

Tide Mill Gingerbread Men



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400g (14oz) Tide Mill Fine wholemeal flour
10g (2 tsp) bicarbonate of soda
10g (2 tsp) ground ginger
110g (4oz) butter
175g (6oz) soft light brown sugar
1 egg (beaten)
60ml (4 tbsp) golden syrup
Currants or chocolate drops to decorate (or use icing, but it's much trickier)

Oven: 170°C/325°F/Fan 150°C/Gas Mark 3

Measure flour, bicarbonate of soda and ginger into a bowl and rub in butter until the mixture resembles fine breadcrumbs. Stir in the sugar. Beat egg and syrup together and add to the mixture to form a fairly firm dough. Knead until smooth. (This can be done in a food processor) Roll out on a lightly floured surface to a 5 mm (¼inch) thickness, cut out your gingerbread men and place on lightly greased baking sheets. Add currant or chocolate drops to form eyes and buttons (or icing). Bake for 12-15 minutes until golden. Leave on baking sheet for one minute and carefully transfer to a wire rack to cool.