

# honey cake

Did you know the vernal equinox, usually around March 21st, was once considered the first day of the New Year? This was back when our concept of time was inextricably linked with the natural rhythms and cycles of the earth, sun, and moon. So many of our Spring rituals make perfect sense when looked at that way, a time of renewal and reawakening for all of us earthly creatures.

In one tradition, to celebrate the New Year, a honey cake would be baked in celebration of the earth's reawakening. Eating the honey cake on this first day of the year also invited sweetness into the lives of the family and household.

This honey cake is simple to prepare and deliciously moist. It's so good, you may want to make it all throughout the year as a light dessert. It is absolutely scrumptious when paired with a steaming cup of hot tea.



## ingredients

1 cup chopped pecans  
2 cups all-purpose flour (can substitute up to 1 1/4 c. with whole wheat flour)  
1/2 tsp baking soda  
1/2 tsp salt  
3/4 cup unsalted butter, at room temperature  
1 cup honey  
4 large eggs  
1/4 cup sour cream  
pinch each of allspice and ground ginger

## directions

Preheat oven to 325°F. Lightly grease a 9-inch round cake pan. Sprinkle 3/4 cup of the chopped pecans in the bottom of the pan, reserving 1/4 cup for the batter.

In a medium bowl, whisk together the flours, baking soda, spices, and salt and set aside. In a large mixing bowl or stand mixer, cream together the butter, honey, and eggs. Stir in the reserved flour mixture in three parts, combining well each time. Then fold in the sour cream and remaining pecans. Scrape the sides and bottom of the bowl to be sure everything is evenly moistened, then mix for one minute more.

Gently pour the batter over the almonds in the prepared pan. Bake for 50 to 55 minutes, until the edge of the cake pulls back from the edge of the pan. Remove from the oven and place on a rack to cool for 15 minutes. After 15 minutes, invert the cake onto a serving plate and allow it to cool before serving.

Decorate the top with powdered sugar if desired and enjoy. Keeps for up to three days when kept in a sealed container at room temperature.

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