

Knot Biscuits or Jumbles

Ingredients to make 25 jumbles

400g Self Raising Flour

160g Sugar

2 Eggs

2g Caraway seeds or Mixed Spice to taste

Water to mix

Method

1. Mix the flour, sugar, eggs and spice / seeds in a bowl.
2. Add enough water to make a firm dough.
3. Break off a small piece of dough and roll it into a sausage then make a knot shape.

In Tudor times the knot shapes were then put into boiling water until they floated to the surface and then baked in a hot oven until golden brown – you can just bake them in the oven if you prefer!

Bake at about Gas 4/ 350f for 15 – 20 mins or until golden brown