



Brandy snaps

 Vegetarian

READY IN



18 min.

SERVINGS



12

CALORIES



199 kcal

SIDE DISH

Ingredients

- ☐ 50 g butter
- ☐ 50 g brown sugar
- ☐ 50 g golden syrup
- ☐ 50 g flour plain sifted
- ☐ 0.3 tsp ground ginger
- ☐ 1 tsp lemon zest
- ☐ 1 tsp brandy
- ☐ 12 servings vegetable oil for greasing

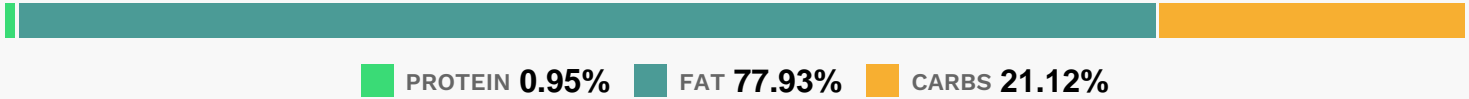
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ wire rack
- ☐ ramekin
- ☐ baking pan
- ☐ wooden spoon

Directions

- ☐ Preheat the oven to 180C/ 160 fan/ gas mark 4 and two baking trays with baking parchment.
- ☐ Put the butter, sugar and golden syrup in a saucepan and heat gently until the butter and sugar have melted.
- ☐ Put the flour and ginger in a bowl and make a well in the centre.
- ☐ Add the lemon zest and juice and the brandy.
- ☐ Pour in the butter mixture and gradually beat it into the flour until the mixture is thoroughly combined.
- ☐ Use a teaspoon to dollop 3 – 4 heaps of mixture onto the prepared baking tray. A heaped tsp is enough for a cigar and two heaped teaspoons is enough for a basket. Space them well apart as they will spread. Cook in batches for 8 10 mins until set, golden brown and lacy in appearance. Do not allow to go too dark as they will taste bitter. Leave for a minute before shaping the snaps should still be pliable but set enough to move without tearing.
- ☐ You can shape the brandy snaps into cigars or baskets. To make cigars, oil the handle of a wooden spoon and wrap the brandy snap around. If you have a long handle or more than one spoon, you can do a few at a time. The base of the biscuits should be the bit that touches the spoon so that the top presentation side of the biscuit is seen.
- ☐ Transfer to a cooling rack. To make baskets, oil the base of small ramekins or narrow tumblers and drape the biscuits over them. The top of the biscuit should touch the base this time as this is the bit you'll see.
- ☐ Pipe whipped cream into the cigars or use the baskets or cones for ice cream and berries. If not using straightway, store in an airtight container for up to 5 days.

Nutrition Facts



Properties

Glycemic Index:16.92, Glycemic Load:4.38, Inflammation Score:-1, Nutrition Score:2.2391304176139%

Nutrients (% of daily need)

Calories: 199.13kcal (9.96%), Fat: 17.42g (26.8%), Saturated Fat: 4.28g (26.78%), Carbohydrates: 10.62g (3.54%), Net Carbohydrates: 10.49g (3.81%), Sugar: 7.36g (8.18%), Cholesterol: 8.96mg (2.99%), Sodium: 28.07mg (1.22%), Alcohol: 0.14g (100%), Alcohol %: 0.56% (100%), Protein: 0.48g (0.95%), Vitamin K: 26.05µg (24.81%), Vitamin E: 1.24mg (8.3%), Vitamin B1: 0.03mg (2.2%), Manganese: 0.04mg (2.18%), Selenium: 1.53µg (2.18%), Vitamin A: 104.22IU (2.08%), Folate: 7.82µg (1.95%), Iron: 0.24mg (1.31%), Vitamin B2: 0.02mg (1.31%), Vitamin B3: 0.26mg (1.28%)