



A French Revolution in Baking.

## Rich Honey Gingerbread

Preparation time: 30 mins

Baking time: 25 mins

Mold: Mini Loaf Tray 9 Hole

### INGREDIENTS:

Honey	315 g	11.1 oz.	1 cup
Brown sugar	35g	1.26 oz.	3 Tbls
Whole eggs	3 eggs	3 eggs	3 eggs
Whole milk	90 g	3.15 oz.	$\frac{1}{3}$ cup + 1 Tbls
Whole wheat flour	110 g	3.95 oz.	$\frac{3}{4}$ cup + 1 Tbls
Rye flour	110 g	3.95 oz.	1 cup
Baking powder	10 g	.36 oz.	1 Tbls
Ground cinnamon	1 g	.032 oz.	$\frac{1}{2}$ tsp
Ground nutmeg	1 g	.032 oz.	$\frac{1}{2}$ tsp
Ground anise	1 g	.032 oz.	$\frac{1}{2}$ tsp
Ground cloves	1 g	.032 oz.	$\frac{1}{2}$ tsp

### METHOD

- Preheat the oven to 340°F/170°C.
- Combine the honey and brown sugar in a pot. Bring to a low simmer. Remove from heat and set aside.
- Whisk together the eggs and milk in a mixing bowl.
- Sift together the flours, baking powder, and spices.
- Using a whisk, slowly add the egg and milk mixture to the flour mixture. Whisk gently until just combined.
- Whisk in the warm honey mixture until just combined.
- Pour the batter into the molds,  $\frac{3}{4}$  of the way full.
- Bake for 25-28 minutes until a toothpick inserted in the center comes out clean.
- Cool for 30 minutes and then unmold.
- Note: Whole wheat flour can be substituted for the rye flour. Nuts or chopped, candied citrus peels can also be added to the mix.

