

RECIPES

Scones

Class 45

225g plain flour
Pinch of salt
½ level teaspoon bicarbonate of soda
1 level teaspoon cream of tartar
40g margarine
About 1 tablespoon each milk and water mixed
Milk for glazing

Method

1. Sift together the flour, salt, bicarbonate of soda, and cream of tartar.
2. Rub margarine into flour until resembles breadcrumbs.
3. Gradually add the milk and water mix with a round bladed knife to give a soft manageable dough.
4. Knead the dough quickly on a lightly floured board.
5. Roll out dough until ½ inch thick and cut out 2 inch rounds with a plain cutter, kneading any trimmings together to cut as many rounds as possible.
6. Set rounds on a ready heated, ungreased baking tray, brushing them with milk.
7. Place in pre-heated oven 450F, 230C, gas mark 8 for approximately 10 minutes until well risen and light golden brown.

Cheese Puffs (makes 20 puffs)

Class 46

250ml water
75g butter, cut into small pieces
1 teaspoon salt
150g plain flour
4 eggs
100g grated cheese, your choice

Method

1. Preheat oven to 220 C / Gas 7. Cover a baking tray with baking parchment.
2. In a saucepan bring water to the boil. Stir in butter and salt; when dissolved, add flour all at once and mix vigorously with a wooden spoon.
3. Remove from heat and stir in eggs one at a time, mixing well after adding each egg (mixture should be smooth and sticky). Stir in grated cheese and mix well.
4. Using two spoons, form balls of 2 to 3cm diameter out of gougère mixture, place on tray and bake in preheated oven for 20 minutes; let cool and serve.

Lemon Drizzle Cake

175g margarine
175g caster sugar
3 eggs
175g self-raising flour
1 teaspoon baking powder
Zest of 2 lemons

For the lemon drizzle:

Juice of 1/2 lemon
100g icing sugar

Method

For the sponge:

1. Preheat the oven to 180 C / Gas 4. Line a 20x30cm cake tin with lightly greased baking parchment, leaving some to overlap the edges.
2. In a large bowl, beat the margarine and sugar together until you have a pale, fluffy mixture.
3. Beat in the eggs one at a time, then stir in the flour, baking powder and lemon zest until smooth. Pour the mixture into the prepared tin.
4. Bake in the preheated oven for 30 to 35 minutes. You'll know it's ready when the edges come away from the sides and it has turned a light golden colour. Remove from the oven and leave to cool slightly but not completely.

For the Lemon drizzle:

1. Make the drizzle by mixing the lemon juice and icing sugar together
2. Prick the top of the still-warm cake with a fork and drizzle the lemon mixture evenly over the top.
3. Allow the cake to cool fully before slicing and serving.

Iced Gingerbread

MEN ONLY

Class 48

225 g plain flour
1 level teaspoon bicarbonate of soda
2 teaspoons ground ginger
1 teaspoon mixed spice
2 tablespoons black treacle
1 tablespoon golden syrup
2 eggs
75 g caster sugar
150ml milk
110g margarine

Icing

225g icing sugar

Class 47

Method

1. Melt margarine, treacle and syrup in saucepan (do not let it boil)
2. Add milk and allow mixture to cool. Beat eggs, add to mixture.
3. Sieve dry ingredients together in mixing bowl.
4. Add liquid mixture gradually, blending well with a wooden spoon.
5. Pour into greased and lined large loaf tin or small roasting tin.
6. Bake in centre of cool oven, 150C, 300F, gas mark 2 for 1 to 1½ hours until firm to touch.
7. When gingerbread is cool sieve icing sugar into bowl and mix to a coating consistency with water, adding a little at a time. Spread over the cake.

Peanut Chocolate Slice & Bake Cookies

Class 50

100g smooth peanut butter
200g light soft brown sugar
100g softened unsalted butter
2 medium eggs, beaten
100g dark or milk chocolate chips
400g self-raising flour

Method

1. Beat together the peanut butter, sugar and butter in a bowl until light and creamy. Gradually beat in the eggs. Stir in the chocolate chips, then sift the flour over the top and mix to form a softish dough.
2. Divide into four equal portions and form each into a log shape about 16cm long. Chill for 1 hour to firm up.
3. Using a knife, make 14 shallow indents in each log at regular intervals – this will make them easier to cut once frozen. Wrap in greaseproof paper and freeze for at least four hours until solid.
4. Preheat the oven to 200C, 180 fan, Gas 6. Line a large baking tray with baking paper. Slice a roll of frozen dough using the pre-marked indents and arrange on the baking tray, spaced a little apart. Bake for about 12 minutes until lightly golden and crisp.
5. Transfer to a wire rack to cool completely.