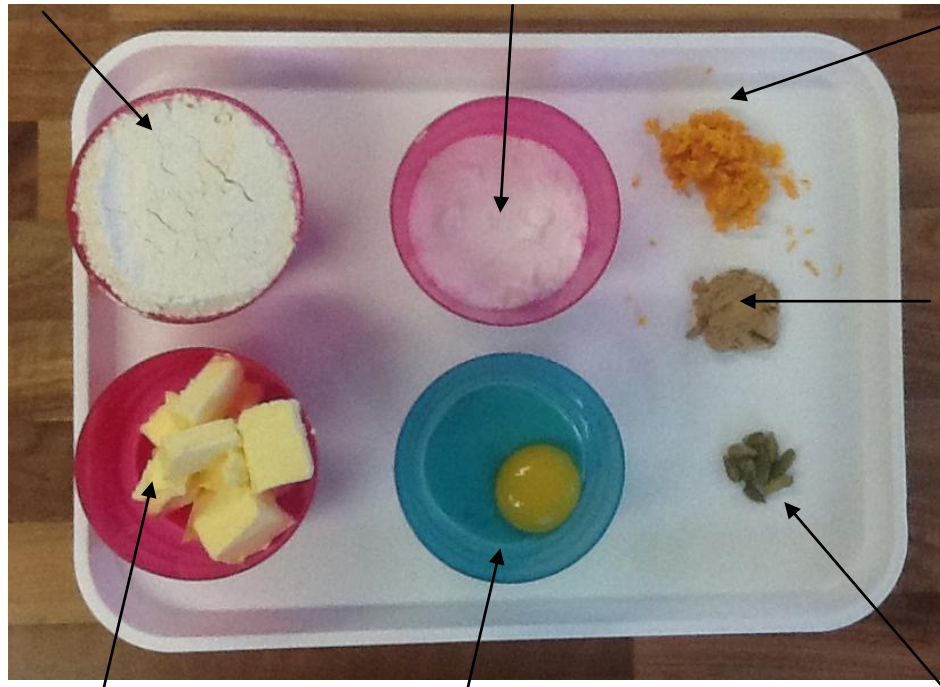


# Spiced Cardamom Biscuits

200g self-raising flour

75g caster sugar



grated rind of 1 orange

1 tsp ground ginger

100g unsalted butter

1 egg

1 tsp cardamom pods



1. Preheat the oven to 180 ° c / Gas 4  
Prepare a baking sheet (grease or cover with greaseproof paper)



2. Remove seeds from the cardamom pods by crushing with a rolling pin in a jug or small bowl. Throw away the green outer husks.

## Spiced Cardamom Biscuits



3. Rub the butter into the flour until it looks like breadcrumbs



4. Add the egg, spices, orange rind and sugar and stir together with a knife until combined. Use your hands to squeeze the mixture together into a soft dough.



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5. On well-floured surface roll the dough to ½ cm thick. Cut into rounds and place on baking tray, leaving space for the biscuits to expand a little.



6. Bake for 10 – 12 minutes or until golden brown. Allow to cool on a cooling tray.

Store in an airtight tin.