

## GINGER CREAM COOKIES

Almost synonymous with the holiday season, gingerbread pastries are age old. In China, ginger root was commonly used as a medical treatment. It spread to Europe via the Silk Road. During the Middle Ages its use expanded to help disguise the taste of preserved meats, and supposedly build resistance against the plague. Hard ginger cookies, like today's ginger snaps, were gilded in gold leaf and shaped like animals, kings and queens to be enjoyed and eaten at Medieval fairs in England and France. It's believed that Queen Elizabeth I popularized the decorated gingerbread man we recognize today<sup>1</sup>.

Below we'll cook the Ginger Creams that were a popular Betty Crocker recipe<sup>2</sup> in the early 1900s.

## INGREDIENTS

### FOR COOKIES:

¼ cup shortening or softened butter  
½ cup sugar  
1 egg  
½ cup molasses  
1 teaspoon baking soda  
½ cup water  
2 cups flour  
½ teaspoon salt  
1 teaspoon ginger  
½ teaspoon nutmeg  
½ teaspoon cloves  
½ teaspoon cinnamon

### FOR ICING:

¾ cup confectioners' sugar  
¼ tsp vanilla extract  
1-2 tablespoons cream



## MAKING THE COOKIES

1. Preheat oven to 400°F.
2. Mix together the shortening, sugar, egg, molasses and water.
3. Slowly add in dry ingredients.
4. Drop dough by the teaspoon onto parchment-covered baking sheets about 2 inches apart.
5. Bake 8-9 minutes or until almost no imprint remains when you touch the cookie with your finger.
6. Make icing by combining confectioners' sugar, vanilla and enough cream to make spreadable.
7. Once cookies are cool, frost with a small amount of icing.

---

<sup>1</sup> <https://www.pbs.org/food/the-history-kitchen/history-gingerbread/>

<sup>2</sup> <https://carbsandfiber.com/2013/06/28/best-cookies-of-1910-1920-ginger-creams/>