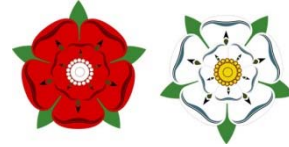


Jumble Biscuits (Tudor Lovers' Knots)



Jumbles were knot shaped biscuits that first appeared in the book 'The Good Huswives Jewell' by Thomas Dawson dating circa 1585.

However, legend places this biscuit right at the heart of the 'War of the Roses a century before. The Wars of the Roses were a series of battles fought over 30 years (1455 – 1485) between two rival branches of the royal House of Plantagenet, the House of York and the House of Lancaster – both sporting a rose in their heraldic emblem.

Both made a claim for the throne of England. The Lancastrian claimant, Henry Tudor defeated the last king of the House of York, Richard III at Bosworth Field in Leicestershire. He then married Edward IV's daughter, Elizabeth of York, to unite the two houses. The story goes that at this final fight Richard III's chef bought biscuits to the battlefield. These were even thought to be his speciality and the favourite of the King. After the battle when survivors were stealing valuables from the dead, as was the custom, a recipe for these biscuits was found. The biscuits were promptly named Bosworth Jumbles.



Dawson's original recipe says:

'Take twenty Egges and put them into a pot both the yolkes and the white, beat them wel, then take a pound of beaten suger and put to them, and stirre them wel together, then put to it a quarter of the peck of flower, and make a hard paste thereof, and then with Anniseede moule it well, and make it in little rowles beeing long and tye them in knots, and wet the ends in Rosewater, then put them into a pan of seething water, but euen in one waum, then take them out with ta Skimmer and lay them in a cloth to drie, this being doon lay them in a tart panne, the bottome beeing oyled, then put them into a temperat Ouen for one howre, turning them often in the Ouen.'



Ingredients:

- 1 tspn caraway seeds
- 375gm plain flour
- ½ tspn ground aniseed
- ½ tspn ground mace
- 60gm unsalted butter, cubed
- 150gm caster sugar

- 1 large or 2 small unwaxed lemons, finely grated zest only
- 3 medium eggs, lightly beaten
- 1 medium egg, lightly beaten to glaze
- Caster sugar, for sprinkling

Equipment:

- Baking trays and baking parchment
- Weighing scales
- Cling film
- Mixing bowl
- Metal spoon
- Jug (to break eggs)
- Fork (to beat eggs)
- Grater
- Small dish (for spices)

Method:

1. Line two large baking trays with baking parchment.
2. Place the caraway seeds in a spice grinder or a pestle and mortar and grind to a powder. Sieve the caraway, flour, aniseed and mace together in a bowl.
3. Rub the butter into the flour until it resembles fine breadcrumbs, then stir in the sugar and lemon zest. Add the eggs and bring the mixture together to form a soft dough.
4. Divide the dough into four balls weighting 65gm and four balls weighing 85gm. Place the dough balls on one of the prepared trays, cover with cling film and chill in the fridge for 30 minutes.
5. Preheat the oven to 180c/160c fan/Gas mark 4.
6. Knead the four smaller pieces of dough on a lightly floured surface and roll using your fingertips into a 30cm rope. Knot into double knots and place on one of the lined trays.
7. Shape the remaining four larger pieces of dough into long ropes and cut away a quarter of each rope. Lay out into Celtic knots, using the reserved dough to make the rings that sit on top. Place them directly onto the other lined tray. (The double knots will take an extra 5-10 minutes longer to bake, so don't mix shapes on the baking trays.)
8. Brush with beaten egg and sprinkle with caster sugar. Bake with Celtic knots for 15-20 minutes, until golden-brown and the double knots for 20-25 minutes. Remove from the oven and leave to cool on a wire rack.

