EASTFRISIAN NEW YEARS CAKES (CONES)

NIBBLEDISH CONTRIBUTOR

Ingredients

- 250 g flour - 175 g fat or butter or margarine - 150 g demerara sugar or brown sugar - 1 egg - cardamom or cinnamon or anise seed, to taste (whole or ground) - 3/8 liter water

Instructions

This is a traditional recipe, that apparently the women in former times could not do without on new years day. My father told me, that after the war, the 3 waffle makers in his village were handed around, so that every woman could offer these cakes with a nice cup of Eastfrisian tea (prepared with cream and Kluntjes) to their new years well wishers. They taste a little like ice cream cones and should be prepared ahead so the spices can work their magic. Store in an airtight container. They make a nice Christmas give away. You need a flat waffle iron for these. 1. Dissolve the sugar in the water and mix with all remaining ingredients. Leave to stand, preferably overnight. 2. Slightly grease the iron. Spread a spoonful of the mixture evenly on the bottom part and cover. 3. Lift the top several times until desired colouring. 4. Roll immediately into cones, since they will harden as they cool. Proceed in the same manner with the rest of the dough. Carefully place the cold cones in an airtight container until use.