



Above is a recreation of a Tudor sugar banquet (c1600) by food historian Ivan Day. Most things are made from sugar. Can you find the gingerbread people? Medieval gingerbread involved a rich red powder called saunders. Have a go at making gingerbread using a modern recipe from [BBC Food](#).

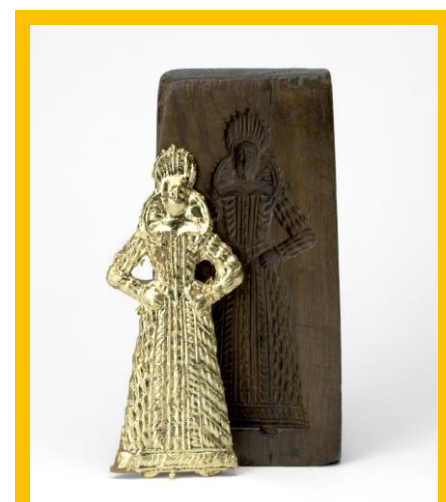
You will need

- 350g plain flour
- 1 tsp bicarbonate of soda
- 2 tsp ginger
- 1 tsp cinnamon
- 125g butter
- 175g soft brown sugar
- 1 egg
- 4 tbsp golden syrup
- Biscuit cutter or stencil



Instructions

1. Sieve the flour, bicarbonate of soda, ginger and cinnamon together.
2. Add the butter and blend or mix until it looks like breadcrumbs.
3. Stir in the sugar.
4. Beat the egg and syrup together. Blend the two together until the mixture clumps.
5. Knead the dough until smooth and then put in the fridge for 15 mins.
6. Preheat oven to 180C/160C Fan/Gas 4 and line two baking trays with greaseproof paper.
7. Roll the dough out on a floured surface until about 0.5cm thick.
8. Cut around your stencils or use a cutter.
9. Bake for 12-15 minutes or until golden.
10. Leave to cool on the tray for at least 10 minutes.
11. Decorate!



Double-sided wooden mould and gilded gingerbread woman. Unknown maker, Netherlands or Belgium, c 1620