1/2 cup butter, room temperature
- 1/2 cup sugar
- 1 cup honey
- 1 large egg, room temperature
- 1 cup buttermilk

Preheat the oven to 350°F. Grease a 9 x 13 x 2 inch baking pan. I like to line my pan with parchment paper as well.

In a large bowl, sift together the flour, baking soda, baking powder, cinnamon, ginger and salt. Set aside.

In the large bowl of your stand mixer, on medium speed, cream together the butter and sugar until light and fluffy - about 3-5 minutes. Scrape down the sides and bottom of the bowl. Add the honey, and beat on medium speed for one minute. Scrape down the sides and bottom of bowl. Add the egg, and beat on medium speed for one minute. Scrape down the sides and bottom of bowl.

Add one third of the flour mixture and mix until well combined. Add 1/2 of the buttermilk, and mix until well combined. Add another third of the flour mixture, mixing until combined. Add the rest of the buttermilk, mix until well combined. Add the last of the flour mixture and mix until well combined. Be sure to scrape down the sides and bottom of bowl after each addition.

Spread the batter evenly into the prepared baking pan, smoothing the top with your spatula. Bake for about 35 minutes - until a cake tester inserted into the centre of the cake comes out clean. Allow to cool on a wire rack.

Serve warm or cold, topped with a dollop of whipped cream or a scoop of ice cream.

NOTE: if you find the top of the cake is browning too deeply before the cake has finished baking, cover the top gently with a piece of tinfoil - don't allow it to touch the surface of the cake, and don't press it around the edges of the pan. Just set it gently on top of the cake pan to prevent the top of the cake from burning.