

## BYZANTINE SPICE CAKE

(from Yianilos , Theresa Kara, (undated)The Complete Greek Cookbook – the best from three thousand years of Greek Cooking, Avenel Books, NY.)

This recipe comes from the island of Sifnos, in the Cyclades, where the art of cookery has been developed to a high degree. It is not only famous for its spiced honey cakes as this one, but also renowned for the chefs it has produced who practice Siphyniac cooking throughout the world.

### INGREDIENTS

1 cup of Bald Hills olive oil  
1 ½ cups sugar  
3 eggs  
½ cup yoghurt (home made)  
2 ½ cups White Wings SR Flour  
½ teaspoon each of cinnamon, ground cloves, nutmeg and Allspice\*  
¼ teaspoon soda  
¼ cup of orange juice

### TOPPING : HONEY SYRUP

1 ½ cup sugar  
1 cup water  
1 cup *Sweet as Honey* honey

Add sugar to oil and beat 3 minutes. Separate eggs, add yolks and ½ yoghurt. Sift the flour, baking powder and spices and add. Beat egg whites until frothy. Add with remaining yoghurt. Mix soda into orange juice and add. Bake in a greased square pan in preheated oven at 180 degrees Celcius for 45 minutes.

While cake is cooking, make the syrup, simply by putting honey, sugar and water in a pot over the stove and warming until the sugar and honey have dissolved. Pour hot syrup over the cake **immediately** after it is brought out of the oven.

Supplied by Iris

\* replaces mace