



STAR ANISE GINGERBREAD MEN

Ingredients

Makes about 30

175g golden caster sugar

6 tbsp clear runny honey

1 tbsp orange juice

1 tsp vanilla extract

2 tbsp ground ginger

1 tbsp ground star anise

200g unsalted butter

450g plain flour, sifted (plus extra
for dusting)

1 tsp bicarbonate of soda

1/4 tsp salt

writing icing tubes, for decoration

(You will need a spice grinder for the star anise, or you can swap it
for the same quantity of ground nutmeg)

Method:

- ✿ Place the caster sugar, honey, orange juice, vanilla extract, ginger, and star anise in a pan over a medium heat and stir until all the sugar has dissolved.
- ✿ Remove from the heat and add the butter. Stir until it has melted, then set aside and leave to cool.
- ✿ Once cool, add the flour, bicarbonate of soda and salt, and bring the dough together. Wrap the dough in cling film and chill for at least 2 hours.
- ✿ Line two baking sheets with greaseproof paper.
- ✿ Remove the dough from the fridge, unwrap it and roll it out on a lightly floured surface to a thickness of about 0.5cm. Cut out shapes with a gingerbread-man cutter – a 7.5cm cutter will make around 30 biscuits.
- ✿ Gather off-cuts and re-roll the dough as necessary.
- ✿ Place the gingerbread men on the lined baking sheets and transfer to the freezer for 10 minutes to firm up. Preheat the oven to 180°C fan/gas mark 6.
- ✿ Transfer the sheets from the freezer to the oven and bake for 15 minutes, or until golden around the edges and paler in the centre.
- ✿ Remove from the oven and leave to cool on the sheets for 10 minutes, then transfer to a wire rack.
- ✿ Have fun decorating your gingerbread men with icing!



Recipe taken from NADIYA's Bake Me a Story

