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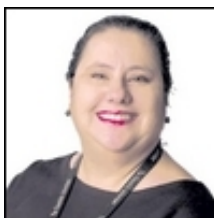
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## Island Life

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Posted on: Wednesday, December 21, 2005



FOOD FOR THOUGHT

### Bake a loaf of ginger and spices

By [Wanda A. Adams](#)

Advertiser Columnist

- [Discover the joys of mincemeat](#)

Carol Atkinson called the other day to say she was just 'ono for a gingerbread loaf and to ask whether I could find one.

So I did, on the Internet at [CDKitchen](#), and mailed it off to her. But it sounded so good I decided to make a couple and share the recipe with you.

#### GINGERBREAD LOAF

- 2 3/4 cups flour
- 2 teaspoons baking powder
- 4 teaspoons ginger
- 2 teaspoons cinnamon

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**HONOLULU TRAFFIC**  
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- 1 teaspoon allspice
- 1 teaspoon ground cloves
- 1 cup molasses
- 1 cup boiling water
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 1 cup firmly packaged brown sugar
- 1 cup butter, softened
- 2 eggs

Glaze (optional):

- 1/2 cup powdered sugar
- 2 tablespoons lemon juice

Preheat oven to 350 degrees. Spray two 8-by-4-inch loaf pans with nonstick spray or Baker's Joy.

In a small bowl, combine flour, baking powder, spices and salt and whisk to incorporate.

In a small bowl, combine molasses, hot water and baking soda; mix well.

In a large bowl, cream together brown sugar and butter until light and fluffy. Add eggs and beat well.

Beat molasses mixture into brown sugar mixture. Gradually add flour mixture, beating well between additions.

Spoon batter into prepared pans.

Bake in center of oven at 350 degrees for 50-60 minutes or until toothpick inserted into centers comes out clean. Cool on wire rack 15 minutes; turn out and cool completely.

Makes 16 slices per loaf.



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- Per serving: 310 calories, 13 g fat, 7 g saturated fat, 55 mg cholesterol, 180 mg sodium, 49 g carbohydrate, 1 g fiber, 28 g sugar, 3 g protein

Baker's Joy, by the way, is a wonderful product that combines oil and flour in a spray-on coating for cake pans and such — no more messy greasing and flour scattered everywhere.

After I tried this recipe, I found another, very similar one from the editors of Cook's Illustrated that says that using a combination of a half-cup milk and a half-cup buttermilk gave the loaf a great, moist texture, and using white sugar instead of brown allowed the spices to come through more. Their technique is to whisk together all dry ingredients, cream together all wet ingredients, then combine the two gradually. You might try doing it this way.

**Aloha, for now:** Next week will be my last column for a while. It's been filed in advance, as I'm heading off to have some small-kine surgery. I, and my column, will be back soon. Hold on to your recipe requests until then!

Reach Wanda A. Adams at [wadams@honoluluadvertiser.com](mailto:wadams@honoluluadvertiser.com).

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