

Kirkcaldy High School

# NPA BAKERY



Recipe Book

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## HIGHLANDERS

### Ingredients

50 g caster sugar

75 g butter or soft margarine

100 g plain flour

50 g demerara sugar



### Method

- 1 Set oven - 170°C, gas mark 3.
- 2 Grease a baking tray.
- 3 Cream sugar and margarine until light and fluffy.
- 4 Add sieved flour gradually to form a firm dough.
- 5 Place demerara sugar on a paper towel or worktop.
- 6 With hands roll shortbread out to a sausage shape 12 cm long.
- 7 Roll in demerara sugar.
- 8 Cut into 1 cm slices and place on baking tray.
- 9 Bake until golden brown (15 minutes approximately).
- 10 Cool on a wire tray.

## CRANACHAN RASPBERRY SHORTCAKES

### Ingredients

30g Medium Oatmeal  
50g Unsalted butter  
75g Plain flour  
25g Caster sugar  
 $\frac{1}{2}$  Egg  
25g Frozen raspberries (defrosted)  
50ml Fresh double cream  
5ml Clear honey

Oven Gas 6/ 180C

180 °C/

### Method

1. Dry-fry 5 g of the oatmeal over a medium heat until golden. Set aside to cool.
2. Sieve the flour into a large bowl, add the remaining oatmeal and rub in the butter.
3. Stir in the sugar and add enough beaten egg to bind to a smooth paste.
4. Bring the paste together into a ball and flatten slightly.
5. Roll out the paste on a lightly floured surface to a thickness of about 5 mm. (digestive biscuit)
6. Using a 7 cm round cutter, cut out 4 - 6 circles.
7. Transfer circles carefully onto a baking tray and bake for 10-15 minutes until golden brown
8. Drain the raspberries.
9. Whisk the cream to soft peak.
10. Incorporate the honey, being careful not to over whisk.
11. Fold in the toasted oatmeal and raspberries.
12. Sandwich 2 biscuits together with a quarter of the raspberry cream.
13. Repeat to give 2 creamed shortcakes.
14. Decorate with icing sugar and serve

## ROCK BUNS

### Ingredients

200 g self-raising flour

75 g margarine

75 g caster sugar

50 g currants

1 egg

40 mls milk (approximately)



### Method

- 1 Set oven -220°C, gas mark 7.
- 2 Sieve flour and ginger into mixing bowl.
- 3 Rub margarine into flour until resembling fine breadcrumbs.
- 4 Add sugar and currants.
- 5 Add egg and enough milk to make a stiff consistency.
- 6 Place the mixture in rough heaps well apart on baking tray.
- 7 Bake until brown, risen and firm to touch (12-15 minutes approximately).
- 8 Cool on a wire tray.

## RASPBERRY BUNS

### Ingredients

200 g self-raising flour  
50 g margarine  
75 g caster sugar  
1 egg  
40 ml milk (approx)  
pinch salt  
2 dessertspoons raspberry jam

### Method

- 1 Set oven - 220°C or gas mark 7. Grease baking tray.
- 2 Sieve flour and salt into bowl.
- 3 Rub margarine into flour then add sugar.
- 4 Beat egg and add together with milk.
- 5 Using a knife, mix to a stiff consistency.
- 6 Divide the mixture into 16 and roll into balls.
- 7 Place on baking tray. Make a hole in centre; using a teaspoon put a little jam in each hole, close up the opening and brush with a little beaten egg or milk.
- 8 Bake for 15-20 minutes.
- 9 Cool on a wire tray.



## SCONES

All recipes make 12 small scones

### Ingredients

#### Cheese

200 g SR flour  
50 g margarine  
25 g grated cheese  
1 egg  
5 x 15 ml (approx) milk

#### Fruit

200 g SR flour  
50 g margarine  
50 g caster sugar  
25 g raisins or sultanas  
1 egg  
5 x 15 ml (approx) milk

#### Plain

200 g SR flour  
50 g margarine  
25 g caster sugar  
1 egg  
5 x 15 ml (approx) milk

#### Wholemeal

200 g wholemeal flour  
10 ml baking powder  
50 g margarine  
50 g caster sugar  
1 egg  
5 x 15 ml (approx) milk

### Method

- 1 Set oven at 200°C or Gas Mark 8.
- 2 Sieve flour (with baking powder if using wholemeal) into bowl.
- 3 Rub margarine into flour until mixture looks like fine breadcrumbs. Stir in sugar/sugar and fruit/grated cheese.
- 4 Add egg, then milk, to make an elastic dough.
- 5 Knead lightly on a well-floured board. With a floured rolling-pin, roll out to 2.5 cm thickness. Cut into rounds.
- 6 Place on a floured baking sheet and brush tops of scones with milk.
- 7 Bake for 8-10 minutes until well risen and brown.
- 8 Remove from oven and place on a cooling tray.

## DROPPED SCONES/PANCAKES

### Ingredients

100g self raising flour  
1 x 10ml spoon caster sugar  
1 egg  
Pinch of salt  
125ml milk

### Method

1. Grease griddle and heat
2. Sieve flour and salt into bowl, add caster sugar
3. Beat egg and add to ingredients in bowl
4. Mix well adding sufficient milk to make a thick creamy batter
5. Drop mixture in small spoonfuls onto a preheated griddle
6. Turn when surface is covered with air bubble (1 -2 minutes each side). Both sides should be golden brown.
7. Cool in a towel on a wire tray

## CUSTARD CREAMS

### Ingredients

150 g margarine  
50 g icing sugar  
150 g plain flour  
50 g custard powder  
1 x 1.25 ml vanilla essence

### Butter Icing

25 g margarine  
50 g icing sugar

### Method

- 1 Set oven at 190°C or Gas Mark 5.
- 2 Lightly grease a baking tray.
- 3 Cream the margarine and icing sugar until light and creamy.
- 4 Sieve the flour and custard powder.
- 5 Work into the creamed mixture.
- 6 Knead well on a lightly floured board.
- 7 Roll into a long sausage shape and divide evenly.
- 8 Form each section into a small ball, place on the tray well apart and press down with the prongs of a fork.
- 9 Bake for 10-15 minutes until golden and cool on a wire tray.
- 10 Icing: i) Cream margarine and icing sugar together until light and creamy.  
ii) Add a tiny amount of water if necessary.
- 11 Use to sandwich biscuits together.

## Empire Biscuits

### Ingredients

125g self-raising flour  
50g sugar  
75g butter  
1 x 2.5ml vanilla essences  
25ml jam

### Icing for the top

50g Icing Sugar  
5-7.5ml water  
Jelly sweet for the top



### Method

1. Collect ingredients. Set oven to 180°C or gas mark 5.
2. Cream margarine and sugar until light and fluffy. Add in vanilla essence.
3. Gradually add in flour.
4. Roll out dough and cut out 8 biscuits.
5. Bake for 10-15 minutes until golden brown
6. Allow to cool
7. Sandwich together using the jam
8. Cover one biscuit with icing sugar, place a jelly sweet on top.

## BISCUIT BAZAAR

### Ingredients

#### Plain shortbread

90g plain flour  
25g caster sugar  
65g butter  
1 x 15ml spoon milk

#### Chocolate shortbread

80g plain flour  
25g caster sugar  
65g butter  
1 x 15ml spoon milk  
10g cocoa powder

### Method

1. Set oven - 180C/ Gas 6
2. Stir in the sugar to the flour
3. Add butter and rub in until the mixture resembles breadcrumbs
4. Add milk and mix together with you hand until it forms a dough
5. Repeat with the chocolate shortbread.
6. Roll our plain to a rectangle then rollout the chocolate to the same size and place on top and roll up
7. Cut into even size pieces

## APRICOT AND SULTANA ROUNDS

### Ingredients

- 200 g self-raising flour
- 25 g caster sugar
- 50 g margarine
- 100 ml milk
- 1 x 15 ml spoon apricots jam
- 50 g apricots - chopped
- 25 g sultanas
- $\frac{1}{4}$  egg to glaze

### Method

- 1 Set oven - 200°C or gas mark 6.
- 2 Collect flour and sugar in large mixing bowl.
- 3 Rub margarine into flour until it resembles fine breadcrumbs.
- 4 Mix in the milk with a round-bladed knife to make a soft dough.
- 5 Knead lightly on a floured table and roll out to approx 20 cm square.
- 6 Brush with melted apricot jam.
- 7 Sprinkle with chopped apricots and sultanas.
- 8 Roll up like a Swiss roll then carefully cut into 8-10 even slices.
- 9 Place on a baking tray, cut side uppermost, brush with beaten egg and bake for 12-15 minutes.

## SWISS ROLL

### Ingredients

- 3 eggs
- 75 g self-raising flour
- 75 g caster sugar
- 3 x 15 ml spoons jam

### Method

- 1 Grease and line swiss roll tin with greaseproof paper and thoroughly grease again.
- 2 Set oven - 200°C or gas mark 8.
- 3 Place the eggs and caster sugar into a bowl. Whisk until the mixture is stiff and fluffy.
- 4 Add the flour and very carefully **fold** in the flour. Pour mixture into tin, spread out.
- 5 Bake until golden and spongy.
- 6 Warm the jam gently in a small pan.
- 7 Wring out a tea towel in water, spread on the table, cover with greaseproof paper and sprinkle with caster sugar.
- 8 Take the cake out of the oven and turn out at once. Using a sharp knife, trim edges of the two long sides (if crisp).
- 9 Quickly spread the jam evenly over the cake to within 3 cm of the short edge.
- 10 Roll up quickly and carefully.
- 11 Dredge with sugar or decorate with fruit and cream/dessert topping.

## VICTORIA SANDWICH

### Ingredients

100g soft margarine  
100g caster sugar  
2 eggs  
100g self- raising flour

### Method

1. Set oven - 180C/gas 6
2. Grease 2 sandwich tins and line the bottom with circles of greaseproof paper
3. sieve flour onto plate
4. Cream margarine and sugar until light and fluffy
5. Beat eggs lightly with a fork in a small bowl and add egg and flour alternately to cream mixture, beating well
6. Spoon into 2 tins and level
7. Bake until well risen, golden brown and springy to touch (approx 20minutes)
8. When cold sandwich together with jam and sprinkle with icing sugar using a stencil.



## LEMON DRIZZLE CAKE

### Ingredients

1 egg  
85g Caster Sugar  
85g Self-Raising Flour  
70g Margarine  
60ml Milk  
Juice and Zest of  $\frac{1}{2}$  Lemon

### Variations

Orange  
Lime

### Method

1. Set oven - 200oC or gas mark 6. Measure out ingredients and zest the lemon.
2. Place egg and sugar into mixing bowl and whisk until light and fluffy.
3. Add the zest of the lemon and margarine whisk until incorporated.
4. Sieve in the flour and add the milk.
5. Whisk until combined.
6. Place into tin and cook for 25-30mins
7. Squeeze the juice of the lemon into a small bowl, make to a syrup using icing sugar.
8. Once cake is cooked, prick the cake all over with a skewer and drizzle the syrup across.

## STICKY GINGERBREAD

### Ingredients

150 g plain flour  
2 x 5ml spoons ground ginger  
1 x 5ml spoon cinnamon  
1 x 5ml spoon bicarbonate of soda  
100 g margarine  
100 g soft brown sugar  
4 x 15ml spoons treacle  
125 ml milk  
1 egg

### Icing

100 g icing sugar  
1 x 15ml spoons water

### Method

- 1 Set oven - 170°C, gas mark 4.
- 2 Grease a large loaf tin (200 mm x 100 mm).
- 3 Sieve flour, ginger, bicarbonate of soda and cinnamon into mixing bowl.
- 4 Place margarine, sugar, milk and treacle in a pan, place on heat to melt.
- 5 Mix egg, add to melted mixture, pour into flour mixture and mix well.
- 6 Pour into cake tin and bake for 45-50 minutes until well risen.
- 7 Make up icing by sieving the icing sugar into a bowl, add approximately 1 tablespoon of water and beat well until of a thick coating consistency.
- 8 Spread over gingerbread using a round-bladed knife.



## CARROT CAKE

### Ingredients

100 g self-raising flour  
1 x 5ml spoon baking powder  
2 eggs  
100 g brown sugar  
3 x 15ml spoon sunflower oil  
lemon juice  
25 g seedless raisins  
25 g walnuts - chopped  
1 x 5ml spoon ground cinnamon  
150 g carrots - grated

### Topping

100 g Philadelphia or cream cheese  
15 g margarine  
2 x 15ml spoons icing sugar  
1 x 5ml spoon vanilla essence or 2.5ml spoon

### Method

- 1 Set oven - 180°C, gas mark 5.
- 2 Grease and line loaf tin (200 mm x 100 mm) or sandwich tin 210 mm or medium round cake tin.
- 3 Place eggs and sugar in a bowl and whisk using electric whisk for 3-4 minutes..
- 4 Gradually pour in 3 tablespoons of oil.
- 5 Add grated carrots, raisins, chopped nuts, cinnamon, flour and baking powder - mix together.
- 6 Place in cake tin or microwave dish and bake until golden brown and springy to touch (approx 40 minutes)
- 7 Cool.

### Topping

- 8 Cream margarine and cheese together.
- 9 Add vanilla essence or lemon juice.
- 10 Add icing sugar.
- 11 Spread topping over cake.
- 12 If using lemon juice in icing, crystallised lemon slices can be used for decoration.

## **SWEET POTATO AND CRANBERRY CAKE**

### **Ingredients**

150g sweet potato (approx  $\frac{1}{2}$  )  
70ml vegetable oil  
160g self raising flour  
1 x 2.5 ml spoon bicarbonate of soda  
1 x 2.5 ml baking powder  
100g caster sugar  
50g cranberries  
1 egg  
1 x 5ml spoon vanilla essence  
50ml milk

### **Topping (between 2 people)**

50g plain flour  
50g margarine  
50g caster sugar  
1 x 2.5 ground cinnamon

**Oven temperature - 180C/ gas 6**

**Grease a sponge tin and line with greaseproof paper**

### **Method**

1. Chop sweet potato into pieces and boil for 10 minutes, drain and steam dry for 5 minutes then mash.
2. Meanwhile make the streusel topping - rub together the topping ingredients and pour into small bowl.
3. Sift the flour, baking powder and bicarbonate in large bowl, stir in the sugar and cranberries.
4. In a jug mix the egg, milk, oil and vanilla.
5. Add egg mixture and sweet potato to the dry ingredients and stir well
6. Scrape mixture into sponge tin and sprinkle  $\frac{1}{2}$  the topping mixture over the top
7. Bake in the oven for 30 minutes or until skewer comes out clean

## RED VELVET MELTING MOMENTS

### Ingredients

#### Base

75g margarine  
70g plain flour  
15g cocoa powder  
35g icing sugar  
10g corn flour  
Few drops of red colouring

#### Filling

20 g margarine  
20g cream cheese  
100g icing sugar  
1.25ml Vanilla essence.

#### Method

1. Set oven 160C gas 4.
2. Cream margarine and icing sugar together until soft. Add food colouring.
3. Sieve cocoa powder, corn flour and plain flour onto a paper towel.
4. Gradually add flour mixture to margarine and mix until mixture comes together.
5. Divide dough into 16 pieces. Roll into balls and place on a greased baking tray. Press down with a fork to flatten.
6. Bake for 20-25 minutes, remove from oven and leave on baking tray for a few minutes to firm up.
7. Transfer to cooling rack.
8. Filling - mix cream cheese and margarine together.
9. Add vanilla essence
10. Gradually add sieved icing sugar.
11. Once the biscuits have cooled, sandwich together two biscuits with the cream cheese filling.

## CHOCOLATE GATEAU

### Ingredients

#### Sponge

130 g self-raising flour

30 g cocoa

100 g soft margarine

100 g caster sugar

3 eggs

2 x 15 ml spoons warm water

#### Filling

100 g margarine

200 g icing sugar

1 x 15 ml spoon cocoa

#### Decoration

8 mandarin segments

### Method

- 1 Set oven - 190°C or gas mark 5.
- 2 Sieve self-raising flour and cocoa powder into bowl; add margarine, sugar and eggs.
- 3 Beat for 2-3 minutes until glossy in appearance. Gently fold in the water.
- 4 Divide the mixture between the two prepared tins. Bake for 20-25 minutes until well risen and springy to the touch. Remove from tins and cool.
- 5 Place the margarine in a bowl. Add the icing sugar and cocoa. Beat until smooth and creamy.
- 6 Sandwich the cooled cakes together with the filling.
- 7 pipe around the top of the cake, decorate using the mandarins.

## LEMON ICED SHORTCAKES

### Ingredients

100 g margarine

50 g caster sugar

150 g plain flour

1 x 5ml lemon juice

Lemon curd

25 g icing sugar

1 x 5ml spoon water

### Method

- 1 Set oven - 180°C or gas mark 5.
- 2 Cream margarine and sugar until light.
- 3 Gradually work in flour to get stiff dough.
- 4 Knead dough and roll out on lightly floured table. Cut with 6 cm cutter (approximately 12 biscuits). 6 biscuits cut centre out with smaller cutter
- 5 Place on greased baking tray, prick with a fork and bake for 8-10 minutes until lightly browned.
- 6 Allow to cool and place on wire rack.
- 7 Sieve the icing sugar and mix with water till a soft icing is reached. Put in piping Bag and pipe over biscuits with hole in middle
- 8 Put lemon curd on the other biscuit and sandwich together.

## BUTTERSCOTCH COOKIES

### Ingredients

75 g margarine	25 g custard powder
50 g soft brown sugar	50 g chocolate
100 g self-raising flour	chocolate strands for sprinkling

### Method

- 1 Set oven - 180°C or gas mark 4. Grease baking tray.
- 2 Put margarine and sugar into a large glass bowl. Using a wooden spoon, cream together until light and creamy.
- 3 Sieve the flour and custard powder into the bowl.
- 4 Mix the flour and custard powder into the margarine and sugar.
- 5 Take a teaspoon of the mixture and gently roll into a ball between the palms of your hands. Place on the baking tray. Repeat with the rest of the mixture to make about 15 biscuits.
- 6 Cut chocolate into small pieces.
- 7 Flatten with a fork and press two chocolate chips on one side.
- 8 Place biscuits in oven for 15 minutes.
- 9 When cooked, cool on a cooling tray.
- 10 Place remaining chocolate into a small bowl. Half fill a saucepan with hot water, place bowl in pan and stir until the chocolate melts. Dip half the biscuit into the chocolate and sprinkle with strands.
- 11 Allow them to set before eating them.



## CHOCOLATE CHIP MUFFINS

### Ingredients

175 g self-raising flour  
15 g cocoa  
50 g margarine, melted  
50 g caster sugar  
1 egg  
200 ml milk  
50 g chocolate, chopped  
10 cake cases

### Method

- 1 Set oven - 200°C or gas mark 6.
- 2 Melt margarine in the microwave for 15 seconds and mix together with sugar, egg and milk then pour into large mixing bowl with flour and cocoa.
- 3 Gently fold the ingredients together, only enough to combine mixture. The mixture will look lumpy.
- 4 Gently fold in the chopped chocolate and spoon into cake cases.
- 4 Bake for 15-20 minutes.

## OATY COOKIE SANDWICHES

### Ingredients

40 margarine  
60g soft brown sugar  
 $\frac{1}{2}$  egg  
75g plain flour  
35g oats  
1.25ml spoon ground cinnamon  
1.25 ml spoon baking powder  
1.25ml spoon bicarbonate of soda

### Filling

100g icing sugar  
50g margarine / butter  
Few drops vanilla essence

### Method

1. Set oven to 180C OR Gas 5
2. Cream the margarine and sugar until light and fluffy
3. Gradually add the egg and the rest of the cookie ingredients and 10ml spoon of boiling water to make a stiff mixture
4. Divide the mixture into 14 balls and arrange on a baking tray spaced well apart
5. Bake for 12-15 minutes until risen and dry to the touch
6. Cool on cooling rack
7. To make the filling cream margarine ,sugar and vanilla together until light and fluffy add a few drops of milk if mixture is too stiff
8. Spread onto cookie and sandwich together

## FRUIT MUFFINS

### Ingredients

200g self raising flour  
100g soft brown sugar  
60g fresh or frozen blueberries  
 $\frac{1}{2}$  egg  
125 ml milk  
80ml vegetable oil

### Method

1. Preheat the oven 190c/gas6.
2. Sieve the flour into the mixing bowl, add the sugar and blueberries.
3. Mix the egg, milk and oil into a small bowl using a fork.
4. Add the egg mixture to the flour and sugar.
5. Quickly and lightly mix with a fork. Take care not to over stir - the mixture should look lumpy.
6. Spoon the mixture into 8 cupcake cases.
7. Bake for 20 - 25 minutes until golden brown and springy to the touch.

Use 100g raspberries, cut up strawberries, tinned apple or dried apricots

## CHOCOLATE AND CRANBERRY MUFFINS

### Ingredients

125g self-raising flour  
10ml cocoa powder  
2.5ml cinnamon  
2.5ml baking powder  
40g brown sugar  
40g dried cranberries  
15g dark chocolate - chopped  
4 x 15ml low fat natural yoghurt  
4 x 15ml milk  
2 x 10ml sunflower oil  
 $\frac{1}{2}$  egg

### Method

1. Light over 170 C, gas 4.
2. Place flour, baking powder, cinnamon and cocoa in mixing bowl.
3. Stir in sugar, cranberries and chopped chocolate.
4. Place yoghurt, milk, egg and oil in a bowl, mix together.
5. Stir yoghurt mixture into flour mixture and mix well.

Spoon into paper cases and bake for 15-20 minutes until golden brown

## **BAKEWELL TARTS**

### **Ingredients**

#### **Pastry**

100 g plain flour

50 g margarine

5 x 5 ml cold water to mix

#### **Sponge**

50 g self-raising flour

50 g caster sugar

50 g margarine

1 egg

2 x 15ml spoon milk

A few drops of almond extract

2 x 15 ml raspberry or strawberry jam

### **Method**

1 Set oven - 190°C or gas mark 5.

#### **Pastry**

2 Sieve flour into bowl, add margarine and rub in with fingertips until mixture resembles fine breadcrumbs.

3 Add cold water and mix to a stiff consistency with a round bladed knife.

4 Knead lightly, roll out to thickness of a digestive biscuit and line bun tins.

5 Divide jam between the pastry cases.

#### **Sponge**

6 Cream margarine and sugar, beat in egg.

7 Sieve flour and fold into creamed mixture.

8 Add milk if too firm.

9 Put one teaspoonful of mixture onto jam.

10 Bake until sponge is cooked and pastry crisp - approximately 15-20 minutes.

11 Place on wire tray to cool.

## TEXAS SHEET CAKE (Between 2 people)

### Ingredients

Cake  $\frac{1}{2}$  cup oil

1 cup water

100g margarine

4 x 15ml spoons cocoa

2 cups caster sugar

2 cups self raising flour

$\frac{1}{2}$  cup milk

1 x 5ml spoon bicarbonate of soda

1 x 5ml spoon vanilla essence

2 eggs

Icing 100g margarine

4 x 15 spoons cocoa

1x 5ml spoon vanilla essence

500g icing sugar

4 x 15ml milk

Oven 200C/Gas 6

Use SMALL plastic bowl as a cup measure

### Method - Cake

1. Set oven and weigh ingredients
2. place oil, water, margarine and cocoa into a large saucepan and bring to the boil
3. Add the sugar, flour, milk, soda, vanilla and eggs and beat together till well mixed.
4. Pour the mixture into a roasting tin and bake for approximately 20 minutes

### Method - Icing

1. While the cake is cooking, collect icing ingredients and make icing
2. Place the margarine, cocoa and vanilla into a large saucepan, bring to boil and remove from heat.
3. Mix in the icing sugar and the milk
4. Pour over the cake as soon as the cake comes out of the oven
5. Cool slightly then cut into fingers.

## CARIBBEAN MUFFINS

### Ingredients

175g self-raising flour  
100g caster sugar  
50g margarine  
1 egg beaten  
150ml milk  
1 canned pineapple ring, chopped  
2 canned peach slices, chopped  
25g coconut  
1 x 15ml spoon coconut cream  
2 glace cherries, finely chopped

### Method

1. Put oven on to 180C or gas mark 6
2. Collect and prepare ingredients
3. Place 12 cases in bun tin
4. Sieve flour into large mixing bowl
5. Rub in the margarine until it resembles breadcrumbs
6. Stir in caster sugar
7. Mix egg and milk together with a fork
8. Stir the egg mixture into dry ingredients. Do not over mix the mixture should look like a lumpy batter Add in the fruit mixture
9. Spoon into the cases
10. Bake for 20 minutes

## CHOCOLATE, ORANGE AND RAISIN MUFFINS

### Ingredients

175g self-raising flour  
100g caster sugar  
50g margarine  
1 egg beaten  
150ml milk  
15g cocoa powder  
30g chopped chocolate  
25g chopped raisins soaked  
In 50ml of orange juice

### Method

1. Put oven on to 180C or gas mark 6
2. Collect and prepare ingredients
3. Place 12 cases in bun tin
4. Sieve flour into large mixing bowl
5. Rub in the margarine until it resembles breadcrumbs
6. Stir in caster sugar and cocoa powder
7. Mix egg and milk together with a fork
8. Stir the egg mixture into dry ingredients. Do not over mix the mixture should look like a lumpy batter. Add the chopped chocolate and raisins
9. Spoon into the cases
10. Bake for 20 minutes



## CHOCOLATE AND TOFFEE CUPCAKES

### Ingredients

75g self raising flour  
12g cocoa  
75g caster sugar  
75g margarine  
1 egg  
50g toffee yogurt

### Topping

100g margarine  
50g icing sugar  
50g dark chocolate- roughly chopped  
25g ready-made caramel curls

### Method

1. oven on to 180C/ gas 6
2. beat the ingredients together with an electric whisk for 1-2 minutes
3. divide the mixture evenly between the cake cases and bake for 15-20 minutes
4. when ready let them cool on a wire cooling rack

### Icing

5. Beat together the margarine and icing sugar till smooth. Melt the chocolate. Cool slightly then add to the sugar and margarine mixture. Beat till smooth.
6. Spoon into piping bag and decorate

## **STICKY TOFFEE CUP CAKES**

### **Ingredients:**

125g pitted dates

2.5ml bicarbonate of soda

30g unsalted butter

115g S.R flour

80g soft brown sugar

2.5ml vanilla extract

1 egg

### **Sauce:**

30g unsalted butter

40g soft brown sugar

10ml golden syrup

60ml double cream

### **Method:**

1. Preheat oven to 180°C/gas mark 5. Place 12 muffin cases in a muffin tin.
2. Put the dates in a saucepan with 125mls of water and bring to the boil. Add the bicarbonate of soda and the butter; stir well to dissolve, set aside to cool.
3. Sieve the flour into a large bowl, stir in the caster sugar, then the vanilla, egg and date mixture, until just combined.
4. Divide between the 12 muffin cases and bake for about 20 minutes, until well-risen and golden brown.
5. Remove and cool on a wire rack.
6. For the sauce: Place all ingredients in to a small pan and simmer for 10 minutes, stirring all the time.
7. Drizzle on top of the muffins.

## CHRISTMAS BISCUITS

### Ingredients

225g plain flour  
1 x 5ml spoon baking powder  
2 x 5ml spoon ginger  
1 x 5ml spoon cinnamon  
100g caster sugar  
125g Margarine  
2 x 15ml spoon golden syrup  
 $\frac{1}{2}$  egg (beaten)

### Method

1. Preheat oven to 180°C or gas mark 4.
2. Weigh out ingredients
3. Sift the flour, baking powder, ginger and cinnamon into a mixing bowl. Add the sugar and butter and rub in with your fingers until the butter is absorbed and the mixture resembles fine breadcrumbs.
4. Mix the golden syrup and egg together and then stir into the mixture with a wooden spoon.
5. Bring together with your hands and knead very gently to form a smooth, stiff dough. Shape into ball and refrigerate for about 30minutes.
6. Roll out the dough to a thickness of about 3mm and cut into festive shapes.
7. Place biscuits onto baking tray and bake for 12-14 minutes until golden brown.
8. Transfer to cooling rack. Decorate once cooled.

## CHRISTMAS CHOCOLATE LOG

### Ingredients

3 eggs

100 g caster sugar

100 g plain flour

1 tablespoon hot water

2 x 15ml spoon jam

### Decoration

125 g icing sugar

25 g cocoa

75 g soft margarine

1 dessertspoon warm water

### Method

- 1 Set oven - 220°C or gas mark 7.
- 2 Line a Swiss roll tin with greaseproof paper.
- 3 Place eggs and sugar together in bowl and whisk until thick and creamy. Mixture should leave a trail on surface when dropped off edge of whisk.
- 4 Sieve flour and gently fold into egg mixture.
- 5 Lastly, stir in hot water.
- 6 Pour into Swiss roll tin and bake for 7-9 minutes.
- 7 When baked, turn out onto sugared greaseproof.
- 8 Trim edges, spread with warm jam and roll up.
- 9 Leave to cool on wire tray.

### Decoration

- 10 Beat margarine until soft and smooth, add sieved icing sugar and cocoa gradually, beating well between each addition. Add a little warm water if necessary.
- 11 Carefully cover the Swiss roll with the chocolate butter icing and mark with a fork to give a 'log' effect.
- 12 Decorate with holly or suitable Christmas item.
- 13 If wished, a light dusting of icing sugar may be scattered over the top (through a sieve).

## Dark Chocolate and Orange Bar Gateau

### Ingredients

60g Self-raising flour  
15g Cocoa  
3 Eggs (medium)  
75g Caster sugar  
50g mandarin oranges  
250ml Fresh double cream  
2.5ml Orange natural flavouring  
100g Dark chocolate (broken into pieces)

Oven 200°C/Gas Mark 6 - temperature may vary if using a fan-assisted oven

### Method

1. Preheat the oven.
2. Grease and line a Swiss roll tin (20 cm × 30 cm approx).
3. Sieve the flour and cocoa together.
4. Whisk the eggs and sugar together until thick and creamy.
5. Sieve the flour and cocoa on top of the egg mixture and fold in. Pour the mixture into the prepared tin and spread evenly.
6. Bake for 10 minutes until well risen and springy to the touch.
7. Cool slightly then turn onto sugared paper, remove the lining paper and leave to cool completely.
8. Trim 0.5 cm from the sides and cut the sponge into 3 equal pieces.
9. Whisk 150mls of the cream to a piping consistency and fold in half of the orange flavouring.
10. Fold the chopped orange into half of the whipped cream which will be used to sandwich the sponges together. Reserve the remaining whipped cream until required.
11. Layer the three pieces of sponge with the orange cream filling to make a bar gateau.

13. Very gently heat the remaining 100mls of the cream in a pan until small bubbles appear around the edge, pour the cream over the chocolate pieces.
14. Stir until a thick glossy ganache is achieved and fold in the remaining orange flavouring.
15. Leave to cool until set to a spreading consistency.
16. Coat the sides and top of the bar gateau with the chocolate ganache.
17. Using the remaining cream, pipe to show four portions and decorate appropriately.
18. Serve on a clean plate at room temperature.

## **RED VELVET CAKE**

### **Ingredients**

150g margarine  
150g caster sugar  
2 eggs  
1.25ml vanilla essence  
125g plain flour (sieve)  
7g baking powder  
25g cocoa powder  
5ml spoon red gel food colouring  
15cm cake tin  
Oven temperature 180C/gas 6

### **Method**

1. Weigh all ingredients and prepare cake tin.
2. Cream margarine and sugar until light and fluffy
3. Gradually beat in the eggs, vanilla and half the flour to prevent mixture from curdling
4. Add the remaining flour, cocoa and baking powder and beat together.
5. Add the food colouring and mix well.
6. Spoon into prepared tin and bake for 40-45 minutes
7. The cake is ready when firm to the touch and a skewer inserted into the centre comes out clean.
8. Leave to cool in the tin for 5minutes then turn out onto wire rack.

### **Butter cream**

80g margarine  
200g icing sugar  
25g cream cheese  
Cream margarine and icing sugar until light and fluffy. Beat in the cream cheese and a few drops of vanilla essence.

## FRUIT CAKE QUANTITIES 15CM ROUND CAKE

115g Raisins  
115g Currants  
115g Sultanas  
50g Chopped Mixed Peel  
50g Glace Cherries  
1/2 Lemon Rind & Juice  
15ml Brandy/Orange Juice  
115g Plain Flour  
25g Ground Almonds  
2.5ml Ground Mixed Spice  
115g Softened Butter  
115g Soft Brown Sugar  
2 Eggs at room temperature  
7.5ml Black Treacle  
1.5ml Vanilla Extract

Cooking Times: 150C 50mins  
120C 1 Hour 40 mins

### Method

1. Soak the dried fruit & chopped mixed peel over night in the brandy.
2. Pre-heat the oven to 150C or Gas Mark 2.
3. Sieve the flour, spice and ground almonds into a bowl.
4. In another (large) bowl cream the butter and the sugar until light & pale.
5. Lightly beat together the eggs, treacle & vanilla. Beat into the creamed mixture a little at a time adding a spoonful of sieved flour in between each addition of egg.
6. Rinse the cherries and chop. Mix in with the dried fruit, chopped optional almonds, lemon rind and juice. Mix in a small spoon of flour.
7. Combine the last of the flour into the creamed mixture.
8. Mix the dried fruit into the cake batter.
9. Spoon into a double lined tin, level the top and slightly hollow the centre.
10. Tie a double layer of brown paper or newspaper around the outside of the tin to protect the cake during cooking.
11. Place some folded newspaper or brown paper between the base of the tin and the baking tray to protect the base of the cake.
12. Bake for the stated time and then reduce the oven temperature.
13. After 2 hours of baking cover the top of the cake with baking paper to protect it from the heat.
14. Insert a skewer into the cake at the end of the baking time and when it comes out clean, the cake is cooked.
15. Leave the cake to cool in the tin.
16. When cold, remove the cake and take off the greaseproof paper. Brush the cake with brandy/rum/port/sherry or whisky and prick the surface of the cake and spoon in a little of the alcohol.
17. Wrap the cake in greaseproof paper and then tightly in foil and store in a cool, dry place. Fruit cakes should be aged at least a month before serving to allow the cake to mature.



## MADERIA CAKE

### Ingredients

175g margarine  
175g caster sugar  
250g self-raising flour  
2.5ml spoon baking powder  
3 eggs  
1 lemon

### Method

1. Pre-heat oven 160°C/Gas Mark 3. Prepare 15cm cake tin.
2. Cream margarine and sugar together until light, fluffy and very pale in colour.
3. Sieve the flour.
4. Finely grate the rind of the lemon onto a chopping board
5. Beat in eggs one at a time, following each with a spoonful of flour.
6. Beat remainder of flour into the cream mixture, followed by the lemon juice, Deposit mixture into tin and spread it so it is even in the tin.
7. Bake on the MIDDLE SHELF for about 1-1  $\frac{1}{4}$  hours
8. Check with a skewer.
9. Cool in tin for 5 - 10 minutes and turn onto a cooling rack.
10. Store in an airtight container when completely cold.

## PIZZA

### Ingredients:

Pizza Base

200 g strong plain flour

Pinch of salt

5 ml dried yeast

15 ml olive oil

125 ml warm water (approximately)

### Topping

15 ml tomato puree

125 ml tinned chopped tomatoes

50 g mozzarella cheese

50 g onion

30 g peppers

25g mushrooms

Pinch of mixed herbs



### Method:

1. Set the oven to 220°C.
2. Sieve the flour and salt into large glass bowl. Stir in the yeast. Stir in the oil and sufficient warm water to make a soft, pliable dough.
3. Turn out onto a lightly floured surface and knead the mixture for about 5-10 minutes until the dough is smooth and elastic.
4. Flatten the dough into a circle and press out to shape into the size of a dinner plate (about 5-7mm thick).
5. Place on a lightly oiled baking tray and pinch the edges to make a slightly thicker rim. Leave to prove in a warm place.
6. Prepare the topping - finely chop or thinly slice the vegetables you have chosen.
7. Grate the cheese.
8. Cover the base with tomato puree, chopped tomatoes, vegetables, oregano/mixed herbs and cheese, taking care to leave the edges uncovered.
9. 10. Bake for 10-15 minutes in a hot oven.

## TINNED WHITE LOAF

### Ingredients:

500g strong white flour, plus extra for dusting  
7g sachet fast-action dried yeast  
5ml spoon salt  
350ml warm water  
A little oil, for greasing



### Method:

1. Make the dough by tipping the flour, yeast and salt into a large bowl and making a well in the middle.
2. Pour in most of the water and use your fingers or a wooden spoon to mix the flour and water together until combined to a slightly wet, workable dough - add a splash more water if necessary.
3. Tip the dough onto a lightly floured surface and knead for at least 10 mins until smooth and elastic.
4. Place the dough in a clean oiled bowl, cover with cling film and leave to rise until doubled in size.
5. Heat oven to 220°C
6. Knock back the dough by tipping it back onto a floured surface and pushing the air out. Mould the dough into a rugby ball shape that will fit a 900g loaf tin and or two smaller tins. place in the tin.
7. Cover with a clean tea towel and leave to prove for 30 mins. Dust the top of the loaf with a little more flour and slash the top with a sharp knife.
8. Bake the bread for 15 mins, then reduce the heat to 190°C and continue to bake for 30 mins until the loaf sounds hollow when removed from the tin and tapped on the base.
9. Leave the bread on a wire rack to cool completely.

## BREAD ROLLS

### Ingredients:

200g strong flour

15g margarine

5ml spoon salt

5ml spoon dried yeast

150ml warm water

### Method:

1. Set oven to 220°C.
2. Mix the flour and salt in a large bowl, add the margarine and rub in using the fingertips to form fine breadcrumbs.
3. Stir in the yeast and gradually add **warm** water to form a dough.
4. Mix thoroughly - adding more water if necessary (the dough must be soft at this stage).
5. Turn out onto a floured table and knead firmly for 5-10 minutes
6. Cut into 6 or 8 pieces.
7. Shape into a variety of rolls
8. Place on baking tray, cover with cling film and leave in a warm place to rise.
9. Bake for approximately 20 minutes.



## FOCACCIA BREAD

### Ingredients:

250g strong white bread flour  
2.5ml spoon salt  
5ml spoon dried easy blend yeast  
60mls spoon olive oil  
200ml warm water  
Olive oil, for drizzling  
Fine sea salt/herbs/cheese



### Method:

Preheat the oven 200C/gas 7

1. Place the flour, salt, yeast, olive oil water into a large bowl. Gently stir with your hand to form a dough then knead the dough in the bowl until dough comes together. This is a sticky dough so do not add any more flour. Knead in the bowl for 5 minutes.
2. Tip the dough onto an oiled work surface and continue kneading for five more minutes. Return the dough to the bowl, cover and leave to rise until doubled in size.
3. Line a large baking sheet with baking paper. Tip the dough out of the bowl, flatten onto a baking sheet, pushing to the corners, then leave to prove for 20 minutes
4. Drizzle the loaves with oil, sprinkle with fine sea salt then bake in the oven for 20 minutes. When cooked, drizzle with a little more olive oil and serve hot or warm.

## POPPY SEED COB

### Ingredients:

500g strong white bread flour  
7g easy-bake dried yeast  
5ml spoon salt  
15g soft butter  
15g sesame seeds  
15g pumpkin seeds  
15g poppy seeds (plus extra for the top)



### Method:

1. Put the flour, yeast and salt in a large mixing bowl.
2. Add the butter and rub it into the flour.
3. Mix in the seeds.
4. Add 300ml lukewarm water.
5. Mix by hand until a smooth ball of dough forms.
6. Knead for 10 mins.
7. Place into a large mixing bowl, cover with a plate and leave to in a warm place for 30 mins
8. Knock back the dough (gently) the re-cover and leave for another 10 mins.
9. Shape the dough into a rough rectangle and place on a baking sheet dusted with flour.
10. Using a very sharp knife, make a few slashes across the width of the dough (deep enough to break through the top of the dough).
11. Cover with a tea towel and leave to rise for a further 20 mins.
12. Preheat the oven to 230°C and put a roasting tin in the shelf below where the bread tin will go.
13. Brush in between each slash with a little water and then sprinkle over some poppy seeds.
14. Place the tray with the bread into the oven then pour 250ml of cold water into the roasting tin below - this creates steam which will produce a crispy crust.



## GRANARY LOAF

### Ingredients:

225g strong white flour  
225g malted granary bread flour  
5ml spoon salt  
5ml spoon caster sugar  
7g sachet easy-blend yeast  
150ml warm milk  
1 egg, beaten  
15ml spoon olive oil  
100-150ml warm water



### Method:

1. Mix the flours and salt together in a large bowl, then stir in the sugar yeast.
2. Make a well in the centre of the flour and pour in the warm milk, beaten egg, olive oil and enough of the water to form a soft, wet dough.
3. On a lightly floured surface, knead dough for 10 mins until smooth. Put the dough in a lightly oiled bowl, cover with oiled cling film, then leave to rise in a warm place until doubled in size.
4. Brush the inside of the tins with oil and line with parchment paper. Shape dough into a smooth round with a roughly pointed shape at one end so it half-fills the tin. Leave until doubled in size.
5. Heat oven to 190°C. Brush the top of the loaf with beaten egg, sprinkle with poppy or sesame seeds and bake for 45-50 mins (15-20 mins for small loaves) until golden. Let it sit for 5-10 mins, then take out of the tin and leave to cool on a wire rack.

## CIABATTA BREAD

### Ingredients:

400 g Bread Flour  
300 g Cool Water  
1 Package Active Dry Yeast  
7ml spoon Salt  
2.5ml spoon Sugar

### Method:

1. Dry ingredients: First mix the yeast, flour, and salt, in a large bowl.
2. Add water and mix until the dough is well mixed together. This should only take like 2 to 4 minutes total. Your dough should be very, very sticky. Do not be tempted to add more flour to the dough.
3. Cover bowl with cling film and let dough rise for 30minutes.
4. On a well-oiled baking sheet, form dough into loaf and place loaf on sheet. The dough will spread out across the pan, because it is a runnier dough. Let dough rise again for another 20minutes.
5. Bake at 180oC for 15-18 minutes.
6. Take out of oven and check bottom of bread. As long as the edges of the bread are lightly browned, your bread is done. If not, pop it back in the oven for a few minutes longer. Top of bread should be a darker brown.
7. Let bread cool for 30 minutes.





# Cob Loaf

## Ingredients:

250g strong white bread flour

20g soft butter

7g fast action dried yeast

5ml spoon salt

150ml tepid water (warm not cold - about body temperature)

A little olive or sunflower oil

Additional cold water, for creating steam in the oven



## Method:

1. Put the flour into a large mixing bowl and add the butter. Add the yeast to one side of the bowl and add the salt to the other, mix together.
2. Add half of the water and turn the mixture round with your fingers. Continue to add water a little at a time and combine well.
3. Use about a teaspoon of oil to lightly grease a clean work surface and knead the dough until smooth, for 10 minutes.
4. Clean and lightly oil your mixing bowl and put the dough back into it. Cover with lightly oiled cling film and leave it on one side to prove.
5. Line a baking tray with baking parchment or silicone paper.
6. Put the dough onto a lightly floured surface and knock it back and smooth it into a round loaf shape.
7. Place onto the lined baking tray, cover with lightly oiled cling film and leave to prove again until it's doubled in size.
8. Preheat the oven to 220°C. Put an empty roasting tin into the bottom of the oven.
9. Sprinkle some flour on top of the loaf and very gently rub it in. Use a large, sharp knife to make shallow cuts about 1cm deep across the top of the loaf to create a diamond pattern.
10. Put the loaf on the baking tray into the middle of the oven. Pour cold water into the empty roasting tray at the bottom of the oven just before you shut the door - this creates steam which helps the loaf develop a crisp and shiny crust.

11. Bake the loaf for about 30 mins - should be risen and golden. To check, take it out of the oven and tap it gently underneath - it should sound hollow. Turn onto a wire rack to cool.

## NAAN BREAD

### Ingredients:

#### Dough

- 250g plain flour
- 10ml spoon sugar
- 2.5ml spoon salt
- 2.5ml spoon baking powder
- 120ml milk
- 2 x 15ml spoon vegetable oil, plus extra for greasing

#### Topping

- Poppy seeds or sesame seeds, or chopped garlic and fresh coriander
- 15ml spoon butter, melted, to serve



### Method:

1. For the dough, sift the flour, sugar, salt and baking powder into a bowl.
2. In another bowl, mix together the milk and oil.
3. Make a well in the centre of the flour mixture and pour in the liquid mixture
4. Slowly mix together the dough by working from the centre and incorporating the flour from the edges of the 'well', to make a smooth, soft dough.
5. Knead well for 8-10 minutes, adding a little flour if the dough is too sticky.
6. Place the dough into an oiled bowl, cover with a damp tea-towel and leave in a warm place for 10-15 minutes. Form the dough into five balls.
7. Preheat the grill to medium and place a heavy baking sheet on the upper shelf of the grill to heat.
8. Roll the dough balls out quite thinly, ideally in a teardrop shape,
9. Sprinkle over your chosen topping and press into the surface of the dough.
10. Place the naans onto the hot baking sheet and grill for 1-2 minutes, or until lightly browned. Brush with butter and serve hot.

**CHOLLAH (or CHALLAH)** Jewish bread traditionally eaten on the Sabbath.

**Ingredients**

350g strong flour  
2.5ml spoon salt  
40g butter  
25g sugar  
1 x 5ml spoon dried yeast  
2 eggs  
125ml semi-skimmed milk  
 $\frac{1}{2}$  teaspoon poppy seeds  
Egg for glaze

**Method**

1. Place the flour and salt in the large mixing bowl, rub in the butter and stir in the sugar.
2. Beat the egg and milk together and add to the large mixing bowl, mix to a soft dough.
3. Turn out onto a floured table and knead for 10 minutes until smooth.
4. Place in a glass bowl and cover with cling film and place in a warm place, until doubled in size.
5. Divide the dough into three without knocking back, roll out with your finger tips into three strands, each measuring approximately 35cm long. Join the strands together at one end. Plait strands and seal at other end
6. Place on a floured baking sheet leave in a warm place to double in size.
7. Brush with beaten egg and sprinkle with poppy seeds.
8. Bake below the centre rung in the oven for 30 minutes.
9. Cool on a wire tray.

## CRUMPETS

### Ingredients:

2 ½ tsp dried yeast  
240ml warm milk  
30g unsalted butter, melted  
10ml sea salt  
10ml caster sugar  
470g plain flour  
2.5ml baking powder, dissolved in 60ml warm water  
Vegetable oil, to grease  
Butter or cheese, to serve



### Method:

1. In a bowl stir together the yeast and 240ml warm water and let it stand for 5-10 mins. Add the warm milk, butter, salt and sugar. Add the flour and stir until the batter becomes smooth. Let stand for 30 mins.
2. Stir in the baking powder dissolved in water, leave to rise for 20-30 mins.
3. Grease a heavy-based frying pan with a little vegetable oil and heat over medium-low heat. Lightly grease 4 x 9cm diameter crumpet rings. Spoon batter into the rings so it comes halfway up the sides. Reduce heat to low, cover with an upturned deep frying pan to give the crumpets space to rise. Cook until the tops look dry, about 10-12 mins.
4. Flip them over and cook for 5 mins until golden and firm. Repeat with the remaining batter. Serve toasted with butter or with cheese melted under the grill.

## APPLE AND CINNAMON BUNS

### Ingredients

#### Dough

150 g strong white flour  
10 g margarine  
100 ml warm water  
pinch salt  
5 ml spoon yeast

#### Filling

15 g margarine  
25 g dried fruit  
1 cooking apple, peeled, chopped or grated  
15 g caster sugar  
2.5 ml cinnamon

### Method

- 1 Set oven - 220°C or gas mark 8.
- 2 Collect flour in large mixing bowl, add margarine and rub in using finger tips.
- 3 Stir in yeast and gradually add water to form a dough.
- 4 Turn onto a floured table and knead firmly for 5-10 minutes.
- 5 Roll out to a square about 25 cm x 25 cm.
- 6 Pat on the margarine and sprinkle over sugar, cinnamon and dried fruit and apple.
- 7 Roll up like a Swiss roll, cut into 9 slices and place on tray, cover with oiled cling and leave to side to rise.
- 8 Bake for 15-20 minutes.

## FINNISH FRUIT PLAIT

### Ingredients

250g strong white flour □ 1 x 15ml  
spoon mixed spice or cinnamon □  $\frac{1}{2}$   
x 5 ml spoon salt □ 75g  
currants □ 25g mixed peel □

1 x 7g sachet of dried yeast □ 25g  
caster sugar □ 15g  
margarine □ 125ml lukewarm  
milk □ 1/2 egg

### Method

1. Preheat the oven to 180°C or gas 6.
2. Grease or line the baking tray.
3. Sift the flour, spice and salt into the mixing bowl.
4. Stir in the currants, mixed peel and yeast.
5. Stir the sugar into the milk in a measuring jug. Stir until the sugar has dissolved.
6. Make a well in the centre of the flour and pour in the milk.
7. Melt the margarine and add to the flour.
8. Add the egg
9. Mix to a soft dough using the palette knife.
10. Turn onto a lightly floured surface and knead for 5 minutes.
11. With lightly floured hands, divide the mixture into three portions and roll into sausage shapes the length of the baking tray.
12. Place the lengths onto the baking tray and neatly plait together, tucking in the ends.
14. Cover the plait with cling film and leave in a warm place to prove until doubled in size.
15. Brush with the remaining egg.
16. Bake for 10 minutes. Reduce the oven temperature to 170°C or gas 4, and bake for a further 10 - 15 minutes.
17. Remove the plait and transfer to the cooling rack.

## HOTCROSS BUNS

### Buns

250g strong flour  
1 x 5ml mixed spice  
25g caster sugar  
1 x 5ml yeast  
25g margarine  
 $\frac{1}{2}$  Egg  
1 x 15ml currants  
12g mixed peel  
100-125ml Milk  
Pinch of salt



### Crosses

2 x 15ml plain flour

### Glaze

1 x 15ml Milk  
25g sugar

### Method

1. Set oven to 210°C or gas mark 7.
2. Place flour, spices and salt in a bowl.
3. Stir in yeast, sugar, currants and mixed peel.
4. Add egg and most of milk - mix to form soft dough with a knife, adding the remainder of the milk if mixture is too dry.
5. Knead for 10 minutes
6. Divide into 8, shape into balls, score a cross into each and place on a greased tray and leave to double in size. (cover with greased cling film)
7. Mix the flour with enough water to give you a thick paste.
8. Pipe a white cross into the crosses you cut earlier.
9. Brush buns with beaten egg, bake for approx 15-20 minutes until brown.
10. Brush over with glaze when cooked.



## SUNDRIED TOMATO PLAIT

### Ingredients

125g strong white flour  
125g wholemeal flour  
2.5ml spoon dried yeast  
2.5ml spoon salt  
30g drained sun dried tomatoes - chopped  
10g parmesan cheese  
1 x 15ml spoon red pesto  
1 x 10mls oil from tomatoes  
150mls approx - warm water

### Method.

1. Place flour, yeast, salt, tomatoes and cheese in a large mixing bowl.
2. Add oil, pesto and water and mix to a soft dough.
3. Transfer dough to a floured table and knead for 5minutes until smooth and elastic.
4. Divide into 3 equal pieces and shape each into a 20cm long sausage.
5. Dampen the ends of the 3 sausages and press together at one end.
6. Plait loosely and press together at other end.
7. Place on a greased baking tray, cover with oiled cling film, leave in a warm place to double in size (prove).
8. Remove cling film and bake at gas 8 or 200C for 20minutes - approximately.

## PASTRY

### **Shortcrust pastry**

QUICHE LORRAINE  
MINCE SAMOSA  
LEMON BAKEWELL TARTS  
NORMANDY APPLE FLAN

### **Sweet Shortcrust Pastry**

LEMON MERINGUE PIE  
**ORANGE TART**  
MINCE PIES  
JAM TARTS  
TANGY LEMON TART

### **Choux Pastry**

PROFITEROLES/CHOCOLATE ECLAIRES  
STRAWBERRY CHOUX RING

### **Puff Pastry**

SAUSAGE ROLLS  
PORTUGUES CUSTARD TARTS

### **Extras**

APPLE STRUDEL  
SWEET POTATO AND PEA PUFFS  
APPLE TURNOVERS

## SHORTCRUST PASTRY

## QUICHE LORRAINE

### Ingredients

#### Pastry

100 g plain flour  
50 g margarine (25g lard 25g margarine)  
5 x 5ml spoons water

#### Filling

1 rasher bacon  
 $\frac{1}{2}$  onion, finely chopped  
25 g cheese  
1 egg + 4 x 15ml spoons milk

### Method

#### Pastry

- 1 Set oven - 200°C or gas mark 6.
- 2 Place flour in mixing bowl, add margarine, cut up with round-bladed knife and then rub in with fingertips.
- 3 Add water and bring together with round-bladed knife.
- 4 Roll out to line flan ring.

#### Filling

- 5 Chop onion finely.
- 6 Grate cheese.
- 7 Remove fat from bacon and snip into small pieces with scissors.
- 8 Place onion, bacon and cheese in flan case.
- 9 Mix egg and milk together, pour over filling, place quiche in oven for 30-40 minutes until golden brown and set.

## **MINCE SAMOSA**

### **Ingredients**

#### **Shortcrust pastry**

120g plain flour

30g margarine

30g lard

2 x 15 ml spoon cold water

#### **Method**

1. Weigh flour into large mixing bowl, rub in the fat until it resembles breadcrumbs.
2. Stir in the water with a round bladed knife until a soft dough is reached.
3. Don't be tempted to keep adding water
4. Place in the fridge until required

#### **Filling**

100g minced beef

1 clove garlic, finely chopped

1 x 10ml spoon vegetable oil

1 x 2.5 ml spoon freshly chopped ginger

$\frac{1}{2}$  onion finely chopped

1 x 4ml spoon curry powder

1 x 15ml spoon chopped coriander

1 x 15ml spoon frozen peas

#### **Seasoning**

#### **Method**

1. Fry the onion, garlic, ginger and onion with the oil in a small pan.
2. Add the curry powder and salt and mix well.
3. Add the mince and fry until mince changes colour.
4. Add the peas and coriander.
5. Take of the heat and allow to cool.
6. Roll out the pastry and cut circles using the larges of the three bowls in the units.
7. Divide up the filling between the circles.
8. Wet the edges to stick together.
9. Brush over with melted butter.
10. Bake for 20-25 minutes until golden brown.

## SHORTCRUST PASTRY

### LEMON BAKEWELL TARTS

#### Ingredients

##### Pastry

100 g plain flour

50 g margarine

5 x 5ml spoons cold water to mix

##### Filling

15ml lemon curd

##### Sponge

50 g soft margarine

50 g caster sugar

75 g self-raising flour

1 egg (medium)

15 ml water

Few drops lemon essence

#### Method

1. Heat oven to *Gas Mark 4*; 180°C.
2. Sieve the plain flour for pastry into a large bowl.
3. Rub in the margarine until mixture resembles fine breadcrumbs.
4. Mix to a stiff dough with cold water.
5. Lightly flour the work surface and knead the pastry.
6. Roll out pastry and cut into 8 circles using a pastry cutter and line a patty tin.
7. Place half a teaspoon of lemon curd over each pastry case.
8. Beat the egg for the sponge in a bowl
9. Cream the margarine and caster sugar together until light and fluffy.
10. Gradually beat in the egg/water mixture.
11. Fold in the flour - the mixture should be smooth and creamy.
12. Carefully divide and spread sponge mixture over lemon curd.
13. Place in oven and bake for 15-20 minutes until golden-brown and sponge springs back when touched

## NORMANDY APPLE FLAN

### Ingredients

100 g plain flour  
50 g margarine  
4 teaspoons cold water  
1 large cooking apple  
1 red-skinned dessert apple  
25 g granulated sugar  
25 g margarine  
Apricot jam (to glaze)

### Method

- 1 Light oven, 200°C or Gas Mark 6.
- 2 Make pastry and line flan ring.
- 3 Bake blind for 20 minutes.
- 4 Peel, core, quarter and slice cooking apple.
- 5 Add sugar, 3 tablespoons water and stew for 5-8 minutes until soft.
- 6 Remove from heat and beat well with margarine.
- 7 Place in flan case and smooth over.
- 8 Cut eating apple into quarters, remove core, slice thinly and carefully arrange on top of flan in a cartwheel pattern.
- 9 Brush top with warmed apricot jam and bake for approximately 20 minutes.

**NB** This recipe may be split over 2 periods: Nos. 1-3 in Period 1, the remainder of the recipe in Period 2.

## SWEET SHORTCRUST PASTRY

### LEMON MERINGUE PIE

#### Ingredients

##### Pastry Case

100g plain flour  
50g margarine  
25g icing sugar  
1 egg yolk  
2 x 10ml cold water

##### Meringue

2 egg white  
100g caster sugar

##### Filling

25g cornflour  
50g caster sugar  
25g margarine  
Rind & juice of 1 lemon  
100ml cold water  
1 egg yolk

#### Method

1. Collect ingredients and equipment.
2. Set oven to 220°C/Gas mark 7.
3. Sieve flour and sugar into mixing bowl.
4. Cut margarine into pieces and rub into flour until the mixture resembles fine breadcrumbs.
5. Add 1 egg yolk and sufficient water to make a firm dough.
6. Turn dough onto a lightly floured table and knead lightly.
7. Roll out dough to approximately  $\frac{1}{4}$  cm in thickness to line a 15cm flan ring.
8. Bake pastry case blind for 15 minutes. After the 15 minutes set oven to 160°C/Gas mark 4.
9. Separate the egg carefully.
10. Rind and juice the lemon or orange.
11. Blend the cornflour, sugar and rind with a little of the measured water.
12. Place the remainder of the water and the fruit juice in a small saucepan and bring to the boil. Remove from the heat and pour over the cornflour mixture mixing well.
13. Pour back into the pot, return to the heat and bring to the boil, stirring all the time.
14. Cool slightly; add the egg yolk, beating all the time. Pour into the cooked flan case.
15. Whisk the egg white until stiff and dry.
16. Whisk in half of the measured caster sugar.
17. Using a metal spoon fold in the remaining caster sugar.
18. Pipe or pile the meringue onto the fruit mixture.
19. Bake until pale golden brown in colour.
20. Serve hot or cold decorated with pieces of glacé cherry.

## SWEET SHORTCRUST PASTRY

### ORANGE TART

50g margarine  
100g plain flour  
25g icing sugar  
30ml cold water  
1 orange  
2 eggs  
100g caster sugar  
50ml double cream  
Icing sugar for dusting

1. Set oven to 200°C/Gas Mark 6.
2. Sieve flour into large mixing bowl, add margarine and rub in until the mixture looks like fine breadcrumbs.
3. Stir through the icing sugar and make a well in the centre.
4. Gradually add enough cold water to bring the dough together.
5. Chill for 10 minutes.
6. Roll out pastry and line a 15cm fluted flan ring, lightly prick the surface and rest for 10 minutes.
7. Bake pastry case blind for 15 minutes. Reduce the oven temperature to 160°C/Gas Mark 3.
8. Grate the zest then juice the orange.
9. Whisk together the eggs, caster sugar, zest, juice and double cream.
10. Pour the orange mixture into the pastry case, **do not overfill**.
11. Bake for 20 - 25 minutes until firm to the touch.
12. Allow to cool completely in the flan ring.
13. Carefully remove the flan ring and dust with icing sugar.



## SWEET SHORTCRUST PASTRY

### MINCE PIES

#### Ingredients

125 g plain flour

75 g margarine

1 x 15ml caster sugar

1 x 15ml water to mix (approximately)

2 x 15ml spoons mincemeat



#### Method

- 1 Set oven - 220°C, gas mark 8.
- 2 Sieve 2 x 15ml spoons flour into bowl and add margarine and 1 x 15 ml spoon water, mix together with a fork
- 3 Add remaining flour and sugar and mix to form firm dough.
- 4 Knead pastry lightly and roll out to 0.5 cm thick.
- 6 Cut out large and small circles.
- 7 Place large pastry circles in base of bun tin.
- 8 Fill with mincemeat.
- 9 Put small pastry circle on top.
- 10 Bake till golden brown.

## SWEET SHORTCRUST PASTRY

### JAM TARTS

#### Ingredients

Margarine 50 g  
Plain flour 100 g  
Caster sugar 25 g  
Cold water to mix approximately 30 ml

2 x 15ml Jam

#### Method

1. Preheat the oven to 200°C/gas mark 6.
2. Place the margarine and the plain flour in a bowl, then rub in until the mixture resembles breadcrumbs.
3. Stir through the caster sugar then make a well in the center of the mixture.
4. Gradually add enough cold water to bring the mixture together.
5. Chill for at least 10 minutes.
6. Roll out pastry thinly and cut use a fluted scone cutter. Cut out shaped toppers.
7. Dust baking tray with flour and place each pastry round into the dip section. Spoon a little jam in to each.
8. Bake tarts in the oven for 15-20 minutes
9. dust with icing sugar to serve.

## SWEET SHORTCRUST PASTRY

### TANGY LEMON TART

#### Ingredients

50g Margarine  
100g Plain flour  
25g Caster sugar  
30ml Cold water to mix approximately  
1 Lemon  
2 Eggs  
100g Caster sugar  
50ml Double  
Icing sugar for dusting

Oven: 200°C or gas mark 6 — for baking blind

Oven: 160°C or gas mark 3 — for filling

#### Method

1. Preheat the oven to 200°C/gas mark 6.
2. Place the margarine and the plain flour in a bowl, then rub in until the mixture resembles breadcrumbs.
3. Stir through the caster sugar then make a well in the center of the mixture.
4. Gradually add enough cold water to bring the mixture together.
5. Chill for at least 10 minutes.
6. Roll out the pastry and line a 15 cm flan ring, prick over the surface lightly and rest for 10 minutes.
7. Bake blind for 12-15 minutes until lightly browned, then reduce the oven temperature.
8. Grate the zest then juice the lemon.
9. Whisk together the eggs, the caster sugar, the lemon zest, the lemon juice and the double cream.
10. Pour the lemon mixture into the pastry case, taking care not to over fill, and return it to the oven for 20-25 minutes, until firm to the touch.

## CHOUX PASTRY

### PROFITEROLES

#### Ingredients

70g strong flour

50g butter or margarine

150ml water

2 eggs

#### Filling

200ml double cream

30ml icing sugar

50g chocolate

#### Method

1. Set oven to 220°C/Gas Mark 7.
2. Sieve flour onto a paper towel.
3. Lightly beat eggs.
4. Melt fat in water and bring to the boil, tip flour in all at once and beat well with a wooden spoon until paste forms a smooth lump in centre of saucepan. **Do not over beat.**
5. Beat in eggs, about 15ml at a time, beating well after each addition until mixture is thick and shiny. Omit some egg if mixture is getting too thin.
6. Pile into a piping bag and allow to stand for 10 minutes.
7. Pipe 20 equal amounts well apart onto a dampened baking tray.
8. Bake for 25 minutes or until golden and well puffed.
9. Remove from the oven. Make a small slit in the side of each one.
10. Return to the oven with heat switched off for a further 5 minutes for puffs to dry out. Cool on a wire rack.
11. Whip cream and fold in icing sugar.
12. Pipe cream into puffs.
13. Break chocolate into small pieces.
14. Dip in chocolate

## CHOUX PASTRY

### STRAWBERRY CHOUX RING

#### Ingredients

70g strong flour

50g butter or margarine

150ml water

2 eggs

#### Filling

300ml fresh double cream

30ml milk

5ml vanilla essence

75g icing sugar

200g strawberries

#### Method

1. Set oven to 220°C/Gas Mark 7.
2. Sieve flour onto a paper towel.
3. Lightly beat eggs.
4. Melt fat in water and bring to the boil, tip flour in all at once and beat well with a wooden spoon until paste forms a smooth lump in centre of saucepan. **Do not over beat.**
5. Beat in eggs, about 15ml at a time, beating well after each addition until mixture is thick and shiny. Omit some egg if mixture is getting too thin.
6. Pile into a piping bag and allow to stand for 10 minutes.
7. Using a piping bag and 1cm plain piping tube, pipe pastry in a thick 18cm ring on a greased baking sheet.
8. Bake at 200C Mark 6 for 15 minutes
9. Reduce to 180C Mark 4. Bake for a further 30 minutes or until well puffed and golden. Cool on a wire rack.
10. Cut ring in half horizontally
11. Whisk cream and milk together until soft peaks, gently stir in vanilla, 50g icing sugar and sliced strawberries.
12. Pile mixture into the bottom half of the ring, replace top and dredge with remaining icing sugar.
13. Chill before serving.

## PUFF PASTRY 5-8 portions

200g strong flour

Salt

200g margarine or butter

125ml ice cold water

few drops lemon juice, or ascorbic acid or tartaric acid

Ratio fat to flour - equal fat to flour

### Method

1 Sieve the flour and salt.

2 Rub in one quarter of the butter or margarine.

3 Make a well in the centre.

4 Add water and lemon juice and knead well into a smooth dough in the shape of a ball.

5. Relax the dough in a cool place for 30 minutes.

6. Knead the remaining butter or margarine to the same texture as the dough.

7. Put back into fridge

8. Roll out the pastry on a floured table to a rectangle shape

9. Place the butter on to the pastry so it covers the bottom third and fold pastry over it.

11 Roll out 60 x 15cm, fold the ends to the centre, fold in half again to form a square. This is called one double turn.

12 Allow to rest in a cool place for 15 minutes.

14 Half turn the paste to left or right.

15 Give one more double turn, allow to rest for 15 minutes.

16 Give two more double turns allowing to rest for 15 minutes between each.

17 Allow to rest before using.

## PUFF PASTRY

### SAUSAGE ROLLS

Use  $\frac{1}{2}$  amount of puff pastry as above

3 sausages

1 egg to glaze

Oven temperature 220C

#### Method

1. Roll out pastry on a floured surface to form an oblong shape,
2. Place the sausages onto the pastry. Brush the edges of the pastry with water, then roll the pastry over and seal well.
3. Place on a baking tray and brush with beaten egg.
4. Bake for 20-25 minutes until golden brown.

## PORTUGEUSE CUSTARD TARTS

300g puff pastry (use  $\frac{1}{2}$  amount made)

For the egg custard filling (between 2 pupils)

60g caster sugar

2 medium egg yolks, and 1 egg white

20g cornflour

Pinch of salt

350ml full-fat milk

1 tsp vanilla essence

1 cinnamon stick

40g unsalted butter

30g caster sugar (separate bowl) for method no 6

To finish

Icing sugar for dusting

### Method

1. First make the custard. Whisk the sugar, the egg yolks, cornflour and salt together in a bowl until smoothly combined, and set aside. Put the milk into a large heavy-based pan with the vanilla and cinnamon stick. Bring to the boil, then remove from the heat. Pour about a quarter of the hot milk onto the egg mixture, whisking as you do so. Return this mixture to the rest of the milk in the pan.

2. Put back over a gentle heat and cook, stirring continuously, until the custard becomes thick. Immediately take off the heat and beat for a minute to get rid of any lumps. Pass through a sieve into a bowl. Add the butter and stir in to melt. Lay a disc of baking parchment on the surface of the custard to stop a skin forming. Leave to cool completely.

3. Lightly butter a 6-hole muffin tin.

4. Roll out your puff pastry on a lightly floured surface to a rectangle of about 30 x 20cm. Roll it up like a Swiss roll and cut into 12 equal slices. Roll out each piece into a round, large enough to line a muffin mould. Gently press into the moulds. Chill for 30 mins.

5. Heat the oven to 200C/Gas 6. Line the pastry cases with a square of baking parchment and fill with baking beans or pasta to weigh down. Bake blind for 8-10 mins, then remove the paper and beans and return to the oven for a couple of minutes to dry the bases. Set aside to cool. Lower the oven setting to 160C/Gas 2.

6. Whisk the egg white in a clean bowl until stiff peaks form, then gradually whisk in the rest of the caster sugar. Gently fold this into the cooled custard. Pour the custard mixture into the pastry cases to three-quarters fill them.

7. Bake for about 25 mins, or until the pastry is cooked and the custard is puffed up. Dust with icing sugar before serving.



## APPLE STRUDEL

### Ingredients

1 large apple  
50g caster sugar  
25g raisins  
2.5ml cinnamon  
2.5ml vanilla  
10g butter  
2 sheets of filo pastry  
Egg/milk to glaze  
Icing sugar to dust

### Method

1. Preheat oven to 220°C.
2. Wash, peel, core and thinly slice the apple.
3. Mix together sugar, cinnamon and vanilla. Add the apples and mix.
4. Melt butter in pan.
5. On a floured surface - lay first rectangle of filo pastry. Brush with butter. Repeat with 2 and 3.
6. Place the mixture at one end of the pastry (long side). Roll up and tuck in the edges to make a parcel.
7. Place onto a floured baking tray and brush with egg glaze.
8. Bake for 15-20 mins until golden brown.
9. Dust with icing sugar.

## SWEET POTATO AND PEA PUFFS

### Ingredients

60g Sweet potatoes  
25g Onion  
5ml Fresh coriander  
5ml Sunflower oil  
5ml Cumin seeds  
35g Frozen peas  
1.25ml Crushed chillies  
2.5ml Garam masala  
1.25ml Turmeric  
100ml Water  
2.5ml Lemon juice  
Salt and pepper  
250g Puff pastry  
Approx  $\frac{1}{2}$  Beaten egg  
7.5ml Sesame seeds

### Method

1. Finely dice the sweet potato and the onion.
2. Finely chop the coriander.
3. Heat the oil in a pan.
4. Add the cumin seeds and fry for one minute.
5. Add the onion, sweet potato, peas, crushed chillies, garam masala and turmeric.
6. Add the water, lower the heat and simmer gently for 8-10 minutes until the water has evaporated.
7. Remove from the heat, stir in the coriander and lemon juice then season to Taste. Leave to cool completely.
9. Roll out half of the pastry on a lightly floured surface to a 20cm x 20cm square.
10. Cut the pastry into 4 equal squares. Repeat with the other half of the pastry.
11. Divide the filling equally amongst the eight squares, placing it in the middle. Lightly brush along edges of the pastry with the beaten egg.
13. Fold over to form a triangle, pressing firmly along the edges with a fork to seal.
14. Place on a baking tray, lightly brush with egg and sprinkle with sesame seeds.
15. Chill for at least 10 minutes. Bake for 20 minutes until well risen and golden brown.

## APPLE TURNOVERS

### Ingredients

25g butter

2 medium Bramley apples, peeled, cored and roughly chopped

$\frac{1}{2}$  lemon, finely grated zest

250g puff pastry

75g golden caster sugar

1 egg

### Method

1. Preheat the oven to 200°C/gas 6.

2. Melt the butter in a saucepan and add the apple, lemon zest and 1 tbsp water. Cook gently, stirring, for 5 minutes, until the apples soften. Set aside.

3. On a lightly floured surface, roll the pastry out into a  $\frac{1}{2}$ cm-thick rectangle. Use a sharp knife to trim any ragged edges then cut into 6 squares.

4. Place 1 tbsp apple in the middle of each square and sprinkle with  $1\frac{1}{2}$  tsp caster sugar. Brush the edges with water. Bring one corner over to the opposite one and press the edges together. Make a small hole in the top of each for the steam to escape. Transfer the turnovers to a large baking tray lined with non-stick baking paper.

5. Lightly beat the egg and brush all over the pastries to glaze. Sprinkle over the remaining sugar and bake for about 20 minutes until puffed and golden

