

## Golden Harvest Cardamom Walnut Bread

*Pain à la Cardamome, aux Noix et aux Raisins Secs*

**Prep Time:** 15 minutes

**Cook Time:** 50-55 minutes

**Yield:** 1 loaf (about 10 slices)

**Source:** The Gilded Table – September Edition

### Recipe Description

A fragrant, wholesome quick bread made with whole wheat flour, honey, warm cardamom, and the earthy crunch of walnuts. Sweetened naturally with raisins, it's perfect for breakfast, tea, or a cozy autumn snack.



### Ingredients

- 1 ½ cups whole wheat flour
- 1 cup all-purpose flour
- 1 tbsp baking powder
- ½ tsp baking soda
- 1 tsp ground cardamom
- ½ tsp salt
- 1 large egg
- 1 ½ cups buttermilk
- ⅓ cup honey
- 4 tbsp unsalted butter, melted and cooled slightly
- ½ cup chopped walnuts
- ½ cup raisins
- Olive oil or butter (for greasing the pan)



Inveniam viam aut faciam.

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## Directions

1. Preheat oven to 350°F (175°C). Grease and lightly flour a 9x5-inch loaf pan.
2. In a large bowl, whisk together whole wheat flour, all-purpose flour, baking powder, baking soda, cardamom, and salt.
3. In a separate bowl, whisk egg, buttermilk, honey, and melted butter until smooth.
4. Add wet ingredients to dry ingredients and stir gently until just combined.
5. Fold in walnuts and raisins.
6. Pour batter into prepared pan and smooth the top.
7. Bake for 50–55 minutes, or until a toothpick inserted in the center comes out clean.
8. Cool in the pan for 10 minutes, then transfer to a wire rack to cool completely before slicing.



## Notes:

- For extra aroma, toast the walnuts lightly before folding into the batter.
- This bread freezes beautifully — slice before freezing for easy toasting later. 🍁

