

Making sense of the past!



During medieval times food was very important when celebrating Christmas.

Here is a very old gingerbread recipe which was used in medieval times, and you don't even have to cook it!

Ingredients

- 500g clear honey
- 500g fresh breadcrumbs
- 2 teaspoons ground cinnamon
- 2 teaspoons ground ginger
- 1 teaspoon ground black pepper
- Optional – icing, raisins, chocolate buttons

How to make it

1. Pour the honey into a bowl
2. Add the breadcrumbs and cinnamon, ginger and black pepper and stir well together
3. Use hands to knead to a dough
4. Roll out to 1cm thick and cut into shapes or use a floured pastry cutter
5. Decorate



You can make this recipe as a part of number 47 - Great Wakefield Baking, for 50 things to do



This is an old gingerbread mould.

What do you think it is made from?

Describe the patterns can you see.

What is your favourite biscuit to eat?

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