

Gingerbread Biscuits, Mrs St. A. Ward – Ryedale Folk Museum

100g (4oz) treacle

100g (4oz) sugar

100g (4oz) butter

1 tsp ground ginger

1 tsp caraway seeds

½ tsp ground cinnamon

½ tsp ground cloves

275g (10 oz) flour

1. Place a saucepan on the scales and weigh in the treacle, then add the sugar, spices and butter, and heat gently, stirring continuously until the butter has completely melted, then allow it to cool.
2. Work in the flour, little by little, until it forms a stiff dough.
3. Knead well, roll into small balls the size of walnuts, place 8 cm (3 inches) apart on greased baking sheets, and bake at 150C, 300F, gas mark 2, for 15-20 minutes.

Very crisp when baked, these nuts soon become soft enough for eating after being left for a few days in the kitchen, or a slightly damp pantry. Airtight tins were not in use when this recipe was written, around 1800.