

McVitie's Ginger Nuts: The Long Dunk Explained

From the teas.co.uk wiki

McVitie's Ginger Nuts: The Long Dunk Explained, in summary: A hard, dense ginger biscuit that takes in tea slowly and survives a count of five. Molasses gives the depth, the heat builds gradually, and the nuts in the name describe the hardness.

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

A ginger nut is the hardest biscuit we list, and its density is what makes it the dunker serious dunkers come back to. Where an airy crumb drinks tea and collapses, this one takes liquid slowly and keeps its shape.

Dense, not porous

An open crumb such as a digestive's or a Hobnob's is full of tiny air pockets, and those pockets are what pull tea in and bring the biscuit down. A ginger nut has very few. Its tight, heavy crumb lets the tea creep in gradually, so the biscuit stays whole in a hot mug for a slow count of five and sags far later than an open, airy crumb would. Dry, it breaks with a crack instead of a crumble.

Before [biscuits](#) came in sealed wrappers, a hard, dry bake was what kept one edible in a tin for weeks, and ginger nuts are built on that principle. The same property means a resealed 250g pack holds its snap for a good while today. If the first bite feels like hard work, snap it in half before eating. The name follows the same logic: nuts refers to how hard it is, not to anything in the dough.

Where the dark flavour comes from

Molasses explains the colour. It sits on the label straight after wheat flour, sugar, palm oil and glucose-fructose syrup, with ground ginger further down and a natural lemon and ginger flavouring near the end. The molasses supplies the treacly depth and much of what people read as ginger, which is why the spice comes across as mellow and deep instead of bright and zingy like fresh root ginger.

Its heat creeps up rather than landing at once. A first biscuit tastes gently spiced; by the third there is a clear warmth low in the throat that lingers after you have swallowed. The label lists wheat (gluten); for anything else, check the allergen panel on the current pack.

What to pour alongside

A ginger nut needs a cup with backbone. Strong [black tea](#), with or without milk, sits under the ginger without being flattened by it, and a black coffee does the same from the bitter side. Beyond the everyday mug, a smoky [Lapsang](#) is our favourite match, with the smoke and the treacle meeting halfway.

Spice also pairs with spice. A [chai](#), or a spiced [rooibos](#), runs in the same direction as the ginger rather than across it, and turns a plain biscuit into an autumn afternoon. What does not work is anything delicate: green and white teas simply vanish against it. With a long keeping life once resealed, this is the biscuit to hold in reserve at the back of the cupboard.

The packs we stock

- [McVitie's Ginger Nuts Biscuits, 250g](#) (barcode 5000168164045)

What the label says

The published ingredient list for McVitie's Ginger Nuts Biscuits, 250g (barcode 5000168164045) says it contains wheat (gluten). Check the current UK pack before purchase; formulations and allergen advice can change.

Ingredients, as published: Flour (Wheat Flour, Calcium, Iron, Niacin, Thiamin), Sugar, Vegetable Oil (Palm), Glucose-Fructose Syrup, Molasses, Raising Agents (Sodium Bicarbonate, Disodium Diphosphate), Ground Ginger, Salt, Natural Lemon and Ginger Flavouring.

Typical values per 100g Per 100g

Energy	505 kcal
Fat	23g
of which saturates	8.3g
Carbohydrate	71g
of which sugars	37g
Fibre	0g
Protein	4.4g
Salt	0.9g

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 English Breakfast Special Blends Speciality Black, 70 Tea Bags](#): A strong [English breakfast](#) blend with the body to sit under the ginger, milk optional.
- [PG Tips Chai Special Blend, 70 Tea Bags 175g](#): A chai whose spices run the same way as the ginger, for a warming afternoon mug.
- [Kenco Smooth Instant Coffee Paper Refill, 150g](#): An instant coffee to take black, quick to make and a plain foil for the treacly depth.

- [Dragonfly Organic Earl Grey Rooibos, 40 Tea Bags 100g](#): An [Earl Grey](#) rooibos whose citrus note picks up the lemon flavouring in the biscuit.

Elsewhere in the McVitie's range

- [McVitie's Club Layers Orange, 39g](#)
- [McVitie's Club Mint Biscuit Bars Multipack, 7 Bars 154g](#)
- [McVitie's Club Orange Biscuit Bars Multipack, 7 Bars 154g](#)
- [McVitie's Club Salted Caramel Flavour Biscuit Bars Multipack, 7 x 22g](#)
- [McVitie's Dark Chocolate Digestive Biscuits, 266g](#)
- [McVitie's Digestive Pink Raspberry & Cream Flavour, Limited Edition, 232g](#)

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

FAQ

Why are they called ginger nuts? Nuts describes the hardness, an old usage, not an ingredient. Check the pack for allergen advice.

How long can you dunk a ginger nut? A slow count of five, with room to spare, because the dense crumb takes in tea slowly and holds its shape.

Are McVitie's Ginger Nuts very hot? Warm rather than fiery. The heat builds over a few biscuits instead of hitting all at once.

What gives ginger nuts their dark colour? Molasses, which is on the published ingredient list along with ground ginger and a natural lemon and ginger flavouring.

What should I drink with ginger nuts? Strong black tea, a chai, a smoky Lapsang or a black coffee. Anything delicate gets lost.

Curator's note: Snap one in half, dunk it for a slow count of five and keep the tea strong. It is the only biscuit in the tin I would trust with a proper soak. Lee, teas.co.uk, Tunbridge Wells.

In short: McVitie's Ginger Nuts: The Long Dunk Explained

Field	Detail
Brand	McVitie's
Packs we stock	250g
Category	Biscuits
Allergens (as published)	It contains wheat (gluten).
Dunkable	Yes, a count of five
Best with	Strong black tea, chai or black coffee
Heat	Warm and building, not fiery

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- [Tea and Biscuits](#)
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- [Tea Pairing Principles: Reason, Don't Memorise](#)
- [Tea With Cake: The Pairing That Never Fails \(If You Get It Right\)](#)
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