

What to prepare before class:

1. Gingerbread Heart Cookies 2024

Gingerbread Heart Cookies

3 – 4 large cookies

Ingredients:

Gingerbread Spice:

- 2 TSP** of whole anise seeds (or ½ TSP of ground anise seeds)
- 1 TSP** of whole fennel seeds (or ½ TSP of ground fennel seeds)
- 1 TSP** of whole cloves (or 1/2 TSP of ground cloves)
- 2 TSP** of ground cinnamon
- 1 TSP** of ground Allspice
- 1 TSP** of ground ginger

Gingerbread dough:

- Gingerbread spice (prepared above)
- 2 ½ cups** of all-purpose flour + **Extra flour** for flouring surface
- ¾ cup** of confectioners' sugar
- 1 TSP** of baking powder
- 2 TBSP** of cocoa powder
- 2 sticks** (8 OZ) of butter - soft (room temperature)
- ¼ cup** of honey
- 2** large eggs

Optional: for shiny surface:

- 1** egg
- 3 TBSP** of milk

Decorating mixture:

- 2** egg whites – **room temperature**
- 1 ½ cups** of confectioners' sugar
- 2 TBSP** of cornstarch
- 1 TBSP + some extra** of lemon juice with no pulp (fresh lemon juice needs to be filtered over a sieve)

Tools:

Measuring Spoons & Measuring Cups

Mortar and Pestle or small food processor
Kitchen Mixer with Whisk and Flat Beater Attachment or Hand Mixer
Whisk
Plastic Wrap
Bowl Scraper or Silicone Spatula
Rolling Pin
Knife
Icing Spatula
Small mixing bowl
2 Medium Size Baking Sheets with Parchment Paper or Silicone Mat
Sieve
Small decorating bag (with a fine round tip) or a small freezer bag *

* I use a round tip, 01 (opening about 1.5 mm) or 02. You can avoid using a tip, but it will make it a little harder to decorate.

Additional Preparation steps:

Aside from preparing the ingredients and tools listed above, please perform the following preparation steps before taking the class:

At least half an hour before the class and preferably on the evening before the class:

1. Gingerbread spice:

1.1. Place into a mortar:

2 TSP of whole anise seeds
1 TSP of whole fennel seeds
1 TSP of whole cloves
2 TSP of ground cinnamon
1 TSP of ground Allspice
1 TSP of ground ginger

And process using a pestle until a fine texture is reached.

Note: If you don't have a mortar and pestle, you can use a small food processor.

2. Gingerbread dough:

2.1. Place into a kitchen mixer with a flat beater attachment:

Gingerbread spice
2 ½ cups of all-purpose flour
¾ cups of confectioners' sugar
1 TSP of baking powder

2 TBSP of cocoa powder

Shortly stir together using a hand whisk until nicely combined (about 1 minute).

2.2. Add:

2 sticks (8 OZ) of butter - soft (room temperature)

¼ cup of honey

2 large eggs

Process at a slow speed until all ingredients are partially combined.

2.3. Then increase the speed to medium-high and process until the dough is formed (about 2 - 3 minutes).

Note: The cookie dough will be sticky after processing. It will harden during the following resting time in the fridge.

3. Dough resting time:

3.1. Wrap the dough with plastic wrap (scoop it on the wrap and then cover it with the wrap). If you want to work with the dough soon, form it into a disk, not into a roll shape).

3.2. Let cool in the refrigerator until partially, but not totally, hardened (about 1 hour).

Important: If the dough in the refrigerator fully hardens (if left for a longer time, for example, overnight), remove from the refrigerator about half an hour before cutting to hearts.

+ Remove 2 extra eggs from the refrigerator about 1 – 2 hours before class.

Please let me know if you have any questions: tom@cookinghub.com