

## RYE GINGERBREAD



350 g rye flour  
2 tbsp butter  
200 g mixture of honey, dark syrup,  
and malt extract  
1 egg  
100 g sugar  
1 tbsp cocoa powder  
1 tsp baking soda  
1 tsp baking powder  
1 tsp each ground coriander, cinnamon,  
cloves, and vanilla sugar

½ tsp each of aromatic peppers and  
cardamom seeds  
A small piece of nutmeg  
Pinch of nutmeg  
Pinch of salt  
Peel from one orange  
Optional:  
Nuts, sliced almonds or sugar pearl  
Grease for the pan  
1 egg

1. Wash the orange and scrape off its peel. Cut it into tiny pieces.
2. Grind the spices in a coffee mill, adding those that are already ground to mix them up. Put them through a sieve to create fine powder for the dough.
3. Melt the butter and sugar in a pot. Add the syrup and keep on stirring and heating the mixture until the sugar has melted. Add the spices and orange peel and keep heating and stirring until the spices are aromatic. Start with a little and then add more if you think that there are not enough.
4. Add part of the flour to the mixture and stir thoroughly. The mixture will be thick. Allow it to cool a bit.
5. Pour most of the remaining flour on a surface after mixing it with the soda, cocoa powder and baking powder. Pour the warm mixture into the centre and start kneading the flour into it from the edges. Be careful not to touch the substance, which will be very sticky. Make sure that the dough is sufficiently tight that you will be able to roll it out. In the refrigerator, it will harden, but once it warms up and is kneaded some more, it will once again become pliable.

6. If you're planning on baking gingerbread right away, cover the dough with plastic wrap and a blanket and leave it for at least two hours. Grease a sheet pan, and then roll out the dough thin and press out shapes. Bake them in a 180 °C oven as they are or with an egg wash and a décor of chopped nuts, sugar pearl or almond flakes.
7. The dough will last in the fridge for several months so that you can bake more gingerbread when you want to. Each time take the dough out of the refrigerator to warm up and knead it once again.



Rye gingerbread is loved by people who want to live a healthy life.  
They are very tasty, and even the fussiest gourmand will agree.