

Honey Toast / Pockerounce

Prep time: 5 minutes

Cooking time: 5 minutes

Serves: 4

What is Honey toast?

Honey toast was a medieval sweet desert. Sugar was an expensive luxury and honey sweetened foods were popular. The range of imported spices used would still make this an expensive dish.

Ingredients

- 225g Honey
- A pinch of:
 - Cinnamon
 - Ginger
 - Black pepper
- A handful of pine nuts.
- Four slices of white bread with the crusts cut off.



Method

1. Put the honey, spices and pepper into a small pan and gently heat until the honey melts.
2. Simmer gently for 1 minute.
3. Toast the bread and cut it into shapes.
4. Put the bread shapes onto a heatproof dish and pour over the honey and spices.
5. Decorate the bread shapes with pine nut stuck in upright.
6. Put the dish into the oven for 5 mins to heat through.
7. Serve your honey toast with cream, ice cream, or just on its own!