

Ginger Cookies

Ingredient List

butter (½ cup + 2 tbsp)

brown sugar (1 cup)

granulated sugar (~ ½ cup)

egg (1 large)

molasses (¼ cup)

ginger root, frozen (~ 2 inches)

all-purpose (AP) flour (2 cup)

baking soda

baking powder

table salt

ground cardamom

ground cloves

ground ginger

candied ginger (115 g)

Directions

Bring **½ cup + 2 tbsp butter** and **1 large egg** to room temperature.

Preheat oven to 350°F.

Finely grate **2 tsp ginger root (frozen)** and mince **115 g candied ginger**. Set aside.

Combine in a small bowl: **2 cup AP flour**, **1 tsp baking soda**, **½ tsp baking powder**, **½ tsp table salt**, **½ tsp ground cardamom**, **½ tsp ground cloves**, and **1 tbsp ground ginger**.

In a medium bowl, beat **1 cup brown sugar** into room temperature butter until lighter in colour (approximately *2 minutes*). Add the **egg**, **¼ cup molasses**, and the **grated ginger**, at medium speed. Mix in the **minced candied ginger**.

Slowly add the dry ingredients, in batches, waiting until the previous amount has been incorporated before adding more.

Pour **approximately ½ cup granulated sugar** into a small bowl. Form dough into 1 inch balls (using a 70 disher). Roll the balls in the granulated sugar, then place them on a baking sheet with enough room to spread during baking. Bake for *12-15 minutes*, until edges begin to brown. Let cool on pan for 5 minutes before transferring to a rack to cool completely.

Makes approximately 48 cookies.

Notes

To make gingerbread cookies, add an extra **1 cup AP flour** to the dry ingredients. Roll dough out and cut into shapes. Bake as for regular ginger cookies.

Nutrition (per serving)

| | | | | | |
|---------------|-------|---------------|-------|-----------|-------|
| Calories | 66 | Carbohydrate | 10 g | Vitamin C | 0 %DV |
| Total fat | 3 g | Dietary fibre | 0 g | Calcium | 1 %DV |
| Saturated fat | 2 g | Sugars | 5 g | Iron | 2 %DV |
| Cholesterol | 10 mg | Protein | 1 g | | |
| Sodium | 82 mg | Vitamin A | 2 %DV | | |