

A JOCK'S GUIDE

Episode 6: Gingerbread Hockey Players

Source: www.simplyrecipes.com

Ingredients:

Cookies

1. 3 1/4 cups sifted all-purpose flour
2. 3/4 teaspoon baking soda
3. 3/4 cup (1 1/2 sticks) unsalted butter (room temp.)
4. 1/2 cup dark-brown sugar, packed
5. 1 Tbsp ground ginger
6. 1 Tbsp ground cinnamon
7. 1/2 teaspoons ground cloves
8. 1/2 teaspoon ground nutmeg
9. 1/4 teaspoon finely ground pepper
10. 1/2 teaspoon salt
11. 1 large egg
12. 1/2 cup unsulfured molasses



Wendel Clark Inspired!

Directions:

1 In a large bowl, sift together flour, baking soda, and spices. Set aside.

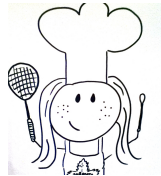
2 In an electric mixer fitted with the paddle attachment, cream the butter. Add sugar and beat until fluffy. Mix in eggs and molasses. Gradually add the flour mixture; combine on low speed. (You may need to work it with your hands to incorporate the last bit of flour.) Divide dough in thirds; wrap each third in plastic. Chill for at least 1 hour or overnight. Before rolling out, let sit at room temperature for 5-10 minutes. If after refrigerating the dough feels too soft to roll-out, work in a little more flour.

3 Heat oven to 350°. Place a dough third on a large piece of lightly floured parchment paper or wax paper. Using a rolling pin, roll dough 1/8 inch thick. Refrigerate again for 5-10 minutes to make it easier to cut out the

cookies. Use either a cookie cutter or place a stencil over the dough and use a knife to cut into desired shapes. (Optional: Press raisins, chocolate chips, or candy pieces in the center of each cookie if desired for "buttons".)

4 Transfer to ungreased baking sheets. Bake until crisp but not darkened, 8 to 10 minutes. Remove from oven. Let sit a few minutes and then use a metal spatula to transfer cookies to a wire rack to cool completely. Decorate as desired.

*** To make HOCKEY PLAYERS,
use a traditional gingerbread man cookie-cutter and ice with
your favourite hockey team's colours! See the video for
ideas!***



<http://www.ajocksguide.com>