

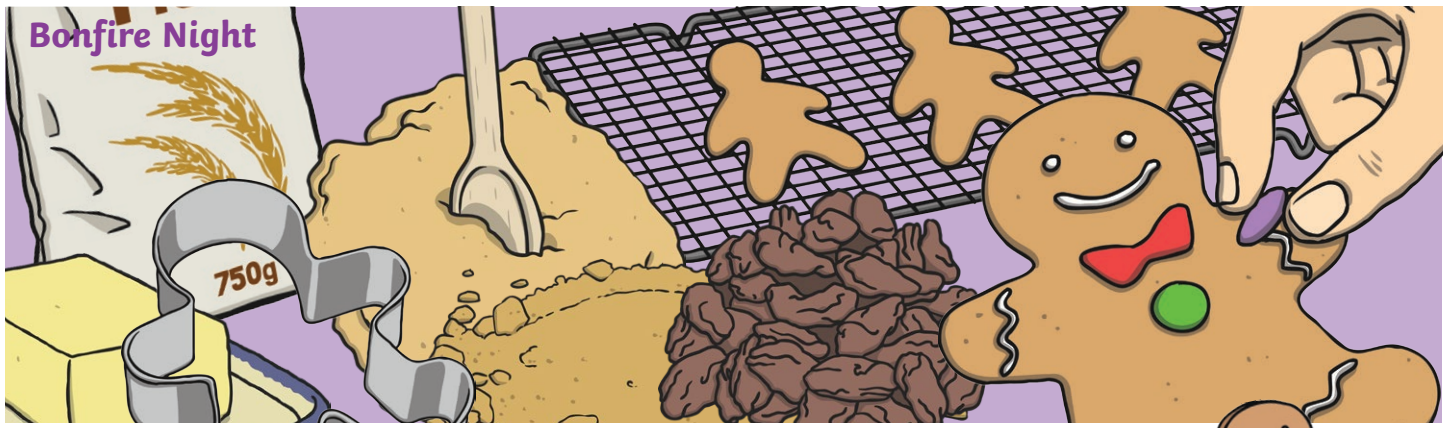
Disclaimer

Food or Drink Making and Eating Resources

We hope you find the information on our website and resource useful. The description of any food or drink preparation or consumption activity contained within this resource is intended as a general guide only. It may not fit your specific situation. You should not rely on the resource to be right for your situation. It is your responsibility to decide whether to carry out the activity at all and, if you do, to ensure that the activity is safe for those participating.

You are responsible for carrying out proper risk assessments on the activities and for providing appropriate supervision. We are not responsible for the health and safety of your group or environment so, insofar as it is possible under the law, we cannot accept liability for any loss suffered by anyone undertaking the activity or activities referred to or described in this resource. It is also your responsibility to ensure that those participating in the activity are able to do so and that you or the organisation you are organising it for has the relevant insurance to carry out the activity.

It is also your responsibility to note that ingredients or materials used might cause allergic reactions or health problems and to ensure that you are fully aware of the allergies and health conditions of those taking part. If you are unsure, always speak to a suitably qualified health professional.



Gingerbread Biscuits



Ingredients

350g plain flour
 100g butter
 5 and a half teaspoons of ground ginger
 1 and a half teaspoons of ground cinnamon
 1 teaspoon of bicarbonate of soda
 175g of light brown soft sugar
 4 tablespoons of golden syrup
 1 medium egg
 Your choice of icing, sweets, nuts and raisins for decoration

Equipment

Mixing Bowl
 Oven
 Baking tray
 Wooden spoon
 Rolling pin
 Biscuit cutters

Method

1. Turn the oven on at 180°C or Gas Mark 4.
2. Put the flour, butter, ginger, cinnamon and bicarbonate of soda in the mixing bowl.
3. Mix the ingredients together with your hands until you have a crumbly mixture.
4. Add the sugar, syrup and egg to the mixture. Use the spoon at first to mix the ingredients as it will be sticky. The dough mix should be firm once combined.
5. Roll out the mixture with the rolling pin to about 5 millimetres thick. To stop the mixture from sticking, make sure you put lots of flour on the work surface and on the rolling pin.
6. Use biscuit cutters to cut out shapes. You could use a gingerbread man cutter and then decorate the biscuits as Guy Fawkes for Bonfire Night!
7. Place each biscuit on the baking tray and bake in the oven for about 12 minutes. Top tip: If you like your gingerbread chewy in the middle, cook the biscuits for 10 minutes. If you like them crunchy, cook the biscuits for 15 minutes.
8. Decorate your biscuits with icing, sweets, nuts and raisins.