



A 'Twelfth Night Cake' was enjoyed by families on the final day of Christmas each year. This was a type of fruit cake into which a coin or dried bean was stirred before baking. Whoever found the hidden treasure inside their piece of cake would be declared the Lord of Misrule, presiding over the evening's feast and silliness until midnight brought an end to the rule and to Christmas itself. Try this traditional Twelfth Night cake recipe to see who becomes Lord of Misrule in your household!

16th Century Recipe for a Twelfth Night Cake

INGREDIENTS

1 lb plain
1 lb butter
1 lb treacle
5 eggs
1 oz ground cloves
1 tsp ground white pepper
1 tsp ground ginger

METHOD

Mix together the flour and spices. Melt the butter and treacle together, then add them to the flour mixture. Beat the eggs and add them to the mixture too.

Pour the mixture into a greased and floured cake pan, 8-9 inches in diameter.

Bake at 160 °C for around 2 hours or until a toothpick comes out clean and the cake is firm.

This recipe is adapted from one published in Maria Hubert's Christmas in Shakespeare's England