



Ginger & cardamom biscuits with rosewater icing

Ingredients: (makes 20 biscuits)

125g unsalted butter, softened
½ cup (90g) brown sugar
⅓ cup honey
2½ cups plain flour, sifted
1 teaspoon bicarbonate of soda, sifted
2 teaspoons ground ginger
½ teaspoon ground cardamom
1 cup icing sugar
1 tablespoon lemon juice
1 teaspoon rosewater

Method:

1. Place butter and sugar in the bowl of an electric mixer and beat on medium speed for 4-5 minutes or until pale and creamy.
2. Scrape down the sides of the bowl, before adding honey, flour, bicarbonate of soda, ginger and cardamom. Beat until a smooth dough forms.
3. Roll the dough out between two sheets of baking paper to 5mm thick. Refrigerate for 30 minutes or until firm enough to handle.
4. Preheat oven to 140°C (fan-forced). Use a cookie cutter to cut out star shapes from the dough and carefully transfer to lined baking trays. If the dough becomes too soft, place in the freezer for 5-10 minutes or until firm once again. Bake biscuits for 16-18 minutes or until light golden and dry to the touch. Allow to cool completely on the trays.
5. Stir icing sugar, lemon juice and rosewater together in a small bowl until smooth. Transfer to a piping bag to decorate cooled biscuits.

Nutrition Information: (Per biscuit)

Energy:	678kJ (162cal)	Protein:	1.8g	Total Fat:	5.4g
Saturated Fat:	3.5g	Carbohydrate:	27g	Sugars:	15g
Fibre:	0.5g	Sodium:	67mg		