

GINGERBREAD BISCUITS

PREPARATION TIME	30 minutes
COOKING TIME	15 minutes
DIFFICULTY TIME	Easy
PREPARATION	A grown-up should help to measure out the ingredients and use the food processor and oven.

INGREDIENTS:

- 350g/12oz plain flour, plus a little for rolling out
- 1 tsp bicarbonate of soda
- 3tsp ground ginger (or 4tsp for stronger flavour)
- 2 tsp ground cinnamon
- ¼ tsp nutmeg (optional)
- 125g/ 4½ oz unsalted butter at room temperature
- 175g/ 6oz unsalted butter at room temperature
- 4tsp golden syrup
- 1 egg

UTENSILS:

- Sieve
- Large bowl
- Food processor (optional)
- Shaped Cutters
- Small bowl and beater
- Wooden spoon
- Rolling pin
- Two flat baking trays

TO DECORATE:

- Writing icing
- Cake decorations



FACT

Elizabethan recipes for Gingerbread used stale manchet (a white bread), red wine and fresh ginger. For a more traditional recipe replace the 350g flour with 55g breadcrumbs and 280g of flour. Use honey not golden syrup and try two tablespoons of finely grated fresh ginger instead of the dry ginger!

INSTRUCTIONS:

into the bowl sift flour and bicarbonate of soda, ginger, nutmeg, and cinnamon.

Add the room temperature butter.

Work the ingredients together with your finger tips until it looks like breadcrumbs.

TIP: If you want to keep your fingers clean, this part can be done in the food processor by a grown-up.

Slowly stir through the sugar.

In a small bowl lightly beat the egg and golden syrup.

Pour the liquid into the large bowl and stir until the mixture forms a single ball.

(If you are using a food processor, have grown-up pulse it until you achieve the same result)

Put the dough from the fringe and roll it out on a lightly floured surface.

We suggest a thickness of about 5mm which has little crunch when cooked, but is also quite soft.

Using the shaped cutters, cut out gingerbread shapes and place them carefully on your baking tray.

Remember to leave a little gap between them!

Bake in the oven 13-15 minutes, or until lightly golden-brown.

TIP: Ovens are hot and dangerous! Get a grown-up to help with this part.

Leave on the tray for 10 minutes and then move to a wire rack.

When your gingerbread has cooled you can decorate it with icing and decorations!



SHORTBREAD 'PETTICOAT TAIL' BISQUITS

PREPARATION TIME	40 minutes
COOKING TIME	30 minutes
DIFFICULTY TIME	Easy
PREPARATION	A grown-up should help to measure out the ingredients and use oven and sharp objects

INGREDIENTS:

- 225g/ 8oz flour
- 115g/ 4oz cornflour
- 225g/ 8oz unsalted butter, cut into small cubes.
- 115g/ 4oz caster sugar
- 1 tsp caraway seeds
- 2 tsp rose water (optional)

TO DECORATE

Traditionally decorated with a lace-like pattern or caraway seeds coated in sugar. You could try Hundreds & Thousands or writing with icing.

INSTRUCTIONS:

Sift the flour and cornflour into your mixing bowl. Add the cubes of butter. Using your fingertips, rub the flour and butter together until it looks a bit like breadcrumbs (you might need an adult to help you get all the big bits).

Stir in the sugar caraway seeds.

Add the rose water bit by bit to help bring the mixture together – it's easier to use your hands to form the mixture into a ball. Add a little bit of water if you need to help it stick.

Wrap the dough in clingfilm and pop in the fridge for 30 minutes.

While it's chilling, ask an adult to preheat your oven to 180C/ Gas 4.

Lightly grease your baking trays.

Remove your dough from the fridge and roll it out on a lightly floured surface to a thickness of about 5mm.

For thicker shortbread roll to 1cm and cook for an additional 5 minutes.

TIP: Make sure you move the dough around to stop it sticking

Put it gently in the round tray and crimp the edges with your fingers or a fork.

Score it with 3 or 4 lines that cross in the centre. This will make 6 or 8 triangular biscuits. Then prick it in a pattern with a fork.

Bake in the oven for 30 minutes, or until lightly golden-brown.

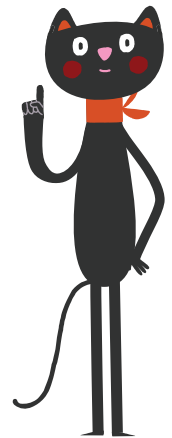
TIP: Ovens are hot and dangerous! Get a grown-up to help with this part

Leave on the tray for 5 minutes and then move to a wire rack.

If you want to dust with caster sugar or Hundreds & Thousands, do this when hot from the oven.

UTENSILS:

- Sieve
- Large bowl
- Food processor (optional)
- Shaed Cutters
- Small bowl and beater
- Wooden spoon
- Rolling pin
- Two flat baking trays



FIRE-BREATHING BROWNIES

PREPARATION TIME	45 minutes
COOKING TIME	30 minutes
DIFFICULTY TIME	Easy
PREPARATION	A grown-up should help to measure out the ingredients and use oven

INGREDIENTS:

- 150g / 5oz dark chocolate, finely chopped
- 150 / 5oz butter, plus extra for greasing
- 30g / 1oz ground chili
- 370g / 12½oz sugar
- 110g / 4oz flour
- 1 tsp ground cinnamon
- 1 tsp salt
- 3 eggs

UTENSILS:

- Small saucepan
- Mixing bowl
- Aluminium foil
- Metal baking tin (20cm x 20cm)
- Wooden spoon

INSTRUCTIONS:

Ask an adult to preheat to oven to 180C/ Gas 4.

Put a small saucepan over a low heat on the hob. Melt the chocolate and butter in the saucepan. Add the chili, cinnamon and salt to the melting chocolate and stir occasionally.

Once the chocolate and butter has melted, set the saucepan aside to cool.

Line the metal baking tin with aluminium foil.

TIP: Use enough foil to create a lip over the sides of the pan. This will allow you to easily remove the brownies later.

Lightly grease the fowl with butter.

Combine the melted chocolate with sugar until fully mixed.

Then add the eggs and stir until the mixture is smooth.

Fold in the flour and stir until completely mixed and pour the mixture into a baking tin.

Put the tin in the oven for about 30 minutes or until the brownies feel firm.

TIP: You can tell if your brownies are properly cooked (firm) if you stick a fork into the centre of them and it comes out clean.

Using an oven glove, remove the brownies from the oven.

Lift the foil out of the tin to remove the brownies and set them aside to cool.

TIP: To improve the texture of the brownies, wrap them in cling film and let them sit for several hours at room temperature.

Slice the brownies into squares and serve.

