

Sticky Ginger Buns

Makes 8-12 depending on size of the cake-cases



Ingredients (allergens in bold)

- 75g **butter**
- 75g soft dark brown sugar
- 1 tbsp golden syrup
- 150g self-raising **flour**
- 2 level tsp ground ginger
- ½ tsp ground nutmeg
- ½ tsp bicarbonate of soda
- 1 **egg**
- 3 tbsp **milk**

For the topping (optional):

- 1 piece stem ginger – cut into small pieces
- 1 tsp syrup from the stem ginger jar
- 75g icing sugar
- Juice ½ lemon

Method

1. Heat the oven to 160°C or Gas 3.
2. Place the butter, sugar and syrup in a pan and melt over a low heat. Leave to cool.
3. Sieve the flour, salt, ginger, nutmeg and bicarbonate of soda into a mixing bowl.
4. Whisk the egg and milk in the measuring jug then add the cooled syrup mixture.
5. Make a 'well' in the centre of the dry ingredients then pour the egg and syrup mixture into it. Beat the cake mixture with a wooden spoon until it is smooth and glossy.
6. Divide the mixture between the paper cases in the bun tin.
7. Bake in the oven for 20 - 25 minutes until the cakes are risen well and firm to touch. Allow to cool.
8. For the topping, sieve the icing sugar into a bowl and stir in the ginger syrup, lemon juice and enough water to make a smooth, thick icing. Drizzle it over the cooled buns and top with chopped ginger.



Equipment

- small pan
- mixing bowl
- sieve
- measuring jug
- fork or small whisk
- wooden spoon
- bun tin
- paper cake cases
- lemon squeezer
- lemon squeezer

Recipe notes and tips

- These buns have a lovely sticky crust.
- These cakes would be good served at a Halloween party or on Bonfire Night.