

Gingerbread men

Recipe by: Clem Pedro

Serves: 24

Cooking: 1hr 10min

Difficulty: Easy

Ingredients :

- 300 g plain flour
- 1 teaspoon bicarbonate of soda
- 2 teaspoons ground ginger
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 125 g unsalted butter
- 100 g soft light brown sugar
- 3 tablespoons golden syrup

Methods :

- Preheat the oven to 180°C and line 2 baking sheets with baking paper.
- In a large bowl combine the flour, bicarbonate of soda and the spices.
- Melt the butter, sugar and golden syrup in a pan over a low heat and stir until the sugar dissolves, then add it to the dry ingredients. Stir in until it forms a stiff dough, then cut it in half.
- Transfer the paper from the baking sheets to a work surface and place a portion of the dough on each. Roll out to 5mm thick, then cut out directly on the paper, leaving a 2cm gap between each. Save the cuttings to make more people, or round ginger biscuits.
- Carefully lift the papers back onto the baking sheets and bake the gingerbread in the oven for about 12 minutes, or until lightly golden.
- Leave to cool on the sheet for a few minutes – if you want to hang them as decorations, now is the time to pierce a hole through the top of each with a skewer – then move to a wire rack.
- Once cool, ice the gingerbread men and decorate with sprinkles, sweets and edible glitter.