



Swedish Tradition

The name Pepparkakor means 'spiced cakes', and originally, Swedish gingerbread biscuits did contain pepper. This was considered to have a calming effect on the digestion, and pepparkakor were once believed to make you happier and kinder!

Pepparkakor are often baked in rounds or hearts, but around Christmas time, you will see them in the shapes of men and women, pigs, and the enigmatic Christmas goat.

Swedish custom says to place a Pepparkakor in the palm of your hand. Then you make a wish, and using the index finger or thumb of your other hand, tap the cookie in the middle until it breaks. Tradition says that if the pepparkakor breaks into three pieces, your wish will come true (but only if you don't speak until all the pieces are eaten!).



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INSTRUCTIONS

Keep your dough in the fridge until you are ready to bake. it will keep for about a month in the fridge, or up to 6 months in the freezer.

1. Heat your oven to 180 C and line a baking tray with baking paper.
2. Take your dough out, cut in two and put half back in the fridge (it gets difficult to work with when it gets too warm, so work in smaller batches).
3. Lightly flour your working surface, and roll out the dough until it is very thin,
4. Use cookie cutters to cut out your shapes, place them on the tray and pop in the oven.
5. Allow to bake for 7-8 minutes, or until a rich brown colour.
6. Cool on the tray for 5 minutes, then transfer to a wire rack.

Store in an airtight container.

Piping Icing

Mix 200g icing sugar (not icing mixture) with the white of 1 egg and 2ml (1/4tsp) white vinegar.

Transfer to a piping bag or snap-lock bag with the tiniest corner snipped off, and decorate to your heart's content!

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