Cooking Plan

Gingerbread Men



INGREDIENTS

- 350g (3 cups) plain flour
- 1 tsp bicarbonate of soda
- 2 tsp ground ginger
- 100g (1/2 cup) butter
- 175g (1 cup) light brown sugar
- 4 tbsp golden syrup
- 1 large egg

To decorate:

- Icing writers, or
- 1/2 cups icing sugar
- Smarties, jelly tots, chocolate drops etc

Method

1. Pre-heat the oven to 190C / 170C fan
2. Line 3 baking sheets with baking / parchment paper
3. Measure the flour and add it into a large mixing bowl.
4. Weigh the butter then chop it up with a butter/blunt knife into small pieces before adding it to the flour. This will make it easier to mix into the flour.
5. Using your fingertips, rub in the butter until the mixture resembles fine breadcrumbs.
6. Measure the sugar then add it into the flour mixture. Add the ginger and bicarbonate of soda and mix it all in. Make sure they level off the teaspoon.
7. Add the golden syrup.
8. Crack the egg into a separate bowl, then add it to your mixing bowl.
9. Mix everything together until you have a smooth dough. Squeeze it together so it stops crumbling apart, and makes a nice ball of gingerbread dough.
10. Divide the dough in half then roll out one half on to a lightly floured work surface until it's about 5mm thick.
11. If you find your gingerbread is sticking to your worktop or rolling pin, try putting a sheet of baking paper underneath and on top.
12. Cut out your ginger bread men using a cutter or use any other shapes you have to hand. Place them on your baking tray.
13. Bake in the oven for 10-12 minutes until they become a slightly darker shade. Cool slightly then lift on to a wire rack to cool.

	14. If you have icing writers they’re a simple way of adding mouths, eyes etc, otherwise mix around 1/2 a cup of icing sugar with a teaspoon or so of water and mix it together. You want it to be running enough that you can pipe it, but not so runny that it won’t hold its shape on the cookie. 15. Add some of it to a piping bag, or use a freezer bag and cut a tiny hole in the corner. Let your kids add the faces, clothes, decorations on to each cookie.