

# FOOD & DINING

## A great breakfast bread

**H**oney is a versatile ingredient that can be added to both foods and beverages. Beloved the world over, honey has been used in recipes for centuries. Such is the case with the following recipe for “Pain d’épices” from Linda Collister’s “Quick Breads” (Ryland, Peters & Small). This French honey spice loaf dates back to medieval times and makes for a great breakfast bread, especially when hosting overnight guests.

first), egg yolks, and milk to the bowl and stir well to make a thick, heavy batter. Scrape the mixture into the prepared pan and smooth the surface. Bake for about 45 minutes, until golden and a skewer inserted into the center comes out clean. Turn out onto a wire rack, remove the lining paper and let cool. This recipe is best eaten within 5 days, or can be frozen for up to 1 month.



### PAIN D'ÉPICES

Makes 1 medium loaf

- 1 1/2 cups unbleached all-purpose flour
- 3/4 cup rye flour
- 2 teaspoons baking powder
- 1/4 teaspoon sea salt
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves
- 1/2 teaspoon quatre épices
- 2/3 cup almonds, finely chopped
- 1/4 cup candied peel or crystallized ginger, finely chopped
- 3/4 cup flavorful honey
- 2 extra-large egg yolks
- 5 tablespoons milk
- 1 8 x 4 x 2 1/2-inch loaf pan, greased and base-lined with parchment paper

Preheat the oven to 350 F. Sift both flours, baking powder, salt, and all the spices into a large bowl. Using a wooden spoon, stir in the chopped almonds and candied peel. Make a well in the center of the ingredients. Add the honey (in cold weather it is easier to measure if you stand the jar in a bowl of warm water for a few minutes

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