

TASTE WITHOUT WASTE

Rum & Spice Biscuits

Makes about 30 biscuits

Ingredients

1 ½ cups plain flour, plus about 2 tbsp extra for kneading
1 ½ tsp baking powder
½ tsp ground cinnamon
¼ tsp ground cloves
½ tsp ground nutmeg
¼ tsp ground fennel seeds
¼ tsp sea salt
¼ tsp ground ginger
Pinch of freshly ground black pepper
125g butter, softened
¾ cup loosely packed brown sugar
1 tbsp rum
1 tbsp golden syrup

Method

Preheat the oven to 190C. Line three baking trays with baking paper.

Sift the flour, baking powder, cinnamon, cloves, nutmeg, fennel, salt, ginger and black pepper into a bowl.

Cream the butter until pale, either by hand or using either an electric mixer. Add the sugar and beat until light and fluffy. Stir in the rum and golden syrup. Add the sifted flour mixture in thirds, stirring well after each addition until well combined.

Use your hands to work the mixture into a dough. Knead on a lightly floured board for 2-3 minutes. Shape the dough into a log about 3cmx6cm in width and height. Wrap tightly in clingfilm and freeze for 30 minutes or refrigerate for 1 hour or until firm.

Using a large sharp knife, slice the log into rectangles about 5mm thick so that you have individual biscuits that are 6x3x5cm. Place on prepared trays, leaving about 2cm between each biscuit.

Bake for 12 minutes or until browned and firm. Transfer biscuits to wire racks to cool.
Will keep in an airtight container for up to 1 week. Can also be frozen for up to 2 months.

*Source: Adapted from Margaret Fulton Baking: The Ultimate Collection
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