

THURSDAY

Gingerbread People



Did you know?

Gingerbread houses originated in Germany during the 16th century. The elaborate cookie-walled houses, decorated with foil in addition to gold leaf, became associated with Christmas tradition.

Ingredients (the topping)

- 225g plain flour, plus extra for dusting
- ½ tsp salt
- 2 tsp bicarbonate of soda
- 1 heaped tsp ground ginger
- ½ tsp cinnamon
- 50g unsalted butter
- 100g soft brown sugar
- 100g golden syrup

Preparation

- 1 Heat oven to 190C/170C fan/gas 5 and line a baking tray with baking parchment. Sieve the flour, salt, bicarb, ginger and cinnamon into a large bowl. Heat the butter, sugar and syrup until dissolved. Leave the sugar mixture to cool slightly, then mix into the dry ingredients to form a dough. Chill the dough in the fridge for 30 mins.
- 2 On a surface lightly dusted with flour, roll out the dough to a ¼-inch thickness. Stamp out the gingerbread men shapes with a cutter, then re-roll any off-cuts and repeat. Place your gingerbread shapes on the lined trays, allowing space for them to spread. Cook for 10-15 mins, then remove from the oven and leave to cool.