

# Fermented Gingerbread Cookies

*By Alison of Ancestral Kitchen*

**These cookies are loosely based on the originally-Belgian 'Lebkuchen'.** Some recipes for this use egg. A lot of them also use old leavening agents. My son has an intolerance to eggs, and I prefer the easier-to-find, modern baking powder so I use that instead. Play with whatever spices you like!

**The cookies are made in two distinct phases.** In phase one, you mix up a flour/honey dough. This is then **laid down to ferment/mature** for a couple of days to months. Returning when you want to bake the cookies, you **retrieve this matured dough and prepare the final mix before baking.**



Check my instructions for the phase one mixing here: <https://ancestralkitchen.com/how-to-make-fermented-gingerbread-cookies/>

**Follow below for how to mix up the final dough and cook!**

The cookies are great fresh from the oven, but keep well. I often top mine with home-made 100% cacao 'bean-to-bar' chocolate (see my course here: <https://ancestralkitchen.com/product/bean-to-bar-chocolate-with-no-special-equipment/>) and some freshly grated orange zest.

Here's my recipe, which makes 12 2-inch cookies:

*Ingredients:*

250g of the fermented phase-one dough

Spices (I often use 5 cloves, 3/4tsp aniseed, 1/2tsp nutmeg, 7 all-spice berries, 2 tsp ginger and 1/2tsp cinnamon. I ground the whole spices before adding.)

Pinch of salt

4.5g baking powder (roughly 1&1/4tbsp)

20g butter

Splash or two of water if needed to make a pliable dough

*Method:*

- Break the fermented dough up into small pieces and place in the bottom of a mixing bowl.
- Add the spices, salt, baking powder and butter.
- Work the mix with your hand until it is well-combined, adding water if necessary to make a pliable dough. Try not to over-work as this will make it harder to roll out.
- Flour a board and rolling pin and roll out the dough, cutting cookies and then scrunching up the dough when finished to make another batch (note if your dough is too sticky to do this, you can wrap it and place it in the fridge for an hour before trying again).
- Put the cookies on a greased or baking paper-covered baking sheet and bake at 175C/350F for 8-10 minutes until ever-so-slightly coloured. Watch them carefully as they will burn easily.
- Leave cool and, if desired, top with melted chocolate and grated orange zest!