

Helen Brown Capital Recipe

Helen will be on the Drivetime show every Thursday from 6pm in "Foodie Thursday".



Honey Cheesecake

Ingredients Serves 10

Cake	3 eggs at room temperature
25g butter	60mls double cream
40g finely ground walnuts	3 eggs
25g digestive biscuit crumbs	2 tsp vanilla extract
670g /1½ lbs cream cheese at room temperature	1 tsp cinnamon
255g honey, plus 2 tbsp	1 tbsp plain white flour
	¼ tsp salt

Method

Preheat oven to 325°F/ 160°C. Butter and base line a 8"/20cm springform cake tin.

Mix walnuts and biscuit crumbs in a small bowl; spread evenly in the tin, coating the bottom and the sides.

Beat the cream cheese and 255g of the honey with a mixer until smooth, scrapping down the sides occasionally, about 3 minutes.

Beat in the eggs one at a time. Beat in the cream and the vanilla extract. Add the flour, cinnamon and salt. Pour into the crust.

Bake for 1 hour and 10 minutes or until lightly browned and a little puffed but with still a wobble in the centre – this will set as it cools. Cool on a wire rack for 2 hours. Cover and refrigerate.

To serve, drizzle with the remaining 2 tbsp honey and garnish with berries.

Kcals 420; Fat 31g; Carbs 30g; Protein 7g