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HOKEY POKEY

by Nigella. Featured in NIGELLA EXPRESS



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Photo by Lis Parsons

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INGREDIENTS

Makes: 125g / 2 cups

METRIC CUPS

100 grams caster sugar

4 tablespoons golden syrup

1½ teaspoons bicarbonate of soda

METHOD

1. Put the sugar and syrup into a saucepan and stir together to mix. You mustn't stir once the pan's on the heat, though.
2. Place the pan on the heat and let the mixture first melt, then turn to goo and then to a bubbling mass the colour of maple syrup - this will take 3 minutes or so.
3. Off the heat, whisk in the bicarbonate of soda and watch the syrup turn into a whooshing cloud of aerated pale gold. Turn this immediately onto a piece of reusable baking parchment or greased foil.
4. Leave until set and then bash at it, so that it splinters into many glinting pieces.

INTRODUCTION

Hokey pokey is a Cornish term for honeycomb. It is wonderful eaten in golden shards or crumbled into the best vanilla ice cream. It is also the perfect present to take to a dinner party. Better than flowers, as they need to be put into a vase, better than chocolate, which people tend to smile politely at, but put away in a drawer: no one can resist a bit of hokey pokey I've found.

The quantities I've specified don't make an awful lot - enough to fill a little tin 12cm in diameter by 6cm deep - but any more and you'd be sued by your dentist.

For US cup measures, use the toggle at the top of the ingredients list.

AS FEATURED IN



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