

2012

EHA Show Recipe Book



Ewell Horticultural Association

2012

Cakes

Apple cake (2006 / 2007)

Ingredients:-

175g/6oz wholemeal self raising flour	1 tsp baking powder
175g/6oz caster sugar	3 eggs
175g/6oz margarine	1 rounded tsp ground cinnamon
50g/2oz chopped nuts	1 large cooking apple (about 225g/8oz)
Demerara sugar for sprinkling.	

Method:-

Cream margarine and sugar, add flour, eggs, cinnamon and half the nuts. Spoon mixture into a 20cm/8in round cake tin. Meanwhile, peel, core and slice the apple, and lay slices on top of the cake in circles. Sprinkle with remaining nuts and a tablespoon of Demerara sugar. Bake at 170C/325F/Gas Mark 3 for 1 hour.

Apple Cake (2012)

Ingredients:-

185g/6oz Self raising flour	2 eggs, lightly beaten
90g/3oz caster sugar	250g/8oz cooking apple, peeled and diced
125g/4oz margarine	pinch salt
60g/2oz sultanas	1 level tsp cinnamon

Method:-

Rub margarine into flour, salt and cinnamon, stir in sugar and sultanas. Mix in the egg and apple – the mixture will be stiff. Put into a greased and lined 20cm/8in round cake tin. Bake at 180C/350F/Gas Mark 4 for 1 hr, or until done.

Apple Crunch Cake (2010 / 2011)

Ingredients:-

For the Cake -	For the Topping -
175g/6oz self raising flour	450g/1 lb peeled sliced apples
100g/4oz caster sugar	25g/1oz butter
1 egg	75g/3oz soft brown sugar
1 level tsp baking powder	25g/1oz plain flour
50g/2oz butter	
6 tablespoons of milk	

Method:-

Beat all the cake ingredients together, turn into a 20cm (8 inch) greased and lined cake tin and arrange the apple slices in concentric circles on top. Rub all the topping ingredients together and scatter evenly over the cake. Bake at 180C/ 350F/ Gas Mark 5 for about 45 minutes.

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Apricot Brandy Slices (2012)*Ingredients:-*

90g/3 oz chopped dried apricots	3 tablespoons milk
2 tablespoons brandy	1 egg
125g/4 oz dark chocolate	60g/2 oz sugar
4 tablespoons butter	90g/3 oz plain flour

For icing:-

60g/2 oz dark chocolate	1 tablespoon milk,
250g/8oz icing sugar	1 tablespoon butter.

Method:-

Soak apricots in brandy for 15 minutes. Melt together chocolate and butter, stir in all other ingredients for the slice. Spoon into greased and lined baking tray, 18 x 27cm (7 x 11 inch) or similar, and bake at 180C/350F/Gas Mark 4 for 12 – 15 minutes. To make icing, melt together chocolate and milk, and blend in icing sugar and butter. Spread over slice when cool. Cut into squares or rectangles.

Austrian Streusals (2006 / 2007)*Ingredients:-*

85g/3oz soft margarine	<i>For filling and topping: -</i>
170g/6oz caster sugar	85g/3oz light brown sugar
1 large egg	30g/1 oz self raising flour
170g/6oz self raising flour	5 ml/1 tsp cinnamon
100ml/3 ½ fluid oz milk	30g/1oz soft margarine
	60g/2oz chopped walnuts

Method:-

Combine margarine, sugar, egg, milk and flour until blended. Separately, mix the filling and topping ingredients to form a crumbly texture. Spread half the cake mixture into a well greased 20.5cm/8in square baking tin. Sprinkle half the crumbly mixture on top, then the remaining cake mix, then the remaining crumble. Bake at 170C/340F/Gas Mark 3 middle shelf for 35 – 40 mins. When cold, cut into 8.

Bakewell Slices (2012)*Ingredients:-*

125g/4oz plain flour	60g/2oz butter
60g/2oz butter or margarine	60g/2oz sugar
125g/4oz strawberry jam	1 egg
	Almond essence
	30g/1oz S.R. flour
	60g/2oz ground almonds

Method:-

Make short crust pastry with the 125g/4oz of plain flour and 60g/2oz of butter or margarine, and line an 18cm/7in flan tin. Spread with the jam. Cream together the remaining butter and sugar, add the beaten egg, essence, flour and almonds. Spread over the jam, and cook at 200C/400F/Gas Mark 6 for 20- 25 minutes or until done. When cool, cut into 10 slices.

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Banana Orange Cake (2010 / 2011)*Ingredients:-*

3 ripe bananas	75g/3oz margarine
225g/8oz self raising flour	3 eggs
25g/1oz ground almonds	Rind of 1 orange
150g/5oz soft brown sugar	2 tbsps marmalade

Method:-

Peel and mash the bananas, beat in the flour, almonds, sugar, margarine and eggs. Spoon into a greased and lined 900g/2 lb loaf tin. Sprinkle half the orange rind over the mixture. Bake at 180C/350F/ Gas Mark 4 for 55 minutes. Remove from oven, brush over marmalade, and sprinkle on the remaining orange rind. Cook for another 10 minutes or until done.

Banana Chocolate Mini Muffins (2012)*Ingredients:-*

150g/5 oz self raising flour	1 egg
60g/2 oz sugar	2 fluid oz milk
90g/3 oz plain chocolate chips	30g/1 oz butter
1 very ripe medium banana, mashed	

Method:-

Stir sugar into flour and chocolate chips. Separately, combine egg, milk, butter and banana. Add all at once to the flour and chocolate and stir until just moistened. Spoon batter into fairy cake cases and bake at 200C/400F/Gas Mark 6 for 15 minutes.

Blue Cheese and Pear Mini Muffins (2012)*Ingredients:-*

155g/5oz mixed wholemeal and self raising flour	
Tsp baking powder	1 egg
60g/2oz blue cheese	4 fluid oz milk
45g/1 ½ oz melted butter	pinch salt
1 small ripe pear, peeled, cored and finely chopped	

Method:-

Mash blue cheese with a fork, add milk, egg and butter and mix until as smooth as possible. Add all at once to the flour and salt, together with the chopped pear. Stir until just moistened – the batter should be lumpy. Spoon the batter into fairy cake cases, and bake at 200C/400F/ Gas Mark 6 for 15 minutes.

Caramel Slices (2004 / 2005)*Ingredients**For the base: -*

175g/6oz butter
75g/3oz caster sugar
250g/9oz plain flour

For the topping:-

100g/4oz butter
50g/2oz caster sugar
2 tablespoons golden syrup
One 200g/7oz can condensed milk
100g/4oz cooking chocolate

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Method:-

Base:- Cream butter and sugar, add flour and mix to soft dough. Use it to line an 18cm x 28cm/7 x 11inch oblong tin. Bake at 160C/325F/Gas mark 3 for 35mins.

Meanwhile for the topping:- heat butter, sugar, syrup and condensed milk in pan until sugar is dissolved. Boil for 5 mins, stirring until thickened. Cool slightly, then spread over base.

When cool, spread top with melted chocolate. Cut into 12 slices

Cheese and Chive Scones (2012)*Ingredients:-*

250g/8oz self raising flour

1 tsp powdered mustard

Pinch cayenne pepper

Half tsp salt

125g/4oz plain cottage cheese

2 tablespoons chopped chives

100ml/3 – 4 fluid oz milk

60g/2oz cheddar cheese

Method:-

Sift flour, mustard, cayenne and salt into a bowl. Add cottage cheese and chives, and mix. Make a well in the centre and pour in milk, mixing until a soft dough is formed. Roll out to approximately 1 ½ cm/½ inch thick and cut out scones with a medium sized cutter. Sprinkle tops with grated cheese and bake at 200C/400F/Gas Mark 6 for 15 – 20 mins.

Cherry peel bars (2006 / 2007)*Ingredients:-*

2 large eggs

115g/4oz golden syrup

30g/1oz candied peel

60g/2oz chopped glace cherries

115g/4oz soft brown sugar

30ml/2 tablespoons melted butter

30g/1oz chopped almonds

115g/4oz self raising flour

Method:-

Whisk egg and sugar, beat in syrup, then fold in all the other ingredients. Pour into greased 18 x 28cm/7 x 11 inch baking tin and bake at 180c/360F/Gas Mark 4 on middle shelf for 45mins. When cool cut into 8.

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Chocolate Muffins (2010 / 2011)*Ingredients:*

275g/10oz plain flour	110g/4½ oz butter
200g/7oz soft brown sugar	1 large egg, beaten
25g/1oz cocoa powder	300mls/10 fl oz natural yoghurt
1 tsp bicarb of soda	110g/4½ oz chocolate chips
1/8 th tsp salt	175g/6oz chocolate and hazel nut spread

Method:

Sift flour, cocoa powder, bicarb and salt into a bowl. In a separate bowl beat butter and sugar till soft, then beat in egg. Add 1/3rd of flour mixture, then 1/3rd of yoghurt and mix well. Repeat twice more, adding chocolate chips. Spoon half of mixture into 12 muffin tins lined with paper cases, add 1 tsp chocolate spread to each one, then cover with remaining mixture. Bake in centre of oven at 180C/ 350F/ Gas Mark 4 for 20 minutes until risen and springy.

Chocolate Orange Cake (2008 / 2009)*Ingredients:*

3 eggs	225g/9oz butter
125g/5oz self-raising flour	150g/6oz icing sugar
25g/1oz cocoa powder	2 tablespoons milk
150g/6oz caster sugar	25g/1oz chocolate orange, melted.

Method:

Grease and line a 2 lb loaf tin. Beat together eggs, flour, cocoa, caster sugar and 150g/6oz of the butter until blended. Spoon into tin, and bake for about 40 minutes at 180C/350F/Gas Mark 4. Beat remaining butter, icing sugar and milk until smooth. Divide into two. Fold melted chocolate orange into one. Spoon both buttercreams over the top of cake, swirling with a knife.

Coconut and Banana Slices (2008 / 2009)*Ingredients:*

100g/4oz margarine	50g/2oz desiccated coconut
100g/4oz caster sugar	2 medium bananas, mashed
2 eggs, beaten	150g/6oz self-raising flour

Method:

Grease and line a 18cm x 28cm (7 in by 11 in) tin. Cream margarine and sugar, add eggs and fold in flour with most of the coconut and all the bananas. Spread evenly in tin, and sprinkle with remaining coconut. Bake at 180C/350F/Gas mark 4 for 25 – 30 minutes. Cool in tin and cut into 12 slices.

Coconut and Raspberry Cupcakes (2012)*Ingredients:-*

1 egg	1 tablespoon melted butter
1 tablespoon and 1 teaspoon sugar	raspberry jam
45g/1 ½ oz plain flour	
2 tablespoons desiccated coconut	

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Method:-

Beat egg and sugar until thick and pale. Fold in flour, coconut and butter. Distribute half the batter between 6 fairy cake cases. Spoon a dollop of raspberry jam into each, then cover with remaining batter. Cook at 200C/400F/ Gas Mark 6 for 15 minutes or until golden brown.

Coffee drops (2006 / 2007)*Ingredients:-*

60g/2oz margarine	60g/2oz light brown sugar
1 beaten egg	85g/3oz golden syrup
10ml/2 tsp coffee essence	85g/3oz self raising flour
2.5ml/ 1/2 tsp ground cinnamon	

Method:-

Cream margarine, sugar and syrup, beat in egg and coffee essence. Blend in the flour and cinnamon to form a smooth dough. Roll into small balls about the size of a walnut, and place well apart on well greased baking trays. Bake at 180C/360F/Gas Mark 4 middle shelf, for approx 15 mins.

Crunchy Top Lemon Cake (2010 / 2011)

For the cake

100g (4oz) soft margarine	175g (6oz) caster sugar
175g (6oz) self-raising flour	2 medium eggs
1 teaspoon baking powder	4 tablespoons milk
Finely grated rind of 1 lemon	

1. Pre-heat the oven to 180C/350F/Gas 4
2. Lightly grease and line a 2 lb loaf tin with greaseproof paper
3. Beat all cake ingredients in a large bowl until well blended and smooth.
4. Turn the mixture into the prepared tin and level the surface.
5. Bake for 45 – 50 mins or until the cake has shrunk slightly from the sides and springs back when lightly pressed with a finger.
6. For the Topping: Whilst the cake is baking, stir together the juice of 1 lemon and 100g (4oz) caster or granulated sugar.
7. When the cake is cooked but still hot, spread the topping over it.
8. Leave in tin to cool, and then turn out and remove paper.

Ginger Cake slices (2006 / 2007)*Ingredients:-*

115g/4oz margarine	115g/4oz dark brown soft sugar
115ml/4oz golden syrup	225g/8oz plain flour
pinch of salt	10ml/2 tsp ground ginger
5 ml/1 tsp bicarbonate of soda	60ml/4 tbsp plain yoghurt
1 large egg.	buttercream icing flavoured with lemon

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Method:-

Heat the margarine, syrup and sugar in a pan until melted and leave to cool. Sift flour, salt, ginger and bicarbonate of soda, and beat in the warm syrup mixture, the egg and the yoghurt. Pour into 18.5cm/7 inch square greased and lined sandwich tin, and bake at 170C/340F/Gas Mark 3 (lower shelf) for 55 minutes. When cool ice with lemon flavoured buttercream and cut into 8.

Ginger Crunch Slices (2010 / 2011)*Ingredients:-*

For the Base -

225g/8oz plain flour
100g/4oz caster sugar
1 tsp baking powder
2 tsp ground ginger
150g/5oz butter

For the Topping -

150g/5oz butter
60ml/2 fl oz golden syrup
300g/10½ oz icing sugar
2 tbsp ground ginger

Method:

Mix flour, sugar, baking powder and ginger, and rub in butter until mixture is like breadcrumbs. Press into a greased and lined 18cm x 27cm (7 inch x 10 ½ inch) baking tin and bake at 180C/350F/ Gas Mark 4 for 20 – 25 minutes. Remove from oven and cool. Meanwhile, melt butter and syrup, add icing sugar and ginger, and stir. Pour over base and leave to set. When cold, cut into 16 pieces.

Honey Cake (2004 / 2005)*Ingredients:-*

100 ml honey
125g/4oz soft brown sugar
4 tablespoons water
½ tsp baking powder

150g/5oz margarine
2 eggs
200g/8oz self-raising flour
pinch salt

Method:-

Melt margarine, sugar and honey, and add whisked eggs, water, flour, baking powder and salt. Bake for 40mins, or until a skewer comes out clean, at 180C/350F/Gas Mark 4.

Lemon Bars (2004 / 2005)*Ingredients:-*

225g/8oz margarine
275g/10oz self raising flour
4 eggs
Grated rind 2 lemons.

225g/8oz caster sugar
tsp baking powder
2 tablespoons milk

For icing, about 3 tablespoons lemon juice and 225g/8oz icing sugar

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Method: -

Grease and line a 30 x 23cm/12 x 9-inch roasting tin. Beat all ingredients for cake in large bowl until blended. Turn into tin, and bake at 180C/350F/Gas mark 4 for 35 – 40 mins, or until cake has shrunk slightly from sides and springs back when touched. When cool, mix together lemon and juice and icing sugar and use to ice cake. Cut into 8 bars

Lemon Bars (2008 / 2009)*Ingredients:*

200g/8oz margarine	200g/8oz caster sugar
250g/10oz self-raising flour	1 teaspoon baking powder
4 eggs	2 tablespoons milk
Grated rind 2 lemons	

For the icing, about 3 tablespoons lemon juice and 200g/8oz icing sugar.

Method:-

Grease and line a 30 x 23cm (12 x 9 inch) roasting tin.

Beat all ingredients for the bars in a large bowl.

Turn into tin, and bake at 180C/350F/Gas Mark 4 for 35 – 40 minutes.

When cool, mix together lemon juice and icing sugar and use to ice cake. Cut into 8 bars.

Oat Creams (2004 / 2005)*Ingredients:-*

100g/4oz margarine	50g/2oz caster sugar
1 tablespoon golden syrup	50g/2oz rolled oats
150g/5oz self raising flour	1 tsp baking powder

Filling:- Chocolate butter cream (100g/4oz icing sugar, 50g/2oz butter, 2 tablespoons cocoa powder)

Method:-

Cream margarine, sugar and syrup. Add dry ingredients. Roll into walnut sized balls and flatten, before baking for 15 mins at 180C/350F/Gas Mark 4. When cool, sandwich with butter cream made by mixing all filling ingredients together.

Parkin Slices (2008 / 2009)*Ingredients:-*

300g/12oz oatmeal	150g/6oz self-raising flour
2 teaspoons ground ginger	150g/6oz soft brown sugar
150g/6oz butter	225g/9 fl oz golden syrup
50g/2oz black treacle	2 eggs
110ml/4 fl oz milk	

Method:-

Line a deep baking tray, or 30 x 23cm (12 x 9 inch) roasting tin.

Combine the oatmeal, flour and ginger in a large bowl. Melt the sugar, butter, syrup and treacle over a low heat. Pour the melted ingredients into the bowl, add the eggs and milk and mix well.

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Pour into the baking tray, and bake for 45 minutes at 150C/300F/Gas Mark 2, and then up to another 30 minutes at 130C/250F/Gas Mark 1. Cut into 12 bars.

Peach and Coconut Cake (2010 / 2011)

Ingredients:-

For the cake:-

175g/6oz margarine
175g/6oz light brown sugar
3 eggs beaten
175g/6oz self raising flour
4 peaches, skinned, stoned and chopped
75g/3oz desiccated coconut

For the topping: -

25g/1oz margarine
40g/1½ oz plain flour
50g/2oz Demerara sugar
25g/1oz desiccated coconut

Method:-

Topping – Rub margarine into flour, stir in sugar and coconut.

Cake – Cream margarine and sugar, beat in eggs gradually, and fold in flour with the peaches and coconut. Spoon into a 20cm (8 inch) greased and lined cake tin, sprinkle topping over the cake mixture, and bake at 160C/ 325F/ Gas Mark 3 for about 1½ hours until the centre is firm to touch.

Wholemeal and Herb Mini Muffins (2012)

Ingredients:-

155g/5oz mixed wholemeal and self raising flour	
Tsp baking powder	1 egg
2 tbsps mixed fresh herbs	5 fluid oz plain yoghurt
45g/1 ½ oz melted butter	

Method:-

Sift flour and baking powder, stir in herbs. Separately, combine butter, egg and yoghurt, and add to the flour. Stir until just moistened – the mixture should be lumpy. Spoon into fairy cake cases, and bake at 200C/400F/ Gas Mark 6 for 15 minutes or until done.

Yoghurt Orange Cake (2004 / 2005)

Ingredients:-

100g/4oz margarine	100g/4oz soft brown sugar
2 beaten eggs	175g/6oz self raising flour
150g/5oz natural yoghurt	juice and zest of 2 oranges
25g/1oz soft brown sugar for topping	

Method:-

Cream margarine and sugar, beat in eggs, stir in flour, yoghurt and orange zest. Spoon into greased and lined 2lb/900gm loaf tin and bake for 30 – 35 mins, or until risen and golden, at 180C/350F/gas mark 4. When cool, heat together the orange juice and 25g/1oz brown sugar. Drizzle over cake

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Biscuits / Shortbreads

Afghan biscuits (2006 / 2007)

Ingredients:-

200g/7oz butter	75g/3oz caster sugar
175g/6oz plain flour	25g/1oz cocoa powder
50g/2oz crushed cornflakes	chocolate to ice.

Method:-

Cream butter and sugar, add flour and cocoa, and then cornflakes. Put spoonfuls on a greased baking tray and bake at 180C/350F Gas Mark 4 for 15 minutes. When cold, ice with chocolate.

Anzac Biscuits (2010 / 2011)

Ingredients:-

150g/5oz plain flour	125g/4½ oz butter
100g/4oz desiccated coconut	1 tbsp golden syrup
100g/4oz light brown sugar	½ tsp bicarb of soda
100g/4oz porridge oats	2 tbsp boiling water

Method:-

Melt butter and syrup in a saucepan, stir boiling water into bicarb, and add to mixture. Pour this over the dry ingredients and mix together. Roll teaspoons of the mixture into balls, and place on a large baking tray, lined with baking parchment or greaseproof paper. Leave space between them for spreading. Flatten each ball slightly with a fork. Bake for 15 – 20 minutes at 160C/ 325F/ Gas mark 3.

Blue Cheese Crisps (2010 / 2011)

Ingredients:-

225g/8oz Blue Cheese, crumbled	225g/8oz plain flour
1 egg yolk and 1 egg	Pinch of salt
100g/4oz butter	

Method:

Combine all the ingredients to form a firm dough. Roll into a log about 5cm (2 inches) in diameter. Chill for about an hour. Remove from fridge, cut into discs about 3mm (1/8 inch) thick. Place on a greased, lined baking tray and bake at 180C/ 350F/ Gas Mark 4 for about 12 minutes.

Cinnamon and Almond Crisps (2012)

Ingredients:-

125g/4oz butter	90g/3oz ground almonds
250g/8oz caster sugar	60g/2oz self raising flour
1 egg	2 teaspoons ground cinnamon
90g/3 oz plain flour	

Method:-

Cream butter and 185g/6oz sugar together, add egg and beat well. Sift together flours and ground almonds and stir in butter mixture to form a dough. Mix remaining sugar and cinnamon together in

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a small bowl. Roll dough into small balls, about walnut sized, and roll in cinnamon and sugar mixture. Set apart on a greased baking tray and bake at 180C/350F/Gas Mark 4 for 8 minutes or until golden.

Cheese crisps (2006 / 2007)

Ingredients:-

100g/3 ½ oz strong cheddar cheese

70g/2 ½ oz plain flour

70g/2 ½ oz butter

60g/2oz Ready salted potato crisps

4ml/ ¾ tsp mustard powder

pinch cayenne pepper

Method:-

Grate the cheese into a bowl, crush the crisps and mix in. Stir in flour, mustard powder, and cayenne pepper. Melt the butter, and stir in until all well mixed. Divide into 14 pieces, space apart on well greased baking trays, flatten, and bake at 190C/375F/Gas Mark 5 middle shelf, for 15 mins.

Cheese and Almond Sables (2004 / 2005)

Ingredients

75g/3oz plain flour

½ tsp paprika

salt and pepper

1 egg yolk

50g/2oz butter

25g/1oz ground almonds

40g/1 ½ oz strong hard cheese

Method:-

Rub fat into flour, paprika, salt and pepper until like breadcrumbs. Mix in almonds and grated cheese, stir in egg yolk. Mix to soft dough. Roll out to 5mm/ ½ inch thick. Cut out 5cm/2inch rounds and place on greased baking tray. Bake for 10mins or until golden brown at 180C/350F/Gas Mark 4.

Cornish Fairings (2004 / 2005)

Ingredients:-

50g/2oz margarine

75g/3oz self raising flour

pinch of bicarbonate of soda

50g/2oz caster sugar

1 level dessert spoon of golden syrup

1 level teaspoon of ground ginger

Method:-

Melt margarine and syrup, add other ingredients and mix well. Roll into walnut sized balls and place on greased baking tray, allowing for spreading. Bake for 12 – 15 mins at 190C/375F/Gas mark 5.

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Curry twists (2006 / 2007)*Ingredients:-*

85g/3oz of each of wholemeal and white self raising flours	
pinch salt	5ml/1 tsp curry powder
115g/4oz margarine	5ml/1 tsp dark brown sugar
30ml/2 tbsp sesame seeds	1 egg yolk
15 – 30mls/1 – 2 tbsps milk	

Method:-

Put flours, salt and curry powder in bowl, rub in the margarine and stir in the sugar and half the sesame seeds. Mix in the egg yolk and enough milk to make a dough. Roll out on floured surface and cut narrow strips. Twist each strip and place on greased baking tray, sprinkle with remaining sesame seeds. Bake at 190C/375F/Gas Mark 5 middle shelf for 15 minutes.

Date Pinwheel Biscuits (2012)*Ingredients:-*

125g/4oz chopped dates	125g/4oz self raising flour
90g/3oz sugar	¼ tsp salt
30g/1oz chopped almonds	60g/2oz butter
	90g/3oz sugar
	1 egg yolk

Method:-

Simmer dates with 90g/3oz sugar and ¼ pint water until mixture thickens, then cool and stir in almonds. Cream butter and sugar, beat in egg yolk and stir in flour. Knead to a dough and chill for an hour. Roll out dough to about 20 x 35cm/8 x 14 ins, spread the date mixture over it, and roll up like a Swiss roll, starting with a short side. Cut roll into 6mm/ ¼ inch slices, place on well greased tray and bake for 10 – 12 mins at 190C/375F/Gas mark 5.

Garibaldi Biscuits (2008 / 2009)*Ingredients:-*

75g/3oz caster sugar	100g/4oz plain flour
75g/3oz margarine	75g/3oz currants
1 beaten egg	

Method:-

Rub fat into flour, stir in sugar and currants and bind together with most of the egg to make soft dough. Spread evenly over a swiss roll tin 18 x 28 cm (11 x 7 inch). Brush with remaining egg and sprinkle a little extra sugar. Bake until golden brown at 190C/375F/Gas Mark 5. Cut into 12 bars and allow to cool in tin.

Ginger Biscuits (2012)*Ingredients:-*

60g/2oz margarine	pinch salt
60g/2oz caster sugar	1 level tsp bicarbonate of soda
90g/3oz golden syrup	1 tblsp warm water
200g/7oz plain flour	1 heaped tsp ground ginger

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Method:-

Melt fat, flour and syrup, add the bicarbonate dissolved in water, and the dry ingredients to make a stiff dough. Roll out into about 30 balls. Place on greased baking tray and flatten a little. Bake at 160C/325F/Gas Mark 3 for about 15 mins or until golden brown.

Honey Biscuits (2008 / 2009)*Ingredients:-*

125g/5oz margarine	75g/3oz caster sugar
200g/8oz plain flour	1 tablespoon honey

Method:-

Cream butter and sugar, stir in honey and add flour.

Roll out ½ cm (¼ inch) thick and cut into rounds.

Bake at 180C/350F/Gas mark 4 for about 10 minutes.

Lemon and Blueberry Shortcake Slices (2010 / 2011)*Ingredients:-**For the Base:-*

225g/8oz plain flour
100g/4oz caster sugar
175g/6oz butter

For the Topping:-

3 eggs
225g/8oz caster sugar
100ml/4 fl oz lemon juice and grated rind of 3 lemons
40g/1½ oz self raising flour
75g/3oz dried or fresh blueberries

Method:-

Base – Rub butter into flour and sugar, and press mixture into a greased and lined 18cm x 27cm (7 inch x 10 ½ inch) baking tin. Bake for 20 minutes at 180C/ 350F/ Gas Mark 4. Remove and reduce oven to 140C/ 275F/ Gas Mark 1.

Topping – While base is cooking, whisk eggs and sugar for about 8 minutes, stir in lemon juice and rind, and fold in flour. Once base is cooked, spread blueberries over it, pour over egg mixture, and bake at lower setting for 35 – 40 minutes or until topping is set. Cut into 16 bars.

Mincemeat shortbread (2006 / 2007)*Ingredients:-*

115g/4oz butter	60g/2oz caster sugar
170g/6oz plain flour	60ml/4 tablespoons mincemeat

Method:-

Cream butter and sugar, work in flour and mincemeat. Press into 21.5cm/8 ½ inch round greased sponge tin and bake at 170C/340F/Gas Mark 3 for 25 – 30 mins. Cut into 8 wedges.

Orange Crisps (2008 / 2009)*Ingredients:-*

100g/4oz margarine	125g/5oz self-raising flour
50g/2oz caster sugar	Grated rind of one orange
Caster sugar to finish	

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Method:

Rub margarine into other ingredients and work into a dough. Roll into small balls about 2cm/1 inch round. Place on greased tins, 5cm/2 inches apart, flatten with a fork.

Bake at 180C/350F/Gas mark 4 for 10 – 12 minutes. Sprinkle with sugar while hot.

Orange Shortbread Fingers (2010 / 2011)*Ingredients:-*

115g/4½ oz (approx) unsalted butter

50g/2oz caster sugar

Finely grated rind of 2 oranges

175g/6oz plain flour

Method:-

Beat together butter and sugar, add orange rind. Add flour gradually, and make a soft ball of the dough. Roll out on a floured surface to 1cm (½ inch) thick. Cut into fingers, sprinkle these with sugar, and prick with a fork. Put onto a large greased baking tray and bake for about 20 minutes at 190C/ 375F/ Gas Mark 5.

Parmesan Biscuits (2004 / 2005)*Ingredients:-*

50g/2oz butter

ground black pepper

50g/2oz plain flour

50g/2oz grated parmesan cheese

pinch cayenne pepper

Method:-

Season flour with peppers, and work into the butter and cheese. Roll out on floured board to 5mm/ ¼ inch thick. Cut into small rounds, prick with fork, and place on baking tray. Bake at 180C/350F/Gas Mark 4 for 10 minutes until golden.

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Cookies

Black Forest Cookies (2012)

Ingredients:-

150g/5oz butter	150g/5oz plain flour
185g/6oz dark brown sugar	$\frac{3}{4}$ tsp baking powder
1 tsp vanilla essence	pinch salt
1 egg	250g/8oz semi-sweet chocolate
	75g/2 $\frac{1}{2}$ oz dried sour cherries

Method:-

Cream butter, sugar and vanilla, add the egg and beat. Sift flour, baking powder and salt and add to the butter mixture. Finally, add in chopped chocolate and cherries. Drop rounded tablespoons of the mixture onto greased baking trays, spaced about 5cm/2in apart. Bake for 16 mins at 180C/350F/Gas Mark 4 until brown.

Double Chocolate Cookies (2010 / 2011)

Ingredients:-

200g/7oz butter	40g/1 $\frac{1}{2}$ oz cocoa powder
250g/9oz caster sugar	2 tbsp milk
125g/4 $\frac{1}{2}$ oz light brown sugar	250g/9oz plain flour
1 egg	$\frac{3}{4}$ tsp bicarb of soda
1 tsp vanilla extract	150g/5oz dark chocolate, chopped

Method:-

Cream butter and sugar; beat in the egg and vanilla, then cocoa and milk. Sift flour and bicarb together, and stir into butter mixture, then stir in chopped chocolate. Shape dough into rounded tablespoon sized balls, and place 5cm (2 inches) apart on a greased lined baking tray (you will probably need two). Bake for about 12 minutes at 180C/ 350F/ Gas Mark 4.

Microwave Coconut Cookies (2004 / 2005)

Ingredients:-

50g/2oz margarine	$\frac{1}{2}$ tsp vanilla essence
75g/3oz caster sugar	75g/3oz plain flour
1 egg lightly beaten.	25g/1oz desiccated coconut
pinch salt	strawberry jam

Method:-

Cream margarine and sugar. Stir in egg and vanilla and add coconut, flour and salt. Mix to smooth dough. Shape into walnut sized balls and arrange six at a time on a greased plate or surface which can be microwaved. Press lightly with fork. Microwave on High for 3 mins. Transfer to wire rack and place a teaspoonful of jam on each.

White Chocolate and Cranberry Cookies (2010 / 2011)

Ingredients:-

200g/7oz butter	200g/7oz plain flour
200g/7oz light brown sugar	$\frac{1}{2}$ tsp bicarb of soda

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125ml/4 fl oz sweetened condensed milk	150g/5oz porridge oats
1 large egg	150g/5oz dried cranberries
1 tsp vanilla extract	100g/4oz white chocolate chips or buttons

Method:-

Cream butter and sugar; add condensed milk, egg and vanilla, and beat. Combine flour and bicarb of soda, and stir into creamed mixture. Stir in oats, cranberries and chocolate chips. Place heaped tablespoons mixture onto a greased and lined baking tray, leaving space between them, and flatten slightly with a fork. Bake at 160C/ 325F/ Gas Mark 3 for 15 – 18 minutes, or until golden brown.

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Loaves

Apricot and Orange loaf (2006 / 2007)

Ingredients:-

100g/4oz ready to eat dried apricots	an orange
100g/4oz self raising flour	100g/4oz soft margarine
100g/4oz light brown sugar	2 eggs

For the icing:-

100g/4oz icing sugar,
2 tablespoons orange juice.

Method:-

Snip the apricots into small pieces, and grate the rind off the orange. Add to these the flour, margarine, sugar and eggs, and beat until combined. Spoon into greased and lined loaf tin, 20.5 x 12.5 x 8cm/8 x 5 x 3 ½ inches and bake at 180C/350F/Gas Mark 4 for 40 minutes. When cool, ice with the orange flavoured water icing.

Banana Loaf (2004 / 2005)

Ingredients:-

50g/2oz margarine	100g/4oz soft brown sugar
2 eggs lightly beaten	2 large ripe bananas, mashed
175g/6oz self raising flour	Pinch salt
75g/3oz walnut pieces	100g/4oz sultanas
50g/2oz chopped glace cherries	vanilla essence

Method:-

Cream margarine and sugar, beat in eggs, bananas, and rest of ingredients. Spoon into greased and lined 2lb/900gm loaf tin and bake for 1¼ hours, or until a skewer comes out clean, at 180C/350F/Gas Mark 4.

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Tarts

Almond Tartlets (2008 / 2009)

Ingredients:-

For the rich shortcrust pastry:-

125g/5oz plain flour
75g/3oz butter
1 tablespoon caster sugar
1 egg yolk

For the filling:-

Jam
1 egg white
100g/4oz caster sugar
50g/2oz ground almonds
A few drops almond essence

Method:-

Make pastry and roll out and line patty tins. Put a little jam in each. Whisk egg white until stiff, fold in sugar, almonds and almond essence and spread over jam. Bake for approximately 25 minutes at 200C/ 375F/ Gas Mark 5.

Jam Crumble Tarts (2004 / 2005)

Ingredients:-

Shortcrust pastry enough to line 12 tartlet tins

100g/4oz margarine
40g/1 ½ oz Demerara sugar
1 tablespoon lemon juice

175g/6oz plain flour
zest of one lemon
8oz raspberry jam

Method:-

Line tartlet tins with shortcrust pastry. Rub margarine into flour, add sugar and lemon zest to make crumble mix. Add lemon juice to jam and fill tarts. Top with crumble mix and bake for 12 – 15 minutes at 200C/400F Gas Mark 6.

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Fools

Fruit Fool (2008 / 2009)

Ingredients:-

300g/12oz fruit, eg raspberries, gooseberries or other fruit of choice

150ml/1/4 pt double cream

150ml/1/4 pt thick Greek yoghurt

Chopped nuts or extra fruit

1 tablespoon icing sugar

Method:

Rinse the fruit and crush roughly with a fork. Whip cream until it is in soft folds, then fold in the yoghurt and about two thirds of the fruit. Sweeten to taste with icing sugar. Then stir in the remaining fruit so that it is attractively swirled.

Serve in an individual glass or dish, and garnish with chopped nuts or some extra fruit.

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For Main Meals

Chive and Potato Cakes (2010 / 2011)

Ingredients:-

225g/8oz self raising flour
 40g/1½ oz butter
 Pinch of salt
 1 tbsp chopped fresh chives
 175g/6oz mashed potato
 2 – 3 tbsps milk

Method:-

Mix all the ingredients with enough milk to make a soft dough. Roll out about 1½ cm (approx ½ to ¾ inches) thick and cut out rounds with a floured 7cm (3 inch) cutter. Place cakes on a greased baking tray and bake for 20 – 25 minutes at 220C/ 425F/ Gas Mark 7.

Salmon and Lemon Fishcakes (2010 / 2011)

Ingredients:-

2 large baking potatoes
 1 tbsp chopped parsley
 2 tbsp plain flour mixed with 1 tsp ground black pepper
 150g/5oz smoked salmon trimmings
 2 tbsp olive oil
 Grated zest and juice of ½ lemon
 1 egg yolk
 A little oil for frying

Method:-

Microwave potatoes on high for 10 minutes until tender. Scoop out insides, mash and leave to cool. Season with olive oil and lemon, and mix in egg, salmon and parsley. Shape into rounds 3cm (1¼ inches) wide and 1cm (½ inch) deep. Chill for 15 minutes, dust with peppered flour, and fry in a little oil for 2 – 3 minutes on each side. Serve garnished with parsley.

Welsh Cakes (2010 / 2011)

Ingredients:-

225g/8oz self raising flour	1 tsp olive oil
100g/4oz butter	½ tsp baking powder
100g/4oz caster sugar	Pinch of salt
50g/2oz currants	Pinch of mixed spice
1 medium egg	Very small amount of milk

Method:-

Chop the butter and rub into the flour, baking powder, spice and salt until crumbly. Add whisked egg, sugar and currants, and a small amount of milk until the mixture can be formed into a ball. Roll out the mixture approximately 5mm (¼ inch) thick onto a floured surface, cut out rounds using a 5cm (2 inch) pastry cutter. Fry cakes in a little oil until each side is golden brown.

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Wensleydale and Apple Pate (2008 / 2009)*Ingredients:-*

50g/2oz butter	1 eating apple, peeled, cored and diced
125g/5oz Wensleydale cheese, grated.	50g/2oz walnuts, crushed
65g/2 ½oz cream cheese	Salad leaves to serve

Method:-

Melt butter in small pan, add apple and cook until soft, about 10 mins. Beat together the two cheeses and fold through the apples and butter. Chill for about an hour until firm enough to handle. Form into two barrels, about 11 cm x 2.5cm (4 ½ in x 1 in). Roll in the crushed nuts and chill again. Slice the rolls thinly, and arrange on salad leaves.

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