

East Yorkshire Sugar Cakes

(Anonymous, 16th Century)

(archive-ref DDJA/72)

“To make sugar cakes.

Take 3 poundes finest flower, a pounce of fine sugar, cloves (cloves) & mace each an ounce, finely searced (sieved), 2 pound of butter, a little rose water, knead and mould this well together, melt your butter as you put it in then mould it with your hand forth upon a bord (board), cut them round, lay them on papers & put them in an oven, be sure it be not too hot so let them stand til they be colourd.”