



Gingerbread Cookies

Makes 24 to 30 cookies

½ cup (113 grams) of unsalted, softened butter
½ cup (100 grams) white sugar
1 large egg at room temperature
2/3 cup unsulfured molasses
3 cups (384 grams) cups all-purpose white flour
½ tsp. baking powder
½ tsp. salt
1 tsp. ground cinnamon
½ tsp. ground nutmeg
¼ tsp. allspice
¼ tsp. cloves
2 tsp. ginger

FOR THE ICING:

½ cup (113 grams) of unsalted, softened butter
1 tsp. vanilla extract
2 cups (256 grams) confectioner's sugar (powdered or icing sugar)
1 ½ TBS milk

Beat the butter and the sugar for about a minute until it is creamy. Add the egg and beat. Add the molasses and beat until fully incorporated. You can lightly oil the cup for the molasses to prevent it from sticking.

In a separate bowl, mix the flour with the spices and the salt. Add it to the butter and mix it in. Do not over beat. Use your hands to incorporate all the dough and form two balls. Wrap them in plastic wrap and refrigerate for a minimum of four hours.

Heat the oven to 350 degrees F (175 C) and line your cookies sheets with parchment paper or silicon mats.

Roll out your dough and cut it with your mold of choice about 1/8th of an inch or 0.3 cms. Carefully pick them up and transfer them on to the baking sheet. Bake for 9 to 12 minutes or until they start to lightly brown. The cooking time will depend on your oven and the size and thickness of your cookie.

Remove the cookies from the oven and allow them to cool on the sheets for about 5 minutes. They will continue to be soft but will harden as they cool. Transfer them to a cooling rack and cool off completely.

Start making the frosting by beating the butter for a couple of minutes until it is fluffy. Add the vanilla and mix. Start mixing in the powdered sugar a ½ cup at a time. Beat well after each addition. Add the milk and beat for about three minutes.

Place the frosting in a decorating bag or into a ziplock bag. Squeeze it down and remove the air. Make a small hole at the end and decorate your cookies as you like. You can also color this frosting with food coloring.

1 cookie no icing - CALORIES 117.22; FAT 3.62 grs (sat 2.17; mono 0.93; poly 0.22); PROTEIN 1.66 grs ; FIBER 0.44 grs; CARBS 19.70 grs; CHOLESTEROL 15.36 mg; IRON 1.08 mg; SODIUM 54.20 mg; CALCIUM 26.94 mg