



The Friends of Putnoe Wood & Mowsbury Hillfort

Roman Honey Cakes

A recipe from Roman times.

Ingredients 200g/7oz of self-raising flour
half teaspoon ground nutmeg
half teaspoon ground cinnamon
80g/3oz ground almonds
80g/3oz sugar
1 egg
milk
runny honey
chopped nuts.



What to do:

- a. Turn the oven on for you to Gas mark 5 or 190 degrees C. Fan ovens, check manufactures instructions.
- b. Put the flour, nutmeg, cinnamon, almonds and sugar into a mixing bowl and mix them up.
- c. Break the egg into another bowl. Add a little bit of the milk and whisk them together with a fork.
- d. Add the egg mixture to the flour and mix.
- e. The mixture should be quite firm, but pliable. If it's too wet and sticky, add a little flour. If it's too dry, add a little more milk.
- f. Dust your hands with a little flour, then gently squash the mixture into 12 small cakes and put them on a greased baking tray and space them out.
- g. Bake in the oven for 30 minutes or until they are golden brown.
- h. While they are still hot, spoon a little runny honey over them and sprinkle some chopped nuts over the top.
- i. Let them cool before eating.