

Knots or Gumballs

Gumballs (pronounced Jumbles) were essentially bread biscuits. In medieval times biscuits were made by slicing bread rolls and sprinkling the slices with sugar and spices, then returning them to the oven to crisp up. Now the fashion was to bake flavoured bread in shapes and eat them warm from the oven, or re-heated. Gumballs would be sold at events and on the streets around theatres and dances.



There is no specific recipe for gumballs, as each baker would try and outdo the opposition with their own special recipes and shapes. Here are three options upon which to build.

1. 200g strong white flour, 5g dried yeast, 15g powdered **ginger**, warm water and a little oil. Mix into a stiff dough and leave to rise for 30 minutes. Knead and then roll flat, about 0.5cm deep. Cut into strips about 0.5cm wide and work into knot, twist or plat shapes. Allow to rise and double in size. Bake at 180°C for 12 minutes and cool on a rack.
2. 200g white spelt flour, 5g sodium bicarbonate, 15g ground **cinnamon**, warm water and a little salt. Roll into long strips and plat into chains or other interesting shapes. Wash with egg and milk solution and bake at 200°C for 10 minutes. Cool on a rack. Wash with water and sprinkle with sugar and warm before eating.
Note: do not add cinnamon to yeast dough as it will inhibit the yeast.
3. 200g strong white flour, 5g dried yeast, 10g grated **nutmeg**, warm water and a little oil. Mix into a stiff dough and leave to rise for 30 minutes. Knead and then roll flat, about 0.5cm deep. Cut into strips about 0.5cm wide and work into knot, twist or plat shapes. Allow to rise and double in size. Paint with honey and water solution and bake at 180°C for 12 minutes. cool on a rack

