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PRINTEN

Makes 30

225g sugar beet syrup (Zuckerrübensirup)
25g honey
50g cassonnade
5g Pottasche
1 tsp rum
60g brown kandis sugar
30g chopped candied orange peel
300g flour
1 tsp Lebkuchen-spice
¼ tsp aniseed (optional)
1 pinch of salt
a bit of milk, for brushing
30 whole, blanched almonds
¼ apple, for storing

Put the sugar beet syrup, the honey and the cassonnade into a saucepan over a medium heat. Melt the sugar while stirring, then set aside.

In a little bowl, mix the Pottasche with the rum and set aside.

Crush the kandis sugar in a pestle and mortar. Finely chop the candied orange peel.

Put the flour, crushed kandis, candied orange peel, Lebkuchen-spice, aniseed and a pinch of salt in a bowl and stir. Add the sugar beet mixture and the Pottasche with the rum and mix to combine – it will be quite sticky.

Put the dough onto a piece of cling film, shape into a rectangle and wrap. Refrigerate for 4 hours.

After 4 hours, preheat the oven to 160°C fan. Line a baking tray with baking paper and spray with baking spray to prevent the Printen from sticking.

Roll out half the dough on a lightly floured surface, to 5mm thick. Cut out rectangles of approximately 4x10cm and put on the baking tray.

Brush the Printen with milk, then stick an almond in the middle of each.

Bake in the preheated oven for 13 minutes. Leave to cool on the baking tray for 5 minutes before putting on a wire rack to cool completely.

Put the Printen in a cookie tin with an apple slice and store in a dark, cool place. Wait for 4 days before removing the apple and eating the Printen, as the flavours will develop and the Printen soften.

These keep for at least 2 months in a tin.

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