

hummingbird cake recipe womens weekly

hummingbird cake recipe womens weekly is a delightful and moist cake that brings together the exotic flavors of bananas, pineapple, and pecans, making it a true Southern classic. Celebrated for its rich taste and inviting aroma, this cake has become a staple in many households and is often featured in various culinary publications, including Women's Weekly. In this article, we will explore the history and origin of hummingbird cake, provide a detailed recipe, and share tips for perfecting this delicious dessert. Additionally, we will discuss variations and serving suggestions to enhance your baking experience.

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History of Hummingbird Cake

The origins of the hummingbird cake can be traced back to the southern United States, particularly to Jamaica. It is believed that this cake was inspired by the tropical flavors of the Caribbean, where bananas and pineapples are abundant. The cake was originally known as "doctor's cake" and was reputedly used as a way to promote the use of fruits in desserts. As it gained popularity, the cake became known as hummingbird cake, named for the sweet nectar that hummingbirds are drawn to.

In the 1970s, a recipe for hummingbird cake was published in Southern Living magazine, which played a significant role in popularizing it across the United States. Since then, it has become a beloved dessert, often served at celebrations and gatherings. Its unique combination of flavors and textures makes it a standout choice for those seeking a moist and flavorful cake.

Ingredients for Hummingbird Cake

To create a delicious hummingbird cake, you will need the following ingredients, which can easily be found in your local grocery store:

- 2 cups all-purpose flour
- 2 cups granulated sugar
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 1 teaspoon ground cinnamon
- 1 cup vegetable oil
- 3 large eggs
- 1 teaspoon vanilla extract
- 1 cup mashed ripe bananas (about 2-3 bananas)
- 1 cup crushed pineapple (drained)
- 1 cup chopped pecans (optional)
- 1 cup shredded coconut (optional)

These ingredients work together to create a moist cake with a delightful blend of flavors. The bananas and pineapple add natural sweetness and moisture, while the pecans and coconut provide texture and depth.

Step-by-Step Hummingbird Cake Recipe

Now that you have gathered your ingredients, here is a detailed step-by-step guide to making a hummingbird cake:

1. **Preheat the Oven:** Preheat your oven to 350°F (175°C). Grease and flour three 9-inch round cake pans.
2. **Mix Dry Ingredients:** In a large mixing bowl, whisk together the flour, sugar, baking soda, salt, and cinnamon until well combined.
3. **Combine Wet Ingredients:** In another bowl, whisk together the vegetable oil, eggs, and vanilla extract. Stir in the mashed bananas and crushed pineapple.
4. **Combine Mixtures:** Gradually add the wet mixture to the dry ingredients, stirring

until just combined. Do not overmix.

5. **Add Nuts and Coconut:** If desired, fold in the chopped pecans and shredded coconut into the batter.
6. **Pour Batter:** Evenly distribute the batter among the prepared cake pans.
7. **Bake:** Bake in the preheated oven for 25-30 minutes, or until a toothpick inserted into the center comes out clean.
8. **Cool:** Allow the cakes to cool in the pans for about 10 minutes, then remove them from the pans and transfer to wire racks to cool completely.
9. **Frosting:** Once the cakes are completely cool, frost with cream cheese frosting or your favorite icing.

This step-by-step recipe ensures that your hummingbird cake turns out perfectly every time. The combination of moist layers and rich frosting creates an irresistible dessert that is sure to impress.

Tips for Perfecting Your Hummingbird Cake

To achieve the best results with your hummingbird cake, consider the following tips:

- **Use Ripe Bananas:** The riper the bananas, the sweeter and more flavorful your cake will be. Look for bananas with brown spots for maximum sweetness.
- **Drain Pineapple Well:** Ensure that the crushed pineapple is well-drained to avoid making the batter too wet.
- **Do Not Overmix:** Overmixing can lead to a dense cake. Mix until just combined for a lighter texture.
- **Test for Doneness:** Check your cake for doneness a few minutes before the suggested baking time to prevent overbaking.
- **Store Properly:** Store leftover cake in an airtight container in the refrigerator to keep it fresh for several days.

By following these tips, you will ensure that your hummingbird cake is not only delicious but also has the perfect texture and flavor balance.

Variations of Hummingbird Cake

While the traditional hummingbird cake is already a delicious treat, there are several variations you can try to customize it to your taste:

- **Spiced Hummingbird Cake:** Add a pinch of nutmeg or ginger to the batter for a spiced flavor profile.
- **Chocolate Hummingbird Cake:** Incorporate cocoa powder into the batter for a chocolatey twist.
- **Vegan Hummingbird Cake:** Substitute eggs with flaxseed meal and use a plant-based oil to create a vegan version.
- **Layered Hummingbird Cake:** Create a multi-layer cake by stacking more layers and using different frostings between the layers.

These variations allow you to experiment with flavors and create a hummingbird cake that suits your preferences or special dietary needs.

Serving Suggestions

Hummingbird cake is a versatile dessert that pairs well with various accompaniments. Here are some serving suggestions:

- **With Fresh Fruit:** Serve slices of hummingbird cake alongside fresh fruit, such as berries or slices of tropical fruit, to enhance the flavors.
- **Ice Cream:** A scoop of vanilla or coconut ice cream complements the cake's richness beautifully.
- **Garnished with Whipped Cream:** Top the cake with whipped cream for a light and airy finish.
- **Serve with Coffee or Tea:** Hummingbird cake pairs excellently with a cup of coffee or herbal tea, making it a perfect afternoon treat.

These serving suggestions can elevate your cake presentation and enhance the overall dining experience.

Conclusion

Hummingbird cake is an exquisite dessert that has earned its place in the hearts of many dessert lovers. This hummingbird cake recipe from Women's Weekly offers a delightful combination of flavors that hark back to its Southern roots. With its moist texture and rich taste, this cake is perfect for any occasion, from birthdays to casual gatherings. By following the provided recipe and tips, you can create a stunning cake that will impress your family and friends. Whether you stick to the classic version or experiment with variations, hummingbird cake is sure to bring joy to your table.

Q: What is hummingbird cake?

A: Hummingbird cake is a moist and flavorful cake made with bananas, pineapple, pecans, and often topped with cream cheese frosting. It is a popular dessert with Southern origins.

Q: Where did hummingbird cake originate?

A: Hummingbird cake originated in the southern United States and is believed to have been inspired by tropical flavors from the Caribbean, particularly Jamaica.

Q: Can I make hummingbird cake gluten-free?

A: Yes, you can make hummingbird cake gluten-free by substituting all-purpose flour with a gluten-free flour blend. Ensure other ingredients are also gluten-free.

Q: How do I store leftover hummingbird cake?

A: Store leftover hummingbird cake in an airtight container in the refrigerator. It can last for up to five days when properly stored.

Q: Can I freeze hummingbird cake?

A: Yes, hummingbird cake can be frozen. Wrap individual slices or the whole cake in plastic wrap and then foil to protect it from freezer burn. It can be frozen for up to three months.

Q: What is the best way to frost hummingbird cake?

A: The best way to frost hummingbird cake is to use cream cheese frosting, which complements the flavors of the cake beautifully. Allow the cake layers to cool completely before frosting.

Q: Can I add other fruits to hummingbird cake?

A: Yes, you can add other fruits such as mango or additional nuts to customize your hummingbird cake. Just be mindful of the moisture content to maintain the cake's texture.

Q: Is hummingbird cake suitable for special occasions?

A: Absolutely! Hummingbird cake is perfect for special occasions like birthdays, weddings, and holidays due to its rich flavors and beautiful presentation.

Q: What is the nutritional value of hummingbird cake?

A: The nutritional value of hummingbird cake can vary based on ingredients used. Generally, it is high in calories and sugars due to the fruits and sugar content. For a healthier option, consider reducing sugar or using alternative sweeteners.

Q: How can I make my hummingbird cake more decorative?

A: To make your hummingbird cake more decorative, you can add toasted coconut on top, garnish with fresh fruit, or create decorative piping with frosting around the edges.

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