

Gingerbread men *(Desserts)*



Preparation

Mix all the dry ingredients (flour, baking powder, salt, baking soda), add cinnamon powder and a pinch of grated nutmeg. Peel off a ginger root and grate about 3 cm of it onto the other ingredients. Whisk together eggs and brown sugar. Add butter and maple syrup and work until soft and even. Incorporate the dry ingredients and work more. Set aside for one night. The day after, roll out the dough until fairly thick (4-5 cm). Cut out the men-shaped biscuits. Bake for 8-10 minutes at 180°C. Once baked, make an icing by whisking egg white, lemon juice and sugar. Once it's fairly thick, use it to decorate the Gingerbread Men.

Tips

Work the dough quickly, otherwise the biscuits won't be compact enough.

Trivia

These days you can find Gingerbread Men throughout the whole world; nevertheless, their origin is British.

Information

Preparation 90 minutes

Total Time 8 minutes

Serves X Serves 30 persons

Level of difficulty Easy

la terra di Puglia



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Ingredients

Italian 00 flour 400 grams

Ginger (3 tablespoons of grated ginger)

Cinnamon (1 teaspoon of cinnamon powder)

Nutmeg (half a teaspoon of grated nutmeg)

Baking soda (a teaspoon of baking soda)

Baking powder (half a teaspoon of baking powder)

Salt (half a teaspoon of salt)

Butter 100 grams

Eggs 1 unit

Brown sugar 200 grams

Maple syrup (4 spoons of maple syrup)

Egg white 1 unit

Lemon (one teaspoon of lemon juice)

Icing sugar 60 grams