

SHREK

# Gingerbread Man



Easy



Prep: 30 Mins  
Cook: 10 Mins

## Ingredients

- 225g plain flour, plus extra for dusting
- ½ tsp salt
- 2 tsp bicarbonate of soda
- 1 heaped tsp ground ginger
- ½ tsp cinnamon
- 50g unsalted butter
- 100g soft brown sugar
- 100g golden syrup

## Method

- 1** Heat oven to 190C/170C fan/gas 5 and line a baking tray with baking parchment. Sieve the flour, salt, bicarb, ginger and cinnamon into a large bowl. Heat the butter, sugar and syrup until dissolved. Leave the sugar mixture to cool slightly, then mix into the dry ingredients to form a dough. Chill the dough in the fridge for 30 mins.
- 2** On a surface lightly dusted with flour, roll out the dough to a ¼-inch thickness. Stamp out the gingerbread men shapes with a cutter, then re-roll any off-cuts and repeat. Place your gingerbread shapes on the lined trays, allowing space for them to spread. Cook for 10-15 mins, then remove from the oven and leave to cool.

**Source:** [www.bbcgoodfood.com/recipes/gingerbread-men-0](http://www.bbcgoodfood.com/recipes/gingerbread-men-0)



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