



Critical Care Gingerbread Crew



Ingredients

- 4 tbsp golden syrup
- 300g plain flour
- 1 tsp bicarbonate of soda
- 1 ½ tsp ground ginger
- 1 ½ tsp mixed spice
- 100g unsalted butter
- 150g soft dark brown sugar
- 1 egg
- 200g Icing sugar
- 2-4 tbsp water
- 2-4 drops food colouring (red and black)



Method

1. Preheat the oven to 190C/Gas 5. Heat the golden syrup in a pan until it liquifies, then cool.
2. Sift the flour, bicarbonate of soda, and spices into a bowl. Add the butter and rub together with your fingertips until the mixture looks like fine breadcrumbs. Stir in the sugar.
3. Beat the egg into the cooled syrup until well blended. Make a well in the flour mixture and pour in the syrup mix. Bring together to form a rough dough.
4. On a lightly floured surface, knead the dough briefly until smooth, and then roll the dough out to 5mm thick. Using a cutter, cut out the gingerbread men shapes and place on a baking tray.
5. Bake for 12-15 minutes, or until lightly golden. Transfer to a wire rack to cool completely.
6. To decorate, mix icing sugar with water in two separate bowls to form a thin icing. Mix in red food colouring in one bowl, and black food colouring in the other bowl. Transfer the icing to piping bags and pipe on the uniform as well as a smiley face.



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