

Rich Sweetmeat Gingerbread Nuts

Ingredients

1 lb. of treacle, 1/4 lb. of clarified butter, 1 lb. of coarse brown sugar, 2 oz. of ground ginger, 1 oz. of candied orange-peel, 1 oz. of candied angelica, 1/2 oz. of candied lemon-peel, 1/2 oz. of coriander seeds, 1/2 oz. of caraway seeds, 1 egg; flour.

Method

Put the treacle into a basin, and pour over it the butter, melted so as not to oil, the sugar, and ginger. Stir these ingredients well together, and whilst mixing, add the candied peel, which should be cut into very small pieces, but not bruised, and the caraway and coriander seeds, which should be pounded. Having mixed all thoroughly together, break in an egg, and work the whole up with as much fine flour as may be necessary to form a paste. Make this into nuts of any size, put them on a tin plate, and bake in a slow oven from 1/4 to 1/2 hour.

Source: Mrs Beeton's Book of Household Management (1861)

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