

GINGERNUTS

Adapted from [*Mrs Fields Best Ever Cookie Book!*](#)

- 375g plain (AP) flour
- ½ teaspoon bicarbonate of soda (baking soda)
- ¼ teaspoon fine sea salt
- 2 teaspoons ground ginger
- 15g finely diced crystallised ginger (about 4 - 5 pieces)
- ½ teaspoon mixed spice or allspice
- few grinds of black pepper
- 270g dark brown sugar
- 190g salted butter, softened
- 1 large (59g) egg
- 60g (45ml or 3 US tablespoons) molasses or treacle*



*I used date molasses, a wonderful new discovery from [Harkola](#).

1. Preheat oven to 150C with fan.
2. In a medium bowl, whisk together the flour, *sifted* bicarbonate of soda, salt, ground and crystallised ginger, mixed spice and pepper.
3. In a large bowl, beat the butter and sugar together with an electric mixer. Add the egg and molasses or treacle and beat on medium speed until light and fluffy, scraping down the sides of the bowl as needed.
4. Add flour mixture and mix at low speed until just combined. Do not overmix. Refrigerate the dough for at least an hour (I left mine in the fridge for 4 hours).
5. Roll the chilled dough into 2cm/1" balls and place them on a parchment lined baking tray, leaving room to spread. Bake for about 24 minutes, rotating the trays halfway through the baking time. Transfer the finished ginger nuts to a wire rack to cool. Store in an airtight container - the cookies harden up overnight, making them perfect for dunking in morning coffee!

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