

# Gyngerbrede

**Country: England**

**Century: 14-17th**

*This recipe is a modified version of the [Gyngerbrede](#) recipe found on [Daniel Myers' website](#).*

- 1 cup honey
- 1 loaf wheat bread, ground into bread crumbs
- 3/4 tsp cinnamon
- 1/4 tsp black pepper
- 1/4 tsp ginger
- cinnamon and red sandalwood to coat



Bring the honey to a boil, reduce heat, and allow to simmer for 5 or 10 minutes, skimming off any scum that forms on the surface. Remove from heat and add pepper, cinnamon, and ginger. Add bread crumbs to honey one cup at a time. Mix until honey and bread crumbs are thoroughly mixed (this should require some kneading). Divide mixture into quarters and roll out on wax paper. Cut into 1 inch squares, and dust with mixture of one part cinnamon to two parts sandalwood.

The gingerbread squares can also be stamped or molded, if you desire.