

As soon as I read Justin's description of hummingbird cake, I needed some. "The spring cake is a marriage of two cakes with a little nod to a third: carrot cake, coconut cake, and a pineapple upside-down cake," he wrote while explaining a recipe popularized in the U.S. by the South.

[Justin's story](#) touches on an interesting history of the cake, including how it came into existence and how it became popular, but he also makes an argument for why it should be a staple in our recipe books again.

Once you try this cake, you won't need any more convincing. It's been on menus around town here and there. Justin's recipe made an appearance at Hello, Sailor, and pastry chef Miranda Brown of The Asbury served one recently, hinting that this delicious cake is making a comeback.

Justin published the recipe just in time for Easter, so I made it on Sunday morning to bring to my brother and sister-in-law's house for dinner. It was just as Justin had described, and his recipe was surprisingly easy to put together. The cake was moist, and banana undertones were accented by the tropical flavors of coconut and pineapple. The cream cheese icing added just a little something extra to it.

As I munched on my second slice after we got home from dinner, I couldn't believe we let this delicious dessert wane in popularity. I'm excited to see the trend of reviving forgotten Southern dishes continue, because if they're all as delicious as this, our culinary rediscovery is going to be delicious. Miss the hummingbird cake recipe? [Find it here.](#)



### [Somm star pairs classic dishes](#)

We caught up with DLynn Proctor, one of the stars of the first *Somm* film, to get his wine pairings on classic Southern dishes, like shrimp and grits

and trout. Proctor will be in Charlotte this week for a wine dinner as part of Charlotte Wine & Food Weekend. Proctor is a master sommelier and owner of a California winery. [Read more.](#)

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