COMFORT AND JOY

Mum's Ginger Shortbread Stars

Little stars, lovely memories, and a bit of crunch.



Every Christmas, my Mum's ginger shortbread stars would appear, tucked into a lovely little square tin in Christmas colours.

There were never too many, but somehow there were always enough, and they seemed to last forever.

The stars were thin, delicate and wonderfully crisp, with a remarkable amount of flavour and crunch packed into something so small.

That was rather like Mum's approach to things. Nothing was ever excessive. Just enough. Carefully made for us, with a little nod to Christmas in their star shape.

Sometimes the smallest things bring the most comfort and joy.

THE RECIPE

A little Christmas tradition

Makes approximately 30 small stars • 145°C fan • 12 minutes

Ingredients

100 g softened salted butter

50 g caster sugar

125 g plain flour

25 g cornflour

2 tsp ground ginger

50 g stem ginger, finely chopped

Method

1. Cream the softened butter and caster sugar together until combined.

2. Sieve in the flour, cornflour and ground ginger. Mix until the mixture starts to come together.

3. Add the finely chopped stem ginger, then bring everything together by hand to make a dough.

4. Roll to around 5 mm thick. Cut into stars and arrange on a baking tray lined with parchment or a reusable silicone mat.

5. Bake at 145°C fan for 12 minutes, until the edges are just beginning to colour. Cool on a wire rack for that delicate crispness.

6. Once cool, lightly dust with icing sugar for a little Christmas sparkle, if you fancy.

Make It Yours

Quick method: Blend the butter, sugar, flours and ground ginger briefly in a food processor until a dough forms. Add the chopped stem ginger by hand.

Shape it your way: Stars, Christmas trees or simple rounds — use whatever cutters you have. Keep them around 5 mm thick for crispness.

Show us yours! We'd love to see your creations. Share a photo with Breathe and Nourish — especially the wonderfully wonky ones.

Approximate nutrition per biscuit (1 of 30): 55 kcal | Carbs 7.0 g | Protein 0.5 g | Fat 2.8 g

Small bites, big enjoyment. The figures are per piece — the rest is up to you.

Nutrition estimated using typical UK ingredient values; icing sugar dusting excluded. Contains wheat (gluten) and milk. Store cooled biscuits in an airtight tin.