

NUTRITION: Lazza's Kitchen

Bee Sting Cake

**Another New Recipe from Lazza's Kitchen.
Today he makes his first Bee Sting Cake from scratch**

Bienenstich (bee sting cake) is considered a very tasty bake with an interesting origin. One source cites a legend of German bakers from the 15th century who lobbed beehives at raiders from a neighbouring village, successfully repelling them, and celebrated later by baking a version of this cake named after their efforts.



SPONGE: 125g Unsalted Butter:: 4 Large Eggs:
½tsp Baking Powder: 125g Caster Sugar: Almond Extract:
200g Self-Raising Flour: 125ml Milk:
150g Ground Almonds:
TOPPING: 55g Unsalted Butter: 55g Caster Sugar:
75g Clear Honey: 100g Flaked Almonds: 2tbsp Db Cream
CUSTARD FILLING: 4 Egg Yolk: ¼ cup Cornflour: ½
cup Caster Sugar: 100ml Milk: 50ml Dbl Cream: Vanilla
Extract: 50g Unsalted butter: 50g Caster Sugar.

Preheat the oven to 180°C, fan 160°C, gas 4. Grease and line the base and sides of a 20cm springform tin. Beat together all of the almond sponge ingredients in a large mixing bowl for 2-3 minutes with an electric mixer. Smooth into the cake tin and bake for 45-50 minutes until the cake is almost completely cooked. Meanwhile, for the topping, place the butter, sugar, honey, and cream in a small pan with a pinch of salt. Heat gently, stirring, until the sugar has dissolved. Bubble and stir for 4 minutes or until it has changed from a light yellow to pale beige. Take off the heat and stir in the flaked almonds. Set aside to cool. When the cake is cooked, warm the topping briefly then pour it evenly over the cake. Return the cake to the oven for 7-8 minutes until golden brown. Leave the cake in the tin for at least 15 minutes, then remove carefully and leave to cool completely. Whisk the egg yolks, cornflour, caster sugar, together, then add the milk, cream, and vanilla extract, and whisk more, taking out lumps. Make the custard on the hob. Leave to cool. Whisk the butter and sugar together and stir into the cold custard till smooth. Cut the cake in half and spread the custard in the middle.



**Probably my most ambitious bake to date:
I saw it on a television show and thought I had
to give it a go - I had never heard of it.**

**Almond Sponge is delicious, and the crunchy
topping with the cool custard filling, makes it
very tasty. I had good feedback from the
HMHB users who had a slice!!!
I did curdle the custard slightly, which is fine
to eat, but just makes a different texture.**

**During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking.
Why not try out some new recipes and foods yourself?
This was a great and very tasty bake to prepare.**