

Ginger Bread

So, why Ginger Bread?

At coffee yesterday, my friend Rose said she's going to bake a ginger cake with Nutty Wheat flour.

I went shopping at the Spar afterwards, had this Ginger Cake in my mind, looked at their Ginger Breads, decided – no.

At home, I was reading a book, then I decided – I really feel like some Ginger Bread now.

Searched for a recipe, but most of them wanted molasses or treacle in it. So I skipped them.

Then I found this recipe – easy enough. Preheat the oven, sprayed my 2 loaf pans (should have put baking paper at the bottom, cause my breads got stuck) and started to mix.

I needed a cup of syrup – oh dear – I only had ½ cup. I suppose I could have used ½ cup of honey, but I looked around and saw a bottle of black prickly pear syrup my friend, Ant, brought me from the Cape. I added that.

And mix everything for 5 minutes in my food processor with the plastic blade. Well, need I say more? Look at this picture – the texture is so light and fluffy, it's unreal.

The taste of ginger isn't that prominent, but after a night in the cake tin, the flavour has definitely intensified.



Ginger bread

750 ml Flour, sifted
250 ml Sugar (*I used brown sugar*)
15 ml ground Ginger
5 ml Mixed spice
Pinch of salt
5 ml Baking powder
250 ml oil
250 ml Syrup (*I realised I didn't have enough syrup, so used ½ cup syrup, ½ cup prickly pear syrup*)
250 ml Lukewarm water with 5 ml bicarb
3 Eggs beaten with 125 ml water

Preheat oven to 180 oC.

Add all ingredients to the food processor as above in order and mix for 5 min. *I used my food processor with the plastic blade.*

Grease loaf pans well and dust bottom and sides of pan with flour. *My bottoms got stuck, so maybe baking paper at bottom should do the trick.* Pour mix into pans and bake for about 50 minutes. Allow to cool. Cut and serve with butter.

www.food24.com