



ALISON ROMAN'S SEEDY BREAKFAST CAKE

April 27, 2023

By definition this cake should contain a lot of seeds, but you can mix and match based on availability. Additions are also encouraged, including but not limited to: a large handful of rolled oats or ½ cup chopped nuts or pumpkin seeds.

Makes 1 loaf

Ingredients:

Cooking spray, for the pan

- 1½ cups/220g all-purpose flour
- 2–3 tablespoons poppy seeds, plus more for sprinkling
- 2–3 tablespoons white sesame seeds, toasted, plus more for sprinkling
- 2 tablespoons flaxseeds (optional)—I used Wheat Germ
- 1 tablespoon/12g baking powder
- 2 teaspoons fennel seeds (optional)—I used 1 teaspoon caraway seeds
- 1 teaspoon/4g kosher salt
- ½ cup/110g granulated sugar, plus more for dusting
- ¼ cup/50g light brown sugar
- 1 cup/180ml whole-milk Greek yogurt or full-fat sour cream
- 2 large eggs
- ½ cup/115g neutral oil, such as grapeseed or canola
- 1–2 ripe bananas (optional), smashed with a fork

Method:

1. Preheat the oven to 350°F. Spray a 9 × 4-inch loaf pan with cooking spray and line the long sides with parchment (for easy removal).
2. In a medium bowl, whisk together the flour, poppy seeds, sesame seeds, flaxseeds (if using), baking powder, fennel seeds (if using), and salt.
3. In a large bowl, whisk together both sugars, the yogurt, eggs, and oil (now is when you'd add the banana, if using). Add the flour mixture and using the same whisk (or switch to a spatula), gently mix until you don't have any visible dry spots or lumps, taking care not to overmix the batter.



4. Transfer the batter to the prepared loaf pan and sprinkle with a bit more poppy seeds and sesame seeds, followed by a good dusting of granulated sugar.
5. Bake the cake until it's puffed, golden, and springs back when pressed on the surface and the sides visibly pull away from the sides of the pan, 1 hour 5 minutes to 1 hour 15 minutes (on the longer side if you've added a banana—loaf cakes take a long time!).
6. Let cool completely before slicing. This cake stays good for about 5 days, stored tightly wrapped at room temperature.

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