

A luxurious treat for tea on Helston's Flora Day

Bowls Club gingerbread

Gingerbread is a traditional Flora Day favourite. This recipe comes from the Rosewarne family, and was a favourite at Porthleven Bowls Club teas in the 1950s, when Mr Rosewarne was the district registrar. Beware: it's very sweet!—you may wish to reduce the sugar to taste.

1 lb self-raising flour

½ lb granulated sugar

6oz butter

**2 teaspoonsful ground
ginger**

1 teaspoonful mixed spice

**½ teaspoonful ground
nutmeg**

**2 teaspoonsful bicarbonate
of soda**

**and, as the original recipe
says, “a scant ¾ lb of
golden syrup”**

Turn the oven on to a medium heat. Butter a baking tray.

Warm the syrup and the butter together in a saucepan. Mix the other ingredients in a bowl. Mix in the syrup and butter.

Let the mixture cool until it is firm enough to handle. Hand roll the mixture into walnut-sized balls, and spread them on the baking tray with plenty of room for them to expand.

Cook them in a medium oven. When they have risen—use your judgment—open the oven door and slam it. The balls should collapse and spread into natural biscuits. (Modern ovens don't have cast-iron doors—you might have to help with a fork!) Continue cooking until the gingerbread is golden and crispy.

Mmm... delicious!

**GILLIAN'S
LARDER**

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