

Border Fiery Ginger Crunch: how hot, and how to dunk it

From the teas.co.uk wiki

Border Fiery Ginger Crunch: how hot, and how to dunk it, in summary: Real ginger heat in a hard, dense biscuit, building just after you swallow. It survives a four-second dunk, and a strong black tea with milk clears the palate between bites.

Last reviewed by the teas.co.uk team in September 2026.

Most ginger [biscuits](#) are warm; this one is hot, and it gets hotter a moment after you swallow. The hard bake that carries the heat also makes it one of the better dunkers among the Border biscuits we stock.

A short list with a lot of ginger

The published ingredient list is short: wheat flour, sugar, vegetable oil, invert sugar syrup, ground ginger at 2 per cent, raising agents and salt. There is no [chocolate](#), no coating and nothing for the spice to hide behind, which is why it comes through so clearly. The label also carries a may-contain warning for egg, milk, nuts and soya.

The heat does not behave like chilli. Sugar and a rich, short base reach you first, the ginger follows a beat behind, and the burn keeps rising briefly once the mouthful has gone before it settles. The compounds behind it hardly evaporate at room temperature, so an open pack smells far gentler than the biscuit tastes. It also stacks up: a third biscuit meets a palate that is already warm.

Hard for a reason

Why so crunchy? The heat in ginger sits in its oils, and a soft crumb lets them spread out and read as plain sweetness. A dense, dry, close-textured bake keeps hold of them and lets them out slowly as you chew. That same density is what keeps this biscuit in one piece in hot tea while softer ginger biscuits fall apart.

So [dunk](#) with confidence. Four seconds is comfortable, longer than most biscuits allow, and the brief soak takes the edge off the crunch. A pot left to stew a little is no bad thing here either: the extra tannin wipes the palate between bites and keeps the burn from piling up, where a pale, weak cup lets it build and build.

Who should buy it

This is the pack for whoever always says ginger biscuits never taste of ginger. Someone hoping for a mild, cosy ginger biscuit will stop after one, and that split is exactly why the biscuit keeps a loyal following. For a mixed household, keep something milder in the tin as well, and let the ginger fans have this one to themselves.

Within the Border range it is the plain one, with no chocolate at all, so the crisp bake is easier to appreciate than on the coated lines. Milk Chocolate Ginger rounds the spice off under sweet chocolate, and the Dark Chocolate Ginger bars set bitterness against it; Fiery Ginger Crunch leaves the heat on its own, which is the whole idea.

The packs we stock

- [Border Fiery Ginger Crunch, 135g](#) (barcode 652655001231)

What the label says

The published ingredient list for Border Fiery Ginger Crunch, 135g says it contains wheat (gluten), and it may contain egg, milk, nuts and soya. Before you buy Fiery Ginger Crunch, look at the current UK pack: the recipe and its allergen advice are liable to change.

Ingredients, as published: Wheat Flour (Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Oil (Palm, Rapeseed), Invert Sugar Syrup, Ground Ginger (2%), Raising Agents (Ammonium Bicarbonate, Sodium Bicarbonate), Salt.

Typical values per 100g Per 100g

Energy	435 kcal
Fat	16.7g
of which saturates	6.6g
Carbohydrate	66.6g
of which sugars	23.1g
Protein	3.7g
Salt	0.5g

Ingredient and nutrition information for this product, as published on the manufacturer's label. For Fiery Ginger Crunch, the label on your own packet settles any question.

What to drink with it

- [Clipper Fairtrade Everyday Tea, 80 Pack 232g](#): a sturdy everyday blend to brew for a full four minutes with milk, so the tannin can reset the palate between bites.
- [Pukka Organic Vanilla Chai, 20 Tea Bags 40g](#): doubles up on warm spice, with vanilla to round the edges, for anyone who wants the heat kept company rather than cooled.
- [Dragonfly Organic Cape Chai Rooibos, 40 Tea Bags 80g](#): a [chai](#) built on [rooibos](#) instead of [black tea](#), for an afternoon cup that sets more spice beside the ginger.

Elsewhere in the Border range

- [Border Dark Chocolate Ginger Biscuit Bars Multipack, 6 x 24g](#)
- [Border Dark Chocolate Raspberry Biscuits, 150g](#)
- [Border Milk Chocolate Ginger, 150g](#)
- [Border Milk Chocolate Viennese Whirls, 150g](#)

The full range is on the [Border brand page](#).

FAQ

How hot is Border Fiery Ginger Crunch? Hotter than an ordinary ginger biscuit. The burn builds just after you swallow, holds for a moment and grows over a second or third biscuit.

How long can you dunk it? About four seconds. The hard, dry bake holds its shape in hot tea for longer than most biscuits.

What tea goes with a hot ginger biscuit? A strong black tea with milk, brewed for four minutes. The tannin clears the palate between bites, while a weak cup lets the heat build up.

Is there chocolate or milk in it? There is no chocolate. The published ingredients name wheat flour as the allergen, and says it may contain egg, milk, nuts and soya.

How many biscuits come in a pack? The published pack listing gives the weight, 135g, but not a count, so go by weight.

Curator's note: Brew it strong, let it stew a minute longer than usual and dunk for a steady count of four. Two biscuits, then stop, is my rule. Lee, teas.co.uk, Tunbridge Wells.

In short: Border Fiery Ginger Crunch: how hot, and how to dunk it

Field	Detail
Brand	Border
Packs we stock	135g
Category	Biscuits
Allergens (as published)	Wheat (gluten) is an ingredient, and egg, milk, nuts and soya may also be present.
Dunkable	Yes, about four seconds
Heat	Properly hot, building after you swallow
Best with	Strong black tea with milk

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