



Tudor Lovers' knots

2 medium eggs

220g of plain flour

clear honey

100g of caster sugar

half a teaspoon of cinnamon

either sesame, caraway or poppy seeds

Beat the eggs together with the sugar

Add the cinnamon and flour, a little at a time to make a dough

Knead the dough

Make long thin rolls, 1 centimetre wide and 10 centimetres long

Tie into knots

Simmer the knots in boiling water for 1 or 2 minutes

They must float and not stick to the pan

Remove the knots and drain on kitchen paper

Put the knots on a greased baking tray

Bake at gas mark 4 for fifteen minutes or until golden brown

Spoon honey over the knots while hot

Sprinkle with the seeds