

Le pain d'épices



For a six person gingerbread or 6 individuals

The gingerbread :

50g sugar
75g eggs
175g milk
250g honey
125g rye flour
125g flour
10g baking powder
5 g gingerbread spices mix
1 orange zest
1 lemon zest

*Mix the eggs and sugar.
Add the warmed (40°C) milk and honey and mix.
Add little by little the swiftened flours and baking, mix softly.
End by adding the orange and lemon zests.
Pour into the mold directly.
Start cooking at 170 during 10 minutes and 25 minutes at 160°C for a big one.
Cook at 165°C 20 minutes for individuals.*

Soak syrup :

200g water

100g honey

1 orange zest

5g gingerbread spices mix

Mix all the ingredients and bring it to boil.

Soak the gingerbreads at the end of cooking.

Garnish the "gianduia" silikomart molds with it with the gingerbread dough, bake at 165 ° C for about 20 minutes.

Lightly soak and then film and freeze directly at the exit of the oven.

Cut the portion of the cake out of the mold to obtain a clean shape.

Dip the frozen gingerbreads into the neutral icing heated to 45 ° C.

Scrape a cinnamon stick over the gingerbread.

Decorate with a piece of star anise, a piece of cinnamon stick, a cardamom seed and an anise seed.

