

Tudor Gingerbread

Ingredients

1lb honey

Butter

1lb of white or wholemeal

breadcrumbs

1tbsp cinnamon

1/2tsp ground white pepper

Pinch of Saffron (optional)

Bring honey and a knob of butter to a boil and skim.

Keeping over a very low heat add ginger, cinnamon, ground white pepper and saffron (optional).

Slowly beat in up to 1lb of breadcrumbs, adding enough to achieve a thick, stiff, well-blended mass.

Remove from heat and turn into a bowl to cool.

When cool spread the gingerbread, with a rolling pin, into a square shape 1/2 to 1 inch thick. Trim the edges, cut into small slices to serve.

Or roll on a floured surface with cinnamon, ginger and sugar mixture then cut into shapes with a knife or biscuit cutter.

Leave to set overnight at room temperature or in the fridge for 1 hour.

Decorate the gingerbread with small leaves (real or candy) attached with a clove.

Gingerbread recipe
from *Tudor Recipes for
The Modern Cook* by Sally
Murdoch

