Roman Honey Cake Recipe

To celebrate our 50th birthday we thought we would share one of our favourite Roman recipes.

**Ingredients:**
- 50g FLOUR
- 3 EGGS
- 200g HONEY

**You will need:**
- Scales
- Sieve
- Baking tin or dish
- Spoon
- Wire cooling rack
- Whisk

**Method:**
Always wash your hands before preparing food.
- Preheat oven to 170°C, 330°F or gas mark 3. If you have a fan oven, turn off the fan if possible or put the heat down to 160°C.
- Grease your baking tin,
- Break the eggs into a bowl and beat them hard and well until they are stiff,
- Gradually beat in the honey,
- Gently fold in the sifted flour,
- Pour the mixture into the tin and cook in oven for approximately 40 to 50 mins depending on type of oven and how deep the mixture is in the tin.
- Take out and turn onto a wire tray to cool
- Top with your favourite fruit and enjoy!

Extra challenge - Try not to use an electric whisk - Romans didn’t have electricity! Take it in turns to whisk the eggs and the honey.