



# Food Processor Sticky Date Honey Cake

INTERMEDIATE • 1 HOUR 45 MINS

This classic winter treat will warm you to your toes! We have recreated this family favourite to swap out the brown sugar for our honey in the cake and divine salted honey sauce.



**SKILL LEVEL**  
Intermediate

**PREP TIME**  
1 hour

**COOKING TIME**  
45 mins

**SERVINGS**  
10-12

## Ingredients

Visit [capilanothoney.com.au](https://capilanothoney.com.au) to learn how to swap honey for sugar in your recipes.

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#### Cake

- 150ml boiling water
- 180g dried pitted dates, roughly chopped
- 1 ½ tsp bicarb soda
- 100g unsalted butter
- 150g **Capilano Pure Honey**
- 2 tsp vanilla extract
- 2 large eggs
- 200g (1 1/3 cups) plain flour or gluten free plain flour
- 1 tsp baking powder
- 1 ½ tsp ground ginger
- ½ tsp ground cinnamon

#### Salted Honey Sauce

- 200g caster sugar
- 125g **Capilano Pure Honey**
- 2 tsp water
- 250g sour cream
- 1 tsp vanilla bean paste
- 50g unsalted butter, chopped
- ½ tsp sea salt flakes
- Ice cream or Greek-style yoghurt, to serve.

#### Used in this recipe



#### Pure Honey

Smooth, sweet and perfectly balanced, generations of Aussies have grown up with Capilano Pure Honey. Made by Aussie bees and hand harvested by their beekeepers, our signature blend of eucalypt and ground flora honey is the taste of Australia.

#### Make the Sweet Switch

Honey tastes twice as sweet as sugar, so you need less in your baking, drinks and savoury recipes. Learn more about how to swap Capilano for sugar in your recipes [here](#).

## Method

1. Place dates in a medium heat proof bowl and sprinkle with bicarb soda. Top with boiling water and set aside for 20 minutes to soften.
2. In a small saucepan or microwave safe bowl, combine butter, honey and vanilla extract. Heat on medium, stirring every 30 seconds until combined. Be careful not to over heat. Set aside to cool for 5 minutes.
3. Preheat oven to 160°C (fan-forced). Grease and line the base and sides of a 20cm springform cake tin with baking paper.
4. In a food processor, combine dates and water mixture, pulse until smooth. Add all remaining cake ingredients, pulse until just combined.
5. Transfer mixture to prepared tin and bake for 45 minutes, then remove from oven and cover cake with foil to prevent excess browning. Return to oven for an additional 15 minutes or until an inserted skewer comes out clean.
6. Allow to cool for 15 minutes in tin before inverting onto serving plate. If the cake is slightly domed, use a serrated knife to carefully level before inverting.
7. While cake is baking, prepare the sauce. Combine sugar, honey and water in a small saucepan over medium heat until sugar dissolves. Bring to a gentle boil without stirring, swirling the saucepan until the mixture is caramel colours. Remove from heat and whisk in vanilla, sour cream and butter.
8. Return to heat for 1-2 minutes to ensure everything is combined, then add the salt and cool to room temperature.
9. To serve, poke a few holes over the top of the cake using a fork or skewer, then pour over sauce and spread using the back of a spoon. Serve with additional sauce and Vanilla ice cream or Greek yoghurt.

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