

A REGENCY HOLIDAY TREAT RECOMMENDATION FROM

*Sabrina Jeffries*

*Fine Ginger Cakes*

Take four pounds of flour and put on your dresser, then take a copper saucepan, and break six eggs and mix them well with a spoon; put one pint of cream in them, and beat them well; put the saucepan over the fire, and stir until it is just warm; put two pounds of butter into the cream and eggs; and one pound of powdered sugar, and stir it over a very slow fire, just to melt all the butter; put in four ounces of pounded ginger, and when all the butter is melted, pour it all into the middle of the flour, mix it as well as you can, and when you have made it a fine paste, roll it out with flour under it, on your dresser, cut them to the size of the top of a breakfast cup, and a quarter of an inch thick: put three papers under them, before you put them in the oven, which must be very hot. These are very good for the stomach in cold weather.

(The Modern Translation)

*Ingredients*

6 eggs	15 cups flour
1 pint heavy whipping cream	1 1/2 cups ground ginger
8 sticks butter	Parchment paper

Preheat oven to 350 degrees F. In large bowl, beat eggs and whipping cream. Add mixture to large saucepan and turn burner to medium, stir continuously just until mixture is warm. Add butter and sugar to saucepan; heat until butter melts, stir frequently and add ginger. Dump flour on clean, heat-resistant surface. Make well in center of flour and pour in liquid mixture; mix to create a fine paste. On floured work area, roll out dough to a quarter of an inch thick. Use a cookie cutter or cup to cut out ginger cakes. Place cakes on parchment-lined baking sheet and bake until no longer doughy—about 10 to 15 minutes. Makes a good many cakes. Feel free to halve or quarter the recipe if desired.