

Lemon Twists

The Complete Biscuit & Gingerbread Baker's Assistant
George Read, London, 1854

by

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½ lb. of flour, 6 oz. of coarse loaf sugar, 4 oz. butter, with sufficient eggs or milk to make the whole into a paste, as directed for the others, with a little volatile salt; flavor with essence of lemon. Weigh it off in pieces for penny and two penny cakes, divide each into three pieces, roll them into long rolls, and plat them together rather loosely, so as to make them open; wash the tops with milk and dust them with loaf sugar; place them on tins slightly buttered so as not to touch each other, and bake them in a moderate oven.

Modern Interpretation

3 cups	flour
½ cup	sugar
½ cup	butter
2	eggs
½ tsp	baking soda
2 tsp	lemon extract or juice & zest of 1 lemon

Blend the flour, baking soda, sugar and butter in a bowl. Add either the egg or milk, and the lemon extract and mix well into a dough you can handle. (If dry add a little milk, or water, if wet add a bit more flour). Take small amounts of dough and roll into long thin ropes. Using one rope, bend into a “U” shape. Twist the loose ends together two or three times (or braid 3 ropes together - *plait*) then lay it on the cookie sheet. Brush with milk, sprinkle with sugar and bake at 350F approximately 20--30 minutes.

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