



## Red Fife Honey Walnut Quick bread

### **Ingredients:**

1 cup chopped walnuts  
1-1/2 cups all-purpose flour  
3/4 cup red fife flour  
1 tsp. baking powder  
1/2 tsp. baking soda  
1/2 tsp. salt  
2/3 cup buttermilk  
1/2 cup unsalted butter, melted  
1/2 cup flavourful liquid honey  
1/4 cup granulated sugar  
2 eggs

### **Topping:**

2 Tbsp. chopped walnuts

### **Glaze:**

3 Tbsp. liquid honey  
1 Tbsp. water

### **Procedure:**

Toast walnuts on baking sheet in 325°F (160°C) oven until golden and fragrant, 7 to 8 minutes. Let cool.

In large bowl, stir together all-purpose and Red Fife flours, baking powder, baking soda and salt. Whisk together buttermilk, butter, honey, sugar and eggs. Pour over flour mixture; sprinkle with toasted walnuts. Stir just until moistened.

Topping: Scrape batter into parchment paper-lined 8- x 4-inch (1.5 L) loaf pan; sprinkle with chopped walnuts. Bake in 325°F (160°C) oven until cake tester inserted in centre comes out clean, about 1 hour.

Glaze: In glass measure, microwave honey and water at high until boiling, about 1 minute. Poke top of hot loaf all over with skewer; brush with glaze. Let cool in pan on rack for 10 minutes. Transfer to rack; let cool completely. (Make-ahead: Wrap and store at room temperature for up to 2 days, or overwrap in foil and freeze for up to 2 weeks.)

