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Icelandic ‘Happy Marriage’ cake (Hjónabandssæla)

A sweet bar cookie dessert that is a traditional Icelandic marriage gift

“This is an incredibly simple cake that has a buttery oat crust, which is filled with rhubarb jam. Every Icelandic household has their own version passed down from a cute little grandmother, who has put her own twist on the recipe.

This has never been a traditional Icelandic wedding cake, but the ingredients, oatmeal, and rhubarb, are thought to be a perfect ‘match.’”

For the original recipe: See:

<https://www.heyiceland.is/blog/nanar/5160/a-taste-of-iceland-a-delicious-soup-and-desser>

For an adapted recipe: See <https://www.gloriagoodtaste.com/wp-content/uploads/2019/02/Happy-Marriage-Cake-A.pdf>

The Icelandic Recipe Story: This is not a wedding cake but a traditional dessert baked later at home. The rhubarb jam oat crusted “cake” is one of those recipes that is passed down from one family to another. It is believed that if a wife baked this for her husband, they would have a happy marriage, and the marriage, like this cake, just keeps getting better as it ages. It sounds like a great recipe to make!

About the Recipe: The recipe is called a cake, but it really is more like a dense fruit filled bar cookie or crisp. It is very sweet so using rhubarb jam balances the flavor. We served it as a dessert with lots of sliced fresh strawberries and plain Greek yogurt. It was a delicious partner for a cup of hot coffee or tea.