

Seed Cake

(Eaten by Henrietta's lady callers following Georgie's birth)

Ingredients:

- 1 ½ lbs of flour
- 1 lb of butter
- 1 lb sugar
- 8 eggs
- 1 tsp of caraway seeds
- 1 tsp of nutmeg
- 1 tbsp of cinnamon

Take flour and sift. Beat the butter into a cream, and put in the sugar. Beat the whites of the eggs and the yolks separately, then mix them with the butter and sugar. Beat in the flour, spices, and seed, a little more before sending it away to the oven. Bake it two hours in a quick oven.*

*Note: 18th century ovens were largely unpredictable. Try baking for 1 hour at 160 C.