

## **Tudor Knot**

### **Ingredients**

2 eggs

220g plain flour

100g caster sugar

½ tsp cinnamon

Runny honey

### **Recipe**

Beat the eggs together with the sugar.

Add the cinnamon and flour, a little at a time. Beat well, into stiff dough.

Knead with floured hands on a floured surface.

Make long thin rolls about 1 cm wide and 10 cm long. Tie into knots.

Ask a grown-up to boil half a pan of water. Simmer the knots for 1 to 2 minutes. They must float and not stick to the pan.

Remove the knots with a fish slice. Drain on kitchen paper. Put the knots on a greased baking tray.

Bake for 15 minutes or until golden. (Gas 4, 350°F, 180°C).

Spoon honey over the knots while hot.