Gingerbread People

Ingredients

350g plain flour

1 teaspoon bicarbonate of soda

2 teaspoon ground ginger

1 teaspoon ground cinnamon

125g butter

175g soft brown sugar

1 egg

4 tablespoon golden syrup

Extra flour for rolling out

Writing icing (optional)

Cake decorations (optional)

Utensils

Scales

2 bowls

Sieve

Wooden spoon

Cup and fork

Rolling pin

Cling film

Cutters

Baking trays

Greaseproof paper

Cooling tray

Method

Turn oven on 180c/Gas Mark 4.

Sift together the flour, bicarbonate of soda, ginger and cinnamon.

Add the butter and rub until it resembles breadcrumbs.

Rub the sugar into the breadcrumbs.

Crack the egg into the cup, add the syrup (remembering to put the spoon in boiling water so the syrup doesn't stick – ask an adult.) Beat together. Add to the mixture and mix with the fork until it starts to clump, the finish off with your hands until it looks like dough

Turn out onto a floured work surface and knead briefly until smooth.

Wrap in cling film and put in the fridge for 15 minutes.

Roll the dough out to a ½ centimetre thickness on a lightly floured surface. Using cutters cut out and place on the baking tray, remembering to leave space between them.

Bake for 12-15 minutes, or until lightly golden. Leave on the tray for 10 minutes, then, move to a cooling tray.

Decorate.