



When I was making the [liquorice cake](#) last week I discovered a new taste combination that I love, ginger and chocolate, well to be more specific, ginger, chocolate, cinnamon, molasses, golden syrup and butter. I had some ideas of how I'd use this mix - like some sort of cheesecake or maybe a chocolate fudge torte type thing, except I ate all of the gorgeous chocolate and cheese that I had before I got around to trying out any of those ideas. Then yesterday I was in need of a really sweet treat and as I still had the molasses, ginger and all the rest of the stuff, I decided to try and make some gingernuts. I added in a little too much sugar so I then added a couple of tablespoons of dark cocoa powder to compensate and the result was yummy.

Did you know that crude blackstrap molasses is filled with minerals? It is, [it's really good for you](#). And chocolate is also full of iron - well maybe not full, [but it's got iron in it](#). So in a way this is quite a healthy treat - if you're thin and in need of some nourishment. If, like me, you're neither it still tastes good.

The recipe I adapted to make these chocolate gingernuts was a recipe I found for [molasses cookies](#). I've actually been looking for recipes that use molasses ever since I found out how nutritious it is. What I've discovered is that there is only a narrow range of dishes that are improved by the addition of molasses. I can't tell you how many stews I've destroyed by seeing how it would taste with a tablespoon of molasses added in. It is very very good with chocolate and ginger though.

I did discover something else with this recipe - cookie dough works much better if you leave it in the fridge overnight. I have often had trouble with cookies spreading out too much when I cook them. I baked four cookies last night and the same thing happened. I decided to leave the rest of the cookie dough in the fridge to make the next day. And I'm very glad I did because for once I got proper cookie shaped cookies with a crunchy exterior and a chewy centre.



### The way I make Chocolate Gingernuts is Ingredients

#### Makes 20 approx

- 100g salted butter
- 100g dark muscovado sugar
- 50g white caster sugar
- 1 tbsp crude blackstrap molasses
- 1 tbsp golden syrup
- 3 tsp ground ginger
- 1 heaped tsp ground cinnamon
- pinch of ground cloves
- pinch of salt
- 200g plain flour
- 2 heaped tbsp dark cocoa powder
- 1 tsp vanilla extract
- 1 egg
- fistful of chopped pecan nuts ( *optional* )
- 1 tsp baking soda dissolved in 1 tbsp of warm water

#### Instructions

1. Over a gentle heat melt the butter, add all the sugar, molasses, golden syrup and spices.
2. Sift the flour, cocoa powder and salt into a large bowl.
3. Pour the melted sugar and spice mix into the flour. Add the egg and the dissolved baking powder. Mix well together. Mix in the nuts if you're using them.
4. Cover and leave overnight in the fridge.
5. Lightly grease a baking sheet or shallow tin and preheat the oven to Gas Mark 6/200°C/400°F
6. Spoon on a teaspoon full ball of the cookie dough on to the tin and leave 2 - 3 inches between the balls on the sheet. *If, like me, you just have the one baking tin you can only cook about 4 - 6 cookies at a time.*
7. Bake for 10 minutes or until you see cracks forming on the top.
8. Take out from the oven and leave for one minute (literally) before moving them to a wire tray to cool completely. *The reason for this is if you try moving them straight away they*

*are still quite soft because they're so hot so if you don't leave them for a minute you might deform them a little taking them off the baking tin.*

***Enjoy with a good cup of coffee.***