

Grandma's Favorite Gingerbread Cookies

Kids love to take part in the kitchen, especially when yummy things are being made. But sometimes when the baking preparations take a long time, our younger darlings lose interest.

Gingerbread cookies do require some effort and if you don't have a full day to spare, we suggest breaking down the activity to two days.

The best part is that the sugar and spices act as natural preservatives so you don't have to worry about things getting spoiled throughout the week.

Day 1 | Shopping

Have your little one use a checklist to determine which ingredients you have and which you still need to buy. Children who are learning to write will delight in making their own checklist.

Once you determine what you need to shop for, head to the grocery store together and have your child check off the items.

Back home, get your little one to organize the spices and shelf-stable ingredients on the table for your upcoming baking day. She will most likely want to mix some of them right away. Now is a great time to let her role-play and get creative. Give her small containers, water and spoons. Let her mix the ingredients and transfer some of them to cups or small bowls. Just make sure she's not trying to eat the flour.

Finally, look at the calendar together and circle a date that will be your baking day!

Day 2 | Baking

Ingredients Checklist:

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| <input type="checkbox"/> 165g Honey | <input type="checkbox"/> A pinch of salt |
| <input type="checkbox"/> 150g Sugar | <input type="checkbox"/> 125g Butter
(room temperature) |
| <input type="checkbox"/> 1 tsp Ginger | <input type="checkbox"/> 1.5 tsp Baking Soda |
| <input type="checkbox"/> 1 tsp Cinnamon | <input type="checkbox"/> 1 Egg |
| <input type="checkbox"/> 1/4 tsp Coriander | <input type="checkbox"/> 500g Flour |
| <input type="checkbox"/> 1/4 tsp Nutmeg | |

Instructions:

1. Take a deep pot and add honey, sugar, all the spices, and a pinch of salt. Then put the pot on medium heat. Have your baking soda, butter and egg on hand nearby.
2. Stir the honey mixture until the sugar melts but do not boil. Once foam begins to appear on top, turn off the heat and add baking soda.
3. The mixture will begin to rise. Stir until the process calms down, then add the butter and stir again until it melts.
4. Cool the mixture to below 140°F and add the egg, and stir once more. It's important that the mixture is cool enough to prevent the egg from cooking.
5. With the egg mixed in, take the pot off the stove and start adding in the flour using a spoon. Mix in the flour until the consistency is hard to mix in the pot, then transfer to a working surface to finish off the dough.
6. Wrap the dough in plastic wrap and chill in the fridge for 20 min before rolling.
7. Put a baking sheet on top of a working surface and roll out the dough.
8. Use a cookie cutter to stamp the dough with your favorite shapes. Then gently peel away the surrounding dough.
9. Transfer the sheet to a baking tray and bake the cookies for 8-10 min.
10. Preheat the oven to 350°F and bake the cookies for 8-10 min.
11. The cookies will be soft when you take them out. They will harden after they cool down.