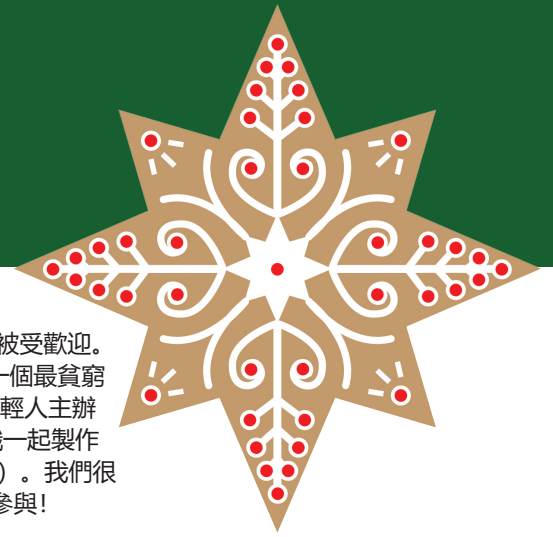


A GINGERBREAD CHRISTMAS

聖誕·薑餅濃情



Gingerbread is loved in Eastern/Central Europe and never more so than at Christmas. Our card, this year, was made by young adults undertaking programmes run by Help4orphans in Moldova, one of Eastern Europe's poorest countries. (More detail on card and at QR code overleaf.) We honour and support H4O's efforts to empower those in need.

薑餅在中/東歐的聖誕節日中特別被受歡迎。我們今年的聖誕卡是跟東歐其中一個最貧窮的國家 - 摩爾達維亞內一個由年輕人主辦及受惠的Help4orphans扶貧組織一起製作的（參考卡上和背頁QR碼內資料）。我們很榮幸能夠扶持和跟H4O一起合作參與！

Recipe 食譜

TRADITIONAL EUROPEAN GINGERBREAD

INGREDIENTS

1/2 cup honey
1/3 cup butter
1/2 cup dark brown sugar
1 large egg (lightly beaten)
2 1/4 cups flour
1/2 teaspoon mixed spice
2 1/2 tablespoons cinnamon
2 1/2 tablespoons ground ginger
1/2 teaspoon salt

Note: Mixture might feel moist when handling, but cooks well nonetheless!

INSTRUCTIONS

1. Preheat oven to 350 degrees Fahrenheit/180 degrees Celcius
2. In a saucepan, heat the honey, butter and brown sugar over medium heat until the butter melts and sugar dissolves.
3. Remove from heat and cool. (You don't want to scramble the egg you're adding in the next step.)
4. Stir in egg.
5. Add flour, spices and salt. (Adjust spices to taste if needed.)
6. Roll out dough on lightly floured surface, about 1/4 inch/6 mm thick.
7. Wrap in plastic, if time, and rest dough in fridge for 30 minutes.
8. Cut into preferred shapes. (If making hole for hanging, do so before cooking.)
9. Cook for approx. 8 mins.
10. Cool on rack. Gingerbread will harden as it cools.

There's no need to use this particular recipe, of course. By all means, use your own favourite or even a store-bought dough if there is one handy. The idea is just to think of those in need in Moldova!

傳統歐式薑餅

材料：

1/2杯	蜜糖
1/3杯	牛油
1/2杯	深啡糖
1只	雞蛋（大）
2 1/4 杯	中筋麵粉
1/2 茶匙	英式混合香料
2 1/2湯匙	肉桂粉
2 1/2 湯匙	薑粉
半茶匙	鹽

*偏濕的麵糰是正常和不會影響烘培

做法

1. 烤箱預熱攝氏350度/華氏180度
2. 用平底鍋把蜜糖、牛油和深啡糖用中火煮至完全融化
3. 平底鍋離火一會（避免以下步驟變蛋花）
4. 快速拌入蛋漿
5. 篩入麵粉、香料和鹽（可調整香料分量）
6. 輕撒麵粉杆平麵糰約 1/4 寸或6毫米厚
7. 保鮮紙包好麵糰放入冰箱30分鐘
8. 割出喜愛的小薑餅形狀（如要吊起小薑餅裝飾，焗前先弄個小洞）
9. 放入烤箱焗8分鐘
10. 薑餅放涼後變硬即成

*可用自家的食譜或買即用的麵糰，感謝大家支持摩爾達維亞人！

CUT OUT GUIDELINES FOR STENCILS 紙樣製作



- Photocopy or scan the shapes overleaf. (Or download another copy online via our QR code there.)
- Choose clean, thick cardboard.
- Glue paper shapes to cardboard and cut out templates.
- After rolling dough, as above, cut out shapes using a knife to trace around template.
- Cook as per recipe. Cool and decorate. (Decoration ideas also at QR code overleaf.)

Optional: If you would like to hang it, make a hole before cooking. (A chopstick, or something like it, works well.) Make sure it's not too near the edge or the cookie will break. Once cooked and cooled, thread it with a ribbon to hang.

• 先把後頁重新打印或掃描出來（也可用QR碼下載並打印圖案）

• 準備一張乾淨的厚卡紙

• 把新圖案頁黏貼在厚卡紙上並把小圖案紙樣剪出來

• 跟食譜做法杆平麵糰，用小刀按小紙樣割出不同形狀的小薑餅麵糰放入烤箱焗好，放涼後變硬即成（可參考QR碼薑餅裝飾貼士）

備注：如想吊起小薑餅裝飾，焗前先在中間弄個小洞（像筷子的東西），洞口要在小麵糰中間，太過靠近邊緣焗好的小薑餅會容易碎掉，焗後放涼用繩把小薑餅吊起來便成。





STENCILS FOR COOKIE CUT OUTS 薑餅紙樣

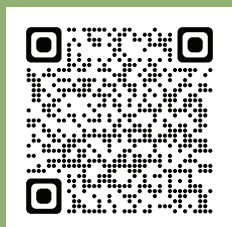
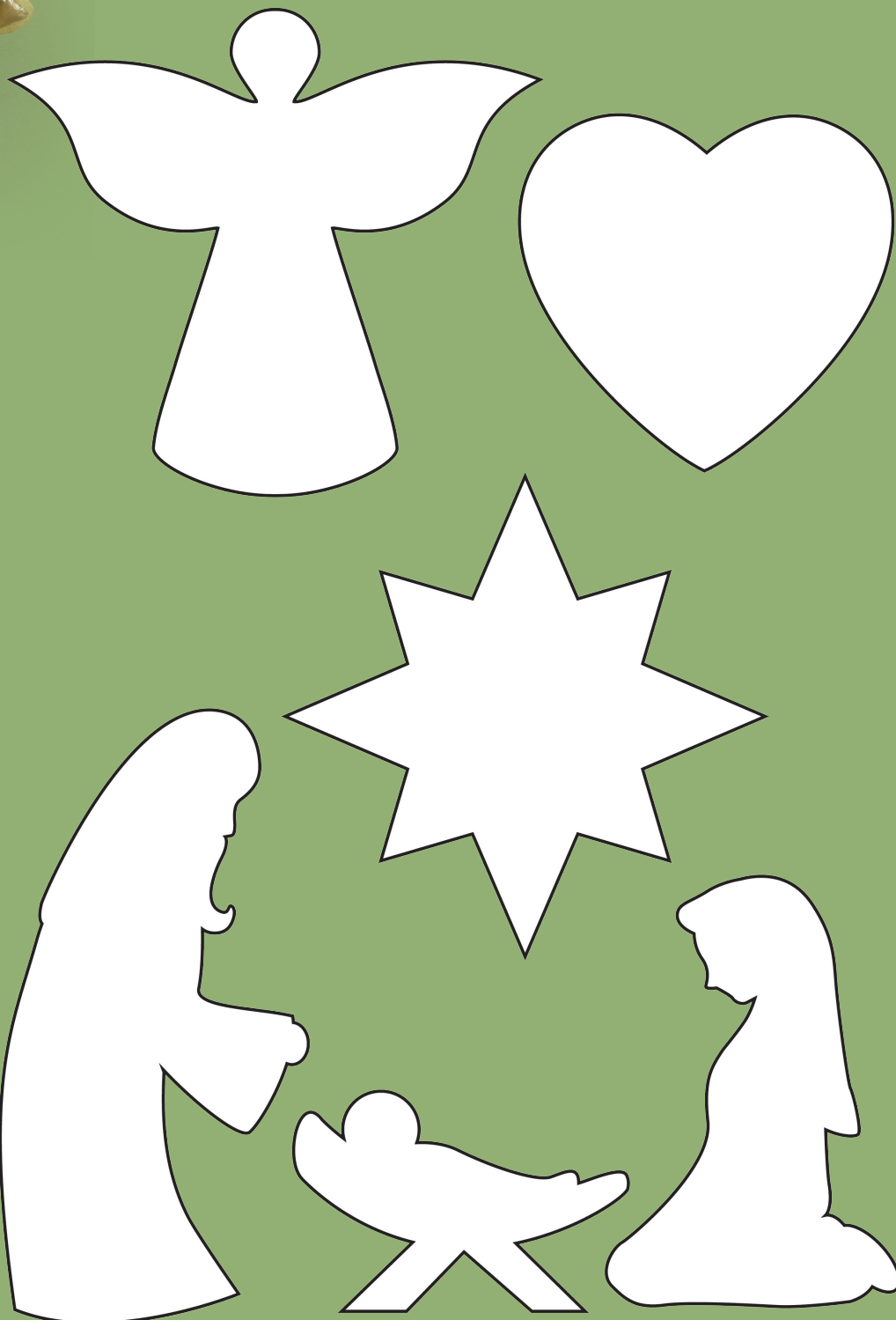
(Cut out guidelines overleaf)

Tip! Copy or scan this side before cutting. (Or download a copy at QR code below.)

(紙樣製作背頁)

貼士! 打印或掃描此頁先製作小薑餅紙樣 (或用QR碼下載)

Hung gingerbread looks
especially festive
吊起來小薑餅帶出濃厚的節日
氣氛!



At this QR code, you will find other gingerbread recipes, decoration ideas and a further copy of this template page if you need to download it. It also points to more information about H4O.
此QR碼內載有H4O的資料和其它不同的薑餅食譜/裝飾意念/圖案紙樣以供參考及打印。

