

POETS CORNER

AN ANCIENT MILL

by Flo Masters

of Michelham Priory Watermill

An ancient mill has been restored
To grind the wheat again.
Each cog and wheel and rope and board
Replaced from whence it came.

In days of yore, when knights were bold
The miller plied his trade.
He turned the wheel, the water flowed
And so the flour was made.

The sound of rushing water now
The turning of the gear
The slapping of the paddle
Is music to the ear.

We slow the mechanism down
To just a gentle grind
And when it's loaded with the grain,
Fine flour you will find.

We have reached a Conservation Age
And water power is Green
A healthier flour we now require
- back to where we've been!

FLOUR POWER

Treacle Gingerbread

6 ozs Michelham Stoneground Wholemeal Flour
5 ozs Sugar and 2 Ozs Butter
½ Tsp. Ground Ginger (more to taste)
½ Tsp. Bicarbonate of Soda
½ Tsp. Baking Powder
¼ Tsp. Ground Cinnamon
¼ Tsp. Mixed Spice
4 Fluid.ozs. Milk & 1 Egg (combined)
6 ozs. Black Treacle

Method: Set Oven to Mk 4/5 (160/180 C).

Line and grease an 8/12 inch baking tray.

Sift flour, soda, baking powder and spices into a large bowl and add the sugar, then egg/milk mixture.

Combine the treacle and butter in a small sauce pan and heat until the butter is melted. DO NOT BOIL.

Stir the hot mixture into the other ingredients, pour into the baking tray and cook in the centre of the oven for approx. 50 mins. A sharp knife inserted should come out clean when the cake is ready, or finger pressure should spring back. Allow to cool before removing from the tray.

A butter cream topping gives a nice finish.