



Old Time Crafts and Cooks

Gingerbread Men

Supplies Needed:

- ½ cup hot melted shortening
- ½ cup white sugar
- 1 cup molasses
- ½ cup hot water
- ½ tsp each ground cloves and cinnamon (can substitute nutmeg for cinnamon)
- 1 tsp baking soda
- 4 cups all-purpose flour
- 1 tsp salt
- 2 tsp ginger

History:

For the Victorians, Christmas celebrations always featured delicious treats, often baked a month in advance, and lovingly decorated for the Christmas table.

The first documented instance of figure-shaped gingerbread biscuits was in the court of Queen Elizabeth I of England (reigned 1558 – 1603). She had the gingerbread figures made and presented in the likeness of her important guests.

How To:

1. Preheat oven to 400°F.
2. Melt the shortening and combine with sugar in a large mixing bowl.
3. Add the molasses.
4. Dissolve the baking soda in hot water and add to the mixture.
5. Sift the dry ingredients and add to the liquids all at once.
6. Mix until smooth and well blended.
7. Chill the dough for at least 2 hours.
8. Roll out the dough to a ¼ inch thickness on a well-floured surface.
9. Cut into shapes.
10. Place on a greased cookie sheet and bake for 8 minutes at 400°F.
11. Cool.
12. Decorate if desired.