

2010

EHA Show Recipe Book



Ewell Horticultural Association

2010

# Cakes

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## 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 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.

## Austrian Streusals (2006 / 2007)

### Ingredients:-

|                             |                             |
|-----------------------------|-----------------------------|
| 85g/3oz soft margarine      | For filling and topping: -  |
| 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

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mix, then the remaining crumble. Bake at 170C/340F/Gas Mark 3 middle shelf for 35 – 40 mins. When cold, cut into 8.

### 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.

### 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

#### Method:-

Base:- Cream butter and sugar, add flour and mix to soft dough. Use it to line an 18cm x 28cm/7 x 11 inch 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

### Cherry peel bars (2006 / 2007)

#### Ingredients:-

|                                |                                  |
|--------------------------------|----------------------------------|
| 2 large eggs                   | 115g/4oz soft brown sugar        |
| 115g/4oz golden syrup          | 30ml/2 tablespoons melted butter |
| 30g/1oz candied peel           | 30g/1oz chopped almonds          |
| 60g/2oz chopped glace cherries | 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 <sup>th</sup> 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 1/3<sup>rd</sup> of flour mixture, then 1/3<sup>rd</sup> 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.

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**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 yoghourt             |
| 1 large egg.                   | buttercream icing flavoured with lemon |

*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 yoghourt. 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.

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**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 tbspoons 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

*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

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**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.

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

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**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.

**Yoghurt Orange Cake** (2004 / 2005)*Ingredients:-*

100g/4oz margarine  
2 beaten eggs  
150g/5oz natural yoghurt  
25g/1oz soft brown sugar for topping

100g/4oz soft brown sugar  
175g/6oz self raising flour  
juice and zest of 2 oranges

*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.

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**Cheese crisps** (2006 / 2007)*Ingredients:-*

|                                   |                                    |
|-----------------------------------|------------------------------------|
| 100g/3 ½ oz strong cheddar cheese | 60g/2oz Ready salted potato crisps |
| 70g/2 ½ oz plain flour            | 4ml/ ¾ tsp mustard powder          |
| 70g/2 ½ oz butter                 | 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 | 50g/2oz butter                |
| ½ tsp paprika       | 25g/1oz ground almonds        |
| salt and pepper     | 40g/1 ½ oz strong hard cheese |
| 1 egg yolk          |                               |

*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            | 50g/2oz caster sugar                  |
| 75g/3oz self raising flour   | 1 level dessert spoon of golden syrup |
| pinch of bicarbonate of soda | 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.

**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.

**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.

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**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  
170g/6oz plain flour

60g/2oz caster sugar  
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  
50g/2oz caster sugar  
Caster sugar to finish

125g/5oz self-raising flour  
Grated rind of one orange

*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

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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

### Double Chocolate Cookies (2010 / 2011)

*Ingredients:-*

|                              |                                  |
|------------------------------|----------------------------------|
| 200g/7oz butter              | 40g/1½ oz cocoa powder           |
| 250g/9oz caster sugar        | 2 tbsp milk                      |
| 125g/4½ oz light brown sugar | 250g/9oz plain flour             |
| 1 egg                        | ¾ 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     | ½ 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             | ½ tsp bicarb of soda                      |
| 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.

**Note:** Quantities are given in metric and in imperial measures. Conversions are approximate so use EITHER the metric or imperial measures, not a mixture of the two.

Every effort has been made to make the conversion from Imperial to Metric measures consistent. However, in some cases the amounts have been rounded up or down to the nearest reasonable number.

## 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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