

SAUNDERS' MALT EXTRACT



Preparation

20
MINS

Refrigeration

30
MINS

Bake Time

15
MINS

Makes

25

Difficulty

MEDIUM

MALT GINGERBREAD PEOPLE

These morish little treats will have everyone asking for more. Recipe makes up to 25 people so there's plenty to share.

INGREDIENTS

Gingerbread People

- 125g unsalted butter, softened
- 1/2 cup (175g) Saunders' Malt Extract
- 1/2 cup (110g) firmly packed brown sugar
- 1 egg yolk
- 2 & 1/2 cups (375g) plain flour
- 1 teaspoon bicarbonate of soda
- 3 teaspoons ground ginger
- 2 teaspoons mixed spice
- Assorted lollies, to decorate

Royal Icing

- 1 egg white
- 1 & 1/4 cups (200g) pure icing sugar, sifted
- 1/2 teaspoon lemon juice, approximately

METHOD

- 1** Preheat the oven to 180°C (160°C fan-forced). Line 2-3 oven trays with baking paper.
- 2** Beat butter, Saunders' Malt Extract, sugar and egg yolk in a bowl with an electric mixer until smooth. Stir in the sifted dry ingredients in two batches.
- 3** Knead the dough on a lightly floured surface until smooth. Divide dough in half, cover with plastic wrap and refrigerate for 30 minutes.
- 4** Roll dough between sheets of baking paper until 5mm thick. Cut into gingerbread shapes and transfer to prepared trays. Reroll excess dough.
- 5** Bake for 13-15 minutes or until just starting to colour around the edges. Cool on trays for 5 minutes then transfer to a wire rack to cool.
- 6** For the royal icing, beat the egg white in a bowl until foamy using a fork. Gradually beat in the icing sugar until combined. Stir in the lemon juice. Add a little more to achieve a piping consistency, if required. Spoon icing into a snap-lock bag and snip off 1 corner. Decorate Gingerbread People with icing and decorations. Set aside for 20 minutes or until set.

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