

Bee Sting Cake

Bee sting cake - sounds scary? When we think of a bee sting many of us think of summers spent outdoors, the smell of hay, running around barefoot. Until we feel a sudden burning sensation in our big toe: a bee sting. Hopefully we're not allergic and it ends with nothing more than a red welt and a slight swelling around the sting area. The bee, in fact, is much worse off: it would have preferred to leave you alone (bees don't sting unless they feel seriously threatened or provoked) and, if it was a honey bee that stung you, it will die shortly afterwards. The stinger of a honey bee is barbed and gets stuck in your skin. When the honey bee pulls away, it can't pull the stinger back out. Instead, the stinger and part of the bee's digestive tract are left behind. This rupture causes the death of the bee.



The bee sting of the bee sting cake is much friendlier, sweeter and safer sting. It is not entirely clear where the name comes from but legend has it that the citizens of a German town, Andernach, were to be attacked by their neighbours. The morning of the planned attack two young bakers who were known to have a sweet tooth went to take honey out of some beehives outside the walls of the town. This is when they saw the attacking neighbours and, for lack of any other defence, the young bakers threw the beehives at the assailants who were stung by thousands of angry bees and had to abandon the attack.

In honour of the two young bakers, a cake was created: the bee sting cake.

Here is a delicious English version (including video) of the recipe:

<https://ichkocheheute.de/en/2019/09/05/bienenstich-backen-german-bee-sting-cake/>

What you need: ingredients

For the dough

550 g flour
250 mL milk (lukewarm)
75 g sugar
75 g unsalted butter (soft)
1 egg
½ cube fresh yeast
1 sachet vanilla sugar
A pinch of salt

For the cream

1 L milk
200 mL cream
100 g corn starch
100 g sugar
2 egg yolks
1 vanilla pod
1 sachet cream stabilizer

For the honey-almond layer

75 g honey (of course!)
250 g sliced almonds
100 mL cream
75 g sugar
75 g unsalted butter

What you need: kitchen materials

Tall container to prepare the yeast, whisk, mixing bowl, mixer, baking tin and frame, baking paper, kitchen towel, small bowl to prepare the corn starch mix, saucepan for almond sugar mix, saucepan for the cream, cling film and a long knife to half the dough after baking

What to do

1. Line the baking tin with the baking paper.
2. Crumble ½ cube of yeast into a tall container, add 75 g of sugar and mix it with 250 mL of lukewarm milk until the yeast and the sugar have completely dissolved.
3. Put the yeast mix together with 550 g of flour, 75 g of soft butter, 1 egg, 1 sachet vanilla sugar and a pinch of salt into a mixing bowl and blend for about 5 minutes to get a smooth and slightly sticky dough.
4. Place the dough on the baking tin and flatten it into a rectangular form. Place the baking frame around it, cover the dough with a kitchen towel and leave it to rest in a warm place for about 1h.
5. In the meantime, start with the cream: Beat 200 mL cream with 1 sachet cream stabilizer until stiff. Put it in the fridge.
6. Put 200 mL milk, 100 g corn starch and 2 egg yolks in a small bowl and stir until smooth.
7. Add 800 mL milk, 100 g sugar and the pulp of one vanilla pod into a saucepan and stir while heating at low to medium heat. Add the corn starch mix as soon as the milk begins to simmer and mix well to avoid lumps. Stir rigorously for about 1 minute, then remove from the heat. Cover the surface of the vanilla cream with cling film and let it cool completely.
8. Prepare the almond layer. Add 75 g sugar, 75 g honey and 75 g butter into a saucepan, melt the mix at medium heat and let it simmer (while stirring) until it becomes a caramel colour.
9. Now add 100 mL cream and 250 g sliced almonds, keep stirring while letting it simmer for another minute. Remove and allow the mix to cool slightly.
10. Preheat the oven to 180°C. Spread the slightly cooled honey-almond mix across the yeast dough. Bake for 20 to 25 minutes until the almond crust becomes golden brown.
11. Remove the cake from the oven and let it cool completely. Cut it into 4 pieces, then cut each piece horizontally. Put the lower halves back into the baking tin with the baking frame around them.
12. Mix the cooled vanilla cream with a blender for about 1 minute, then add the whipped cream and stir briefly. Spread the mix onto the lower halves of the cake. Put the top halves on top of the cream and leave the cake in the fridge for 2h (or longer).
13. That's it! Sounds like a lot but once you get going it's a really straight forward recipe!



Many thanks to www.ichkocheheute.de where we found this delicious recipe.

Many families have their own version of making this cake but they do resemble each other in the basics: a yeast dough, vanilla cream or pudding cream and of course the honey-almond crust on top. Always a treat for our German colleague when visiting her home in Bavaria ☺