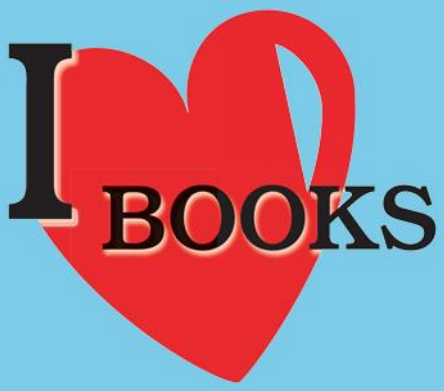


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Opening extract from

Nadiya's Bake Me A Story

Written by

Nadiya Hussain

Illustrated by

Clair Rossiter

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To my three beautiful children,
Musa, Dawud and Maryam.

Your love of reading and being read to while I've been elbow-deep in the kitchen inspired this book. "Why can't we read and cook at the same time?" they asked. The rest, as they say, is history.



Hello!

I'm Nadiya, and these are my three kids, Musa, Dawud and Maryam. It's lovely to meet you!

There are two special things that my family and I love to do together – baking and sharing stories. I wrote *Bake Me a Story* to bring both of those special things together in one book so you can enjoy them too.

As you will discover inside, each chapter has a story and a recipe. You could read the story first and then make the recipe, or you could enjoy reading while your bake is in the oven.

While you are waiting for your pumpkin flapjacks to go golden brown in the oven, why not curl up with the story of 'Cinderella, the Party and the Pumpkins'? Or meet Little Red Hen, who loves baking bread, before making a delicious blueberry and orange soda loaf of your own. It doesn't matter which way round you enjoy the baking and the stories – all that matters is that you have fun!

There are useful tips from me on the next page, as well as with every recipe. Grown-ups, you might find some of the tips on the recipe pages helpful if you are baking with kids of different ages.

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So, pop on your apron and wash your hands – it's time to get busy as we bake and share stories.

Meet you in the kitchen!

Love,

Nadiya



XXXX

HELPFUL HINTS AND TASTY TIPS

Safety in the kitchen

Always make sure a grown-up is with you in the kitchen.

Don't touch the kitchen knives – they are sharp! If a grown-up says you can use them to chop or slice, be very careful.

Ask a grown-up to help you if you are using a food processor.

Always wash your hands in warm soapy water before you start.

Be careful of the hot oven and hobs.



Oven temperature

All the recipes in this book have been tested in a fan-assisted oven. If you are using a conventional oven, increase the temperature by 20°C.

Measurements

g – grams
ml – millilitres
tsp – teaspoon
tbsp – tablespoon
°C – degrees celsius



Recipe guide

Every recipe has a guide to show you how easy or difficult it might be. Always make sure a grown-up is with you when you try any of these recipes, especially when it needs a knife or a food processor, or involves anything hot.



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It was nearly elevenses time, and a little old lady was at home with nothing to dunk in her cup of tea. She rootled through her cupboards. There were no chocolate cookies, no figgy rolls – not even any plain old crackers. But she could see lots of flour, brown sugar, honey and jars upon jars of spices.

The little old lady decided to make her favourite biscuit – a gingerbread guy. But when she went to add her ginger, she realised that there wasn't quite enough left in the jar for her recipe. So the old lady reached for another of the spice jars instead. The label read 'star anise'. She gave the jar a sniff – it smelled sweet and smoky and a little bit magical, so the little old lady measured out a tablespoon of star anise, added it to the mixture, and put her gingerbread guy in the oven to cook.

After fifteen minutes, the cottage was filled with the most delicious smells. The old lady took the gingerbread guy out of the oven and turned to put the kettle on. But when she turned back, she couldn't believe her eyes – the gingerbread guy had jumped off the baking tray and was running out of the front door.



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"Don't go, gingerbread guy!" cried the little old lady. "I want to dunk you in my tea!"

She kicked off her carpet slippers and chased her biscuit down the street. When she caught up with the gingerbread guy, the old lady grabbed his little arm but he was still too hot from the oven. "Ow!" she cried, and let him go.

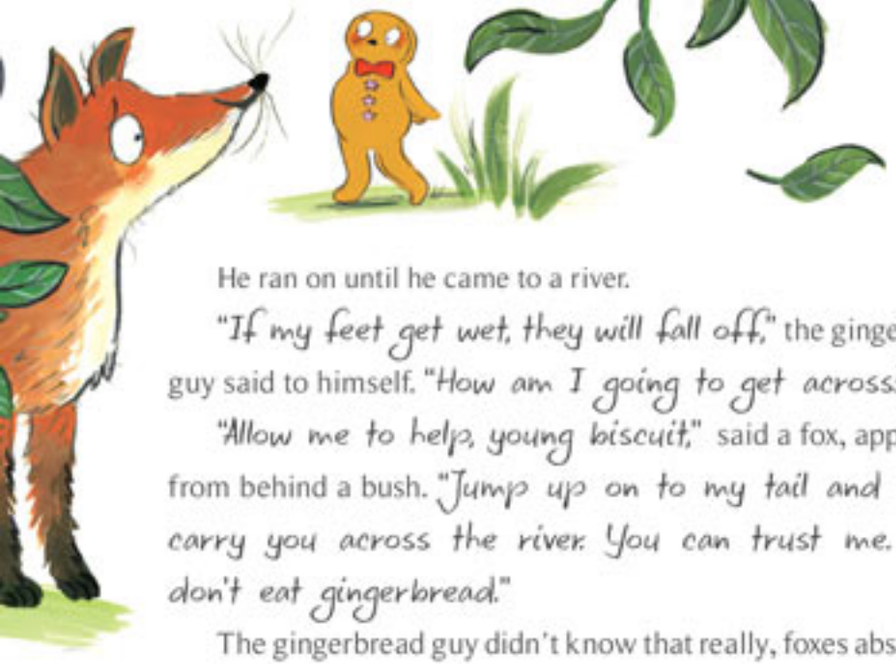
The gingerbread guy ran on down the street. Before long he came to a field, where he ran past a cow.

"Stop, little gingerbread guy!" mooed the cow. "I'm fed up of eating grass. I'd love a biscuit instead."

The gingerbread guy didn't stop, so the cow gave chase. When she caught up with the gingerbread guy, she gave him a big sniff.

"You smell different . . ." the cow said, confused. And while the cow was having a good long think, the gingerbread guy sneaked away.





He ran on until he came to a river.

"If my feet get wet, they will fall off," the gingerbread guy said to himself. "How am I going to get across?"

"Allow me to help, young biscuit," said a fox, appearing from behind a bush. "Jump up on to my tail and I will carry you across the river. You can trust me. Foxes don't eat gingerbread."

The gingerbread guy didn't know that really, foxes absolutely *LOVE* gingerbread, so he jumped on to the fox's tail and the fox plunged into the river.

"My feet are getting wet!" said the gingerbread guy.

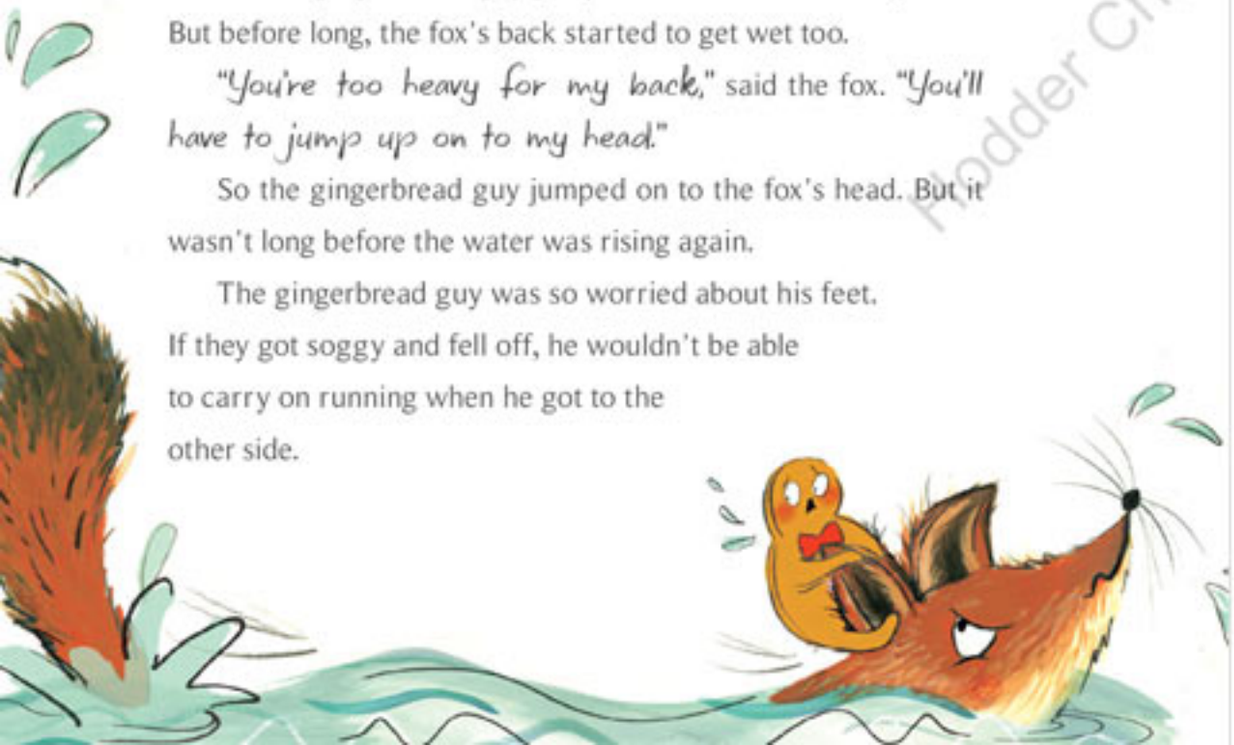
"You're too heavy for my tail," said the fox. "Jump up onto my back."

So the gingerbread guy jumped onto the fox's furry back. But before long, the fox's back started to get wet too.

"You're too heavy for my back," said the fox. "You'll have to jump up on to my head."

So the gingerbread guy jumped on to the fox's head. But it wasn't long before the water was rising again.

The gingerbread guy was so worried about his feet. If they got soggy and fell off, he wouldn't be able to carry on running when he got to the other side.



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"There's only one way to keep your feet dry," said the fox. "You'll have to keep jumping high in the air, until we reach the riverbank."

So the gingerbread man jumped as high as he could.

The sly fox tipped his head back, his jaws wide open.

The gingerbread guy landed in the fox's mouth, and ... SNAP! the fox's jaws closed shut.

"Pah!" The fox spat out the gingerbread guy in surprise. "You taste different!" he spluttered.

Then the fox realised his mistake. "But, different tastes soOOOoo good! Come back, so I can eat you properly!"

The not-just-ginger gingerbread guy laughed. "That'll be the star anise!" he yelled over his shoulder to the fox. And on his little dry feet, he carried on running.





STAR ANISE GINGERBREAD MEN

Makes about 30

Ingredients

175g golden caster sugar
6 tbsp clear runny honey
1 tbsp orange juice
1 tsp vanilla extract
2 tbsp ground ginger
1 tbsp ground star anise
(You will need a spice grinder for the star anise, or you can swap it for the same quantity of ground nutmeg)
200g unsalted butter
450g plain flour, sifted, plus extra for dusting
1 tsp bicarbonate of soda
¼ tsp salt
writing icing tubes, for decoration





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Method

- Place the caster sugar, honey, orange juice, vanilla extract, ginger and star anise in a pan over a medium heat and stir until all the sugar has dissolved.
- Remove from the heat and add the butter. Stir until it has melted, then set aside and leave to cool.
- Once cool, add the flour, bicarbonate of soda and salt, and bring the dough together. Wrap the dough in cling film and chill for at least 2 hours.
- Line two baking sheets with greaseproof paper.
- Remove the dough from the fridge, unwrap it and roll it out on a lightly floured surface to a thickness of about 0.5cm. Cut out shapes with a gingerbread-man cutter – a 7.5cm cutter will make around 30 biscuits.
- Gather off-cuts and re-roll the dough as necessary.
- Place the gingerbread men on the lined baking sheets and transfer to the freezer for 10 minutes to firm up. Preheat the oven to 180°C fan/gas mark 6.
- Transfer the sheets from the freezer to the oven and bake for 15 minutes, or until golden around the edges and paler in the centre.
- Remove from the oven and leave to cool on the sheets for 10 minutes, then transfer to a wire rack.
- Have fun decorating your gingerbread men with icing!



Nadiya's tip

You could try raisins for eyes, or chocolate drops for buttons. Attach them to the gingerbread with writing icing.

