

# 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.