

Disclaimer

“We hope you find the information on our website and resource useful. The description of any food or drink preparation or consumption activity contained within this resource is intended as a general guide only. It may not fit your specific situation. You should not rely on the resource to be right for your situation. It is your responsibility to decide whether to carry out the activity at all and, if you do, to ensure that the activity is safe for those participating. You are responsible for carrying out proper risk assessments on the activities and for providing appropriate supervision. We are not responsible for the health and safety of your group or environment so, insofar as it is possible under the law, we cannot accept liability for any loss suffered by anyone undertaking the activity or activities referred to or described in this resource. It is also your responsibility to ensure that those participating in the activity are able to do so and that you or the organisation you are organising it for has the relevant insurance to carry out the activity. It is also your responsibility to note that ingredients or materials used might cause allergic reactions or health problems and to ensure that you are fully aware of the allergies and health conditions of those taking part. If you are unsure, always speak to a suitably qualified health professional.”



Reindeer Gingerbread Biscuits

Ingredients:

- 125g butter (chopped up)
- 350g plain flour (plus extra for rolling out)
- 175g soft brown sugar
- 4 tablespoons golden syrup
- 1 free range egg
- 1 teaspoon bicarbonate of soda
- 2 teaspoons ground ginger
- 1 teaspoon ground cinnamon
- Tubes of icing for decoration

Equipment:

- Large mixing bowl
- Small mixing bowl
- Sieve
- Wooden spoon or spatula
- Weighing scales
- Gingerbread person-shaped cutter
- Two baking sheets
- Baking paper
- Wire cooling rack

Makes 20

What to do

1. Sift the flour, bicarbonate of soda, ginger and cinnamon together in the large mixing bowl.
2. Add the butter and rub it into the dry ingredients until it looks like breadcrumbs.
3. Stir in the sugar.



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4. In the small mixing bowl, beat the egg and golden syrup together. Stir this mixture into the large mixing bowl until it forms a ball that looks like dough.
5. Sprinkle some flour on to the work surface and tip the dough out. Knead it for a few minutes, until it is smooth.
6. Then, wrap it in cling film and chill it in the fridge for 15 minutes.
7. Ask an adult to preheat the oven to 180°C (160°C for a fan oven).
8. Cover two baking sheets with baking paper.
9. Sprinkle some flour on to the work surface again and roll the dough out until it is 0.5cm thick.
10. Use the gingerbread people cutters to cut out 20 shapes. Then, place them on to the baking sheets, leaving a gap between each shape.
11. Ask an adult to put the baking sheets into the oven and bake for 12 – 15 mins. An adult will need to remove the baking sheets from the oven as they will be hot!
12. Leave the biscuits on the baking sheets for 10 minutes and then move each one on to a wire rack to cool.
13. Turn the biscuits upside down so that they no longer look like people. Instead, think of the legs as antlers and they become reindeer!
14. Decorate the reindeer with patterned antlers and reindeer faces, including a red nose like Rudolph!

