Cinnamon Sticks

Ingredients

200g butter, room temperature

200g sugar

1 egg yolk

1½ tsp golden syrup

2 tsp cinnamon

1 tsp vanilla essence

1 tsp bicarbonate of soda

300g plain flour

1 egg white for brushing

Chopped almonds

Rough sugar crystals, Demerara sugar can be used.

Method

1. Preheat the oven to 175ºC.

1. Mix sugar and butter until white.
2. Add egg yolk and mix.
3. Add golden syrup, cinnamon, vanilla essence, bicarbonate of soda, and flour and mix well.
4. Roll dough into six, frankfurter thickness, rolls and press to flatten slightly. This is easiest to do straight on a baking tray.
5. Brush with egg white and sprinkle over chopped almonds and sugar.
6. Bake in preheated oven for 10 – 12 minutes.
7. While still warm, cut each length into biscuit size bites and leave to cool completely.