

The chemistry of gingerbread

Ingredients

- 400 g plain flour
- 3/4 teaspoon bicarbonate of soda
- 2 teaspoon ground ginger
- 2 teaspoon ground cinnamon
- 1/2 teaspoon ground mixed spice
- 1/4 teaspoon ground nutmeg
- 1/2 teaspoon salt
- 180 g unsalted butter
- 125 g dark brown/muscovado sugar
- 1 egg
- 125 g black treacle



Method

1. Sift all the dry ingredients in to a large bowl and set aside.
2. Cream the butter and sugar together until light and fluffy.
3. Add the egg & treacle, and mix.
4. Slowly add the dry ingredients and mix until all incorporated and a dough is formed.
5. Divide the dough into 3 parts, wrap each in cling film or waxed fabric and rest in the fridge overnight ideally.
6. Heat your oven to 170 °C / 325 °F / Gas 3
7. Bring the dough out of the fridge and leave for 10 minutes.
8. Roll out your dough on a lightly floured surface to approximately 4mm thick.
9. Cut your desired shapes and place on a lined baking sheet.
10. Bake for 10 to 15 minutes depending on the size of your biscuits. They should darken very slightly and be fairly firm to the touch.
11. Remove from the oven and leave on the baking sheet for 5 minutes before transferring to a cooling rack.
12. Note: if you are building a gingerbread house be sure to trim any “swollen” edges while the biscuit is hot to prevent it cracking and breaking!

We hope you enjoy your gingerbread biscuits!