

****MEDIA RELEASE****

16 December, 2016

T'is the Season for Gingerbread

This Christmas why not treat yourself to a classic treat - gingerbread! Thanks to the hospitality and cookery teachers at TAFE Queensland South West, we have a super easy recipe for you which you can make with children, on Christmas Eve, or at any time during the festive season (and possibly eat them all yourself, hey - we won't judge)...

Ingredients

- 2 cups of plain flour
- 1/2 teaspoon of baking soda
- 1 teaspoon of cinnamon
- 2 teaspoons of ginger
- 125g of butter
- 1 cup of sugar (you can use white or brown sugar depending on your preference, but try brown for a nice crunch)
- 1 egg
- 2 teaspoons of golden syrup
- extra sugar for sprinkling/rolling

Method

- 1) Preheat your oven to 180°C
- 2) Sift all the dry ingredients (flour, baking soda, cinnamon and ginger) into a large bowl
- 3) Rub the butter into the dry ingredients until the mix is fine and crumbly (use your fingers if possible, but you can also use a dough hook on a mixing device - just remember it might come out slightly differently). Add the sugar and mix well.
- 4) In a separate bowl, mix the egg and golden syrup together. Once mixed well, add this to the dry ingredients.
- 5) Using your hands, work the mixture together until it forms a firm dough.

Now for the fun part - you have two options to make the biscuits into traditional or festive shapes:

- Roll the mixture into small balls, dip in the extra sugar and place on greased and/or papered trays approx. 5cm apart. If you like a chewier biscuit, leave as is. If you like a flatter biscuit, using a fork press down lightly on the tops before baking.
- Using a rolling pin, roll the mixture out onto a floured bench (make sure it's clean first). From here, you can use any kind of biscuit cutter to create festive shapes (from trees to Santas to gingerbread men and more). Sprinkle the extra sugar on top (and gently pat if needed) before carefully transferring them to a greased and/or papered tray (and leave plenty of room between the biscuits).

Finally, bake these for 10-15 minutes until golden brown.

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If you want to decorate the biscuits (which can be a very fun, festive activity) make sure you wait until they cool, and away you go.

Enjoy - and a very Merry Christmas and Happy New Year to you, from TAFE Queensland South West!

If you're interested in studying hospitality or cookery at TAFE Queensland South West, call 1300 914 754 or visit www.tafesouthwest.edu.au today!

Disclaimer: The comments provided in this article are general in nature only and are not a substitute for professional advice. The author accepts no responsibility for any action taken by a reader in relation to this article.

****ENDS****

Photo caption: We won't judge you if you eat all the gingerbread biscuits!

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