



Barley Cake

This is inspired from Bible times, sweetened with honey. This has a flavor close to a sweet cornbread without the corn, and it can be used in many ways.

Ingredients

- 200 g groats, barley
- 1 g sea salt (1/4 tsp)
- 250 g buttermilk (1 cup)
- 170 g honey (1/2 cup)
- 100 g egg, whole (2 eggs)
- 5 g extract, vanilla (1 tsp)

Directions

1. Preheat Oven to 350 F.
2. Mill the grains into fine flour
3. Combine dry ingredients in a mixing bowl.
4. Add the wet ingredients to the dry, and mix together with a danish dough whisk or spatula.
5. Pour the thick batter into a mini Bundt pan that is very well greased (or lined with wet parchment paper).
6. Bake in an oven at 350 or convection oven at 325 F until the center is over 190 F.
7. Let cool a few minutes, then turn upside down and release from the pan.

Notes

This recipe fits a 5 cup mini Bundt pan perfectly.

