



Flourless Whole Orange Honey Cake

INTERMEDIATE • 1 HOUR 45 MINS

Dense, syrupy and dripping in honey. Whole-fruit cakes are back, and our flourless version uses fresh orange twist to bring out a beautiful citrusy twang.



SKILL LEVEL
Intermediate

PREP TIME
15 mins

COOKING TIME
90 mins

SERVINGS
12

Ingredients

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

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Cake

- 2 medium oranges (280g approx.)
- 4 eggs
- 240g (¾ cup) **Capilano Pure Honey**
- 1 tsp vanilla extract
- 1 tbsp baking powder
- 400g (4 cups) almond meal, sifted

Honeyed Oranges

- 2 medium oranges (280g approx.)
- 360g (1 cup) **Capilano Pure Honey**
- 250ml (1 cup) water
- 1 cinnamon quill

To serve

- 2 tbsp chopped pistachios
- Greek yoghurt
- Thyme leaves

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 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. Cake: Place oranges in saucepan of water and bring to the boil, then simmer for 20 minutes. Once cooked, blend until smooth in food processor and weigh 185 g of orange puree.
2. Preheat the oven to 150°C. Grease and line a 22 cm round springform tin.
3. In a stand mixer, whisk eggs for 1 minute on medium, add honey and continue whisking for 5 minutes until thick, but still a little runny. Gently fold in vanilla and reserved orange puree, followed by the baking powder and almond meal until just incorporated.
4. Pour batter into prepared tin and bake for 50 - 60 mins, or until a skewer comes out clean. Allow to cool completely before removing from tin.
5. Honeyed Oranges: Slice oranges into 5mm slices, set aside.
6. Combine honey, water and cinnamon quill in a large saucepan over medium-high heat. Stir to dissolve the honey then add the sliced oranges. Bring to the boil, reduce the heat to a simmer and cook the oranges for 8-10 minutes until the skin appears translucent.
7. Use a fork or slotted spoon to remove orange slices, rest on a plate. Continue simmering the syrup for 20 minutes until thick, then return orange slices to syrup and continue simmering for 5 minutes. Turn off heat, remove orange slices and lay them on a wire rack to cool completely. Reserve the syrup.
8. To serve: Transfer cake to serving platter, then arrange orange slices on top. Scatter with chopped pistachios, thyme and serve with syrup and yoghurt.
9. Storage: Keep for up to 3-4 days in an airtight container on the bench.

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