Women – like people who aren’t white and/or Western – have learned to be suspicious of arguments about how their biology fits them for certain things (being a housewife, not being in charge of their own money, slavery etc.). If, and it is a big if, women prefer sweeter foods – scoff Mr Kipling’s like there’s no tomorrow, lap up Baileys from a cup made of fondant icing and then eat the cup – does that mean they are biologically determined to do so? The results? No study I found has definitively proved that women are biologically determined to like sweet things more than men, let alone that they definitely actually do, although there are gender differences in our preferences that partly depend on where we live.

Some studies have shown that men actually prefer more highly sweetened products. What all Advent biscuits have in common is they are labours of love. Time-consuming and fiddly to bake, I nevertheless know of no Berlin family which would not bake at least one or two batches, despite the proliferation of mass-produced variations now available on supermarket shelves. They are then brought out for Sunday Kaffee und Kuchen, to be shared by family, friends and neighbours at each weekend throughout the Advent period. I had experienced this myself on previous visits to my husband’s family, so for our first Christmas as official “Berliners”, I wholeheartedly embraced this German tradition.