

Gingerbread Shapes

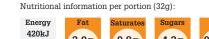
Gingerbread has been a popular treat all over the world for many years. It features in popular fairy tales such as 'Hansel and Gretel' and 'The Gingerbread Man'. Use different-shaped cutters to make seasonal treats for festivals and events.













Egg, milk and wheat (gluten) *



Equipment

Weighing scales Baking trays x 2 Baking parchment Scissors Grater Chopping board Sharp knife Juice squeezer Small bowl Measuring spoons Fork Sieve Mixing bowl Table knife Rolling pin **Biscuit** cutters Fish slice Cooling rack Pan stand

Ingredients

Makes 12-15 gingerbread shapes 1 small orange 1 egg 125g plain flour (plus extra for dusting) 125g wholemeal flour $\frac{1}{2} \ge 5$ ml spoon bicarbonate of soda 1 x 15ml spoon ground ginger 1 x 5ml spoon ground cinnamon (optional) 50g soft brown sugar 50g unsaturated fat spread Decorations such as currants and glacé cherries

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

- When sifting the flour add any grains left in the sieve from the wholemeal flour back into the bowl.
- Using baking parchment on the baking tray prevents the biscuits from sticking and keeps the tray clean!





Gingerbread Shapes

Method

- 1. Preheat the oven to $180^{\circ}C/160^{\circ}C$ fan or gas mark 4.
- 2. Cut pieces of baking parchment the same size as the baking trays.
- 3. Grate the zest and squeeze the juice from the orange.
- 4. Break the egg into a small bowl. Add the orange zest and 2 x 15ml spoons of the juice and beat together with a fork.
- 5. Sift the flours, bicarbonate of soda, ginger and cinnamon (if using) into the mixing bowl and add the sugar.
- 6. Add the spread and cut into pieces using the table knife.
- 7. Rub the spread into the flour and sugar using clean fingertips until the mixture looks like breadcrumbs.
- 8. Add the egg and orange mixture and stir with the knife to form a stiff, smooth dough, adding a little more orange juice if needed. Squeeze the dough into a ball using your hands.
- 9. Sprinkle flour onto a clean, dry work surface and rolling pin and roll the dough out evenly.
- Using a biscuit cutter, cut out the shapes. Use a fish slice to carefully place them on the baking tray.
- 11. Decorate with dried fruit. For example, if making gingerbread people, use currants for eyes and buttons and a small piece of glacé cherry for a mouth.
- 12. Bake for 8–10 minutes in the middle of the oven until golden.
- 13. Take the baking trays out of the oven and when the biscuits are cool and hard, lift them onto the cooling rack using a fish slice.

Something to try next time

- Try making different shapes and decorating them with a variety of dried fruit or icing.
- To make Chocolate Orange Gingerbread Shapes replace 1 x 15ml spoon of plain flour with 1 x 15ml spoon of cocoa powder and continue to make the dough in the same way.

Prepare now, eat later

- The spread can be rubbed into the flour and sugar in advance. Keep this in sealed plastic bags in the fridge for up to 5 days.
- Make the dough up to step 8, then wrap it in cling film and keep in the fridge for up to 2 days.
- Store the gingerbread shapes in an airtight container for up to a week.

Skills used include: Weighing, measuring, rubbing-in, mixing/combining, rolling, baking and serving.



The Association of UK Dietitians

www.bda.uk.com

Copyright $\ensuremath{\textcircled{}}$ The British Dietetic Association BDA060