



Make gingerbread mummies



Whip up these spooky spiced biscuits for Halloween.

These tasty, slightly creepy-looking gingerbread mummies are perfect to share with trick-or-treating friends, or to nibble while you watch a scary film on Halloween night. However, to the ancient Egyptians, mummies weren't scary. Mummification was just their way of preserving dead people to ensure that their souls would live on in the afterlife. They even mummified animals, including their pets, so if you have animal-shaped biscuit cutters, you could use them too. This recipe takes about 45 minutes to make and will make around 30 mummies, although it depends on the size of your shape cutter. If you can't find Smarties for the eyes, you can use any small, round sweets.



A tasty snack for Halloween.

Instructions

1 Use your sieve to sift flour into a mixing bowl with the bicarbonate of soda and ginger. Using your fingertips, rub in the butter until the mixture resembles fine breadcrumbs, then stir in the sugar.

2 Gently warm the syrup in a glass bowl in the microwave for 15 seconds. Add the egg, whisk together and pour onto the flour mixture. Mix with a wooden spoon until clumps form, then mix with your hands to make a smooth dough.

3 Lightly dust the work surface with flour and roll out the dough to about the thickness of two £1 coins.

Cut out shapes using biscuit cutters and place on baking trays lined with baking paper. Re-roll the trimmings and cut out more shapes until all the dough has been used.

4 Heat the oven to 190°C. Bake the biscuits for 10–15 minutes. Let them cool a bit, then transfer to a wire rack to cool more and harden.

5 To decorate, mix the icing sugar with three to four tablespoons of water. If you have a piping bag, use it to pipe the icing over the biscuits to create the bandage effect, or drizzle it over with a teaspoon. Finish off by adding Smarties for scary eyes.

You will need

Makes around 30

- 350g plain flour and a bit extra
- 1tsp bicarbonate of soda
- 2tsp ground ginger
- 100g butter
- 175g soft light brown sugar
- 3tbsp golden syrup
- 1 medium egg
- 400g icing sugar
- Smarties (for the eyes)
- Sieve
- Mixing bowl
- Glass bowl
- Whisk
- Wooden spoon
- Rolling pin
- Gingerbread shape cutter
- Baking trays
- Baking paper
- Wire cooling rack
- Piping bag or teaspoon



Allergy information

Ingredients in **bold** are allergens. Allergens are substances that can cause allergic reactions in some people. If you have a food allergy, carefully check the items listed. You can find more information at tinyurl.com/TWJ-allergy

DRESSED TO IMPRESS
Some Egyptian mummies were wrapped in about 370 square metres of linen.

WARNING!
Ask permission before you start cooking.



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