

Paul Rudman's "Gingerbread men" recipe

Pre-heat oven to Gas 3 (160°C).
Grease a large baking sheet.

Put the following into a mixing bowl and mix gently:

4 ounces plain flour
0.5 teaspoon bicarbonate of soda
0.5 teaspoon ground ginger
0.5 teaspoon cinnamon

Put the following into a saucepan and warm until the butter has melted, stirring regularly. Do not let it get too hot!

2 ounces soft brown sugar
2 tablespoons golden syrup
1 ounce butter

Allow the saucepan to cool a little and pour into the mixing bowl along with:

1 teaspoon milk

Mix and kneed into a firm dough.
Wrap in polythene and put in the fridge for 30 minutes.

Roll out the dough to about 0.25 inch thick.
Cut into about 9 figures.
Place on the baking sheet.

Cooking time: 12 minutes @ Gas 3 (160°C)

NOTE: The cooking time is crucial. One minute either way can mean the difference between too soggy and too crisp. What's more, the best time depends on the oven. So, at first, check after 10 minutes, then every minute. The biscuits should be slightly browner at the edges, not as soft as when they started cooking, but definitely still soft on top. Good luck!

Cool for a couple of minutes, then loosen from the baking sheet.
When cold, store in an air-tight container.

Shopping list

Plain flour
Bicarbonate of soda
Ground ginger
Cinnamon
Soft brown sugar
Golden syrup
Butter or margarine
Milk