

## Gingerbread Skeletons

Makes 2-4

### Equipment

Fine Sieve  
Wooden spoon  
1 Teaspoon. 1 Tbsp.  
2 baking trays  
Greaseproof paper  
Clingfilm  
Rolling pin  
Ginger bread Cutters  
Cooling Wire rack

### Ingredients

350g/plain flour, plus a little extra for rolling out  
1 tsp bicarbonate of soda  
2 tsp ground ginger  
1 tsp ground cinnamon  
125g butter/margarine  
175g/ light soft brown sugar  
1 free-range egg  
4 tbsp golden syrup

Preparation Time: 30mins

Cooking Time min 12-15mins

Oven temperature 180C/Gas Mark 4

Assemble all the ingredients and equipment you will need to make **Gingerbread Skeletons**. Do you recognise all the ingredients and equipment? If not, ask an adult to explain them to you. Make sure you wash your hands and wear a clean apron.

1. Sift together the flour, bicarbonate of soda, ginger and cinnamon and pour into a large bowl. Mix really well and add the butter and blend until the mix looks like breadcrumbs. Stir in the sugar.
2. Lightly beat the egg and golden syrup together, add to the mixture and stir until it comes together as a clump. Tip the dough out, knead briefly until smooth, wrap in clingfilm and leave to chill in the fridge for 15 minutes, (if time allows).
3. Preheat the oven to 180C//Gas Mark 4. Line two baking trays with greaseproof paper.
4. Roll the dough out to a 0.5cm/¼in thickness on a lightly floured surface. Using cutters, cut out the gingerbread men shapes and place on the baking tray, leaving a gap between them.
5. Bake for 12-15 minutes, or until lightly golden-brown. Leave on the tray for 10 minutes and then move to a wire rack to finish cooling. When cooled decorate with the writing icing and cake decorations.

**Everyone should help with the clearing up and tidying away. This part is just as important as the cooking and can be as much fun!**

- **Never serve piping hot food straight from the oven or grill. Always allow it to cool slightly first.**