



Honey *gingerbread*



This little number is so aromatic that it's a challenge not to wolf it down warm. Patience is rewarded though – as it cools, it packs down to become a stickier, more dense result and the flavour grows over the next day or two.

The real trick to any gingerbread is to make it without getting icky-stickiness all over the kitchen. This is a good trainer in that regard – but if you use a tin, grease very well and line with baking paper.

Method: In a medium bowl, sift or dry whisk the flour and bicarb soda together. Put safely to one side.

In a small measuring jug, gather the sticky stuff together. So measure in the honey, then treacle so you have 2/3 cup together, plonk about the right amount of syrup on top.

In a (small) saucepan, over a gentle heat stir together the butter, sugar, milk and spices. Tip in the sticky stuff.

Stir until the butter is melted and mixture smooth. Won't take long, even on low heat.

Take off the heat, go have a coffee while it cools a little – don't want to cook the eggs when you add them.

Beat in the eggs. In the dry ingredients, make a well, add liquid mix and beat really well.

Tip into prepared pan. Top with chopped nuts (optional). Bake at 150°C (fan-forced) for 1 1/2 hours. Cool on a wire rack.

- 2 cups plain flour
- 1/2 teaspoon bicarbonate of soda
- 1/3 cup honey
- 1/3 cup treacle
- 2 tablespoons golden syrup
- 125g butter or margarine
- 1/3 cup brown sugar
- 1/2 cup milk
- 3 teaspoons ground ginger
- 1 teaspoon ground cinnamon
- 2 eggs, beaten
- nuts to top