

GINGERBREAD BISCUITS

**Early Years Skills Academy
Busby ELCC**

This recipe for Gingerbread Biscuits (or Gingerbread People) is Egg Free & Dairy Free, in case you have these allergies or any vegans in the family. The children in Busby Nursery love making them. If you would like to try at home, just scroll down for ingredients & instructions.



Ingredients

- 340g plain flour
- 110g butter (*dairy free if you want to avoid dairy*)
- 100g brown sugar
- 110g maple or golden syrup
- 2 teaspoons of ground ginger
- 1 teaspoon bicarbonate of soda
- Icing sugar (optional)

Equipment needed

- 2 mixing bowls
- 1 or 2 baking trays
- Kitchen scales
- Mixing spoons, measuring spoons, spatula
- A rolling pin
- Cookie Cutters (or a tin or lids for cutting)



Let's Get Ready!

Before starting, remind children to:

- wash hands thoroughly
- tie back long hair
- roll up sleeves
- wear an apron (if they have one)

Next:

Preheat your Oven to 180 degrees

Now let's get busy baking, we're Ready to Go!



WET INGREDIENTS

Measure out 110g butter and 100g brown sugar, then mix them together in a large bowl.



Melting: It is easier to do this with very soft butter. You could heat the butter up first in a microwave or on a hob, and invite your child to predict what will happen as you do. (Let it cool slightly before they mix it in.)



WET INGREDIENTS *(continued)*

Squeeze out 110g of syrup, then add it to the wet ingredients and stir it in.

(If easier to measure this in spoons, use about 7 ½ tablespoons of syrup instead. This recipe uses a lot of syrup to replace egg, but if you have no egg allergies you could instead use one beaten egg and 4 tablespoons of syrup.)

What does the syrup look like?

You could talk about the consistency and how it changes as you pour and mix it in. Syrup usually inspires some great descriptive words!



DRY INGREDIENTS

Now measure out the dry ingredients and mix them up in a separate bowl:

- 340g plain flour
- 2 teaspoons of ground ginger
- 1 teaspoon bicarbonate of soda.



What does the ginger smell like?

Have a sniff of that ginger, mmm! If you have any root ginger in the house, you could compare this to the dried ginger and talk about where it grows. The bicarbonate of soda helps to make the gingerbread rise a little and be more fluffy.

MIXING WET AND DRY INGREDIENTS

Now add together the wet and dry ingredients and mix them up in a bowl. A bit of muscle needed... until you have a nice smooth dough!

How is your dough looking?

If the dough seems too crumbly, then you could add a touch more syrup. If it is too sticky, add a little more flour!



KNEADING THE DOUGH

Once your mixture is a good consistency, you can take it out of the bowl and pat it into a ball shape. Then knead the dough by rolling it and turning it in your hands.

It's good to slap it down on the work surface then give it a good roll. Children usually enjoy this part very much...

You can give them their own mini ball of dough to work with.

(The recipe should make double what is pictured here)





ROLLING THE DOUGH

Now start rolling your dough with a rolling pin until it is about 5mm thick (*not too thick, but not too thin or it will burn*).

Roll on a clean flat worktop, table or chopping board and if it is sticking to the surface or rolling pin, then sprinkle a little flour on them to prevent this.

Now your dough is spread evenly, children can start to cut biscuit shapes:

- Press down hard until the cutter touches the worktop/ board.
- Gently pull away the gingerbread from around the cut shape.



- Gently push a spatula underneath to lift the biscuit and not spoil its shape.
- Place the biscuits on a baking tray. First you need to **grease the baking tray** by smearing it with a bit of butter on kitchen roll. This will stop the biscuits sticking to the tray. Or else place baking paper over the tray instead.

If you don't have any cutters in the house, you could use the lids from jars etc. instead to cut gingerbread rounds. And children always seem to enjoy rolling gingerbread "worms"...



BAKING THE BISCUITS

- Place your tray/s of biscuits in an oven , preheated to 180°.
- Bake for 12-15 minutes until starting to turn golden brown.
- Leave them to cool
(on a wire rack if you have one)

How do they smell...?



ICING THE BISCUITS

If you wish to ice your cooled biscuits:

- Mix some icing sugar in a bowl with a few drops of cold water. (To make it buttercream icing stir in a tablespoon of soft butter). You could add food colouring of your choice too.
- Spread the icing across the biscuits.
- Decorate with raisins, sprinkles etc.



★ The Many Benefits of Baking...

As well as the fun and the eating, baking with young children also teaches them a few things about **Numeracy** and **Science**, as they measure & estimate ingredients, notice & describe different properties of ingredients (e.g. wet, dry, sticky), observe the effects of combining them, experiment with heat reactions and so on...

It is also great for developing **fine motor skills** through mixing, rolling, cutting, kneading etc. It can be an opportunity to think about where foods come from, where ingredients grow or how they are produced.

Plus of course, it teaches good hygiene practice.

There are so many good excuses to make and bake!
It's a WIN-WIN. Enjoy!



**"Run, run as fast as you can,
you can't catch me I'm the
gingerbread man!"**

