
APPLE RYE CAKE

INGREDIENTS

- 2 ¼ cups water
- 3 tbsp brown sugar
- 1 ½ tbsp yeast
- 1 tbsp salt
- 2 ½ -3 cups all purpose flour
- 3 cups Barley Flour

PREPARATION

- Preheat the oven to 320° F
- Place the apples in a bowl and add cinnamon, coat apples with cinnamon
- Combine pecans, flour, and baking powder
- Melt the sugar with the honey and butter until dissolved, heat slightly. Let cool when dissolved
- Add the milk and the eggs to the cooled sugar mixture and then add dry ingredients
- Add the apple/cinnamon mixture. Make sure to add the apples in small batches so you don't have too many. Too many apples will make the cake crumbly
- Pour batter into a rectangular pan lined with parchment paper
- Bake for 40-50 mins

