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History Of The Groom's Cake

Now considered fashionable, the tradition of a groom's cake goes back to 17th century England. There are many versions of its origin in this country, although all are interesting and hopelessly romantic!

Once a popular Southern custom in this country, the groom's cake fell from favor for a time but is now making a huge comeback with couples everywhere. Traditionally a dark cake, usually a heavy spice or fruitcake often soaked in brandy to help it keep, guests would be given a piece to take home as a memento.

Sweet bride's cakes – or wedding cakes as we know them today - really came into vogue in the late 1800's. The tradition of the Groom's cake began early in America, however, with a rich history of romance, lore and ritual that continue to this day. Here are some of the stories surrounding this quaint and fun wedding tradition:

- One version says it began as the top layer of the bride's cake and was placed in a tin to be reserved for the first wedding anniversary.
- Some say it became popular because traditionalists preferred the old-style dark cakes to the newly-favored sweet and light cakes preferred by brides
- During the mid-1800's it was believed that if a girl slept with a piece of the groom's cake under her pillow, she would dream of the man she was going to marry
- Yet another tradition from the 1800's has the groom serving the groom's cake to the bridesmaids with a glass of wine before the wedding.
- Some say the tradition of serving fruitcake was intended to bring fertility to the newlyweds.

Today the groom's cake tends to reflect the personality of the groom. With a sense of fun and creativity, it can be large or small, sweet or heavy, and can be decorated to resemble everything from guitars to sports teams, to the groom's favorite beverage!

Although the groom's cake is not essential, it's a lot of fun and can be a practical addition to the festivities. The cake can be placed on a table separate from the bride's cake, ready to be sliced, elegantly wrapped, tied, and sent home with the guests. It can also be served as dessert at the rehearsal dinner, be shared during an after-reception celebration, or be frozen and shared by the newlyweds once they return from their honeymoon.

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