

Seasonal Eating
Whitney Danhof, Extension Agent

Traditional Family Recipes
December 2022

The holidays are a time for traditions and special family recipes. One of my favorite recipes comes from my Aunt Jane. She is my mom's sister and has many wonderful recipes including the one below for a Poppyseed Coffee Cake. We have had this recipe for years and it is especially fitting at the holiday season.

While we don't make it often, it is a special treat when this is in the house. Often, we make it around the holidays as it has the flavors of almond, cinnamon and poppy seeds. It is also a beautiful cake since it is baked in a Bundt pan and drizzled with a powdered sugar glaze.

It is always nice to have baked goods around the house during December. This is one of those recipes that blurs the line between breakfast and dessert. You can serve this as a delicious baked addition to a brunch or enjoy it as a dessert with a cup of coffee or even relish a slice in the middle of the afternoon with tea.



While this is not hard to make, it does require some pre-prep getting all of the ingredients ready. There are bowls of several mixtures – the cinnamon sugar mixture, the whipped egg whites, the dry ingredients and the wet ingredients that all go in separate bowls. Then everything is combined in the mixer bowl and it goes in the oven for an hour while you do other things (like wash up all the bowls!).

So, this holiday season, dig out all of those treasured family recipes, try a few new ones and celebrate the season with friends and family. For more information and recipes check out the Seasonal Eating page at bedford.tennessee.edu.

Poppyseed Coffee Cake

- 4 eggs
- 1 tablespoon cinnamon
- 1/2 cup sugar
- 1/2 cup poppy seed
- 1 cup buttermilk
- 1 teaspoon almond extract
- 1 cup butter
- 1 1/2 cups sugar
- 2 1/2 cups flour
- 1 teaspoon baking powder

1 teaspoon baking soda
1/2 teaspoon salt

Separate the eggs, putting the yolks in a small bowl to set aside and the whites in a mixer bowl. Whip the egg whites until stiff and place in another bowl, set aside. In small bowl, combine cinnamon and 1/2 cup sugar and set aside. In another medium bowl, combine poppy seeds, buttermilk and almond extract and set aside to soak. In a final bowl, combine the flour, baking soda, baking powder and salt. In the electric mixer bowl, cream the butter and 1 1/2 cups sugar. Add egg yolks and beat. Add dry ingredients alternately with buttermilk mixture. Fold the whipped egg whites into batter mixture. Pour half the batter into a greased Bundt pan. Sprinkle half of the sugar and cinnamon mixture on top. Pour rest of batter into pan and top with remaining sugar and cinnamon mixture. Swirl the batter lightly with a knife or spatula. Bake at 350 degrees for 1 hour. Cool slightly and then turn out onto wire rack. When cool, top with a powdered sugar, milk and almond extract glaze, if desired.