

Sunderland Gingerbread Nuts

Ingredients

1-3/4 lb. treacle, 1 lb. of moist sugar, 1 lb. of butter, 2-3/4 lbs. of flour, 1-1/2 oz. of ground ginger, 1-1/2 oz. of allspice, 1-1/2 oz. of coriander seeds.

Method

Let the allspice, coriander seeds, and ginger be freshly ground; put them into a basin, with the flour and sugar, and mix these ingredients well together; warm the treacle and butter together; then with a spoon work it into the flour, &c., until the whole forms a nice smooth paste. Drop the mixture from the spoon on to a piece of buttered paper, and bake in rather a slow oven from 20 minutes to 1/2 hour. A little candied lemon-peel mixed with the above is an improvement, and a great authority in culinary matters suggests the addition of a little cayenne pepper in gingerbread. Whether it be advisable to use this latter ingredient or not, we leave our readers to decide.

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

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