

Pain D'Epice

Ingredients

SERVES	8
• HONEY	300G
• VANILLA ESSENCE	1TSP
• EGGS	2LGE
• MILK (AS REQUIRED)	~50ML
• CINNAMON	1TSP
• GINGER	1TSP
• NUTMEG	1TSP
• GROUND ANISEED	1TSP
• CASTER SUGAR	100G
• PLAIN FLOUR	150G
• RYE FLOUR	100G
• BAKING POWDER	1.5TSP
• CRYSTALLISED GINGER	4-6EA



Method

Preparation Mixing (10 minutes)

1. Preheat the oven to 140C Fan
2. In a mixing bowl, mix the dry ingredients:
100g castor sugar,
150g plain flour,
100g rye flour,
1.5tsp baking powder,
spices:
1tsp ground cinnamon,
1tsp ground ginger,
1tsp ground nutmeg,
1tsp ground aniseed
3. Heat *300g honey* in a plastic bowl in a microwave for 20-40 seconds until runny.
4. Add *1tsp vanilla essence* to the honey, and pour the hot mixture over the dry ingredients.
5. Continue to mix, and add two whole large eggs.
6. Finally, add milk until you obtain a smooth slightly runny homogeneous paste (not all the milk may be necessary).

Cooking

1. Butter a 2lb (24x16x6cm) loaf tin for an even rise, and pour in the mixture.
2. Cut the *crystallised ginger* into small pieces, and placed onto the mixture (you do not need to push them down).
3. Bake on the middle shelf in the oven for around 1 hour 20 minutes at 140C Fan (test with a wooden skewer which should come out dry).

Finishing

1. Heat a little honey in the microwave, and brush the top of the loaf whilst the loaf is still hot.
2. If possible, leave for 24 hours before eating.