

Sticky Ginger Buns

The smell of ground ginger and nutmeg are warming and autumnal, making these sweet treats perfect to bake at an after-school club or community group. You could even bake them to sell at a Cook and Share event or Bonfire Night.

Organisation and skill: ★★★ **Cost:** £££ **Equipment:**   

Community involvement: children under supervision, young adults, families, older people

Ingredients

- 75g butter
- 75g soft dark brown sugar
- 1 tbsp golden syrup
- 150g self-raising flour
- 2 level tsp ground ginger
- ½ tsp ground nutmeg
- ½ tsp bicarbonate of soda
- 1 egg
- 3 tbsp milk

For the topping (optional):

- 1 piece stem ginger cut into small pieces
- 1 tsp syrup from the stem ginger jar
- 75g icing sugar
- Juice ½ lemon

Equipment

- small pan
- mixing bowl
- sieve
- measuring jug
- fork or small whisk
- wooden spoon
- bun tin
- paper cake cases
- lemon squeezer

Allergy aware:
This recipe contains
butter, eggs, flour
and milk.



How to make it

- 1 Heat the oven to 160°C or Gas 3.
- 2 Place the butter, sugar and syrup in a pan and melt over a low heat. Leave to cool.
- 3 Sieve the flour, salt, ginger, nutmeg and bicarbonate of soda into a mixing bowl.
- 4 Whisk the egg and milk in the measuring jug then add the cooled syrup mixture.
- 5 Make a 'well' in the centre of the dry ingredients then pour the egg and syrup mixture into it. Beat the cake mixture with a wooden spoon until it is smooth and glossy.
- 6 Divide the mixture between the paper cases in the bun tin.
- 7 Bake in the oven for 20 - 25 minutes until the cakes are risen well and firm to touch. Allow to cool.
- 8 For the topping, sieve the icing sugar into a bowl and stir in the ginger syrup, lemon juice and enough water to make a smooth, thick icing. Drizzle it over the cooled buns and top with chopped ginger.



 160°C/Gas 3  20-25 mins



Cooking and sharing together

What are your favourite things to do on Bonfire Night?

Have you checked out our resource about seeds, herbs and spices? Give your sense of smell a work out and see if you can tell what ginger and nutmeg smell like in a blindfold taste test!

Recipe hints and tips

These buns have a lovely sticky crust, perfect for enjoying at a Halloween party or on Bonfire Night.

Storage wise: This recipe will keep in a sealed container for 4-5 days.

Portion wise: serves 8-12 depending on the size of cake cases and can be served with yogurt or on its own.

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