



EHA Junior Recipe Book

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.

Cakes / Slices

Apple and Raisin Cupcakes (2004 / 2005)

Ingredients:-

100g/4oz self raising flour	100g/4oz margarine
100g/4oz soft brown sugar	2 large beaten eggs
50g/2oz raisins	
¼ tsp ground cinnamon	
1 small apple, grated	

Method:-

Beat together flour, cinnamon, sugar, margarine and eggs. Work in raisins and apple. Spoon into fairy cake cases and bake for 25mins at 190C/375F/Gas mark 5 until risen and firm to touch

Banana and Almond Muffins (2008 / 2009)

Ingredients:-

300g/12oz self raising flour	1 teaspoon baking powder
75g/3oz light soft brown sugar	75g/3oz margarine
1 large banana, mashed	50g/2oz flaked almonds
2 eggs	150ml/1/4 pt natural low fat yoghurt
150ml/1/4 pt semi skimmed milk	

Method:-

Mix all ingredients roughly in a bowl. Spoon into 12 muffin tins or muffin cases. Bake at 200C/400F/Gas Mark 6 for 20 – 25 minutes.

Banana and nut slices (2006 / 2007)

Ingredients:-

100g/4oz self raising flour	100g/4oz margarine
100g/4oz soft brown sugar	2 large beaten eggs
100g/4oz chopped nuts	2 ripe bananas
1 tsp baking powder	

Method:-

Cream sugar and margarine. Add beaten eggs, flour and baking powder. Cut bananas into pieces and mash in a separate bowl. Stir into the cake mixture. Spoon into 20cm/8inch square cake tin and sprinkle with chopped nuts. Bake at 190C/375F/Gas Mark 5 for 20 – 25 minutes until golden.

Butterfly Cakes (2008 / 2009)

Ingredients:

100g/4oz caster sugar
100g/4oz soft margarine
2 eggs
100g/4oz self-raising flour
Vanilla to flavour

For the icing:-

75g /3oz butter
200g/8oz icing sugar
2 tablespoons milk

Method:

Line bun tins with paper cases (about 15).

Cream all ingredients for the cakes together, divide between the cake cases, and bake for 15 minutes at 190C/375F/Gas Mark 5 until golden brown. Leave to cool.

Meanwhile, beat together ingredients for the butter cream. Slice off the top of each cake, pipe or spoon in the butter cream, divide the cake top in half and arrange to make 'wings' on top of the cake.

Buzzy Bees (2008 / 2009)**Ingredients:-**

4 tablespoons smooth peanut butter

1 tablespoon honey

2 tablespoons milk powder

1 tablespoon sesame seeds

1 Weetabix, crushed.

Decorating – white chocolate buttons, cocoa powder, chocolate chips.

Method:-

Mix all ingredients together, except for the decorations, and mould into ovals about 5cm (2 inches) long.

Using a toothpick or similar stick, dipped in cocoa powder, draw stripes along the bodies.

Insert 2 white chocolate buttons either side to make "wings", and add two chocolate chips for eyes.

Cherry Nut Crinkles (2012)*Ingredients:-*

60g/2oz butter

60g/2oz chopped glace cherries

60g/2oz caster sugar

60g/2oz flaked almonds

60g/2oz plain flour

Method:-

Cream together butter and sugar, and blend in the flour, cherries and almonds. Drop teaspoonfuls on a greased baking tray, about 7cm/3ins apart. Bake at 190C/375F/Gas Mark 5 for 7 – 8 minutes

Chocolate Fridge Cake Slices (2010 / 2011)**Ingredients:-**

225g/8oz digestive biscuits

150g/5oz golden syrup

150g/5oz milk chocolate

100g/4oz dried apricots, chopped

150g/5oz dark chocolate

75g/3oz raisins

100g/4oz butter

50g/2oz chopped nuts

Method:-

Put biscuits into clean plastic bag and bash until crumbs! Melt chocolate, butter and syrup in a saucepan (Be careful – get Mum or Dad to help!). Remove from heat, stir in biscuits, dried fruit and nuts.

Spoon into a 20cm (8 inch) square tin lined with cling film. Leave to cool, then refrigerate for 1 – 2 hours.

Cut into 12 pieces.

Christmas puds (2004 / 2005)

Ingredients:-

200g/7oz plain chocolate	25g/1oz butter
1 tablespoon golden syrup	1½ oz Rice Krispies
50g/2oz chopped dried apricots	50g/2oz chopped mixed nuts
Icing sugar	

Method:-

Melt the chocolate in a pan over hot water – make sure your Mum or Dad help you with this!
 Stir in butter, golden syrup, rice Krispies, apricots and nuts. Mix well and spoon into 12 paper cases.
 Leave to set in fridge.
 To decorate, make icing from some icing sugar and a very few drops of water. Spoon a little on each pudding

Chocolate Rice Krispie Easter egg nests (2006 / 2007)

Ingredients:-

75g/3oz margarine	60g/2 ½ oz plain chocolate, broken up
100g/4oz golden syrup	50g/2oz Rice Krispies
50g/2oz rolled oats	sugar coated mini chocolate Easter eggs

Method:-

Melt together the margarine, golden syrup, and chocolate. Add the Rice Krispies and oats.
 Fill ten paper cases with the mixture, and make a hollow in the centre.
 Put 3 mini eggs in each. Place in the fridge to set.

Cheese Scones (2008 / 2009)

Ingredients:-

200g/8oz plain flour	½ teaspoon salt
4 teaspoons baking powder	50g/2oz butter or margarine
100g/4oz strong Cheddar cheese, grated	150ml/¼ pt milk
1 egg	Grated cheese to sprinkle on top

Method:-

Rub fat into flour, baking powder and salt until it is like breadcrumbs.
 Mix in the cheese, stir in the beaten egg and milk until it is a soft dough.
 Roll out on a floured surface to about 2 cm thick.
 Cut out rounds, place on a baking tray, brush with milk and sprinkle with grated cheese.
 Bake for 10 – 15 minutes at 220C/425F/ Gas Mark 7.

Chocolate Cakes (2012)

Ingredients:-

125g/4oz soft margarine	30g/1 oz cocoa
125g/4oz caster sugar	
2 eggs	
125g/4oz self raising flour	

Icing:- 1 tablespoon cocoa powder, 200g/7 oz icing sugar

Method:-

Put paper cases in bun tins (about 18). Put all cake ingredients into a bowl and beat well. Divide the mixture between the cake cases and bake for about 15 minutes at 190C/375F/Gas Mark 5. When cakes are cold, mix icing sugar and cocoa with hot water a drop at a time until it will coat a spoon – use this to ice your cakes.

Coconut Kisses (2010 / 2011)**Ingredients:-**

150g/5oz butter	50g/2oz cornflour
85g/3½ oz sugar	55g/2½ oz (approx) desiccated coconut
110g/4½ oz plain flour	Glace cherries

Method:-

Cream butter and sugar, sift flour, cornflour and coconut, and mix all together. Make small balls, about the size of a large marble, and place apart on a greased, lined baking tray. Press a cherry in the top of each, and bake at 180C/350F/ Gas Mark 4 for 20 minutes.

Coconut Pyramids (2012)**Ingredients:-**

1 egg	food colouring
150g/5 oz caster sugar	rice paper
150g/5oz desiccated coconut	glace cherries

Method:-

Beat the egg lightly, then mix in coconut and sugar. If you like you can colour the mixture with food colouring. Shape into about 9 small pyramids on a baking tray covered with rice paper, and top with half a glace cherry. Bake at 160C/325F/Gas Mark 3 for 15 minutes until just going brown.

Currant Shorties (2012)**Ingredients:-**

90g/3oz margarine	½ an egg
75g/2 ½ oz sugar	60g/2 oz currants
Few drops vanilla essence	150g/5oz self raising flour

Method:-

Cream fat and sugar and beat in egg. Add vanilla with flour and currants, and stir in to make a dough. Roll out to 5mm/1/4 inch thick and cut into 5cm/2 inch rounds. Bake until golden brown at 180C/350F/Gas Mark 4 (10–15 minutes).

Fairy Cakes (2004 – 2007 - 2012)

Ingredients:-

125g/4oz caster sugar	125g/4oz soft margarine
2 eggs	125g/4oz self raising flour
icing sugar and decorations of your choice	

Method:-

Line bun tins with paper cake cases (about 15). Put all ingredients in a bowl and beat well for 2 minutes. Divide between the cake cases.
Bake for about 15 minutes at 190C/375F/Gas Mark 5 until golden brown.
Cool, then ice with glaze icing and decorate as you like.

Fairy Cakes (2008 / 2009)

Ingredients:-

100g/4 oz caster sugar	2 eggs
100g/4 oz soft margarine	100g/4 oz self-raising flour
Icing sugar and decorations of your choice	

Method:-

Line bun tins with paper cake cases (about 15).
Put all ingredients in a bowl and beat well for 2 minutes.
Divide the mixture between the cake cases.
Bake for about 15 minutes at 190C/375F/Gas Mark 5 until golden brown.
Ice when cool, and decorate as you like.

Jam Tarts (2012)

Ingredients:-

125g/4oz plain flour	Cold water
60g/2oz margarine	
Jam of your choice	

Method:-

Cut up the margarine and rub into the flour until it looks like breadcrumbs. Add cold water a little at a time and stir until the mixture forms a ball. Roll out on a floured surface and cut rounds out with a cutter. Place these in bun tins, put 1 rounded teaspoon of jam in each, and bake at 200C/400F/Gas Mark 6 for about 15 minutes, or until the pastry is light brown.

Jammy Fairy Cakes (2010 / 2011)

Ingredients:-

100g/4oz plain flour	½ teaspoon baking powder
100g/4oz butter	2 eggs
100g/4oz caster sugar	Jam (whichever you like)

Method:-

Mix all ingredients except jam, and beat for 2 minutes. Spoon into fairy cake cases (about 15). Drop a dollop of jam into the middle of each cake. Bake at 190C/ 375F/ Gas Mark 5 for about 15 minutes or until golden brown.

Marmalade Muffins (2004 / 2005)

Ingredients:-

150g/5oz self raising flour	pinch salt
1 beaten egg	50g/2oz caster sugar
110ml/4 fl oz milk	50g/2oz melted butter
4 tablespoons marmalade	3 tablespoons soft brown sugar

Method:-

Mix egg, sugar, milk and butter in jug, and pour into well made in bowl containing flour and salt. Fold in, then stir in marmalade. Divide mixture between paper muffin cases, sprinkle with soft brown sugar and bake for 25 – 30 mins or until risen and firm, at 190C/375F/Gas Mark 5.

Melting Moments (2012)

Ingredients:-

150g/5 oz self raising flour	1 egg, beaten
Pinch salt	glace cherries to decorate
125g/4oz margarine	90g/3 oz sugar
Porridge oats to coat.	

Method:-

Cream together the margarine and sugar and mix in the egg, flour and salt. Divide into 12 balls. Roll in oats until well covered, and place on greased baking tray. Decorate each one with half a cherry. Bake for about 15 minutes at 180C/350F/Gas Mark 4.

Polka dot slices (2006 / 2007)

Ingredients:-

150g/5oz self raising flour	115g/4oz soft margarine
115g/4oz caster sugar	2 large eggs
60g/2oz dessicated coconut	½ tsp vanilla essence
30ml/2 tblsp milk	60g/2oz Smarties

Method:-

Cream together sugar and margarine, then add eggs, flour, coconut, vanilla essence and milk. Finally, gently fold in the Smarties, and spread into a greased and floured 18 x 28cm/7 x 11inch baking tin. Bake at 180C/360F/Gas Mark 4 on middle shelf for 25 – 30 minutes until golden

Rock Buns (2012)

Ingredients:-

250g/8 oz self raising flour	90g/3oz mixed dried fruit
90g/3oz caster sugar	90g/3oz margarine
1 egg	milk to mix

Method:-

Rub the margarine into the flour, add the dried fruit and the sugar. Mix to a dough with the egg and a little milk if necessary. Place small rough heaps on a greased baking tray (should make about 10). Bake at 200C/400F/Gas Mark 6 for 10 – 15 minutes.

Witchy Fingers (2010 / 2011)

Ingredients:-

220g/7½ oz butter	425g/1 lb plain flour
125g/4½ oz icing sugar	1 teaspoon baking powder
1 egg	1 teaspoon salt
1 teaspoon vanilla extract	Flaked almonds
1 teaspoon almond extract	Red jam.

Method:-

Cream butter and icing sugar, add egg and both extracts. Add flour, salt and baking powder and stir till combined. Roll the dough into tablespoon sized balls, and then form into finger shaped logs and place on lined baking trays. Make wrinkle lines with a knife where the knuckles would be, and stick on an almond flake for a finger nail using a tiny amount of jam. Bake for 12 – 15 minutes, until golden, at 180C/ 350F/ Gas Mark 4.

Bars

Breakfast Bars (2004 / 2005)

Ingredients:-

2 tablespoons honey	100g/4oz margarine
25g/1oz soft brown sugar	150g/6oz rolled oats
25g/1oz each of raisins, sultanas, dried chopped apricots, chopped mixed nuts and sunflower seeds.	

Method:-

Heat honey, margarine and sugar until blended.

Add all other ingredients and press into shallow 18cm/7in square tin. Bake at 180C/350F/Gas Mark 4 until pale brown. Mark into 10 bars and leave to cool.

Coconut Ice (2004 / 2005)

Ingredients:-

250g/8oz desiccated coconut	4 tablespoons condensed milk
150g/5oz icing sugar	pink food colouring

Method:-

Mix all ingredients except colouring until well blended. Divide in half and colour one half pink.

Press white mixture into 20cm/8inch square tin lined with cling film, and then add the pink mixture on top.

Press down, and leave to firm up. Turn out onto board and cut into small squares.

Toffee apple turnovers (2006 / 2007)

Ingredients:-

375g pack of ready rolled puff pastry	6 Coxes apples
15ml/ 1 tablespoon caster sugar	75g/3oz of soft toffees
30mls/ 2 tablespoons milk	

Method:-

Peel, core and slice the apples (you may need your Mum or Dad to help you with this).

Place the apple slices in a saucepan with the sugar and a tablespoon of water and cook gently for 5 minutes; you may need to add a little more water if the apple starts to stick or burn.

Unwrap the toffees and add these to the apple, and cook until they are melted. Then turn off the heat.

Unroll the pastry and cut into 8 squares. Spoon some of the apple mixture into each square. Moisten the edges with milk, and fold over to form triangles.

Place on a floured baking tray, brush with milk and cook at 220C/425F/Gas Mark 7 for 15 – 18 minutes or until golden.

Cool before eating! (The toffee may burn you!)

Biscuits / Shortbreads

Cherry Shortbread (2008 / 2009)

Ingredients:

150g/6oz plain flour	125 g/5oz butter or margarine
50g/2oz sugar	50g/2oz chopped glace cherries
A few drops vanilla essence	

Method:

Rub the butter into the flour until it looks like breadcrumbs. Mix in the sugar and cherries and add vanilla essence. Press into a flan tin 20cm/8 inch diameter approx, and bake at 160C/325F/Gas Mark 3 for 30 – 35 minutes or until just going brown. Mark into wedges before it cools.

Easter biscuits with blueberries (2006 / 2007)

Ingredients:-

125g/4 ½ oz butter	125g/4 ½ oz caster sugar
2 yolks and 1 white of egg	grated rind of 1 lemon
200g/8oz plain flour	1 teasp mixed spice
75g pack of blueberries (Sainsburys)	

Method:-

Cream butter and sugar, beat in egg yolks, lemon rind, flour, spice and blueberries. Roll out to about ½ cm thick and cut out shapes using a cutter. Brush with beaten egg white and sprinkle with castor sugar. Bake at 180C/350F/Gas Mark 4 for 12 – 15 minutes, until golden.

Gingerbread Men Biscuits (2010 / 2011)

Ingredients:-

125g/4½ oz butter	1 teaspoon bicarb of soda
100g/4oz dark brown sugar	2 teaspoons ground ginger
4 tablespoons golden syrup	Currants
325g/11oz plain flour	

Method:-

Melt butter, sugar and syrup in a saucepan (be careful! You may get Mum or Dad to help with this).

Pour into a bowl containing flour, bicarb, and ginger, and mix to a stiff dough.

Turn out onto a floured surface and roll to about 5mm (½ inch) thick. Cut to form gingerbread men. Decorate using currants for eyes.

Bake on a greased, lined tray for 9 – 10 minutes at 160C/ 325F/ Gas Mark 3.

Shortbread (2004 - 2007)

Ingredients:-

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

Method:-

Sift flours together, cream butter and sugar and work in flours.
Press into greased 18cm x 28cm/7 x 11inch oblong tin and prick all over with fork.
Bake for approximately 35 mins at 190C/375F/gas mark 5.
Mark into fingers before cooling.

Cookies

Choc Chip cookies (2006 / 2007)

Ingredients:-

75g/3oz soft margarine	100g/4oz caster sugar
1 egg	175g/6oz self raising flour
100g/4oz chocolate chips	

Method:-

Mix all ingredients.

Place large spoonfuls on greased baking trays and bake at 180C/350F/Gas Mark 4 for 15 – 20 minutes or until golden brown.

Rocky Road Cookies (2004 / 2005)

Ingredients:-

100g/4oz margarine	100g/4oz soft brown sugar
125g/5oz plain flour	1/2 tsp baking powder
75g/3oz chocolate polka dots	¼ tsp salt
75g/3oz rolled oats	50g/2oz mini marshmallows
1 egg	

Method:-

Cream margarine and sugar, add remaining ingredients and mix well.

Put heaped tablespoons of the mixture on a greased baking tray leaving room for them to spread.

Bake for 12 – 15 mins at 180C/350F/Gas mark 5.

Smarties Cookies (2008 / 2009)

Ingredients:-

150g/6oz margarine	150g/6oz brown sugar
200g/8oz plain flour	pinch salt
A few drops vanilla essence	2 tubes of Smarties
1 egg	Milk for mixing if necessary

Method:-

Cream together margarine and sugar until light and fluffy.

Beat in the egg, flour, salt and a few drops of vanilla essence. Fold in the Smarties (may need some milk if the mixture is too stiff).

Drop small spoonfuls onto a greased baking tray.

Bake at 190C/375F/Gas Mark 5 for 15 minutes or until golden.

Pizza / Straws

Scone Pizza (2008 / 2009)

Ingredients:

25g/1oz margarine	100g/4oz self-raising flour
½ teaspoon baking powder	½ teaspoon mustard powder (optional)
Pinch dried herbs	1 egg
1 tablespoon milk	

Method:

Place all ingredients in a mixing bowl, knead lightly, and shape into a flat round about ½ to 1cm thick on a baking tray. Top it with tomato puree, chopped tomatoes (fresh or canned), and sliced mushrooms, herbs, grated cheese and/or any of your favourite toppings!

Bake at 200C/400F/Gas Mark 6 for 15 – 20 minutes.

Cheese and Tomato Straws (2010 / 2011)

Ingredients:-

225g/8oz puff pastry
100g/4oz Cheddar or other strong cheese, grated
2 tablespoons tomato puree
Salt and pepper

Method:-

Roll out the pastry to about 5mm (¼ inch) thick and spread with tomato puree.

Sprinkle with the grated cheese, and season with salt and pepper.

Cut into strips about 1 cm (½ inch) wide and twist the strips gently into spirals.

Place on a greased baking tray and bake at 220C/ 425F/ Gas Mark 7 for about 10 minutes, until puffed and golden.

Puddings

Plushnuggets (2010 / 2011)

Ingredients:-

2 large ripe bananas
2 tablespoons golden or maple syrup
225g/8oz puff pastry

Method:-

Peel and squash bananas, then add syrup. Roll out pastry thinly about 5mm ($\frac{1}{4}$ inch) thick and cut into 7cm ($2\frac{1}{2}$ - 3 inch) circles. Put a blob of banana mix in the middle of each and draw up the edges to seal. Bake at 200C/ 400F/ Gas Mark 6 for 20 minutes.