

Gingered Bread

Like many Medieval or Tudor recipes this uses up food (stale bread) so it isn't wasted. This recipe makes a soft fudge-like gingered bread. Gingered bread could also be dried in front of the fire or baked in the oven like a biscuit. The amount of ginger or pepper added reflected the owners wealth (usually pepper was cheaper than ginger). Other crushed spices such as aniseed and liquorice were also added for flavor and sandalwood was ground to a fine red powder and added for colour.

The gingered bread was often made in patterned moulds – sometimes it was sold at fairs for celebrations such as a royal wedding – although often these were sold more souvenirs and not really meant to be eaten.

Ingredients

½ loaf white bread (stale is fine!)

4 - 8 tablespoons runny honey

125 - 250g butter

5 – 10 crushed pepper corns

2 teaspoons powdered ginger

A greased container (about ice cream tub sized)

Method

1. Remove any crusts from the bread and crumble into small pieces.
2. Mix all the dry ingredients in a bowl.
3. Melt the ½ butter and honey together in a saucepan and pour into the bowl of dry ingredients, add more melted butter and honey if needed until the mix feels squidgy and holds together well.
4. Mix well then press into the container using a spoon or your fingers.
5. Press into a greased mould / tub.
6. You can sprinkle cumin seed onto the top if you like.
7. Leave in the fridge to set for at least 3 hours and cut into squares to serve.