

Ginger Bread Cookies By Ethan Aspinall

Ingredients

350g/12oz of plain flour (plus extra for rolling out),
1 tsp. of bicarbonate of soda,
2 tsp. of ground ginger,
1 tsp of ground cinnamon,
125g/4.5oz of butter,
175g/6oz of light soft brown sugar,
1 free-range egg,
4 tbsp. maple syrup.

Equipment

Sieve,
Mixing bowl,
Butter knife,
Jug,
Food processor,
Cling film,
2 trays,
Wire rack.

Method

1. Sift the flour, bicarbonate of soda, ground ginger and cinnamon together into a mixing bowl. Chop the butter into small chunks and put in the mixing bowl. Then mix it all together until it looks like breadcrumbs.
2. Whisk the egg and maple syrup together in a separate jug until combined. Then add to the rest of the mixture and mix with a food processor.
3. Tip the dough out and knead lightly until smooth, then wrap in cling film and put in fridge for 15 minutes. Then preheat the oven to 180°C fan. Line two baking trays with greaseproof paper.
4. Roll out the dough to a 5-10mm thickness on a floured surface. Using preferred cutters, cut out the shapes and place on the baking trays leaving 2cm between them (they will expand).
5. Bake in the oven for 12-15 minutes until light brown. Leave for 10 minutes when out of oven then transfer onto wire rack. Then add your decorations of choice (optional).