



Gingerbread



Gingerbread is a cake characteristic because of its spicy taste and aroma. The most famous gingerbreads and cakes are made in Toruń (central part of Poland, Nicolaus Copernicus was born there). The oldest recipe for 'Toruński' gingerbread came from the year of 1725. People from Toruń say that: "Gingerbread is a miracle of nature, that heals gastric ulcer". The traditional formulae of gingerbread based on rye flour, honey and mixture of spices as ginger, cardamom, anise, cinnamon and cloves. However, the recipe has been modified many times over the years. Below we present our recipe for gingerbread with buckwheat flour.

Ingredients

- 167 g wheat flour
- 167 g rye flour
- 167 g buckwheat flour
- 200 g honey (e.g. buckwheat, multifloral)
- 125 g butter
- 180 g sugar
- 1 teaspoon of baking powder
- 1 teaspoon of baking soda
- 20 g of spices mix for gingerbread

Instructions

1. Flours, honey, sugar, butter and water are added and mixed. The dough is put in a cake pan and is left for 3 days in 20°C.
2. After this time, baking soda and powder, and spice mix for gingerbread are added and mixed. Additionally, dried fruits as plums or nuts can be also added (it depends on your preferences). The prepared dough is baked at 190°C for 60 minutes.
3. There are a few possibilities of serving. The powdered sugar or frosting can be put on top. The cake can be also layered with jam.