



Greek syrupy caramel cake

25'
Hands on

50'
Cook Time

15-20
Portion(s)

2
Difficulty



Method

For the syrup

- Place a [pot](#) over high heat and add the water, the sugar, the lemon peels, and the ginger.
- Leave it on heat until it comes to a boil and the sugar melts.
- Remove, add the honey, and stir. Set aside to cool well.

For the cake

- Preheat the oven to 150° C (300° F) set to fan.
- Place a [pot](#) or a 28 cm frying pan with a metal handle over medium heat.
- Add the sugar, the honey, the butter, and boil for 1-2 minutes, until the mixture thickens and becomes a caramel sauce. Remove from the heat and allow 10-15 minutes for it to cool very well!
- In a bowl add the eggs, the milk, and beat them. Add this mixture to the caramel sauce and mix until the ingredients are homogenized.
- Add the flour, the oats, the cinnamon, the ginger, the baking powder, the lemon zest, and whisk.
- Bake for 45-50 minutes.
- Remove from the oven and prick the whole surface of the cake with a [knife](#).
- With a ladle, pour the syrup over the cake. Allow about 1 hour for the whole syrup to be absorbed and serve.

Ingredients

For the syrup

- 400 g water
- 400 g brown sugar
- lemon peels, of 1 lemon
- 10 g ginger
- 1 tablespoon(s) honey

For the cake

- 100 g brown sugar
- 200 g honey
- 200 g butter
- 3 eggs, medium
- 150 g milk
- 250 g all-purpose flour
- 100 g oats
- 1 tablespoon(s) cinnamon
- 1 teaspoon(s) ginger
- 1 tablespoon(s) baking powder
- lemon zest, of 1 lemon

Διατροφικός πίνακας

Nutrition information per portion

290 Calories (kcal)	9.9 Total Fat (g)	5.7 Saturated Fat (g)	46.0 Total Carbs (g)
15%	14%	29%	18%
34.0 Sugars (g)	3.4 Protein (g)	1.2 Fibre (g)	0.19 Sodium (g)
38%	7%	5%	3%