

Honey Cake (Medivnyk)

Ukrainian invent honey cake because we have most and biggest honey bee in world. Buzz buzz buzz, they so cute. Look like chubby little stripe kozak kissing flower as if pretty girl.

Best kind this cake, you get honey from buckwheat. This strong Ukrainian taste. Clover honey is weak kind, meant for tea only. The darker is honey, the more good mineral it have inside. Baba know you not always obey her. Your loss, for sure. Just make sure honey is liquid for *medivnyk* recipe.

Baba law: also get honeycomb and chew this like gum while you cook. It give you right rhythm for good cake. When you visit bee keeper, get me bottle honey wine, or I want to know why not.

Make sure you going to be home while cake bake. Is not okay to run to boyfriend down hallway in meantime. This not some ugly powder thing from box with woman in bad haircut smiling because she make so much money from you. This serious project from sacred ingredient.

Make honey boil, then let cool. Watch honey whole time. It not take long to boil, and you don't want burn.

Heat oven to 350 F.

Make cream brown sugar and soft butter. Not this slimy “margarine” thing.

This next thing sad, but have happy ending. Tell four free range organic egg, “I have to separate you, but only for little while.” Do it, even if they cry. If egg have blood spot, this good. Mean is fertile and came from smiling chicken. **Put four egg yolk, one at time, into sugar and butter. Beat up.**

Pour cool honey into batter and beat more. You chewing that honeycomb like Baba tell you? Rhythm, rhythm!

Sift cake flour with baking soda, baking powder, salt from Black Sea, cinnamon.

Baba tell you secret of why her cake better than neighbour cake: **add nutmeg and ground clove.** Sifting dry thing also important. Make batter fluffy and well-mix.

Add to batter one cup dry thing, then half cup smetana. Another cup dry thing, half cup smetana. Pay attention to TOTAL: one cup smetana, three cup dry thing. Because last time I check, you can't do math. Last cup dry thing. See chapter on smetana. Nowhere but verenyky (perogy) recipe is it more important that smetana come from farm in jar. Sure, you can use this white jello from stupormarket and cake will turn out. But smetana make big difference.

If you like walnut, date, dry currant or raisin, you can stir in one cup of one kind or mixed kind. One cup total. But not necessary to real good honey cake. Peanut no good.

This where you keep promise to egg for reunite. **Use egg beater in white part until your bicep swell. Egg will look like snow drift. Mix into batter.**

Grease pan with butter. Best kind pan is with tube thing in middle, so honey cook even. Pour in batter.

Next Baba trick for honey cake: **Oven start at 350 F for first fifteen minute only.**

Cake will bake total of fifty or fifty five minute. Turn oven down to 325 F and bake here for next fifteen minute. Then turn oven down to 300 F for final twenty or twenty five minute.

Honey burn real easy, so make sure you listen to Baba about this. Playing with temperature will also make nice crunchy crust on cake.

Check with knife. If middle still sticky, put back in oven five more minute.

Honey cake get better as it age, just like woman. You will not resist taste when you first bake, but try mostly control yourself. Or you can do like Baba, and make two in first place. Don't lie to self about appetite, poopchik. This is big part of life pleasure.

Wrap first cake in foil or plastic, and put up on high shelf where no one else can touch. At Christmas, I make one month ahead so honey have “cure” taste, just like good horilka. Remember honey is living thing, come from living creature who work hard. Medivnyk is evolving thing, not ready-mix.

If you made two, go back and start eating first one before children get home.

Serve with Uzvar fruit stew, on side. **Or with my special Plum sauce, Chapter Twenty Two. Also**

good with real whip cream.

Drink with glass cold goat milk. If unpasteurize, even better. I prefer from brown goat, but you can't have everything. In Canada. Big surprise: also very good with plain taste rice or almond milk.

Your option:

For many present to friend, **make bigger recipe and spoon batter into clean, greased coffee can. Or even little soup can.** I know, I know, Baba wrong to even suggest you not making all soup from scratching. Take out cake from can before giving to friend.

Ingredient List:

- Buckwheat honey, one cup
- Butter, one half cup plus enough to grease pan
- Brown sugar, one cup
- Eggs, four large
- Cake flour, three cups
- Baking soda, two teaspoons
- Baking powder, one half teaspoon
- Salt
- Cinnamon, one teaspoon
- Nutmeg, one half teaspoon
- Ground cloves, one half teaspoon
- Bundt pan. Absolutely necessary so cake bakes evenly.

© 2011 Raisa Stone. From **BABA'S KITCHEN: UKRAINIAN SOUL FOOD**

May not be copied in whole or in part without written permission from author.

Purchase BABA'S KITCHEN and contact Raisa here: www.ukrainiansoulfood.ca

Also in book: Honey Muffins and Chocolate Honey Cake. Smachnoho!