

NUTRITION: Lazza's Kitchen Adventure

Ginger Biscuits

**A Brand NEW Recipe from Lazza's Kitchen.
Lazza made his first ever Ginger Biscuits from scratch**

In the eighteenth century, sweet ginger-flavoured biscuits were known as gingerbread nuts. The word bread was removed in the nineteenth century.

**The element "nut" presumably refers to the biscuits' smallness and roundness (ginger nuts seem originally to have been smaller than their twentieth-century descendants).
Just dunk in your tea and enjoy.**

Ingredients

100g Salted Butter, cubed and softened
75g light brown sugar
1 tblspn grated fresh ginger
Couple of thinly sliced/cubed stem ginger
3-4 tblspn of ground ginger
100g golden syrup
250g Self Raising Flour
1 teaspn Bicarbonate of Soda
1 Egg Yolk, beaten

You will need two bowls.

In one bowl, add the flour, bicarbonate, and ground ginger and mix together.

In second bowl, put the softened cubed butter, the sugar, the grated ginger, the stem ginger, and golden syrup, and mix together.

Pop this wet mix into a microwave and heat for 30 seconds, then mix again. We are trying to melt the butter and have it blended so you may have to do for a further 20 seconds if necessary.

Once this mixture is complete, pour one third into the dry flour ginger mix, with half the beaten egg yolk, and gently stir it in till starts clumping. Add another third of mix with rest of egg and mix again, before the final third.

Keep mixing until you form a dough.

Cut the dough into pieces. These need to be large enough to form into balls.

Place the balls on greaseproof paper on oven trays (keeping distance between as they will expand) and cook at 190C for between 10 to 13 minutes, careful not to burn base.

Take out to cool, and enjoy.



**During the pandemic and lockdowns, Lazza decided to try a new hobby - cooking.
Why not try out some new recipes and foods yourself?
More on HMHB recipe pages: www.hmhb2016.org.uk
This was a great and very tasty bake to prepare.**