

Year 2 Robins

D.T.



Gingerbread



Method

Wash your hands.

Making the gingerbread dough

1. Put 3 tablespoons of plain flour into your mixing bowl.
2. With a knife, chop the butter into small cubes on a chopping board.
3. Put the butter in the bowl with the flour.
4. With your fingertips, rub the butter into the flour until the butter disappears and it is like breadcrumbs.
5. Add 1 ½ tablespoons of sugar to the crumbs and mix it around with a wooden spoon.
6. Add ½ teaspoon of bicarbonate of soda to the crumbs and mix it around with a wooden spoon.
7. Add 1 teaspoon of ground ginger to the crumbs and mix it around with a wooden spoon.
8. Add 2 tablespoons of golden syrup to the crumbs and mix it around with a wooden spoon. The syrup is very sticky so you will need to wait for it to drip off the spoon!
9. Combine your mixture with the mixture made by another group of 3 in one mixing bowl.
10. Get one person in the group of 6 to crack the egg into a small bowl. Make sure there is no eggshell in the bowl. Add the egg to the crumb mixture.
11. Mix the egg into your mixture with a wooden spoon.
12. Squeeze the mixture together into a ball. This is your biscuit dough. Break it in half so each group of 3 has a ball of dough.



Key Vocabulary

Definition

bake	To cook in the oven until it is ready to eat.
cook	To heat food until it is ready to eat, this can be by baking, boiling, or frying.
dough	Flour, mixed with other ingredients until it is ready to be cooked.
ginger	The spicy root of a tropical plant that is used in cooking or preserved in sugar, or a powder made from this root.
raw	Uncooked.
recipe	A set of instructions telling you how to prepare and cook food, including a list of what food is needed for this.
spice	A substance made from a plant, used to give a special flavour to food.
sweet	When referring to food; having a taste similar to that of sugar; not bitter or salty.
transport	The movement of people or goods from one place to another.

Making the biscuits

1. Put a little flour on the table and on your rolling pin, so the dough does not stick.
2. Roll out the dough so it is about half a centimetre thick.
3. Use the gingerbread cutter to cut out about 3 gingerbread biscuits each. Put these on the baking tray. You may need to make the dough into a ball again and re-roll it.

Cooking and decorating the biscuits.

1. Ask your teacher to bake the biscuits in the oven for 10 minutes until they are golden-brown.
2. When they are cooked leave the biscuits to cool.
3. Decorate the biscuits using the icing and smarties. You can stick the smarties on with the icing.
4. Clear up!



Ingredients: 1 teaspoon of ground ginger

For the gingerbread: 1 egg (shared with another group)

3 tablespoons of plain flour

50 grams of butter

1 ½ tablespoons of muscovado sugar

½ teaspoon of bicarbonate of soda

2 tablespoons of golden syrup

For the decoration:

Tube of icing

Smarties

Equipment

Mixing bowl Small bowl

Knife Baking trays covered in greaseproof paper.

Chopping board Rolling pin

Teaspoon Gingerbread cutters

Wooden spoon