

the Gingerbread Man

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Ingredients

350g of plain flour plus a little extra for dusting
1 tsp bicarbonate of soda
2 tsp ground ginger
125g butter
175g soft light brown sugar
1 egg
4 tbsp golden syrup

To decorate

50g icing sugar
50ml water
Whatever edible cake decorations you have in your cupboard!

Method

1. Preheat the oven to 190 degrees C (gas mark 5) and line a baking sheet with baking paper.

2. Sieve the dry ingredients – flour, soda and ground ginger – into a large mixing bowl.

3. Rub in the butter until the mixture looks like breadcrumbs.

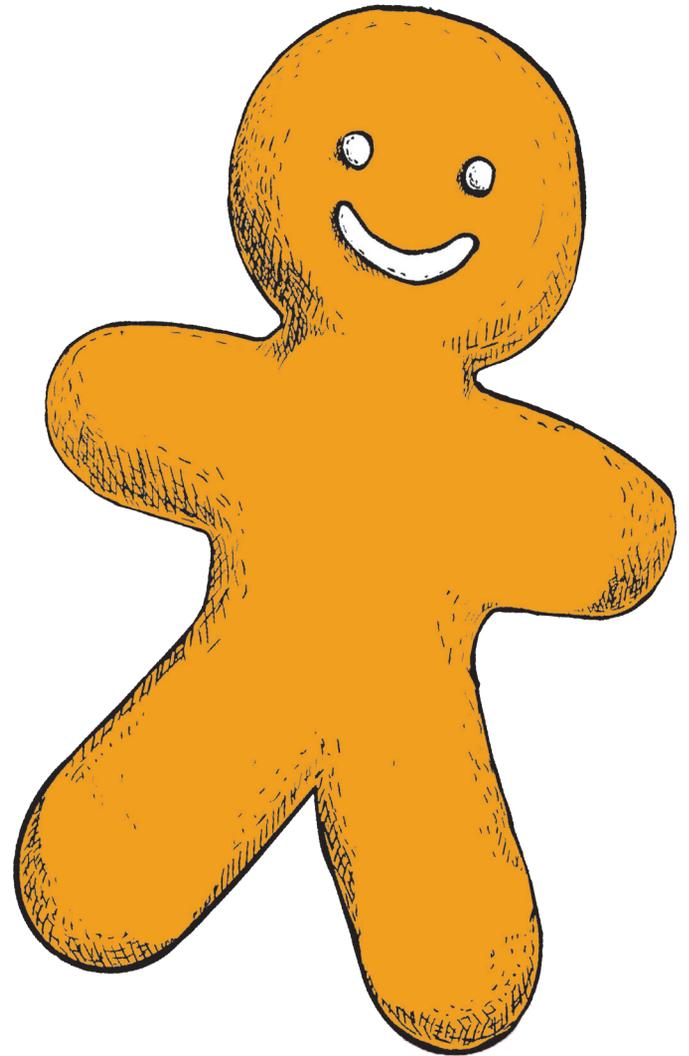
4. Add the sugar and stir in the golden syrup and egg until it starts to bind into a firm dough.

5. Sprinkle the surface of your worktop and your rolling pin with a little flour and roll out the dough to about the thickness of two £1 coins (approx. 5mm).

6. Cut out your gingerbread men using a cutter or the stencil provided here and place onto your lined baking sheet. Make sure to leave space around each gingerbread man.

7. Place in the fridge for 15 to 20 minutes to firm up the dough. This will stop the mixture spreading too much in the oven.

8. Bake in the oven for 10 – 15 minutes until golden brown and place on a wire rack to cool.



9. To make the icing, mix icing sugar with water to form a paste. You can change the consistency by adding more icing sugar or water depending on how thick you want it. If you have it, add food colouring or edible glitter!

Decorate your
Gingerbread Man with
icing and anything sweet
from your cupboards!



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