



Gingerbrede

Take goode honye & clarefie it on the fire, and take fayre paynemayn or wastel brede & grate it, and caste it into the boylenge hony, and stere it well togyder faste with a sklyse that it bren not to the vessell. Thanne take it down and put therin ginger, long pepere and saudres and tempere it up with thin hands; and then put hem to a flatt boyste and stawe theron sugar, and pick therin clowes rounde aboute by the egge and in the mydes, yf it plece you.



½ cup clear honey
1 loaf bread at least 4 days old, grated to crumbs
1 tsp. ginger
1 tsp. cinnamon
¼ tsp white pepper
¼ tsp cloves
Sugar



- 1 -Bring the honey to the boil and skim off any scum.
- 2 -Keeping the pan over a very low fire, stir in breadcrumbs and spices,.
- 3 -When it is a thick, well blended mass, press firmly into a small tray lined with parchment.
- 4 -Cover and leave in a cool place for several hours or overnight before turning out on a platter.
- 5 -Sprinkle with sugar and stud with cloves and cut into small slices to serve.

As the food colouring 'saundres' and the spice 'long pepper' are difficult to obtain in the modern world this recipe substitutes cinnamon and ordinary pepper, both called for in another medieval gingerbread recipe.

