

Gingernuts

Chef: [Lois Daish](#) as heard on [Nine To Noon](#) Monday 13 August 2007

Ingredients

100g butter
225g caster sugar (I use brown sugar)
1 egg
1 tablespoon golden syrup
250g flour
1 teaspoon baking soda
2Tb ground ginger

Method

1. Preheat oven to 170°C.
2. Cream the butter and sugar.
3. Add the egg and golden syrup and beat again.
4. Sift the dry ingredients into a large bowl and stir with a whisk to distribute the soda and ginger evenly through the flour.
5. Combine dry ingredients and the creamed mixture. Mix well – I use my hands.
6. Roll into walnut size balls and place on 2 baking trays lined with baking paper. Leave room for spreading - I do 3 per row, 5 rows per tray - and do not flatten. The gingernuts will puff up and then collapse into characteristic fissures.
7. Bake for 15 -18 minutes until well-baked and deep golden. (In my oven I have to swap tray positions halfway through cooking.)
8. Cool on a rack before storing in an airtight container. Hide container from men.
9. Makes about 30.