

GINGERBREAD RECIPE

INGREDIENTS

Makes about 12 gingerbread people (depending on the size of your cutter)

- 100g unsalted butter
- 2 tbsp treacle
- 350g plain flour
- 1½ tsp ground ginger
- ½ tsp ground cinnamon
- ¼ tsp ground nutmeg
- Pinch ground cloves
- 1 tsp baking powder
- 100g dark brown sugar
- 75g caster sugar
- 1 large egg, beaten
- A splash of milk (if needed)
- A few currants for decoration (optional)
- Icing to decorate (optional)

METHOD

1. Preheat the oven to 180C.
2. Gently heat the butter and treacle until it is just melted but not too warm. If it does start bubbling leave it for a little while to cool before continuing.
3. Sieve the flour, spices and baking powder into a bowl. Stir in the sugars, then add the melted butter and treacle, followed by the beaten egg. Bring the dough together (add a splash of milk if the mixture is too dry to stick together). You can use the dough right away although it is best to leave it to rest for an hour wrapped in cling film or foil.
4. When you are ready to make your gingerbread, lightly dust a work surface with flour. Divide the dough in two, keeping one half covered. Roll it to a thickness of 5mm, then cut out your shapes using cookie cutters. Repeat this process using the remaining dough. You can gather up the trimmings and roll the dough out again to cut out more shapes.
5. Place the gingerbread shapes on a greased or lined baking sheet. Decorate your gingerbread people with currants for eyes and buttons if you like, by pressing them gently into the dough. Bake for 10-15 minutes until slightly risen and golden.
6. Leave them on the tray for a couple of minutes, then transfer to a cooling rack. Once the figures are completely cold, you can decorate them with icing if you wish.

Find out more: www.english-heritage.org.uk/5-things-you-might-not-know-about-gingerbread/



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