

Sumptuous Sticky Gingerbread

This recipe makes enough to fill one large roasting tin or two oblong pans 8"x7"x2 1/2". Although the list may seem long it is quite simple to make and worth the effort.

4oz (100g) Butter or margarine
4oz (100g) Dark Muscovado sugar
12oz (350g) Plain Flour- all white or half wholemeal
1 teaspoon Cream of Tartar
5oz (150g) Sultanas
1/4 pt (150ml) warm Milk I (can be soya or rice milk instead of dairy)
4 tablespoons Sherry
2 tablespoons ground Ginger
2 teaspoons ground Cinnamon
3 teaspoons ground Nutmeg (freshly grated is best)
8oz (225g) Golden Syrup
4oz (100g) molasses(Black Treacle)
3 Eggs
1 large orange
1 teaspoon Bicarbonate of Soda in 2 tablespoons warm water

Mix the flour, cream of tartar & sultanas in one bowl, cream the butter & sugar in another, and in a third mix the milk, sherry, spices, syrup, treacle and eggs.

Add the flour mix and the milk and spice mix alternately to the creamed butter & sugar. Beat thoroughly then add the juice & zest of the orange plus the bicarbonate of soda. Pour into the pan(s) and cook at 170 C, 325 F Mark 3 for 30 mins, then reduce to 150 C, 300 F, Mark 2 for 30-40 mins. Allow to cool before turning out.