

Fox's Ginger Crunch Creams: how ginger rescues a cream biscuit

From the teas.co.uk wiki

Fox's Ginger Crunch Creams: how ginger rescues a cream biscuit, in summary: Two hard ginger shells round a smooth cream, the spice pushing back so the biscuit finishes drier than it starts. A medium black tea suits it, chai doubles the ginger, and only the bare half should be dunked.

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

Most sandwich [biscuits](#) put sweet on sweet, which is why the second one feels heavy. Ginger breaks that pattern, warming and sharpening against the cream instead of adding to it.

Crack, cream, then warmth

The shells keep the character of a traditional ginger biscuit: hard, crisp and cracking cleanly rather than crumbling. Between them sits a generous layer of smooth cream. Bite in and the order is always the same, a crack, then a soft middle, then the warmth of ginger lingering once the sweetness has faded. That is why the biscuit ends on a drier note than the one it opened with.

The spice is baked into the shells, which is why an opened pack smells of warm ginger and baked wheat rather than of cream. On the published label, ground ginger appears alongside wheat flour, sugar, palm oil and whey permeate from milk. The allergen statement lists wheat (gluten), milk and soya, and the wheat means these are not suitable for a coeliac diet.

Who it suits, and who it does not

This is a hybrid, and hybrids divide people. Ginger biscuits in Britain are usually thin, hard and unfilled, while filled biscuits are usually all about the filling. Anyone buying for the cream may find the ginger gets in the way, and anyone expecting a fierce ginger nut will find this gentler than expected. For everyone in between, it is a filled biscuit that stays balanced to the last.

The ginger aroma is the first thing to fade. The spice sits on the outside of the shells, where the air reaches it, so an opened pack loses its lift well before the biscuits go soft. Fold the pack tightly or tip what is left into a

tin. The snap will last for weeks if the biscuits are kept dry; the smell is the part worth protecting.

Dunking a sandwich biscuit

The shells can take a [dunk](#), but the filling cannot, and on any sandwich biscuit the cream gives way first. Keep it to two seconds at most. Better still, twist the biscuit apart, dunk the bare half and eat the creamed side dry. That way the ginger shell softens slightly and picks up the tea, while the cream stays exactly where it belongs.

Tannin and ginger both bring a dry edge to the mouth, so this biscuit does not need a stewed mug beside it. A [black tea](#) at medium strength is plenty, with or without milk as you prefer. A [chai](#) doubles the spice for a properly warming cup on a cold afternoon, and a plain black coffee makes the ginger sharper still.

The packs we stock

- [Fox's Favourites Crunch Creams Biscuits - Ginger, 200g](#) (barcode 5010035069298)

What the label says

The published ingredient list for Fox's Favourites Crunch Creams Biscuits - Ginger, 200g (barcode 5010035069298) says it contains wheat (gluten), milk and soya. Check the current UK pack before purchase; formulations and allergen advice can change.

Ingredients, as published: Wheat Flour (Wheat Flour, Calcium Carbonate, Iron, Niacin, Thiamin), Sugar, Palm Oil, Partially Inverted Sugar Syrup, Whey Permeate (Milk), Palm Kernel Oil, Raising Agents: Ammonium Bicarbonate, Disodium Diphosphate, Sodium Bicarbonate; Ground Ginger, Salt, Flavourings, Emulsifier: Soya Lecithin, Colour: Carotenes.

Typical values per 100g Per 100g

Energy	486 kcal
Fat	21.5g
of which saturates	12.3g
Carbohydrate	68.2g
of which sugars	40.2g
Fibre	1.2g
Protein	4.3g
Salt	0.8g

Ingredient and nutrition data for this barcode: Open Food Facts (openfoodfacts.org), ODbL. The pack in your hands is the final word.

What to drink with it

- [PG Tips Chai Special Blend, 70 Tea Bags 175g](#): a black tea chai that doubles the warming spice for a proper ginger afternoon.

- [Pukka Organic Vanilla Chai, 20 Tea Bags 40g](#): a vanilla chai whose sweet spice picks up both the ginger shell and the cream between them.
- [Twinings English Breakfast Plant Based, 40 Tea Bags 100g](#): an [English Breakfast](#) to brew at medium strength, which is all this biscuit needs, milk optional.
- [Tetley Redbush Pure, 40 Tea Bags 100g](#): a pure [redbush](#) for anyone who wants a mellow cup beside the spice rather than more of it.

Elsewhere in the Fox's range

- [Fox's Biscuits Chocolatey Biscuit Selection, 355g](#)
- [Fox's Biscuits Chocolatey Cookies Assortment, 365g](#)
- [Fox's Biscuits Classic Biscuit Selection, 275g](#)
- [Fox's Biscuits Jam 'n' Cream Raspberry & Vanilla Biscuits, 150g](#)
- [Fox's Biscuits Milk Chocolate Viennese, 120g](#)
- [Fox's Biscuits Rocky Caramel Biscuit Bars Multipack, 7 Pack 136.5g](#)

The full range is on the [Fox's brand page](#).

FAQ

Are Ginger Crunch Creams very gingery? Warming rather than fierce. The ginger is there from the first bite to the finish, which keeps the cream from taking over.

Why do they taste less sweet than other cream biscuits? The ginger works against the filling instead of adding to it, so the balance holds from the first biscuit to the last.

How do you dunk a cream sandwich biscuit? Only briefly: a couple of seconds, or separate the halves and dip the one without cream.

Are they suitable for a coeliac diet? No. They are made with wheat flour, and the label also lists milk and soya.

What should I drink with them? A medium black tea, a chai for extra spice, or a black coffee to sharpen the ginger.

Curator's note: Twist it apart, dunk the bare shell and eat the creamed half dry. It is two biscuits' worth of pleasure in one, and a chai beside it makes a grey afternoon worth having. Lee, [teas.co.uk](#), Tunbridge Wells.

In short: Fox's Ginger Crunch Creams: how ginger rescues a cream biscuit

Field	Detail
Brand	Fox's
Packs we stock	200g
Category	Biscuits
Allergens (as published)	It contains wheat (gluten), milk and soya.

Field	Detail
Dunkable	Two seconds, or the bare half only
Best with	A medium black tea or a chai
Suits	People who find cream biscuits too sweet

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- [Tea and Biscuits](#)
- [Biscuit Dunking Physics: The Real Science](#)
- [Tea Pairing Principles: Reason, Don't Memorise](#)
- [Tea With Cake: The Pairing That Never Fails \(If You Get It Right\)](#)
- [Tea and Food Pairing: The Five Principles](#)
- [Ginger Tea: The Warming Root Brew, Explained](#)
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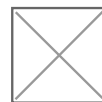
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