

Fate Gingerbread Men

Ingredients

300g Fate All-Purpose Mix

100g block margarine

100g soft light brown sugar

1 teaspoon ground ginger

1 teaspoon ground mixed spice

90g golden syrup (the old fashioned kind in a tin, do not use pouring syrup)

15ml (1 tablespoon) water

A few currants and glace cherries for decoration

Method

1. Preheat oven Gas Mark 6/200°C/400°F.
2. Place the Fate All-Purpose Mix into a bowl, and rub in the margarine until it resembles breadcrumbs. Stir in the sugar and ginger.
3. Add the golden syrup and mix with a metal spoon until the mixture forms a dough.
4. At this stage you may begin to think that the mixture is too dry, but do not be tempted to add more syrup, just keep mixing and it will all come together.
5. Lightly dust the surface with extra All-Purpose Mix, and knead the dough a couple of times until it is smooth and not crumbly at all.
6. Lightly dust the surface again with All-Purpose Mix and roll the dough out to about ½ inch thick.
7. Cut a small piece of dough and place in the oven for a test bake. If the biscuit mixture runs, add more Fate All-Purpose Mix to the mixture and try again. If successful, carry on!
8. Cut the dough into shape with a cutter.
9. Push currants into the dough for eyes and buttons, and use small pieces of glace cherry for the mouth.
10. Place on a lightly greased baking tray and bake for 10-15 minutes until golden brown.
11. Leave to cool on the tray for a few minutes as they are very soft when hot, then transfer to a cooling rack.

Note

Instead of gingerbread men you can use the same recipe for other shapes. When the girls were little, we would use this recipe to make Christmas tree decorations at Christmas time. Cut the dough using Christmas cutters, such as Christmas trees, stars, and angels, place on a lightly greased baking tray and put in the oven. After 10 minutes of baking, use a straw to make a hole in the biscuit and return the biscuits back in the oven. After baking and cooling, it is nice to ice them and use pretty ribbon to hang them from the Christmas tree.

They keep well in an airtight tin, or they can be frozen.

It is important to measure the golden syrup accurately in this recipe. A metal spoon dipped in very hot water will make it easier, as the syrup will just slide off it.

The most common failure in gingerbread men is that they spread when put into the oven. I always do a test bake with a little of the mixture first ~ just cut a small biscuit out (any shape) and bake as usual. If the biscuit does not keep its shape, then add a little more Fate All-Purpose mix to the dough. If it does keep its shape then you know the rest will be fine. This recipe is enough for about 10 servings; depending on the thickness you like them.

