

SANJEEV KAPOOR'S Cakes & Bakes

www.sanjeevkapoor.com

Sugar Free NaturaTM
recipes inside

It is not every day that one comes across a book on home baking, (that most exacting of all culinary arts), which is so comprehensive, yet so reassuring to home bakers who are intimidated by the thought of an encounter with an oven.

In *Cakes and Bakes*, Master Chef Sanjeev Kapoor dons his baker's cap and demystifies the art and science of baking with his characteristic step-by-step instructions and loads of tips and techniques. Baking is reduced to a simple culinary exercise which requires 4 main ingredients: precision, process, patience and passion. Those from the slap-dash school of cooking are invited to curb their instincts and indulge in a bit of book-cooking instead.

Whip up some fabulous celebration cakes including Black Forest Gâteau and Sacher-Torte; sumptuous desserts such as Tiramisù and Baked Alaska; a variety of mouth-watering sweet and savoury quiches, tarts and pies including Spring Onion Tarts, Mushroom Quiche, Mississippi Mud Pie and Chilled Lemon Cheesecake; crunchy cookies and biscuits like Jammie Dodgers, Walnut Coffee Biscuits, Chocolate Chip Cookies and Nankhatais; delightful teatime treats like Chocolate Éclairs, Cheese Balls and Date and Honey Bars; and to complete the baking experience, a range of breads and rolls from Lavash to Focaccia and Hot Cross Buns.

So, armed with this book and loads of 'flour power', venture into the fascinating world of baking and experience at first hand the wonders of the oven. Store-bought baked goods will never again be an option!

SANJEEV KAPOOR'S

Cakes & Bakes

In association with Alyona Kapoor



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DEDICATION

To my team at Khana Khazana, in appreciation of their passion,
dedication and enthusiasm!

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AUTHOR'S NOTE

While most of us are unable to resist the aroma of freshly-baked breads, cakes and cookies, few of us feel confident enough to attempt to produce them in our own homes. We are intimidated by the 'hot box' and visions of sunken cakes, rock hard balls of dough passing off as bread rolls, collapsed soufflés, soggy quiches and charred biscuits. The oven terrifies the most intrepid and accomplished cook, who would rather serve up store-bought cakes and cookies than risk her culinary reputation on what might just turn out to be burnt offerings!

With this book I hope to demystify and simplify the science and art of baking with foolproof recipes, and lay to rest once and for all the myth that baking is rocket science.

Like any other art or science, there are a few basic rules to follow, a few simple processes to understand and some basic tools to work with. All of which I have laid out for you. I have also given you a number of tips on baking which I urge you to read carefully before you start using the recipes. I have indicated the difficulty level of each recipe so you can start with the easy ones first and graduate to the more complicated recipes as you become more confident. I should add, though, that I have described the difficult recipes in the same step-by-step style so you can be daring and try out one of those first as well!

So put on your apron, grab your rolling pin and follow me into the world of whisks, bowls and spatulas: where cream stands in soft peaks and egg whites turn to snowy froth; where chocolate turns into molten rivulets and dough balloons to twice its size; where bread rolls and loaves spiral; where scones are warmed and cakes are iced; where cookies are eaten so fast they have no time to crumble; and where warm buttery aromas swirl through your kitchen and perfume the air!

Happy Baking!



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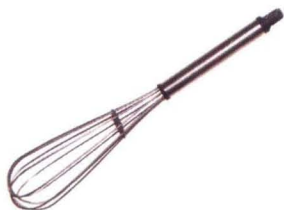
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BAKING EQUIPMENT



Balloon whisk



Pastry brush



Pastry brush



Measuring spoons



Oven gloves



Palette knife



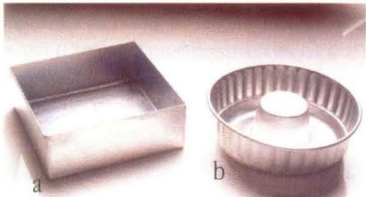
Pastry wheel



Cake server



Rolling pin

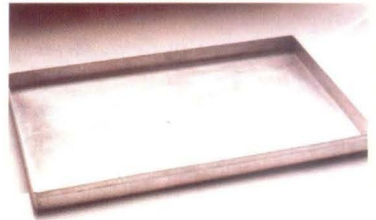


a) Cake tin

b) Ring mould



Muffin moulds



Baking tray



a) Loose-bottomed pie tin

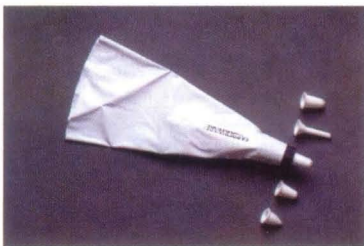
b) Doughnut cutter



Loose-bottomed cake tin



Wire rack



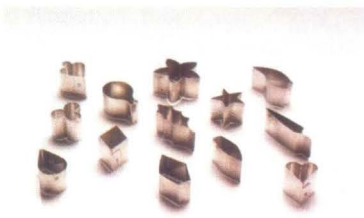
Icing bag and nozzles



Spatulas



Bread knife



Cookie cutters



Tart moulds



Cookie cutters

BAKING INGREDIENTS

MAIN INGREDIENTS

FLOUR

Flour provides the structure for a baked product. The gluten, or protein in flour, forms a structure that traps air bubbles. As it heats, the starch in the flour sets and further supports the structure.

Refined wheat flour (maida) is perfect for cakes, pastries, tart cases, biscuits and cookies.

Wholewheat flour (atta) gives breads a coarse texture and nutty flavour. It can be combined with refined flour to make cakes.

FAT

Fat coats the gluten molecules making the finished product light and tender and fluffy. When sugar is creamed with fat, small pockets of air are formed, which produce a finer grain in the baked product. Fats also add great flavour.

Butter is made from fresh or soured cream and contains at least 80% fat, the rest consisting of milk solids and water. Butter may be unsalted (white butter) or salted. If using salted butter do not add salt in the recipe.

Margarine contains 80% vegetable fat and may be substituted for butter in some recipes.

Oil Some cakes and baked products call for oil in the recipe. Use any vegetable oil. Do not replace butter or margarine with oil.

Vegetable Ghee or vanaspati is hydrogenated vegetable fat. If used in combination with butter it makes pastries crisper and flakier.

SWEETENERS

Sweeteners such as sugar add flavour and moistness as well as contribute to the tenderness of the product. They add lightness by creating tiny air pockets when they react with leavening agents.

Brown Sugar can be dark or light and consists of sugar crystals coated in a molasses syrup with natural flavour and colour.

Caster Sugar is extra-fine granulated sugar which dissolves more quickly. It is ideal for making meringues, cakes, soufflés, and mousses.

Demerara Sugar is coarser than brown sugar with larger grains which are not suitable for creaming. It is best used for making cakes with the melting method.

Granulated Sugar is regular table sugar.

Honey adds flavour, colour and moistness to a cake.

Icing Sugar is finely crushed white sugar ground to a smooth powder with cornflour added to prevent caking. It is sometimes referred to as confectioners' sugar.

Molasses is the dark thick, syrupy residue that is left behind after sugar crystals are extracted from boiling sugar cane.

Powdered Sugar is granulated sugar ground to a smooth powder and sifted.

EGGS

Eggs are both raising as well as binding agents. They add colour and flavour to a baked product.

A wash made of beaten egg mixed with milk brushed on bread gives it an appetizing glaze and gloss.

The yolk adds richness and is a good emulsifier, while the white can be beaten well to aerate a product and make it light. You can use either brown or white eggs as they are the same. The standard weight of an egg used in this book is 55-60 grams.

RAISING OR LEAVENING AGENTS

These ingredients form carbon dioxide (CO₂), which makes baked product rise.

Baker's Ammonia (Ammonium Carbonate) is a type of baking powder which is used mainly for biscuits and cookies. Don't confuse this with ordinary household ammonia, which is poisonous.

Baking Powder is a blend of an acid such as cream of tartar and an alkali - soda bicarbonate (baking soda).

Cream of Tartar also known as Tartaric Acid or Potassium bitartrate is an ingredient in baking powder. It is also used on its own usually to stabilize and increase the volume of egg whites.

Soda Bicarbonate (Baking Soda) is another chemical leavener, used when there is an acidic ingredient in the recipe, such as vinegar, lemon juice, yogurt, buttermilk or fruit pulp; as well as other ingredients where the acid might be hidden such as chocolate, honey and molasses.

Yeast is used in doughs and batters. Fresh yeast is like putty in colour and texture and should have a slightly fermented smell. Dried yeast can also be used. It should be white or light brown in colour. Store in an airtight container in a refrigerator for up to 6 weeks. 1 level tablespoon of dried yeast is equivalent to 25 grams of fresh yeast.

LIQUIDS

Liquid helps carry flavourings throughout the product and provides steam during baking thus acting as a raising agent.

Milk Use regular whole milk (3.5% fat) unless otherwise specified. Skimmed milk (0.5% fat) may be used in low-calorie recipes.

Water For breads, water is best for producing a loaf with an even texture and crisp crust. For a softer crust, and a loaf which will stay soft and fresh for a longer time, use milk or a combination of milk and water.

SALT

Salt strengthens gluten and enhances flavours.

In yeast breads, accurate measurement of salt is essential. If too little is used, the dough will rise too quickly and if too much is used the yeast will be killed giving the bread an uneven texture.

OTHER INGREDIENTS

CHEESE

There is a variety of cheeses that can be used in baking. Use grated processed cheese unless otherwise specified. If cream cheese is not available, you can use a combination of drained (hung) yogurt and cheese spread.

CHOCOLATE

Chocolate is made from cacao beans, which are processed into cocoa butter and solids and combined with sugar, vanilla and other ingredients. Use dark cooking chocolate unless otherwise specified.

Chocolate chips are used in cookies and muffins. They have less cocoa butter than regular chocolate, which helps them retain their shape while baking. If chocolate chips are not available, you can chop cooking chocolate into small pieces.

White chocolate is similar to regular chocolate except that it does not contain any cocoa solids.

COCOA OR COCOA POWDER

Cocoa is like unsweetened chocolate in powdered form but contains less cocoa butter than chocolate. Do not use drinking chocolate powder as a substitute.

COCONUT

Unsweetened dessicated coconut, rather than fresh coconut, is usually used in baking.

CORN FLOUR

Cornflour is an excellent thickening agent. It is also used in combination with flour to make cookies crisp.

CREAM

Whipping cream is heavy cream with at least 36% fat. It is ideal for whisking. It is best to use fresh dairy cream for whisking. All creams available in tetrapacks may not whisk well, however there are certain brands of whipping creams also available.

DRIED FRUIT

Raisins, sultanas, currants, dates, glacé cherries and tutti frutti (mixed chopped dried fruit or peel), add colour, flavour and sweetness to baked products. Make sure the ingredients are washed, dried and sprinkled with flour before use.

FLAVOURINGS

These are extracts and essences. The two are not the same. Extracts are generally stronger than essences; essences may be artificial. When substituting essence for extract use at least twice the quantity as essences are milder in flavour. The most common flavourings are vanilla, almond, peppermint, orange and rose.

FOOD COLOURS

Use organic natural food colours wherever possible. Avoid synthetic colours which could contain poisonous substances.

GELATINE

Unflavoured gelatine, different from flavoured "jelly", is an odourless, tasteless and colourless thickening agent, which when dissolved in hot water and cooled, forms a jelly. It is pure protein derived from animals. Vegetarian gelatine is also now available. Agar agar or China grass made from seaweed, is commonly used in vegetarian foods.

NUTS

Walnuts, peanuts, almonds, cashewnuts and pistachios are common baking ingredients. Do not use salted nuts unless otherwise specified. Almonds should be blanched and peeled before using unless otherwise specified.

OATS

Oats used in the recipes are porridge oats which are steamed, rolled, and flaked so that they cook quickly.

WHEAT BRAN

Wheat bran is the hard outer layer of the wheat grain. It is rich in dietary fibre and is added to enrich breads and other baked products. It is available in most supermarkets and health food stores.

TIPS FOR SUCCESSFUL BAKING

PREPARING TINS

- Use the baking tin size specified in the recipe. To determine the size of a tin, measure across the top from inside edge to inside edge. Measure the depth by placing the ruler inside the pan and measuring from the bottom up to within $\frac{1}{4}$ inch of the top edge. For a pan with slanted sides, keep the ruler straight and do not slant when measuring.
- To grease baking tins, rub the base and the sides with a piece of paper towel smeared with a small quantity of fat. Non-stick baking tins require very little grease.
- To grease and flour baking tins, rub the inside surface with fat and dust it with flour. Turn the pan upside down and tap the bottom to remove excess flour.
- To line a round baking tin, trace around the tin on greaseproof paper with a pencil and cut around. For the sides, cut a strip a little longer than the circumference and about $1\frac{1}{2}$ times the depth of the tin. Make small diagonal slits at 1-inch intervals in one edge and fit into the tin. Press the round cutout over it.
- To line a square-cornered tin, cut out greaseproof paper 2 inches larger than the tin. Cut each corner of the paper as far as the tin. Fit the paper into the tin, overlapping the corners.
- Use shiny metal tins for baking cakes as they reflect heat away, producing a tender, lighter coloured crust.
- Fill cake tins no more than half full to allow for rising during baking.
- A springform or loose-bottomed tin with a removable base is the most commonly used tin for making cheesecakes, pies and tarts.

MEASURING

- Use a weighing scale, standard measuring spoons and measuring cups. Measuring spoons usually consist of $\frac{1}{4}$ teaspoon, $\frac{1}{2}$ teaspoon, 1 teaspoon and 1 tablespoon. Cups range in size from $\frac{1}{4}$ cup to 1 cup. Do not use regular spoons and tea or coffee cups or mugs to measure ingredients for baking recipes as it is important to be exact.
- To measure small amounts of liquids such as essences, oil, milk or water, pour them into the spoon or measuring cup until full. Use a dropper for food colours.

- Use a glass or plastic transparent measuring jug with a spout to measure all liquid amounts greater than 1 cup. Place the jug on a flat surface at eye level and pour in the liquid. Check that the liquid is exactly at the level indicated in the recipe.
- To measure dry ingredients including flour, cornflour, cocoa, granulated and powdered sugars, spoon dry ingredients into the correct-size spoons or cups until overflowing. Level the surface with the straight edge of a spatula or knife.
- Always stir flour to "loosen" before measuring.
- Measure brown sugar by packing it firmly into the measuring cup and levelling it. It should hold its shape when turned out of the cup.

PREPARING INGREDIENTS

- Make sure all ingredients are at room temperature, unless otherwise specified.
- Collect and prepare all the necessary ingredients. Always use the freshest ingredients.
- To separate egg whites from the yolks, use 3 bowls. Break the egg over one small bowl and let the whites fall through an egg separator or your fingers into it. Place the yolk into the second bowl. Pour the egg white into the third bowl.
- It is easiest to separate eggs when cold, however egg whites are best whisked at room temperature for extra volume.
- Grease and fat are enemies of perfectly beaten egg whites. Make sure that not even a drop of egg yolk gets mixed into the egg white, and that the bowl and beaters used for whisking are completely free of any grease.
- Wash, spread out to dry and dust dried fruit with flour before adding to the batter to prevent the fruit from sinking.
- Always sift flour, soda bicarbonate, baking powder, salt and spices to avoid lumps.
- To whip cream, beat chilled heavy cream in a chilled bowl with chilled beaters until the cream forms soft peaks.
- Chocolate will scorch if melted at too high a temperature. If even a drop of cold liquid is added as it is melting, it will 'seize' and become thick and grainy. To prevent it from seizing while melting, add hot liquids like cream or milk to chopped chocolate.

- To melt gelatine, sprinkle a small quantity of cold water over the gelatine in a small bowl and leave to soften for 5 minutes. Heat in a microwave oven for a few seconds, or over a pan of simmering water till it melts. Do not melt over direct heat.

MIXING

- Do not over-beat the ingredients. Over-beating butter can soften it too much, preventing it from trapping air. Too much air in over-beaten eggs creates tunnels in the finished product.
- While making cheesecake, avoid over-beating the batter as additional air is incorporated causing cracking on the surface of the cheesecake.
- Do not over-soften or over-beat cream cheese for optimum distribution of added ingredients, such as chocolate chips or nuts in cheesecakes.
- Scrape the sides and bottom of the bowl frequently with a rubber spatula during mixing.
- Fold in the flour gently. If the flour is stirred in too vigorously, gluten in the flour will develop and the cake will become tough.
- Fold nuts and dried fruit into the batter last.
- To prevent the dough from sticking to cookie cutters, dip the cutters in icing sugar or flour between cutting cookies.
- When making pies and tarts, make sure the butter stays very cold. Because butter contains water, when the butter gets warm, the water is released and soaked up by the flour, leading to a tough dough.

BAKING

General

- Make sure the oven preheats for at least 20 minutes before baking.
- The batter or dough should not be waiting outside the oven after mixing, unless otherwise specified.
- Do not over-crowd the oven. The pans should never touch each other or the sides of the oven.
- Avoid opening the oven door during baking.
- Make sure you use oven gloves.

Cakes

- When a cake is done, it will give out a strong buttery aroma. It should be golden brown in colour and will shrink slightly from the sides of the tin. The top of the cake will spring back when pressed lightly.

- To test for doneness, insert a long thin skewer into the centre of the cake - if it comes out clean, without any batter clinging to it, it is done.
- If the cake is not yet cooked in the centre, but the top is getting brown, cover the top with a piece of brown paper or thick foil, lower the heat and cook for a while longer.

Biscuits

- Use shiny aluminum pans for evenly baked and browned biscuits.
- Some biscuits may cook faster than others in the same batch. Transfer the cooked ones to a wire rack to cool and return the others to the oven for a while longer.
- Biscuits and cookies should be pale gold on top and golden brown on the bottom.
- Always cool the pan before using it for the next batch. To hasten the process, run cold water over it and dry well.

Bread

- Bread should sound hollow when tapped underneath with your knuckles.

COOLING

- Leave cakes and breads in the tin to cool slightly before turning out onto a wire rack to cool completely.
- To turn cake or breads out, run a knife round the edge of the tin to loosen, before turning it over.
- For sponge cakes, which might dry out while cooling, place the tins over them to prevent the moisture from evaporating.
- When a cake or cake-based dessert has to be refrigerated, use a fatless cake. If you use a cake with fat in it, it will harden when refrigerated, as fat sets on chilling.
- Place biscuits on a wire rack to cool.
- For cooling a cheesecake, run the tip of a knife or a narrow spatula around the edge and sides to loosen it. The cheesecake will shrink away from the sides as it cools. Place the cheesecake in the tin on a wire rack to cool.
- When completely cooled, gently loosen the entire side of the cheesecake from the tin with the tip of a knife and release the clamp of the springform tin. Carefully remove the side of the tin.

ICING

- Ice cakes or biscuits when they are completely cooled, or the icing will melt or slide off.

- Use a palette knife dipped in hot water to smooth the icing. Placing the cakes on a turntable will help to spread the icing evenly on all sides
- Use a piping bag with different nozzles to make interesting designs.
- The uniformity of icing patterns depends on the uniformity of the pressure you apply to the bag. Practice on a piece of butter paper before you decorate the cake.

DECORATION

- Use melted chocolate to decorate cakes or cookies. Cool in sheets and break into pieces or cut into shapes with cookie cutters.
- Make chocolate curls by scraping a bar of chocolate with a vegetable peeler or very sharp thin knife
- Grated chocolate sprinkled over a cake or dessert looks delicious!
- Sprinkle orange or lemon rind, either grated or cut into thin long strips over cakes or desserts.
- Chopped nuts make a wonderful crunchy topping, as does crushed chikki.

- Sprinkle grated cheese or paprika over savoury dishes and cinnamon or cocoa powder over sweet ones.

STORAGE

- Cool cakes without icing completely before storing in an airtight tin or they will become sticky and moist on the surface.
- Store cakes with creamy icing under a deep wide lid or large inverted bowl.
- Cakes with whipped cream toppings, cream fillings or cream cheese icings should be stored in the refrigerator.
- Baked cheesecakes freeze well. Cool completely and wrap in double layers of foil or cling wrap. Cheesecakes with garnishes or topping should not be frozen.
- Store soft cookies in an airtight container to preserve their moistness.
- Store iced cookies in a single layer in an airtight container so that the icing will maintain its shape and the cookies will remain moist.

WHAT WENT WRONG?

CAKES

Heavy soggy texture

- cake was removed from the oven too soon
- too much liquid used; too little raising agent
- insufficient creaming of fat and sugar
- curdling of mixture when the eggs have been added
- over-stirring the flour into the mixture

Dry, coarse texture

- too much baking powder
- baked too long in a cool oven

Domed, cracked top

- oven too hot or cake placed on a higher shelf in the oven
- too stiff a mixture; cake tin too small

Dried fruit sinking to the bottom of the cake

- damp fruit or sticky glacé cherries
- cake mixture too soft
- too much raising agent

Cakes sinking in the middle

- too soft a mixture; too much raising agent
- oven too cool so that the cake will not rise in the middle
- oven too hot - the cake rises too fast and remains uncooked in the centre

BREAD

Crumbly and spoils easily

- too much yeast
- flour not strong enough with gluten
- over-fermentation and rising too quickly in too warm a place

Pale crust, flat top, poor volume, too wet or too dry dough

- dough not risen enough - under-fermented
- proving for a long period at high temperature
- dough not kneaded enough
- too little yeast or salt

Sour flavour or strong yeasty taste

- yeast is stale or too much used
- over-fermented

Uneven texture and holes

- too much liquid; over or under-fermentation; oven proving
- insufficient kneading after first rising
- dough not covered during rising causing a hard crust which is kneaded into the dough.

Heavy texture

- gluten
- too much salt
- insufficient fermentation time
- insufficient kneading
- yeast killed by rising in too hot a place
- cool oven with prolonged baking time

COOKIES AND BISCUITS

Dough too sticky to roll

- too little flour
- dough not cold enough

Dough cracks while rolling

- dough too cold

Cookies dry and hard

- overmixing or overbaking
- less fat or too much salt

Biscuits stick to baking pans

- Baking tray not greased
- Biscuits still hot from the oven

Oily cookies and biscuits

- dough not chilled before baking
- too much fat used

Cookies flatten and spread out while baking

- dough was not properly chilled
- pans were greased too much
- dough was placed on warm baking sheets

QUICHES, PIES AND TARTS

Crust loses shape

- dough not cold enough
- oven not hot enough

Crust tough

- not enough fat
- over-working the dough

Crust shrinks

- over-mixing; excessive rolling and stretching
- too little fat; too much water
- ingredients too warm

Soggy bottom crust

- holes in the crust causing the filling to leak
- oven temperature too low
- too much fat; too much liquid in the filling

SYMBOLS USED

	Preparation Time
	Baking Time
	Oven Temperature
	Degree of difficulty - Easy
	Degree of difficulty - Medium
	Degree of difficulty - Difficult
	Contains Egg
	Eggless

BAKING TERMS

Bain-marie A baking tin partially filled with water into which another smaller baking tin or heatproof bowls are placed while baking. It is also called a water bath.

Bake blind To bake an unfilled pastry case. Prick the pastry case with a fork to prevent puffing. Cover with aluminum foil or greaseproof paper and fill with rice or beans. Bake for about 10 to 15 minutes.

Beat To mix ingredients vigorously with a spoon, fork, wire whisk, hand beater or electric mixer until the ingredients are smooth and uniform.

Blanch To cook food for a very short time in boiling water to help in the removal of the skin from nuts, or partially cook fruits and vegetables.

Blend To mix ingredients together with a spoon, wire whisk, or rubber spatula until very smooth and uniform. You can also use a blender or food processor, depending on the task.

Cream To beat solid fat, usually butter and caster or powdered sugar together to incorporate air and make a uniformly light and fluffy mixture. Creaming can be done with a wooden spoon, an electric hand mixer or stand mixer.

Crimp To make a decorative border on pie crusts, by pinching or pressing pastry or dough together using your fingers, a fork, or any other tool.

Cut in To mix together cold butter and flour or sugar without incorporating air into the mixture. Use two knives or a pastry blender to make a mixture that is crumbly or grainy in appearance.

Double-boiler A double-boiler is used to melt or cook ingredients such as chocolate or eggs without allowing them to scorch or curdle. The ingredients are put into a pan or a heatproof bowl placed over a pan of gently simmering water and cooked, stirring continuously, till the desired consistency is reached.

Dredge To cover or coat with sugar or other dry ingredients, such as breadcrumbs.

Dust To sprinkle flour, sugar, spice or seasoning lightly over the top of a food item or baking tin.

Egg wash Egg yolk and/or white beaten with a small amount of water or milk and brushed over dough prior to baking, to add a golden brown colour and gloss to the baked product.

Flambé To set alcohol alight (flame). Food tossed in a pan to which burning brandy or another alcohol has been added.

Fold To lightly and gently mix flour or one beaten ingredient into another, to prevent loss of air. Use a spatula to fold: first cut vertically through the mixture and then slide the spatula across the bottom of the bowl and up the side, turning the mixture over. Rotate the bowl a quarter turn and repeat the motions.

Glaze Glazes are used to give desserts a smooth and/or shiny finish. Caramel is used to glaze some cakes and small pastries; Tart glazes are made from sieved jam, preserves or jelly, or a combination of the above.

Gratin Any sweet or savoury dish baked or broiled so its topping forms a golden crust.

Grease To rub the inside surface of a tin with a small quantity of fat, using a pastry brush or paper towels, to prevent food from sticking during baking.

Grease and flour To rub the inside surface of a pan with fat and then dust it with flour.

Griddle Flat metal plate like a tawa used to bake breads and cakes on the top of the stove.

Grill To broil by direct heat usually on an open grating.

Icing Sweet, often flavoured, coating or covering for cakes and pastries.

Knead To press, fold and stretch dough with the heels of your hands until smooth and uniform.

Knock back (punch down) To flatten a risen yeast dough by pressing it down with your fist.

Line To cover the inside of a baking tray or tin with greaseproof or other paper or foil.

Meringue (pronounced merang) A mixture of egg whites and sugar beaten into a foam. It is used to lighten mixtures and as a topping. It can also be baked in shapes, a crisp layer or shell.

Mix To combine ingredients in any way that distributes them evenly. This can be done using a spoon, fork, whisk or an electric mixer.

Pipe To force mixtures such as icing, meringue or cookie dough through a bag fitted with a nozzle, to decorate or garnish cakes and other dishes.

Preheat To heat an oven to the desired temperature before baking. Preheating normally takes from 15 to 20 minutes.

Proving It is a stage in the rising of the dough. After its first rise, the dough is punched down and shaped in its final form and left to stand till double in size and springy to the touch.

Ramekins Small individual ovenproof dishes.

Reduce To lessen the volume of liquid by rapid boiling in an uncovered pan.

Roll out To flatten and spread pastry to the desired thickness with a rolling pin.

Rub in Fat is rubbed into flour. This is achieved as the fat is lightly worked into the flour between the fingers and thumbs trapping air as it falls.

Sift To pass dry ingredients through a fine wire mesh to produce a uniform consistency and to remove lumps and unwanted particles. Sifting also adds air to flour used for baking.

Simmer To cook over a low heat just below the boiling point.

Skim To remove cream from the surface of milk or fat, or scum from the top of broths and gravies.

Soft peaks Egg whites and cream beaten to a foamy stage when, as the beaters are lifted, peaks form which hold their shape only briefly.

Soufflé (pronounced soo-flay) A baked dish containing whisked egg whites, which cause the dish to rise during baking. Also chilled dessert made in a straight-sided soufflé dish so that it resembles a baked soufflé.

Stiff peaks When the beaters are lifted from the egg whites, peaks are formed that hold their shape. When egg whites have reached the stiff peak stage, they are thick, opaque and glossy.

Trim To cut away unwanted or excess dough.

Whisk (also whip) To beat ingredients such as eggs or cream, with a wire whisk, hand beater or electric mixer to add air and increase volume till light and fluffy.

Zest Grated or peeled coloured, oily, outer skin of citrus fruit used to flavour foods and liquids.

OVEN TEMPERATURE CHART

CELSIUS	FAHRENHEIT	GAS MARK	DESCRIPTION
110	225	quarter (¼)	very cool
130	250	half (½)	-
140	275	1	cool
150	300	2	-
170	325	3	very moderate
180	350	4	moderate
190	375	5	-
200	400	6	moderately hot
220	425	7	hot
230	450	8	-
240	475	9	very hot

MEASURING CUPS AND SPOONS

MEASURES	VOLUME
1 tablespoon	15 ml
2 teaspoons	10 ml
1 teaspoon	5 ml
½ teaspoon	2.5 ml
¼ teaspoon	1.25 ml
1 cup	200 ml
½ cup	100 ml
¼ cup	50 ml
⅓ cup	65 ml



CAKES

Indulge your baking fantasies with this delectable range of cakes from the most basic sponges, through simply delicious any-occasion cakes to sumptuous celebration gâteaux .

BASIC SPONGE CAKE

Ingredients

50 grams butter	1 teaspoon vanilla essence
4 eggs	1 cup refined flour (maida), sifted
½ cup + 2 tablespoons sugar	

Method

Preheat the oven to 180°C/350°F/Gas Mark 4. Line and grease an eight-inch round cake tin.

Melt the butter and set it aside to cool. Beat together the eggs, sugar and vanilla essence till light and creamy. Gradually fold in the flour, stirring with a light hand only in one direction. Stir in the melted butter.

Pour the batter into the prepared tin and bake for twenty-five to thirty minutes, till well risen and golden brown on top. Turn out onto a wire rack and leave to cool completely.

Makes one (400 g) 8-inch cake



15 min



30 min



180°C/350°F/
Gas Mark 4



Easy



Egg

EGGLESS SPONGE CAKE

Ingredients

1 cup refined flour (maida)	55 grams unsalted butter
1½ teaspoons soda bicarbonate	½ tin (200 grams) condensed milk
1½ teaspoons baking powder	1 cup milk
3 tablespoons sugar	1 teaspoon vanilla essence

Method

Preheat the oven to 180°C/350°F/Gas Mark 4. Grease an eight-inch round cake tin and lightly dust it with flour.

Sift the flour with soda bicarbonate and baking powder. Cream together the sugar and butter till light and fluffy. Add the condensed milk and beat well. Stir in the milk and vanilla essence.

Gradually add the flour, mixing well after each addition. Mix well for three to four minutes till the mixture is smooth and light.

Pour the batter into the prepared tin and bake for about thirty to thirty-five minutes. Remove from the oven and turn out onto a wire rack and leave to cool completely.

Makes one (400 g) 8-inch cake



10 min



35 min



180°C/350°F/
Gas Mark 4



Easy



Egg

BASIC FATLESS SPONGE CAKE

Ingredients

4 eggs

½ cup + 2 tablespoons powdered sugar

1 teaspoon vanilla essence

1 cup refined flour (maida), sifted

butter for greasing

Method

Preheat the oven to 180°C/350°F/Gas Mark 4. Line an eight-inch round cake tin and grease it well.

Beat together the eggs, sugar and vanilla essence till light and creamy. Gradually fold in the flour, stirring with a light hand in one direction only.

Pour the batter into the prepared tin and bake for twenty-five to thirty minutes. Remove from the oven and turn out onto a wire rack to cool completely.

Makes one (400 g) 8-inch cake



10 min



30 min



180°C/350°F/
Gas Mark 4



Easy



Egg



BUTTER ICING

Ingredients

90 grams butter, softened 1 teaspoon vanilla essence
2 cups icing sugar, sifted

Method

Mix together the butter, icing sugar and vanilla essence in a bowl until smooth. Use on cakes and to sandwich cookies.

Makes sufficient icing to cover an eight-inch round cake.



ROYAL ICING

Ingredients

1 egg white a few drops of lemon juice
1 cup icing sugar, sifted

Method

Put the egg white in a bowl and stir lightly with a wooden spoon. Gradually add the icing sugar and stir well to mix. Mix in the lemon juice to retain the whiteness.

Royal icing is ideal for piping designs on iced cakes.

A decorative background featuring a bowl of white powdered sugar at the top, with several almonds scattered around it. The almonds are light brown and have a smooth, oval shape. The overall color palette is warm, with yellows, browns, and whites.

✓ SUGAR PASTE

Ingredients

2 cups icing sugar, sifted	2 tablespoons liquid glucose
$\frac{3}{4}$ teaspoon unflavoured gelatine	1 tablespoon glycerine

Method

Dissolve gelatine in one tablespoon of warm water. Mix all the ingredients together and knead until soft. Use to cover Christmas and fruit cakes.

Makes enough icing to cover an eight-inch round cake.

✓ MARZIPAN

Ingredients

2 cups almonds, ground	1 teaspoon lemon juice
$\frac{1}{2}$ cup powdered sugar	$\frac{1}{2}$ egg
1 cup icing sugar, sifted	

Method

Stir the ground almonds, powdered sugar and icing sugar in a bowl until well mixed. Make a well in the centre and add lemon juice and egg. Knead the mixture into a soft, smooth, but firm dough.

Marzipan can be stored refrigerated, covered with cling film.

Makes 500 grams

Marzipan is very versatile. You can mould it into shapes like fruits, roses, hearts etc. and serve as candy or use to decorate cakes.

BANANA LOAF CAKE

Ingredients

2 cups mashed overripe bananas	100 grams butter
2 cups refined flour (maida)	$\frac{3}{4}$ cup demerara sugar
1 teaspoon soda bicarbonate	2 eggs, beaten
$\frac{1}{4}$ teaspoon salt	

Method

Preheat the oven to 180°C/ 350°F/Gas Mark 4. Lightly grease a nine-inch by five-inch loaf tin.

Sift the flour, soda bicarbonate and salt together. Cream the butter and demerara sugar together in a bowl. In a separate bowl, mix the eggs and mashed bananas until well blended. Combine the flour, creamed mixture and the egg and banana mixture together gently.

Pour the batter into the loaf tin and bake for fifty to sixty minutes, or until a toothpick inserted into the centre of the loaf comes out clean. Remove from the oven and leave to cool in the tin for ten minutes; turn out onto a wire rack to cool. Slice and serve.

Makes one (500 g) 9-inch x 5-inch loaf



15 min



60 min



180°C/350°F/
Gas Mark 4



Easy



Egg



SWISS ROLL

Ingredients

¾ cup refined flour (maida)	1 teaspoon vanilla essence
½ teaspoon baking powder	¼ teaspoon salt
4 eggs, separated	2 teaspoons caster sugar, for dusting
¾ cup powdered sugar, sifted	5 tablespoons mixed fruit jam

Method

Preheat the oven to 190°C/ 375°F/Gas Mark 5. Line a fifteen-inch by ten-inch baking tray with greased thick, unglazed brown paper.

Sift the flour together with the baking powder. Beat the egg yolks until light; continue beating the mixture, adding the sugar gradually, till creamy. Stir in the vanilla essence. Gently and gradually fold the flour into the egg mixture. Beat the batter until smooth. Whip the egg whites with salt until stiff, but not dry. Fold the egg whites lightly into the cake batter.

Spread the batter in the prepared tray and bake for about twelve minutes. While still hot, turn the cake out onto a sheet of greaseproof paper, sprinkled with caster sugar. Trim the hard edges. Spread the cake with jam and carefully roll it up. Wrap the roll in the greaseproof paper. Cut into slices and serve.

Makes one (400 g) 10-inch Swiss Roll



15 min



12 min



190°C/375°F/
Gas Mark 5



Easy



Egg



MARBLE CAKE

Ingredients

2 cups refined flour (maida)	2 eggs
2 teaspoons baking powder	1 teaspoon vanilla essence
½ teaspoon salt	1 cup milk
1¼ cups powdered sugar	2 tablespoons cocoa powder
100 grams butter, softened	

Method

Preheat the oven to 180°C/ 350°F/Gas Mark 4. Grease and flour a nine-inch round cake tin.

Place the flour, baking powder, salt, sugar, butter, eggs, vanilla essence and milk in a bowl. Beat slowly with a wooden spoon to moisten the ingredients, then beat with an electric mixer on medium speed for about two minutes until smooth. Alternatively, beat with a wooden spoon till smooth.

Reserve three-fourth cup batter and pour the remainder into the tin. Stir the cocoa into the reserved batter. Drop by spoonfuls on top of the white batter. Using a knife, swirl the cocoa batter into the white batter to give it a marble effect.

Bake for thirty to thirty-five minutes. Remove from the oven and transfer to a wire rack to cool.

Makes one (600 g) 9-inch round cake



20 min



35 min



180°C/350°F/
Gas Mark 4



Easy



Egg



QUICK-MIX CHOCOLATE SPONGE CAKE

Ingredients

2 cups refined flour (maida)	100 grams butter, softened
2 cups powdered sugar	1 teaspoon vanilla essence
2 teaspoons baking powder	½ cup milk
¼ cup cocoa powder	3 eggs, beaten

Method

Preheat the oven to 180°C/ 350°F/Gas Mark 4. Grease and line a nine-inch by thirteen-inch by two-inch baking tin.

Sift the flour, powdered sugar, baking powder and cocoa powder together into a bowl. Add the butter, vanilla essence and half the milk. Beat for two minutes with an electric mixer on medium speed, or with a wire whisk, scraping the sides of the bowl. Add the remaining milk and eggs. Beat again for two minutes.

Pour into the prepared tin and bake for forty to forty-five minutes. Remove from the oven and transfer to a wire rack to cool. Slice and serve.

Makes one 9-inch x 13-inch cake



10 min



45 min



180°C/350°F/
Gas Mark 4



Easy



Egg

ORANGE MARMALADE CAKE

Ingredients

¼ cup orange juice
2 teaspoons grated orange rind
½ cup orange marmalade
2½ cups refined flour (maida)
2½ teaspoons baking powder
150 grams butter
¾ cup sugar
3 eggs, separated

⅓ cup tutti-frutti
½ cup milk

Orange Icing

2 teaspoons grated orange rind
1 tablespoon orange juice
60 grams butter
½ cup powdered sugar, sifted

Method

Preheat the oven to 150°C/300°F/Gas Mark 2. Grease and line an eight-inch square cake tin.

Sift the flour and baking powder together. Cream the butter, orange rind, sugar and egg yolks in a small bowl with an electric mixer on medium speed, or with a whisk until light and fluffy. Stir in the marmalade and tutti-frutti. Fold in the sifted flour alternately with the milk and orange juice.

Beat the egg whites until they form firm peaks and fold gently into the cake mixture. Pour the batter into the prepared tin and bake in the preheated oven for thirty-five minutes. Remove from the oven and transfer to a wire rack to cool.

To make the orange icing, cream the butter and orange rind in a bowl. Gradually beat in the sifted powdered sugar and orange juice. Spread the icing over the cooled cake. Cut into slices and serve.

Makes one (750 g) 8-inch square cake



20 min



35 min



150°C/300°F/
Gas Mark 2



Medium



Egg





ZESTY LEMON CAKE

Ingredients

grated rind of 1 lemon	½ cup powdered sugar
3 tablespoons lemon juice	1¼ cups yogurt
1¾ cups refined flour (maida)	
1 teaspoon soda bicarbonate	Topping
2 teaspoons baking powder	3 tablespoons lemon juice
100 grams butter + for greasing	3 tablespoons sugar

Method

Sift together the flour, soda bicarbonate and baking powder into a bowl. In a separate bowl, cream together the butter and powdered sugar. Add the yogurt, lemon rind and lemon juice and mix well. Add the flour, a little at a time, and fold into the batter.

Heat a pressure cooker with some water and place a perforated plate in it. Grease an eight-inch cake tin lightly with butter and pour the cake batter into the tin. Place the tin on the base in the pressure cooker. Remove the gasket and cover the cooker with the lid but without the weight. Cook for thirty to thirty-five minutes. Remove when done.

For the topping, put the sugar and three tablespoons of water into a pan and heat till the sugar dissolves. Stir in the lemon juice. Pour the syrup over the hot cake. Cool the cake in the tin, slice and serve.

Makes one (500 g) 8-inch round cake.



30 min



Nil



Nil



Medium



Egg



FRUIT AND NUT CAKE

Ingredients

2 tablespoons mixed peel, chopped	3 eggs, separated
¼ cup glacé cherries, chopped	2 cups refined flour (maida)
½ cup walnut kernels, chopped	2 teaspoons baking powder
215 grams butter	1½ teaspoons mixed spice, ground
1 tablespoon fresh white breadcrumbs	2 tablespoons milk
1 cup caster sugar	icing sugar for dusting

Method

Preheat the oven to 180°C/350°F/Gas Mark 4. Grease an eight-inch cake tin with a little butter. Coat the tin with fresh white breadcrumbs; dust off any excess crumbs.

Place the remaining butter, sugar and one-fourth cup of water in a pan. Heat gently, stirring occasionally, until melted. Boil for three minutes or until syrupy. Set aside to cool.

Whisk the egg whites until stiff. Sift the flour together with the baking powder and ground mixed spice. Add the mixed peel, cherries and walnuts to the flour mixture and stir well. Add the egg yolks and mix. Pour the cooled syrup into the bowl and whisk till cloudy. Gradually fold in the egg whites, using a rubber spatula, until the mixture is evenly blended. Add the milk and mix.

Pour into the prepared cake tin and bake for fifty to sixty minutes, or until the cake springs back when pressed. Turn out onto a wire rack to cool. Dust the cake thickly with icing sugar, slice and serve.

Makes one (900 g) 8-inch round cake.

Chef's Tip : To dust the cake with icing sugar, hold a sieve with icing sugar over the cake and lightly tap it till the top of the cake is covered with sugar.



25 min



60 min



180°C/350°F/
Gas Mark 4



Easy



Egg

PINEAPPLE UPSIDE-DOWN CAKE

Ingredients

Topping

8 tinned pineapple slices, drained

50 grams butter, softened

1 cup demerara sugar

Cake

1 cup refined flour (maida)

1 teaspoon baking powder

3 eggs, separated

100 grams butter, softened

1 teaspoon vanilla essence

1 cup powdered sugar, sifted

½ cup milk

Method

Preheat the oven to 190°C/375°F/Gas Mark 5. Grease and line a nine-inch round cake tin.

Mix the butter and demerara sugar and spread it in at the bottom of the cake tin. Arrange a layer of pineapple slices over the butter-sugar mixture.

For the cake batter, sift together the flour and baking powder. Beat the egg yolks in a small bowl; mix in the butter and vanilla essence. Whisk the egg whites until stiff but not dry. Fold in the sifted sugar, one tablespoon at a time. Fold the egg yolk mixture into the egg whites, then fold in the sifted flour, one-fourth cup at a time.

Pour the batter over the pineapple slices in the tin and bake for about half an hour. Allow to cool a little before removing from the tin. Turn the cake upside-down onto a serving dish with the glazed pineapple slices on top.

Makes one (750 g) 9-inch cake



20 min



30 min



190°C/375°F/
Gas Mark 5



Medium




Egg





DEVIL'S FOOD CAKE

Ingredients



1½ cups refined flour (maida)	2 eggs
1 teaspoon baking powder	60 grams cooking chocolate
½ teaspoon salt	½ cup milk
1 teaspoon soda bicarbonate	½ teaspoon lemon juice
60 grams butter	1 teaspoon vanilla essence
1 cup powdered sugar	

Method

Preheat the oven to 180°C/350°F/Gas Mark 4. Grease a nine-inch round cake tin.

Sift the flour together with baking powder, salt and soda bicarbonate.

Cream the butter and sugar until light and fluffy. Add the eggs one at a time, beating well after each addition. Melt the chocolate in half a cup of boiling water. Cool slightly. Stir into the egg mixture.

Fold in the flour mixture, milk, lemon juice and vanilla essence, mixing gently till well blended. Pour into the greased tin and bake for about twenty-five minutes. Remove from the oven and place the tin on the wire rack. Cool the cake in the tin.

Makes one (750 g) 9-inch cake



15 min



25 min



180°C/350°F/
Gas Mark 4



Easy



Egg



SACHER-TORTE

Ingredients

120 grams dark chocolate, grated
90 grams unsalted butter
½ cup sugar
4 egg yolks
5 egg whites
¼ teaspoon salt
½ cup refined flour (maida), sifted

Icing

3 tablespoons apricot jam
15 grams unsalted butter
170 grams dark cooking chocolate
¾ cup sugar

Method

Preheat the oven to 160°C/325°F/Gas Mark 3. Grease and line a nine-inch round cake tin.

Melt the chocolate in a heatproof bowl or a pan over a pan of simmering water. Alternatively, melt the chocolate in a microwave oven on HIGH for one minute. With an electric mixer, cream the butter and sugar until light and fluffy. Stir in the melted chocolate. Add the egg yolks, one at a time, beating well after each addition.

In a separate bowl, beat the egg whites and salt till stiff. Fold a dollop of the whites into the chocolate mixture to lighten it. Fold in the remaining whites in three batches, alternating with the sifted flour. Pour the batter into the cake tin and bake for about forty-five minutes, or until a knife inserted into the cake comes out clean. Turn out onto a rack to cool.

For the icing, melt the jam with one tablespoon of water over low heat; strain. Melt the butter and chocolate in a heatproof bowl or in a pan over a pan of simmering water. Dissolve the sugar in one cup of water in a heavy saucepan over low heat. Raise the heat and boil until the syrup reaches one-string consistency. Immediately plunge the bottom of the pan into cold water for one minute. Pour the syrup into the chocolate mixture and stir to mix. Leave to cool for a few minutes before using.

To decorate the torte, brush the warm jam over the cake. Starting in the centre, pour the icing over and work outward in a circular movement. Tilt the rack to allow the icing to spread. Use a spatula only for the sides of the cake. Leave to set at room temperature for two hours. Serve chilled or at room temperature.

Makes one (800 g) 9-inch cake



40 min



45 min



160°C/325°F/
Gas Mark 3



Medium



Egg

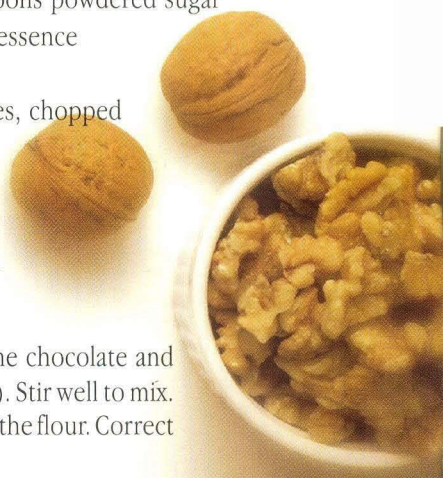


MICROWAVE EGGLESS CHOCOLATE CAKE

Ingredients

100 grams dark chocolate, grated
1½ cups refined flour (maida)
200 grams chilled butter, cubed
+ for greasing
2 teaspoons baking powder

1 cup + 2 tablespoons powdered sugar
1 teaspoon vanilla essence
¾ cup milk
½ cup walnut halves, chopped



Method

Grease an eight-inch round microwave-safe dish.

Sift together the flour and baking powder into a bowl. Melt the chocolate and butter in a microwave-safe bowl for one minute on HIGH (100%). Stir well to mix. Add the powdered sugar and vanilla essence and mix well; fold in the flour. Correct the consistency by adding milk. Add the walnuts and mix gently.

Transfer the mixture to the greased microwave-safe dish. Cook for seven minutes on HIGH (100%). Leave the cake to stand for five minutes. Cool, slice and serve.

Makes one (500 g) 8-inch cake



10 min



7 min



HIGH (100%)



Easy



Egg

BLACK FOREST GÂTEAU

Ingredients

3 eggs	¼ cup milk
6 tablespoons sugar	1 cup whipping cream
½ cup refined flour (maida)	chocolate curls or grated chocolate
2 tablespoons cocoa powder	½ cup tinned cherries
1 teaspoon baking powder	

Method

Preheat the oven to 180°C/350°F/Gas Mark 4. Line the base and grease a deep eight-inch round cake tin.

Beat together the eggs and sugar for eight to ten minutes, or until thick and pale. Sift the flour, cocoa and baking powder over the egg mixture and fold in gently, adding the milk as you mix.

Transfer the batter to the cake tin. Bake for thirty minutes, or until springy to the touch. Remove from the oven and leave the cake in the tin for five minutes to cool slightly. Turn out onto a wire rack, peel off the paper base and leave to cool.

Cut the cake in half horizontally and sprinkle each half with cherry syrup from the tinned cherries. Whip the cream until stiff. Place the bottom half of the cake on a serving plate and spread half the whipped cream over it. Cover with the top half of the cake. Use the remaining cream to cover the top and sides.

Decorate the gâteau with chocolate curls and cherries and chill in the refrigerator.

Makes one (1 Kg) 8-inch gâteau



25 min



30 min



180°C/350°F/
Gas Mark 4



Medium



Egg







PINEAPPLE GÂTEAU

Ingredients

1 eight-inch round vanilla
sponge cake (page 22)
6 tinned pineapple slices

½ cup pineapple syrup
1½ cups thick cream, whipped

Method

Reserve one slice of pineapple for decoration and chop the rest.

Cut the sponge cake in half horizontally. Place the halves on a flat surface with the cut surface facing upward. Sprinkle a little pineapple syrup from the tin over each half. Place the chopped pineapple in a bowl; add a little whipped cream and mix well. Spread the mixture on one half of the cake. Cover with the second half.

Place the cake on a plate. Spread the remaining whipped cream smoothly over the top and the sides with a palette knife dipped in hot water. Cut the reserved pineapple slice in cubes and use to decorate the gâteau. Chill in a refrigerator till ready to serve.

Makes one (1 kg) 8-inch cake

Chef's Tip: Use the syrup that comes with the pineapple slices in the tin.



15 min



30 min



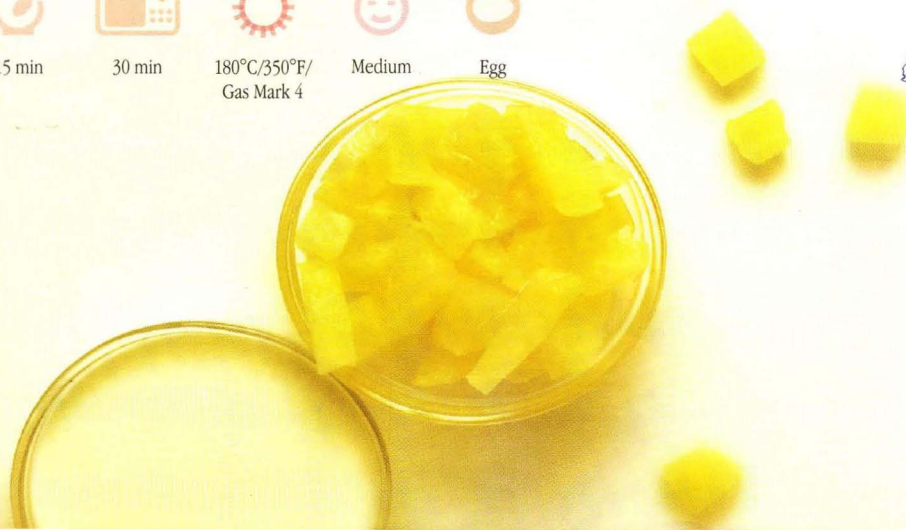
180°C/350°F/
Gas Mark 4



Medium



Egg



CHOCOLATE FUDGE CAKE

Ingredients

115 grams dark chocolate, chopped
1¼ cups refined flour (maida)
1¼ teaspoons baking powder
150 grams unsalted butter, softened
1 cup demerara sugar
1 teaspoon vanilla essence
3 eggs, beaten

⅔ cup drained yogurt
chocolate curls, to decorate

Icing

115 grams dark chocolate, chopped
60 grams unsalted butter
1 cup powdered sugar
6 tablespoons drained yogurt

Method

Preheat the oven to 190°C/375°F/Gas Mark 5. Grease an eight-inch round sandwich cake tin and line the base with greaseproof paper.

Sift the flour and baking powder together and set aside. Melt the chocolate in a heatproof bowl, or in a pan over a pan of simmering water. Alternatively, melt the chocolate in a bowl in a microwave oven on HIGH for one minute.

Cream the butter with the sugar until light and fluffy. Beat in the vanilla essence, then gradually add the beaten eggs, beating well after each addition. Stir in the melted chocolate and drained yogurt. Fold in the flour. Pour the batter into the prepared cake tin and bake for twenty to twenty-five minutes, or until firm to the touch. Turn out onto a wire rack to cool. When completely cold, cut the cake in half horizontally.

To make the icing, melt the dark chocolate as above. Stir in the powdered sugar and drained yogurt. Stir the mixture with a rubber spatula until smooth; beat until the icing begins to cool and thicken slightly. Use about a third of the mixture to sandwich the cooled cake halves. Working quickly, spread the remaining icing over the top and decorate with chocolate curls.

Makes one (900 g) 8-inch cake

Chef's tip: If the icing begins to set too quickly, heat it gently to soften and beat in a little extra yogurt if necessary.



25 min



25 min



190°C/375°F/
Gas Mark 5

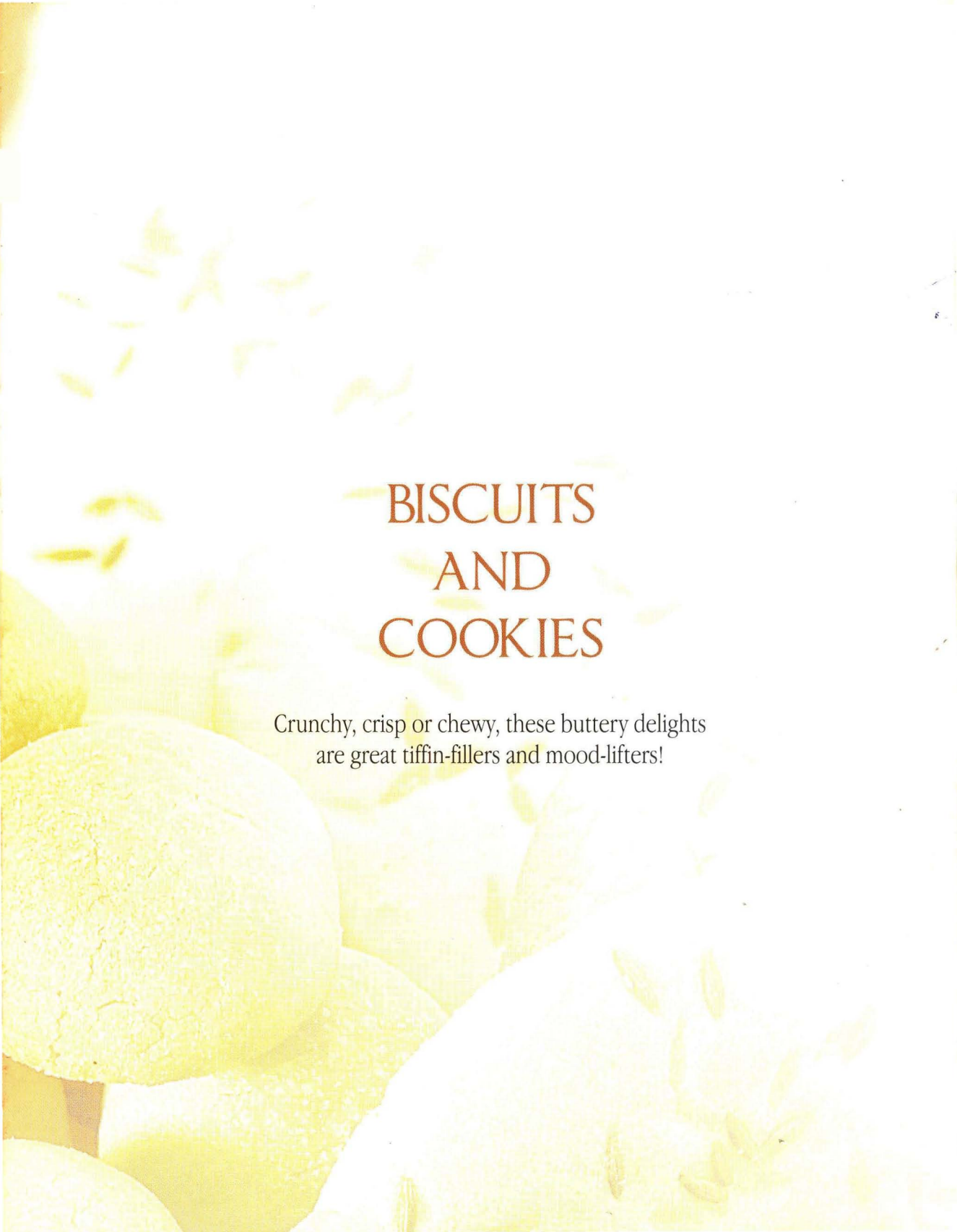


Easy



Egg





BISCUITS AND COOKIES

Crunchy, crisp or chewy, these buttery delights
are great tiffin-fillers and mood-lifters!

CHOCOLATE, RAISIN AND NUT DROP COOKIES

Ingredients

¼ cup grated dark cooking chocolate	1⅓ cups caster sugar
1 cup raisins (kishmish), chopped	100 grams butter
1 cup almonds, chopped	1 egg
1½ cups refined flour (maida)	1 teaspoon vanilla essence
1½ teaspoons baking powder	

Method

Preheat the oven to 190°C/375°F/Gas Mark 5. Grease a baking tray.

Sift together the flour and baking powder. In a pan, heat the chocolate and one-third cup sugar with half a cup of water until melted and smooth. Set aside to cool.

Cream the butter in a bowl until soft. Add the remaining sugar and cream till light and fluffy. Add the egg and mix well. Stir in the chocolate mixture and vanilla essence. Fold in the flour mixture and mix until smooth. Add the raisins and almonds and mix well.

Drop tablespoons of the batter in small mounds well apart onto the greased tray. Bake for about eight minutes. Remove from the oven and transfer cookies to a wire rack to cool. Store in an airtight tin.

Makes 40 cookies



10 min



8 min



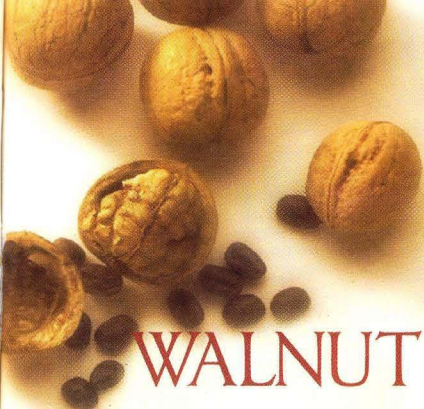
190°C/375°F/
Gas Mark 5



Easy



Egg



WALNUT COFFEE BISCUITS

Ingredients

24 walnut halves
2 cups refined flour (maida)
125 grams chilled butter, chopped
1/4 cup + 1 tablespoon caster sugar
1 egg, lightly beaten
1 teaspoon vanilla essence

Filling

1 cup ground walnuts

60 grams butter
1/4 cup powdered sugar
1 tablespoon milk

Coffee Icing

1 1/2 teaspoons instant coffee powder
1 1/2 cups icing sugar
5 grams butter, softened



Method

Preheat the oven to 180°C/350°F/Gas Mark 4. Grease a baking tray.

Sift the flour into a bowl and rub in the butter with your fingertips. Add the sugar, egg and vanilla essence and mix into a soft dough. Knead the dough gently on a lightly floured surface until smooth. Roll out the dough between two sheets of greaseproof paper to a one-eighth-inch thick round. Cut into forty-eight biscuits with a two-and-a-half-inch round cookie cutter.

Place the biscuits a little apart on the greased tray and bake for about fifteen minutes, or until light golden brown. Remove from the oven and turn out onto wire racks to cool.

For the filling, mix together the butter and powdered sugar till smooth; stir in the walnuts and milk. Spread the filling on half the biscuits and cover them with the remaining half.

For the coffee icing, mix the instant coffee powder with three tablespoons of water. Sift the icing sugar into a small bowl and add the butter. Add just enough of the coffee mixture to make a stiff paste. Spread the paste over the sandwiched biscuits and top each one with a walnut half.

Makes 24 biscuits



25 min



15 min



180°C/350°F/
Gas Mark 4



Easy



Egg

WALNUT BISCOTTI

Ingredients

1 cup toasted walnut halves, chopped	1 tablespoon walnut oil or olive oil
115 grams chilled unsalted butter, diced	2 $\frac{3}{4}$ cups refined flour (maida)
$\frac{3}{4}$ cup + 2 tablespoons caster sugar	1 $\frac{1}{2}$ teaspoons baking powder
2 eggs	$\frac{1}{2}$ cup wholewheat flour (atta)

Method

Preheat the oven to 160°C/325°F/Gas Mark 3.

Cream the butter and caster sugar in a bowl until light and fluffy. Add the eggs and walnut oil or olive oil and mix well. Sift the refined flour and baking powder together over the mixture in the bowl. Add the wheat flour and walnut halves. Mix well and knead into a soft, but not sticky dough.

Shape the dough into four logs, seven inches long and two inches in diameter. Place the logs a little apart on the baking tray. Bake for about thirty-five minutes or until light golden in colour. Remove from the oven and transfer the logs to a wire rack to cool for about ten minutes.

Slice each log diagonally into half-inch thick slices. Place the slices on the baking tray and bake for another fifteen minutes. Remove from the oven and transfer the biscotti to a wire rack to cool. Store in airtight tins.

Makes 30 biscotti



50 min



160°C/325°F/
Gas Mark 3



Easy



Egg

CRUNCHY PEANUT COOKIES

Ingredients

- | | |
|--|---|
| ½ cup peanut butter | ¾ cup + 1 tablespoon caster sugar |
| 2 tablespoons crushed roasted peanuts | ½ cup rolled (porridge) oats |
| ¾ cup + 1 tablespoon refined flour (maida) | ¼ cup + 1 tablespoon desiccated coconut |
| ¼ teaspoon soda bicarbonate | 1 teaspoon grated lemon rind |
| ½ teaspoon cinnamon powder | 1 tablespoon golden syrup |

Method

Preheat the oven to 180°C/350°F/Gas Mark 4. Grease a baking tray.

Sift together the flour, soda bicarbonate and cinnamon powder into a bowl. Add the sugar, oats, desiccated coconut and lemon rind and mix well. Add the peanut butter, crushed peanuts, golden syrup and approximately two tablespoons of water and mix into a soft dough. Knead gently on a lightly floured surface until smooth. Wrap the dough in cling film and refrigerate for about thirty minutes.

Divide the dough in half and roll out each half between sheets of greaseproof paper into a quarter-inch thick rectangle. Cut into rounds with a two-and-a-half-inch round cookie cutter. Place well apart on the baking tray. Bake for about fifteen minutes or until light golden brown. Remove from the oven and transfer the cookies to a wire rack to cool. Store in an airtight tin.

Makes 35 cookies



50 min



15 min



180°C/350°F/
Gas Mark 4





COCONUT KISSES

Ingredients

1¼ cups desiccated coconut	1 cup caster sugar
3 egg whites	1 teaspoon vanilla essence
⅛ teaspoon salt	

Method

Preheat the oven to 160°C/325°F/Gas Mark 3. Grease and flour a baking tray.

Beat the egg whites with salt until stiff. Add the sugar gradually, beating continuously. Fold in the vanilla essence and desiccated coconut.

Drop the batter in small mounds a little apart onto the baking tray. Bake for about forty to forty-five minutes. Remove from the oven and transfer to a wire rack to cool. Store in an airtight tin.

Makes 35 cookies



10 min



45 min




160°C/325°F/
Gas Mark 3



Easy



Egg



Cheese Crispies,
Nankhatai and
Jeera Biscuits



CHEESE CRISPIES

Ingredients

3 tablespoons grated processed cheese	½ teaspoon salt
1¼ cups refined flour (maida), sifted	⅛ teaspoon paprika
60 grams butter, softened	⅛ teaspoon nutmeg
1 egg	2 tablespoons cream
1 teaspoon sugar	

Method

Preheat the oven to 200°C/400°F/Gas Mark 6. Grease a baking tray.

Mix together the grated cheese, butter, egg, sugar, salt, paprika, nutmeg and cream in a bowl. Add the flour and mix into a dough.

Roll out the dough into a half-inch thick rectangle on a lightly floured surface. Cut into nine-inch long and half-inch wide strips, twist and place a little apart on the greased baking tray.

Bake for about fifteen minutes or until pale golden brown. Remove from the oven and transfer to a wire rack to cool. Store in an airtight tin.

Makes 15 nine-inch long crispies



10 min



15 min



200°C/400°F/
Gas Mark 6



Easy



Egg



HONEY CRISPS

Ingredients

2 tablespoons honey	¼ cup sugar
½ cup refined flour (maida)	2½ cups cornflakes
150 grams unsalted butter	

Method

Preheat the oven to 190°C/375°F/Gas Mark 5. Grease a baking tray.

Cream together the butter, sugar and honey in a bowl. Add the flour and cornflakes. If necessary, add a little more honey and mix into a dough. Divide the dough into twelve equal portions and roll into balls. Flatten slightly. Place well apart on the baking tray as the cookies will spread while baking. Bake for fifteen minutes.

Remove from the oven and transfer the cookies to a wire rack to cool. Store in an airtight tin.

Makes 12 cookies



10 min



15 min



190°C/375°F/
Gas Mark 5



Easy



Egg

BUTTER COOKIES

Ingredients

175 grams unsalted butter, chopped
¼ cup caster sugar

1½ cups refined flour (maida), sifted
¼ cup demerara sugar + for coating

Method

Cream the butter and sugar in a bowl until light and fluffy. Add the flour gradually mixing it in with your fingertips until the mixture forms a smooth dough. Roll the dough into a twelve-inch long cylinder, and pat the sides to form a square log.

Sprinkle a thick layer of demerara sugar on a sheet of greaseproof paper. Press each side of the log into the sugar to coat it evenly. Wrap the log in another piece of greaseproof paper or cling film and chill in a refrigerator for about thirty minutes or until firm.

Preheat the oven to 180°C/350°F/Gas Mark 4. Grease a baking tray.

Unwrap the log and cut with a sharp knife into half-inch thick slices. Place a little apart on the greased tray. Bake for about thirty minutes or until lightly browned. Remove from the oven and transfer the cookies to a wire rack to cool. Store in an airtight tin.

Variations

Flavour the dough with cinnamon powder, grated lemon or orange rind, or vanilla or almond essence.

Add chocolate chips, chopped nuts or dried fruit to the dough.

Coat the log with granulated sugar or chopped toasted nuts.

Makes 25 cookies



50 min



30 min



180°C/350°F/
Gas Mark 4



Easy



Egg

WINE BISCUITS

Ingredients

100 grams butter	$\frac{3}{4}$ cup refined flour (maida)
$\frac{1}{2}$ cup caster sugar	$\frac{1}{2}$ teaspoon vanilla essence
1 egg white, beaten	

Method

Preheat the oven to 190°C/375°F/Gas Mark 5. Grease a baking tray.

Cream the butter and caster sugar in a bowl. Add the egg white, a little at a time and continue to cream till all of it is used up. Add the flour and mix well. Add the vanilla essence and mix well.

Spoon the batter into a piping bag fitted with a star nozzle and pipe one-inch rounds onto the greased baking tray.

Bake for fifteen minutes or till the top turns a light golden brown. Remove from the oven and transfer the biscuits to a wire rack to cool. Store in an airtight tin.

Makes 25-30 biscuits.



10 min



15 min



190°C/375°F/
Gas Mark 5



Easy



Egg



JAMMIE BODGERS

Ingredients

2 cups refined flour (maida)
125 grams frozen butter, chopped
¼ cup + 1 tablespoon caster sugar
1 egg, lightly beaten
1 teaspoon vanilla essence

Filling

4-5 tablespoons strawberry jam
50 grams unsalted butter, softened
½ cup icing sugar

Method

Sift the flour into a bowl and rub the butter in with your fingertips. Add the sugar, egg and vanilla essence and mix into a soft dough. Knead the dough gently on a lightly floured surface until smooth.

Preheat the oven to 180°C/350°F/Gas Mark 4. Grease two baking trays.

Roll out the dough thinly on a lightly floured surface and cut into rounds with a two-and-a-half inch cutter. Re-roll the trimmings and cut into more rounds. You should get around thirty rounds.

Place fifteen rounds on a baking tray. With a small three-fourth inch heart-shaped cookie cutter cut out the centres of the remaining rounds. Place the cut-out rounds on the second baking tray. Bake in the preheated oven for about twelve minutes or until pale golden. Remove from the oven and transfer the cookies to wire racks to cool completely.

For the filling, beat together the butter and sugar until smooth and creamy. Spread the butter cream evenly on the whole cookies. Spoon a little jam over the butter cream and place the cut-out cookies on top, pressing gently so that the jam fills the heart-shaped space.

Makes 15 cookies



20 min



12 min



180°C/350°F/
Gas Mark 4



Medium



Egg



SHREWSBURY BISCUITS

Ingredients

125 grams butter	1½ cups refined flour (maida)
¾ cup caster sugar	grated rind of one lemon
2 egg yolks	

Method

Preheat the oven to 180°C/350°F/Gas Mark 4. Grease two large baking trays.

Cream the butter and sugar until light and fluffy. Add the egg yolks and beat well. Stir in the flour and grated lemon rind and mix to a fairly firm dough. Turn out the dough onto a lightly floured surface and knead lightly till smooth. Roll the dough out into a one-eighth-inch thick round.

Cut into rounds with a two-and-a-half-inch round cookie cutter. Place the rounds a little apart on the baking trays. Bake for about fifteen minutes, or until the biscuits are firm and a very light brown.

Remove from the oven and transfer to a wire rack to cool completely. Store in an airtight tin.

Makes 15 biscuits



20 min



15 min



180°C/350°F/
Gas Mark 4



Easy



Egg



NANKHATAI

Ingredients

1 cup vanaspati	1 teaspoon baking ammonia (ammonium bicarbonate)
1¾ cups powdered sugar	¼ teaspoon coarsely ground green cardamom seeds
¼ cup yogurt	
2½ cups refined flour (maida)	
½ cup gram flour (besan)	

Method

Cream the vanaspati and sugar together in a food processor. Add the yogurt and process again. Rest the mixture for ten minutes. Sift together the flour, gram flour and ammonia. Mix in the cardamom powder. Add the flour mixture to the processed mixture and process once more till well mixed. Transfer the dough to a bowl and rest it for half an hour.

Preheat the oven to 180°C/350°F/Gas Mark 4. Grease a baking tray.

Divide the dough into thirty small balls and place them a little apart on the tray. Bake for twenty to twenty-five minutes. Let the nankhatai cool on the tray for a while and transfer to wire racks to cool completely. Store in an airtight container.

Makes 30 nankhatai



45 min



25 min



180°C/350°F/
Gas Mark 4



Easy



Egg

MELTING MOMENTS

Ingredients

1¼ cups refined flour (maida)	½ teaspoon vanilla or almond essence
110 grams butter	¾ teaspoon baking powder
½ cup caster sugar	1½ cups cornflakes
1 egg, beaten	

Method

Preheat the oven to 180°C/350°F/Gas Mark 4. Grease a baking tray.

Cream together the butter and sugar in a bowl. Add the egg and the essence and mix well. Sift the flour with the baking powder and fold into the mixture. Mix to make a dough. Divide the dough into sixteen equal portions and roll into balls.

Spread the cornflakes on a sheet of greaseproof paper and roll the balls in them till evenly coated. Place the balls a little apart on the baking tray. Bake for fifteen to twenty minutes or until light brown.

Remove from the oven and set aside to cool slightly before transferring to a wire rack to cool. Store in an airtight tin.

Makes 16 cookies



10 min



20 mins



180°C/360°F/
Gas Mark 4



Easy



Egg

JEER A BISCUITS

Ingredients

2 tablespoons cumin seeds (jeera)	¼ cup powdered sugar
2 cups refined flour (maida)	½ cup oil
1½ teaspoons salt	1 egg, lightly beaten
1 teaspoon baking powder	

Method

Preheat the oven to 180°C/350°F/Gas Mark 4. Grease a baking tray.

Sift together the flour, salt and baking powder; mix in the cumin seeds. In a large bowl, mix together the sugar and oil; add the egg and mix well. Add the flour mixture to the egg mixture and mix; add two tablespoons of water and knead into a soft dough.

Divide the dough into twenty equal portions. Roll each portion into a ball and flatten slightly. Place a little apart on the greased baking tray. Bake for about ten to fifteen minutes, or until light brown.

Remove from the oven and transfer the biscuits to a wire rack to cool. Store in an airtight container.

Makes 20 biscuits



10 min



15 min



180°C/360°F/
Gas Mark 4



Easy



Egg





TEATIME TREATS

A steaming cup of your favourite brew and an assortment of these palate pleasers including, bars, muffins, brownies and cupcakes....anytime is teatime!

DATE AND HONEY BARS

Ingredients

2 cups mashed dates	3 eggs
1 cup honey, strained	1 teaspoon vanilla essence
1½ cups refined flour (maida)	1 cup coarsely crushed walnuts
½ teaspoon salt	3 tablespoons oil
1 teaspoon baking powder	icing sugar

Method

Preheat the oven to 180°C/ 350°F/Gas Mark 4. Grease a nine-inch by thirteen-inch baking tin and dust lightly with flour.

Sift the flour with salt and baking powder. Whisk the eggs well in a large bowl and gradually whisk in the honey and vanilla essence. Add the flour mixture to the honey mixture and mix. Stir in the dates, walnuts and oil. Mix well and pour the batter into the baking tin and bake for about thirty minutes.

Remove from the oven and set aside to cool. Cut into bars when completely cold and roll in icing sugar.

You may also wrap the bars individually in butter paper or aluminum foil.

Makes 26 bars



10 min



30 min



180°C/350°F/
Gas Mark 4



Easy



Egg

STICKY MARMALADE SQUARES

Ingredients

6 tablespoons chunky orange marmalade	1 egg, beaten
2¾ cups grams refined flour (maida)	½ cup + 1 tablespoon cream
200 grams chilled unsalted butter, diced	½ cup walnut kernels, chopped
¾ cup + 1 tablespoon brown sugar	¾ cup tutti frutti
½ teaspoon soda bicarbonate	1-2 tablespoons orange juice

Method

Preheat the oven to 190°C/375°F/Gas Mark 5. Grease an eleven-inch by seven-inch shallow baking tin.

Place the flour in a bowl and rub in the butter with your fingertips. Add three-fourth cup sugar and mix lightly. Spread half the mixture over the base of the prepared tray and press down firmly with the back of a wooden spoon. Bake for about ten to fifteen minutes, or until lightly browned. Remove from the oven and set aside to cool.

To make the filling, add the soda bicarbonate to the remaining flour mixture and mix well. Add the egg, half a cup of cream, the walnuts, tutti frutti and half the marmalade. Pour the mixture over the cooled base and return the tray to the oven. Bake for twenty to twenty-five minutes, or until the filling is just firm and golden brown.

Heat the remaining marmalade in a small pan over a low heat. Add just enough orange juice to make a glaze that can be spread easily. Brush the glaze over the baked cookie mixture while it is still warm. Leave to cool completely before cutting into squares. Remove from the oven and transfer to a wire rack to cool completely. Store in an airtight tin.

Chef's Tip: Orange marmalade can be substituted with lemon, lime, grapefruit or mixed-fruit marmalade. But do not substitute the orange juice with any other fruit juice as it will ruin the flavour.

Makes 24 squares



20 min



40 min



190°C/375°F/
Gas Mark 5



Easy



Egg

CHOCOLATE ÉCLAIRS

Ingredients

Pastry

¾ cup refined flour (maida)
a pinch of salt
75 grams chilled butter, diced
3 eggs, beaten

Chocolate Icing

50 grams dark chocolate
25 grams unsalted butter

Filling

1 cup whipping cream

Method

Preheat the oven to 200°C/400°F/Gas Mark 6.

Sift the flour with salt. Place the butter and one cup of water in a pan and stir over low heat until the butter melts. Add the flour all at once and stir over medium heat until the mixture forms a ball and leaves the sides of the pan. Place the mixture in a bowl and cool slightly. Beat in the eggs, one at a time, until the dough is smooth and shiny. Spoon the mixture into a piping bag with a wide nozzle. Fold down the top of the bag to squeeze the dough to the bottom.

Line two flat baking trays with greaseproof paper. Squeeze the mixture into medium-sized sausage shapes well apart onto the baking tray, as the éclairs will double in size in the oven. Bake for about thirty minutes. Remove from the oven when the éclairs are puffed and golden brown and feel hard when tapped. Immediately take each éclair off the baking sheet (they will be very hot, so wear oven gloves) and, with the point of a knife, gently slit the top to let out the steam and to prevent the éclairs from becoming soggy. Transfer to a wire rack to cool and dry out.

For the filling, whip the cream in a small bowl until it is just thick enough to hold its shape. Place it in the refrigerator while you make the chocolate icing. For the icing, melt the chocolate in a double-boiler, or in a microwave-safe bowl in the microwave oven on HIGH for one minute. Stir in the butter till well mixed.

Fill the inside of each éclair with whipped cream using a piping bag with a small nozzle. Dip the top of each éclair into the sauce. Leave the éclairs on the wire rack until the icing has set.

Makes 14 éclairs



25 min



30 min



200°C/400°F/
Gas Mark 6



Difficult



Egg



CINNAMON RAISIN BRAN MUFFINS

Ingredients

½ teaspoon cinnamon powder	1 teaspoon soda bicarbonate
⅔ cup raisins (kishmish)	135 grams butter, melted
1 cup wheat bran	¾ cup brown sugar
1 cup wholewheat flour (atta)	1 egg, beaten
1 teaspoon baking powder	1¼ cups buttermilk

Method

Preheat the oven to 180°C/ 350°F/Gas Mark 4. Grease sixteen muffin moulds with oil.

Sift the wholewheat flour with baking powder and soda bicarbonate into a bowl. Add the wheat bran and mix. Mix together the melted butter, brown sugar and raisins. Add the beaten egg and mix. Stir in the flour mixture and cinnamon powder. Add buttermilk and mix again. Do not over-mix the batter. It should be lumpy.

Spoon the batter into the greased muffin moulds till two-thirds full and bake for twenty to twenty-five minutes. Cool the muffins in the moulds slightly before turning out onto a wire rack to cool.

Makes 16 muffins



10 min



25 min



180°C/350°F/
Gas Mark 4



Easy



Egg



CHEESE BALLS

Ingredients

3 cups cheese spread	3 eggs
$\frac{3}{4}$ cup refined flour (maida)	2 teaspoons red chilli flakes
a pinch of salt	2 teaspoons mixed dried herbs
75 grams butter	10-12 black peppercorns, crushed

Method

Preheat the oven to 200°C/400°F/Gas Mark 6. Grease a baking tray.

Sift the flour with salt. Place the butter and one cup of water in a pan and stir over low heat until the butter melts. Add the flour all at once and stir over medium heat until the mixture forms a ball and leaves the sides of the pan. Transfer the mixture to a bowl and cool slightly. Beat in the eggs, one at a time, until the mixture is smooth and shiny.

Spoon the mixture into a pastry bag fitted with a plain nozzle. Pipe small mounds onto a baking tray. Bake for twenty to twenty-five minutes or until puffed up and golden brown. Make a small hole in the base of the puffs with the tip of a knife or a skewer to allow the steam to escape. Return the puffs to the oven and bake for two more minutes to dry out the insides. Remove from the oven and set aside to cool.

Combine the cheese spread, chilli flakes, dried herbs and crushed peppercorns and mix well. Spoon into a small pastry bag with a plain nozzle and pipe the cheese mixture into the puffs through the hole in the base. Serve immediately.

Makes 40 cheese balls



15 min



30 min



200°C/400°F/
Gas Mark 6



Medium



Egg



MAWA CUPCAKES

Ingredients

1½ tablespoons mawa, crumbled	1 teaspoon baking powder
150 grams butter, softened	1 teaspoon soda bicarbonate
¾ cup powdered sugar	¼ teaspoon green cardamom powder
5 tablespoons milk powder	¼ cup buttermilk
1½ cups refined flour (maida)	2 tablespoons milk
2 tablespoons cornflour	

Method

Preheat the oven to 180°C/350°F/Gas Mark 4. Grease twelve moulds or paper cups.

Cream the butter and powdered sugar in a bowl with a wooden spoon till light and fluffy. Sift the milk powder into the bowl and continue to mix. Add the mawa and mix again. Sift the flour, cornflour, baking powder, soda bicarbonate and cardamom powder together into the bowl and mix. Add buttermilk to adjust the consistency. If the batter is still too thick add a little milk and mix.

Pour the batter into greased cake moulds or paper cups. Tap the moulds lightly to level the batter. Bake for thirty minutes. Remove from the oven and place on a wire rack to cool before unmoulding. Serve warm or cold.

Makes 12 cupcakes



15 min



30 min



180°C/350°F/
Gas Mark 4



Easy



Egg



CHOCOLATE CUPCAKES

Ingredients

60 grams dark cooking chocolate, chopped	3 teaspoons baking powder
100 grams butter	¼ teaspoon salt
1½ cups powdered sugar, sifted	½ cup milk
4 eggs, separated	2 teaspoons vanilla essence
1¾ cups refined flour (maida)	icing sugar for dusting

Method

Preheat the oven to 180°C/350°F/Gas Mark 4. Grease 16 cupcake moulds or paper cups.

Melt the chocolate in a double-boiler and stir in five tablespoons of boiling water. Cool slightly. Beat the butter until soft and gradually add the sugar. Beat until very light and creamy. Beat in one egg yolk at a time. Add the melted chocolate and mix well.

Sift the flour with the baking powder and salt. Mix together the milk and vanilla essence. Add the flour mixture and milk alternately to the creamed mixture in three parts, beating well after each addition. Whip the egg whites till stiff but not dry; fold lightly into the cake batter.

Pour the batter into the moulds or paper cups till two-thirds full and bake for thirty minutes. Cool on a wire rack before turning out of the moulds. Sprinkle with icing sugar and serve.

Makes 16 cupcakes



20 min



30 min



180°C/350°F/
Gas Mark 4



Easy



Egg



STRAWBERRY FAIRY CAKES

Ingredients

1¼ cups refined flour (maida)

1¼ teaspoons baking powder

100 grams butter

½ cup caster sugar

3 eggs

Strawberry Icing

3 drops of strawberry flavouring

50 grams softened butter

1 cup icing sugar

a few drops of red food colour (optional)

To Decorate

a few fresh strawberries

strawberry jam

silver balls

Method

Preheat the oven to 190°C/375°F/ Gas Mark 5.

Sift the flour and baking powder together. Cream the butter and sugar together; beat in the eggs and flour. Spoon into individual greased muffin moulds and bake for fifteen to twenty minutes. Remove from the oven, leave to cool slightly, before turning out onto a wire rack to cool.

To make the strawberry icing, cream the butter, icing sugar, strawberry flavouring and colour together till soft and creamy. Spoon the icing into a piping bag with a star nozzle.

Slice the top of each cake to level it and cut the slice into two. Pipe strawberry icing over each cake and fix the cut pieces of cake into the icing to make wings. Pipe jam in a design on the wings and place a slice of strawberry between the two wings. Place some silver balls around the piped design.

Makes 12 fairy cakes



30 min



20 min



190°C/375°F/
Gas Mark 5



Medium



Egg



CHOCOLATE BROWNIES

Ingredients

100 grams dark cooking chocolate	¾ cup caster sugar
1 cup refined flour (maida)	2 eggs
1 teaspoon baking powder	1 teaspoon vanilla essence
90 grams butter	½ cup walnut halves, chopped

Method

Preheat the oven to 180°C/ 350°F/Gas Mark 4. Grease an eight-inch square baking tin.

Sift the flour and baking powder together. Melt the chocolate and butter in a double-boiler, or in a microwave oven on HIGH for one minute.

Beat in the sugar, eggs and vanilla essence and blend well. Add the sifted flour and walnuts and mix well. Pour the mixture into the tin and bake for forty-five minutes.

Place on a wire rack to cool. Cut into squares, remove from the tin with a spatula and serve.

Makes 16 brownies



15 min



45 min



180°C/350°F/
Gas Mark 4



Easy



Egg





VERY LOW-FAT BROWNIES

Ingredients

3 tablespoons cocoa powder	½ cup skimmed milk
1 cup refined flour (maida)	2 egg whites, beaten
½ teaspoon baking powder	1 teaspoon vanilla essence
½ teaspoon soda bicarbonate	1½ tablespoons oil
1 cup caster sugar	

Method

Preheat the oven to 180°C/350°F/Gas Mark 4. Line an eight-inch square cake tin with greaseproof paper.

Sift the cocoa powder, flour, baking powder and soda bicarbonate together into a bowl. Stir in the caster sugar and beat in the milk, egg whites, vanilla essence and oil until thoroughly combined. Pour the mixture into the prepared tin.

Bake for about twenty-five minutes, or until just firm to the touch. Remove from the oven and leave in the tin until completely cold. Cut into squares and remove gently from the tin with a spatula.

Makes 16 brownies



10 min



25 min



180°C/350°F/
Gas Mark 4



Easy



Egg



EGGLESS BROWNIES

Ingredients

100 grams dark chocolate, grated
1⅓ cups refined flour (maida)
2 teaspoons baking powder
130 grams butter

1 cup + 1½ tablespoons caster sugar
1 teaspoon vanilla essence
½ cup walnut halves, chopped

Method

Preheat the oven to 180°C/ 350°F/ Gas Mark 4. Grease an eight-inch square cake tin.

Sift the flour and baking powder together. Melt the chocolate and butter in a double-boiler, or in a microwave oven on HIGH for one minute.

Beat in the sugar and vanilla essence and blend well. Add the sifted flour and walnuts and mix well. Pour the mixture into the tin and bake for twenty-five to thirty minutes. Remove from the oven and place on a wire rack to cool. Cut into squares and serve.

Makes 16 brownies



10 min



30 min



180°C/350°F/
Gas Mark 4



Easy



Egg





BREADS

Fill your home with the heady aroma of a variety of freshly-baked breads: from the humble desi pav to exotic loaves and flat breads from many lands.

MULTI-GRAIN BREAD

Ingredients

¾ cup porridge oats	2 cups milk
6 tablespoons wheat bran	2 teaspoons salt
1 cup soy flour	¼ cup oil
¾ cup + 2 tablespoons wholewheat flour (atta)	¼ cup brown sugar
3 cups refined flour (maida)	2 tablespoons honey
17 grams fresh yeast	2 eggs, lightly beaten

Method

Mix the yeast with one-fourth cup of lukewarm water; stir and set aside for ten to fifteen minutes to froth.

Place the oats in a large bowl. Bring the milk to a boil and pour over the oats. Add the salt, oil, brown sugar and honey. Leave the mixture to cool. Stir in the yeast mixture, wheat bran, soy flour, wholewheat flour and eggs. Gradually stir in enough refined flour to make a rough dough.

Transfer the dough to a floured surface and knead well, adding more flour if necessary, until smooth and elastic. Transfer the dough to a clean bowl, cover with a damp cloth and set aside in a warm place until it doubles in size. This may take about two-and-a-half hours.

Knock back the risen dough and knead for a few minutes. Grease a baking tray. Divide the dough into two equal portions and twist or shape as desired and place on the baking tray. Cover and set aside to rise for one hour, or until double in size.

Preheat the oven to 190°C/375°F/Gas Mark 5.

Bake for around forty-five to fifty minutes, or until the bottoms of the loaves sound hollow when tapped lightly. Remove from the oven and transfer to a wire rack to cool.

Makes one (1 kg) loaf

Note: Multi-grain bread will keep for four days without refrigeration, and in a refrigerator for upto six days.



3 hour 30 min



50 min



190°C/375°F/
Gas Mark 5



Difficult



Egg

BRAN BREAD

Ingredients

½ cup wheat bran	1½ cups + 2 tablespoons lukewarm milk
2 cups refined flour (maida)	2 tablespoons oil
½ teaspoon salt	1 teaspoon sesame seeds (til)
13 grams fresh yeast	
1 tablespoon sugar	

Method

Line a baking tray with oiled greaseproof paper.

Combine the yeast with sugar and two tablespoons of lukewarm water in a bowl and set aside for about fifteen minutes, or until the mixture turns frothy. Stir in the warm milk. Place the bran, flour and salt in a mixing bowl. Add the yeast mixture, a little at a time, and mix to form a dough.

Turn the dough out onto a floured surface and knead for about ten to fifteen minutes, or until the dough is smooth and shiny. Cover with a damp cloth and leave in a warm place for about one hour, or until the dough doubles in size.

Knock back the dough, add the oil and knead again. Divide the dough into two portions, and form each one into the desired shape. Place on a baking tray, cover and leave to rise till they double in size.

Preheat the oven to 220°C/425°F/Gas Mark 7.

Brush the loaves with a little water and sprinkle sesame seeds over them. Bake for about thirty minutes, or until well-risen. The bottom of the bread should sound hollow when tapped. Remove from the oven and transfer to a wire rack to cool. Cut when completely cold.

Makes two (400 g) loaves



2 hour



30 min



220°C/425°F/
Gas Mark 7



Difficult



Egg

HOT CROSS BUNS

Ingredients

3¼ cups refined flour (maida)	30 grams butter
a pinch of salt	½ cup tutti frutti
10 grams fresh yeast	
3½ tablespoons sugar	Glaze
1½ cups lukewarm milk	2 tablespoons sugar

Method

Sift the flour and salt into a large bowl. In a small bowl, dissolve the yeast in lukewarm water. In a separate bowl, dissolve the sugar in a little water. Add both mixtures to the sifted flour and mix. Add the lukewarm milk, a little at time, till all of it is incorporated into the dough. Add the butter and knead till the dough is soft and smooth. Cover with a damp cloth and set aside till it doubles in size.

Preheat the oven to 240°C/475°F/Gas Mark 9. Grease a baking tray.

Knock back the dough and add the tutti frutti. Shape into ten round buns, marking a cross on the top with the back of a knife. You can also cut very thin strips of dough and place them in a cross shape on top of the buns. Place on the greased tray and set aside to rise for another fifteen minutes. Bake for ten minutes till well-risen and golden brown. Remove from the oven.

To make the glaze, mix the sugar with one tablespoon of water and heat gently till the sugar dissolves. Brush the buns with the glaze immediately on taking them out of the oven.

Makes 10 buns



1 hour 15 min



10 min



240°C/475°F/
Gas Mark 9



Difficult



Egg



PAV

Ingredients

3¾ cups refined flour (maida)	2 teaspoons sugar
1½ teaspoons salt	30 grams butter
15 grams fresh yeast	

Method

Combine the yeast with sugar and one-fourth cup lukewarm water, stir and set aside for ten to fifteen minutes to froth.

Sift the flour and salt together into a bowl. Add the yeast mixture and knead, adding water a little at a time, till you use up one cup of water. Stretch and knead the dough till smooth and elastic. Cover with a damp cloth and set aside till it doubles in size.

Knock back the dough and divide into ten equal portions. Shape into smooth round balls. Place the rolls touching each other on a greased baking tray, cover with a damp cloth and set aside for fifteen minutes, or till they double in size again.

Preheat the oven to 190°C/375°F/Gas Mark 5.

Place the baking tray in the oven and bake for twenty-five to thirty minutes. The rolls should be light golden brown yet very soft to the touch. Remove from the oven and brush with melted butter and place on a wire rack to cool.

Makes 10 pavs



1 hour 30 min



30 min



190°C/375°F/
Gas Mark 5



Medium



Egg

PITA BREAD

Ingredients

1 cup refined flour (maida)	10 grams fresh yeast
1 cup wholewheat flour (atta)	1 teaspoon sugar
1 teaspoon salt	

Method

In a small bowl, mix together the yeast and sugar; pour four tablespoons of lukewarm water over the mixture and set aside to froth.

Sift the flours and salt together into a bowl. Make a well in the centre of the flour. Pour in the yeast mixture and gradually draw in the flour from the sides of the well and mix. Add approximately one cup of water and knead well to make a soft dough. Cover with a damp cloth and leave in a warm place to rise for one hour.

Knock back the dough and divide into eight equal portions and shape into balls. Roll them out into ovals, eight inches in length and five inches across the middle. Cover with a damp cloth and leave to rise for twenty minutes.

Preheat the oven to 230°C/450°F/Gas Mark 8. Grease a baking tray.

Place the pitas on the baking tray and bake for five minutes. Remove from the oven and transfer to a wire rack to cool.

Makes 8 pitas

Chef's Tip: Pita is a Lebanese bread which is puffed up in the centre and forms a pocket when cut. It is generally served with salad or kebabs stuffed into the pocket.



1 hour 30 min



5 min



230°C/450°F/
Gas Mark 8



Medium



Egg



SPIRAL HERB BREAD

Ingredients

- | | |
|---------------------------------|---|
| 2½ cups refined flour (maida) | 2-3 garlic cloves, chopped |
| 1½ cups wholewheat flour (atta) | 2 spring onions with greens, chopped |
| 13 grams fresh yeast | 2 tablespoons coriander leaves, chopped |
| 1 tablespoon sugar | 3-4 black peppercorns, crushed |
| 1½ teaspoons salt | 15 grams butter |

Method

Combine the yeast with sugar and one-fourth cup lukewarm water, stir and set aside for ten to fifteen minutes to froth.

Sift the flours and salt into a large bowl. Make a well in the centre and pour in the yeast mixture and approximately one-and-a-half cups of water and mix into a rough dough. Transfer the dough to a floured surface and knead until smooth and elastic. Return to the bowl, cover with a damp cloth and leave for about two hours until double in size.

Knock back the dough; add the garlic, spring onions with greens, coriander leaves and peppercorns and knead well. Divide the dough into two equal portions and roll each portion into a cylinder. Twist the two rolls to form a spiral. Cover with a damp cloth and set aside to prove till it doubles in size.

Preheat the oven to 200°C/400°F/Gas Mark 6. Grease a baking tray.

Place the bread on the baking tray and bake for forty-five minutes till golden brown and soft to the touch. Remove from the oven and brush with melted butter. Transfer to a wire rack to cool. Cut into slices and serve.

Makes one (800 g) loaf.



2 hour 25min



45 min



200°C/400°F/
Gas Mark 6



Difficult



Egg



LAVASH

Ingredients

4 grams fresh yeast	1 teaspoon salt
1 teaspoon sugar	1 tablespoon sesame seeds
1½ cups refined flour (maida)	2 tablespoons oil

Method

Combine the yeast with sugar and one-fourth cup lukewarm water, stir and set aside for ten to fifteen minutes to froth.

Sift the flour with salt into a bowl. Add the yeast mixture and knead, stretching it from time to time, till you get a soft dough. Cover with a damp cloth and set aside to rise for thirty to thirty-five minutes, or till the dough doubles in size.

Preheat the oven to 180°C/350°F/Gas Mark 4. Grease a baking tray

Knock back the dough. Roll out on a floured surface to a quarter-inch thick rectangle. Sprinkle sesame seeds on top and roll again lightly. Cut into long triangles and place them on a baking tray. Bake for twenty to twenty-five minutes or till crisp.

Makes 30 triangles



35 min



25 min



180°C/350°F/
Gas Mark 4



Medium



Egg

FRENCH BREAD

Ingredients

3 cups refined flour (maida) 7 grams fresh yeast
1 teaspoons salt oil for greasing

Method

Sift the flour and salt into a bowl. Mix the yeast with one cup and two tablespoons of lukewarm water in a large bowl and stir until dissolved. Gradually beat in half the flour to form a batter. Cover the bowl with cling film and set aside for about three hours, or until the dough triples in size and starts to collapse.

Add the remaining flour, a little at a time, beating it in with your hand. Turn the dough out onto a lightly floured surface and knead for eight to ten minutes to form a moist dough. Place in an oiled bowl, cover with a damp cloth and leave to rise in a warm place for about one hour till double in size. Knock back the dough and turn out onto a floured surface.

Roll the dough out into a large round. Fold the two sides of the top half inwards in the shape of a triangle and roll the triangle down till you reach the other end of the round to form an oblong shaped loaf. Make cuts on the surface, cover with a damp cloth and set aside to rise.

Preheat the oven to 180°C/350°F/Gas Mark 4.

Place the loaf on a baking tray. Spray water over the loaf and bake for forty to fifty minutes. Spray the loaf with water from time to time while baking. This will help the crust to harden. Remove from the oven and transfer the loaf to a wire rack to cool.

Chef's Note: French bread or baguette is a long loaf of bread with a hard crust and soft on the inside. It is a popular accompaniment to continental food.

Makes one (375 g) loaf



5 hour



50 min



180°C/350°F/
Gas Mark 4



Difficult



Egg



BREAD STICKS

Ingredients

- | | |
|-----------------------------|--------------------------------|
| 1 cup refined flour (maida) | 1 egg (optional) |
| ½ teaspoon salt | sesame seeds or onion seeds or |
| 10 grams fresh yeast | poppy seeds |
| ½ teaspoon sugar | oil or fat for greasing |
| 1¼ teaspoons vegetable ghee | |

Method

Combine the yeast with sugar and one-fourth cup lukewarm water; stir, cover and set aside for five to seven minutes to froth.

Sift the flour and salt together into a large mixing bowl. Make a well in the centre of the flour. Pour the yeast liquid into the well in the flour and mix. Rub in the softened vegetable ghee and knead lightly for about ten minutes to form a smooth, but fairly firm dough, using extra water if necessary. Cover with a damp cloth and leave to rise until double in size. Knock back the dough, allow it to rest for another ten minutes and then roll it out on a lightly floured surface into a one-fourth inch thick rectangle

Preheat the oven to 230°C/450°F/Gas Mark 8. Grease a baking tray

Cut the rolled out dough into half-inch by four-inch strips. Roll each strip into six-inch long sticks. Place the sticks on the baking tray. Beat the egg lightly with a fork. Brush the bread sticks with the egg and sprinkle with sesame, onion or poppy seeds.

Bake for fifteen minutes; lower temperature to 190°C/375°F/Gas Mark 5 and bake for another ten minutes. Remove from the oven, cool and store in an air-tight container.

Makes 18-20 bread sticks



1 hour 20 min



25 min



230°C/450°F/
Gas Mark 8



Easy



Egg



FOCACCIA

Ingredients

15 grams fresh yeast
2 teaspoons sugar
3 $\frac{3}{4}$ cups refined flour (maida)
2 teaspoons salt
3 tablespoons extra-virgin olive oil
+ for greasing
1 teaspoon mixed dried herbs

Topping

10 garlic cloves, chopped
1 teaspoon mixed dried herbs
2 tablespoons extra-virgin olive oil

Method

Mix the yeast with the sugar and four tablespoons of lukewarm water and stir till it dissolves. Top it up with more lukewarm water to make one-and-a-half cups of the mixture.

Sift the flour and salt together into a large bowl and make a well in the centre. Pour the yeast mixture into the well and mix in the flour to make a soft dough. Turn out the dough onto a lightly floured surface and knead for eight to ten minutes, until smooth and elastic. Cover the dough with a damp cloth and set aside in a warm place to rise for one to one-and-a-half hours or until the dough doubles in size.

Preheat the oven to 200°C/400°F/Gas Mark 6. Lightly oil a large baking tray.

Knock back the dough and turn it out onto a lightly floured surface. Gently knead in the dried herbs and olive oil. Divide the dough into fifteen equal portions and shape into balls.

Place the balls well apart on the baking tray and pat each one with your fingertips into a thick five-inch round. Poke the dough with your fingers to make deep dimples over the entire surface.

Sprinkle each loaf with the garlic and dried herbs. Bake for twenty-five to thirty minutes, or until golden. Remove from the oven and brush with olive oil. Transfer to wire racks to cool slightly and serve warm.

Makes fifteen 5-inch loaves



1 hour 40 min



30 min



200°C/400°F/
Gas Mark 6



Medium



Egg



BREAD ROLLS

Ingredients

3¾ cups refined flour (maida)	2 teaspoons sugar
1½ teaspoons salt	30 grams butter
15 grams fresh yeast	

Method

Combine the yeast with sugar and one-fourth cup lukewarm water, stir and set aside for ten to fifteen minutes to froth. Sift the flour and salt together into a bowl. Add the yeast mixture and knead, adding water a little at a time, till you use up one cup of water. Stretch and knead till you get a smooth, elastic dough. Cover with a damp cloth and set aside till it doubles in size.

Knock back the dough and divide into twenty equal portions. Shape into smooth round balls and then into any shape of your choice. Place the rolls on a greased baking tray, cover with a damp cloth and set aside for fifteen minutes or till they double in size again.

Preheat the oven 190°C/375°F/Gas Mark 5.

Place the baking tray in the oven and bake for twenty-five to thirty minutes till golden brown and soft to the touch. Remove from the oven and brush with melted butter and transfer to a wire rack to cool.

Makes 20 rolls



30 min



30 min



190°C/375°F/
Gas Mark 5



Medium



Egg





CHEESECakes, PIES AND TARTS

Melt-in-the mouth pastry cases with velvety sweet and savoury fillings are ideal for brunch, lunch, dinner and any time in-between!

BASIC SHORTCRUST PASTRY

Ingredients

1 cup refined flour (maida)
60 grams chilled butter, chopped

Method

Place the flour and butter in a food processor and process until the mixture resembles coarse breadcrumbs. If mixing by hand, rub the butter into the flour with your fingertips.

With the processor running, add drops of iced water until the dough comes together. If not using a processor, mix in the iced water with a knife or a wooden spoon. You can mix the dough by hand but do not handle the dough too much. You will need approximately two-and-a-half tablespoons of water.

Press the dough into a ball, wrap in greaseproof paper or cling film and refrigerate for at least thirty minutes before rolling or shaping.

Shortcrust pastry can be stored in a refrigerator for two days, or in the freezer for up to three months.

Makes enough for one 9-inch pastry base



40 min



As required



Nil



Easy



Egg





BISCUIT CRUMB PASTRY

Ingredients

2 cups finely crushed biscuits (such as digestive, ginger or plain)

75 grams butter, melted
½ teaspoon grated nutmeg

Method

Preheat the oven to 190°C/375°F/Gas Mark 5.

Mix together the crushed biscuits, butter and nutmeg thoroughly with a wooden spoon. Press the mixture into a nine-inch pie dish and build it up the sides, making sure that the edges are neat. Bake for five minutes. Leave to cool in the dish. Fill the pastry case with a filling of your choice.

Makes enough for one 9-inch pastry base

Chef's Tip: You can use this pastry as a base for cheesecakes, soufflés and fruit flans.



10 min



5 min



190°C/375°F/
Gas Mark 5



Easy



Egg

SPINACH AND CHEESE PIE

Ingredients

Pastry Crust

2 recipes Basic Shortcrust Pastry (Page 98)

Filling

500 grams fresh spinach, stems removed

1 tablespoon olive oil

2 small onions, chopped

½ teaspoon dried oregano

freshly ground black pepper powder to taste

salt to taste

a pinch of grated nutmeg

½ cup cream

½ cup milk

2 eggs

225 grams cottage cheese (paneer), grated

Method

Preheat the oven to 180°C/350°F/Gas Mark 4.

Cut the spinach leaves into thin ribbons with a sharp knife. Heat the oil in a large pan; add the onions and sauté over medium heat for five minutes or until softened. Add the spinach, oregano, pepper powder, salt and nutmeg and cook over high heat, stirring frequently for about five minutes, or until most of the liquid has evaporated. Remove from heat and set aside to cool.

To make the custard, whisk together the cream, milk, one egg and a pinch of salt.

Divide the shortcrust pastry into two equal portions and roll out each portion into a quarter-inch thick round. Line an eight-inch round pie dish with one round of rolled-out pastry and trim the edges. Prick with a fork all over and refrigerate for ten minutes. Bake blind for twenty-five minutes. Spread the spinach mixture in the pastry case and top it with the cottage cheese. Pour the custard mixture over it.

Cover the pie with the second pastry round and trim the edges. Pierce the pastry cover at intervals to allow the steam to escape. Use the pastry trimmings to create a design around the edge. Beat the remaining egg and brush the top of the pie with it. Bake for fifty to sixty minutes till golden brown. Cut into wedges and serve hot.

Makes one 8-inch pie

Chef's Tip: Whenever you cover such a dish with pastry dough make sure that you make some holes in it called chimneys for steam to escape, prevent the base from getting soggy, and to retain the shape of the pie.



40 min



60 min



180°C/350°F/
Gas Mark 4



Medium



Egg

SEAFOOD QUICHE

Ingredients

Pastry Crust

1 recipe Basic Shortcrust Pastry (page 98)

Filling

125 grams peeled and deveined prawns, boiled and chopped

125 grams shelled clams, boiled

100 grams pomfret fillets, blanched and shredded

2 tablespoons olive oil

4-5 garlic cloves, chopped

1 medium onion, chopped

salt to taste

½ teaspoon black peppercorns, crushed

1 teaspoon mixed dried herbs

1 cup White Sauce (page 106)

½ cup milk

1 cup grated processed cheese

Method

Preheat the oven to 180°C/350°F/Gas Mark 4.

Roll out the pastry dough into a half-inch thick round on a lightly floured surface. Line a nine-inch flan dish with it. Prick all over with a fork and refrigerate for ten minutes. Bake blind for ten minutes.

Heat the olive oil in a pan; add the garlic and sauté until brown. Add the onion and sauté till golden. Add the salt, crushed peppercorns and dried herbs and mix well. Whisk white sauce and milk together; add along with the seafood to the pan and cook for one minute.

Pour the mixture over the baked pastry and level the top. Sprinkle with grated cheese and bake for twenty minutes, or until the cheese is golden brown. Leave to cool slightly before cutting into wedges to serve.

Makes one 9-inch quiche



25 min



20 min



180°C/350°F/
Gas Mark 4



Easy



Egg

MUSHROOM QUICHE

Ingredients

Pastry Crust

1 recipe Basic Shortcrust Pastry
(page 98)

Filling

225 grams fresh button mushrooms,
thinly sliced

1 tablespoon olive oil

½ tablespoon butter

1 garlic clove, crushed

½ tablespoon lemon juice

salt to taste

black pepper powder to taste

1 tablespoon fresh coriander leaves,
finely chopped

2 eggs

¾ cup fresh cream

¼ cup grated processed cheese

Method

Preheat the oven to 190°C/375°F/Gas Mark 5.

Roll out the shortcrust pastry dough into a quarter-inch thick round and line a nine-inch round tart tin with it. Trim the edges and prick the base all over with a fork.

Heat the olive oil and butter in a pan over medium heat; stir in the mushrooms, garlic and lemon juice. Add salt and pepper powder and cook until the mushrooms begin to sweat. Raise the heat and cook until the mixture is dry. Add the coriander leaves and adjust seasoning.

Whisk the eggs and cream together and stir in the mushroom mixture. Sprinkle cheese over the base of the tart and pour the mushroom filling over it. Bake in the preheated oven for about thirty-five minutes, or until puffed up and golden brown. Cut into wedges and serve warm.

Makes one 9-inch quiche



35 min



35 min



190°C/375°F/
Gas Mark 5



Medium



Egg



MACARONI CHEESE PIE

Ingredients

Pastry Crust

1 recipe Basic Shortcrust Pastry (page 98)

Filling

1½ cups macaroni, blanched

1 cup grated processed cheese

1 tablespoon olive oil

5 garlic cloves, chopped

salt to taste

5-6 black peppercorns, crushed

2 teaspoons mixed dried herbs

1½ cups White Sauce (page 106)

Method

Preheat the oven to 180°C/350°F/Gas Mark 4.

Roll out the pastry dough into a half-inch thick, ten-inch round on a lightly floured surface. Line a dish with the pastry and trim off the excess. Prick all over with a fork and refrigerate for ten minutes. Take the pie dish out of the refrigerator and bake blind for ten minutes.

Heat the olive oil in a pan; add the garlic and sauté for one minute. Add the macaroni and toss to mix. Add the salt, crushed peppercorns and one teaspoon of dried herbs and toss well. Set aside to cool.

Spoon the macaroni into the pie dish and pour the white sauce on top. Sprinkle with the grated cheese and remaining herbs. Bake for thirty minutes or till the top turns reddish brown. Remove from the oven, cut into wedges and serve hot.

Makes one 9-inch pie

Chef's Tip: To blanch macaroni, cook in plenty of boiling salted water till al dente (cooked, but still firm to the bite).



30 min



40 min



180°C/350°F/
Gas Mark 4



Easy



Egg

HERBED CHICKEN AND CHEESE FLAN

Ingredients

Pastry Crust

1 recipe Basic Shortcrust Pastry (page 98)

Filling

350 grams boneless chicken, boiled and shredded

2 tablespoons olive oil

4-5 garlic cloves, chopped

1 medium onion, chopped

salt to taste

½ teaspoon crushed black peppercorns

1 teaspoon mixed dried herbs

1 cup White Sauce (page 106)

½ cup milk

1 cup grated processed cheese

Method

Preheat the oven to 180°C/350°F/Gas Mark 4.

Roll out the pastry dough into a quarter-inch thick round on a lightly floured surface and line a nine-inch flan dish with it. Prick all over with a fork and bake blind for forty minutes.

Heat the olive oil in a pan; add the garlic and sauté till brown. Add the onion and sauté till golden; add the shredded chicken and sauté for a couple of minutes. Add the salt, crushed peppercorns and dried herbs and mix well. Whisk the white sauce and milk well together. Add to the chicken mixture and cook for one minute.

Pour the mixture into baked pastry shell and level the top. Sprinkle grated cheese over and bake for thirty to thirty-five minutes, or until the cheese is golden brown. Remove from the oven and leave to cool slightly. Cut into wedges and serve.

Makes one 9-inch flan



15 min



1 hour 15 min



180°C/350°F/
Gas Mark 4



Medium



Egg

CHEESE AND SPRING ONION TARTS

Ingredients

Pastry Crust

1 recipe Basic Shortcrust Pastry
(Page 98)

Filling

½ cup grated processed cheese
3 spring onions, chopped

2 tablespoons olive oil
4-5 garlic cloves, chopped
1 cup White Sauce (see below)
1½ cups chopped spring onion greens
salt to taste
½ teaspoon white pepper powder

Method

Preheat the oven to 200°C/400°F/Gas Mark 6.

Roll out the pastry dough into a half-inch thick round on a lightly floured surface. Using a three-inch round biscuit cutter, stamp out twelve rounds and line twelve tart tins. Trim the excess dough and press lightly. Prick the pastry all over with a fork. Refrigerate the tart tins for ten minutes. Bake the tarts for fifteen minutes, or till the crust is firm. Remove from the oven.

Heat the olive oil in a pan; add the garlic and sauté for two minutes. Add the spring onions and sauté till translucent. Stir in the white sauce and mix well. Add the spring onion greens and season with salt and white pepper. Remove from heat and spoon the filling into the tarts while they are warm. Sprinkle grated cheese and bake for another five to six minutes and serve hot.

Makes 12 tarts

White Sauce: Melt 1 tablespoon of butter over low heat. Add 1 tablespoon of refined flour and sauté lightly till fragrant. Add 1 cup of lukewarm milk in a slow trickle, stirring continuously with a wire whisk, so that no lumps are formed. Cook till thick. Makes 1 cup white sauce.



25 min



25 min



200°C/400°F/
Gas Mark 6



Easy



Egg





MISSISSIPPI MUD PIE

Ingredients

Pastry Crust

1 recipe Basic Shortcrust Pastry
(Page 98)

3 eggs, beaten

$\frac{2}{3}$ cup granulated sugar

1 teaspoon vanilla essence

Filling

85 grams chocolate

80 grams butter

3 tablespoons golden syrup

To Decorate

100 grams chocolate bar

2 cups heavy cream

Method

Roll out the pastry dough on a lightly floured surface. Line a nine-inch round pie dish with the pastry dough, easing it in carefully so that it does not stretch. Trim off the excess dough and make a fluted edge with your thumbs. Prick the bottom and the sides of the pastry with a fork. Chill in a refrigerator for ten minutes.

Preheat the oven to 220°C/425°F/Gas Mark 7. Bake the pastry blind for ten to fifteen minutes, or until lightly browned. Leave to cool in the dish.

For the filling, melt the chocolate with the butter and golden syrup in a double-boiler, or in a microwave oven for one minute on HIGH. Stir in the eggs, sugar and vanilla essence.

Lower the oven temperature to 180°C/350°F/Gas Mark 4. Pour the chocolate mixture into the baked crust and bake for one hour, or until the filling sets. Leave to cool completely in the dish.

Slightly soften the chocolate bar between your palms. Using a vegetable peeler, scrape along the sides of the chocolate bar to make short, wide curls. Chill the curls in a refrigerator till needed.

Lightly whip the cream until soft peaks form. Spread the cream over the chocolate filling with a rubber spatula. Decorate with the chocolate curls and serve immediately.

Makes one 9-inch pie



25 min



1 hour 15 min



220°C/425°F/
Gas Mark 7



Medium



Egg



BAKED LEMON TART

Ingredients

Pastry Crust

1 recipe Basic Shortcrust Pastry
(Page 98)

6 eggs, beaten

1½ cups caster sugar

115 grams unsalted butter

Filling

juice of 4 lemons

grated rind of 4 lemons

Method

Preheat the oven to 200°C/400°F/Gas Mark 6.

Roll out the pastry dough on a lightly floured surface and line one nine-inch tart tin or six two-inch tartlet tins. Prick the pastry all over with a fork. Place in a refrigerator for ten minutes. Bake blind in the preheated oven for ten minutes.

For the filling, place eggs, caster sugar and butter in a pan and stir over low heat until the sugar has dissolved. Add the lemon juice and rind and continue cooking, stirring continuously, until the lemon curd thickens slightly.

Pour the mixture into the pastry case and bake for twenty minutes, or until the filling is just set. Remove from the oven and place on a wire rack to cool. Cut into wedges and serve.

Makes one 9-inch tart or six 2-inch tarts



30 min



30 min



200°C/400°F/
Gas Mark 6



Medium



Egg



VELVET MOCHA CREAM PIE

Ingredients

Pastry Crust

½ recipe Basic Shortcrust Pastry
(page 98)

200 grams dark chocolate

1½ cups thick cream

Filling

2 teaspoons instant coffee powder

To Decorate

assorted nuts

Method

Roll out the shortcrust pastry dough on a lightly floured surface into a one-fourth inch thick round. Transfer it to a nine-inch pie tin and trim the edges to leave a half-inch overhang. Fold the overhang under and crimp the edge. Prick the dough all over with a fork. Refrigerate the pie shell for at least twenty minutes.

Preheat the oven to 200°C/400°F/Gas Mark 6. Bake the pastry blind for fifteen to twenty minutes, or until the pie turns golden. Leave to cool in the pan.

For the filling, dissolve the instant coffee powder in two tablespoons of hot water in a bowl. Melt the chocolate in a double-boiler or in a microwave oven on HIGH for one minute. Remove from heat when nearly melted and stir till completely melted. Place the bowl in a pan of cold water to lower the temperature, making sure that no water splashes into the chocolate, or it will seize and become grainy.

Whip the cream with an electric mixer until light and fluffy. Add the dissolved coffee and whip until the cream holds its shape. Set some aside to decorate. When the chocolate cools to room temperature, fold it gently into the cream with a large metal spoon.

Pour this mixture into the chilled pastry case and refrigerate until firm. Spoon the remaining cream into a piping bag fitted with a star nozzle and pipe rosettes around the edge of the pie. Place a nut in the centre of each rosette. Chill till ready to serve.

Makes one 9-inch pie or 4-6 individual pies



40 min



20 min



200°C/400°F/
Gas Mark 6



Medium



Egg



CHILLED LEMON CHEESECAKE

Ingredients

Pastry Crust

20 digestive biscuits

75 grams butter, melted

Filling

2 tablespoons lemon juice

1 tablespoon unflavoured gelatine

225 grams unsalted cheese spread

$\frac{3}{4}$ cup yogurt

7 tablespoons sugar

2 teaspoons lemon rind

2 egg whites

Method

Grease an eight-inch springform cake tin.

Crush the biscuits in a food processor, mix with the melted butter till well combined. Press this mixture over the base of the prepared tin.

To make the filling, mix the lemon juice with three tablespoons of water. Place the gelatine in a bowl and sprinkle the lemon juice over it and set aside for two to three minutes. Stand the bowl over a pan of simmering water and stir until the gelatine is completely dissolved. Set aside to cool slightly.

Beat the cheese spread, yogurt and sugar together in a separate bowl till well mixed. Stir in the lemon gelatine mixture. Whisk the egg whites in a clean bowl till stiff. Fold it into the cheese mixture and spoon it over the biscuit base in the tin. Level the surface. Chill in a refrigerator for at least four hours, or until set.

Remove the cheesecake carefully from the tin and transfer to a serving plate. Cut into wedges and serve.

Makes one 8-inch cheesecake



20 min



Nil



Nil



Medium



Egg

CASHEW, COCONUT AND CHOCOLATE TART

Ingredients

Chocolate Crust

½ cup cocoa powder
1¼ cups refined flour (maida)
⅔ cup caster sugar
¼ teaspoon salt
150 grams unsalted butter, frozen + for greasing

Filling

2 cups whole roasted cashew nuts
1 cup desiccated coconut
1 cup melted chocolate
1 cup brown sugar
¾ cup cream
⅓ cup honey
1 tablespoon chopped ginger

Method

Grease an eleven-inch round springform tart tin with butter. For the crust, place the flour, sugar, cocoa powder and salt in a food processor and blend for five seconds. Add the butter and process till you get a moist sandy texture. Add one-and-a-half tablespoons of chilled water and blend until the dough comes together. Press evenly onto the bottom and up the sides of the tin. Prick all over with a fork and refrigerate for thirty minutes.

Preheat the oven to 180°C/350°F/Gas Mark 4. Bake the crust for around fifteen minutes, or until it looks dry and slightly puffed up. Remove from the oven and set aside to cool.

For the filling, place the brown sugar, cream, honey and ginger in a heavy-bottomed pan and bring to a boil over medium heat, mixing gently until the sugar dissolves. Cook for around seven to eight minutes stirring occasionally. Mix in the roasted cashew nuts and desiccated coconut and set aside to cool.

Brush enough melted chocolate over the inside of the crust to coat completely, reserving one-fourth cup to decorate. Freeze the crust until the chocolate is cold and hard. Pour the cashew-coconut mixture into the crust. Place the tart on a baking tray with a rim and bake for about thirty-five minutes, till the filling begins to darken on top and bubbles. Remove from the oven and place on a wire rack to cool completely. Remove the tart from the tin. Drizzle the remaining melted chocolate over the tart in a lacy pattern. Cut into wedges and serve.

Makes one 11-inch tart



30 min



50 min



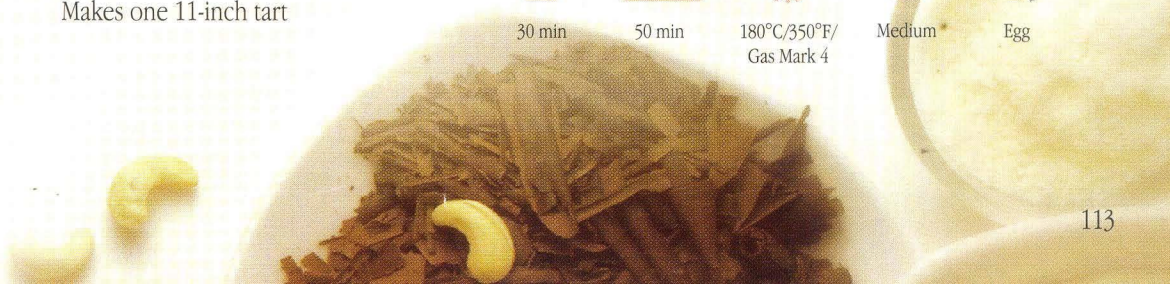
180°C/350°F/
Gas Mark 4



Medium *



Egg



LEMON MERINGUE PIE

Ingredients

Pastry Crust

1 recipe Basic Shortcrust

Pastry (page 98)

Filling

grated rind of 1 large lemon

2 tablespoons lemon juice

$\frac{3}{4}$ cup granulated sugar

30 grams butter

3 tablespoons cornflour

3 eggs, separated

$\frac{1}{8}$ teaspoon salt

Method

Roll out the shortcrust pastry dough on a lightly floured surface into a one-fourth inch thick round. Line a nine-inch pie pan with the dough and trim the edges to leave a half-inch overhang. Fold the overhang under and crimp the edge. Prick the dough all over with a fork. Refrigerate the pie shell for at least twenty minutes.

Preheat the oven to 200°C/400°F/Gas Mark 6. Bake the pie crust blind for fifteen to twenty minutes, or until golden brown.

For the filling, mix the lemon rind and juice with one cup of water in a pan. Add half a cup of sugar and the butter and bring the mixture to a boil. In a separate bowl, mix the cornflour with one tablespoon of water; stir in the egg yolks. Add to the lemon mixture and bring once again to a boil, whisking continuously for about five minutes, or until the mixture thickens. Strain the mixture into a bowl and cover with greaseproof paper to prevent a skin from forming. Set aside to cool.

For the meringue, beat the egg whites with salt until they form stiff peaks. Add the remaining sugar and beat till glossy. Spoon the lemon mixture into the pie shell and spread evenly. Spoon the meringue on top, spreading it to the edge of the crust to seal. Bake for about twelve to fifteen minutes, or until golden. Remove from the oven, cool, cut into wedges and serve.

Makes one 9-inch pie or 4-6 individual pies



25 min



35 min



200°C/400°F/
Gas Mark 6



Easy



Egg



APPLE STRUDEL

Ingredients

Pastry

1½ cups refined flour (maida)

¼ teaspoon salt

2 eggs, beaten

⅓ cup lukewarm milk

30 grams butter, melted + for basting

¼ cup currants

½ teaspoon cinnamon powder

¾ cup almonds, blanched and slivered

¾ cup demerara sugar

30 grams butter, melted

4 slices white bread, crumbled

Filling

3 large apples, peeled and chopped

¼ cup raisins

Method

Sift the flour and salt into a bowl. Add half the beaten eggs, lukewarm milk and four tablespoons of water and knead until you get a dough that is elastic and does not stick to the bottom of the bowl. Place the dough in a floured bowl, cover with a damp cloth and leave to rest in a warm place for thirty minutes.

In a separate bowl, mix all the ingredients for the filling. Divide into three equal portions and set aside.

Preheat the oven to 200°C/400°F/Gas Mark 6.

Knead thirty grams melted butter into the dough. Divide into three equal portions and shape into balls. Place each portion on a floured surface and gently roll it out, as thinly as possible, without tearing it. Spread one portion of apple mixture evenly over the round and fold in the edges. Roll up tightly and seal the open end with a little of the remaining beaten egg.

Place the rolls on a large greased baking tray and bake for half an hour or till crisp and brown, basting with melted butter from time to time. Cut into slices and serve hot.

Makes 3 strudels



40 min



30 min



200°C/400°F/
Gas Mark 6



Difficult



Egg

BAKED CHEESECAKE

Ingredients

Biscuit Crust

1 cup crushed arrowroot biscuits
50 grams unsalted butter, melted

3 eggs, separated

grated rind of one lemon

½ teaspoon almond essence

Filling

2 cups grated cottage cheese (paneer)

⅔ cup cream

½ cup caster sugar

To Decorate

200 grams mixed fresh fruit, peeled

½ cup almonds, chopped

fresh mint sprigs

Method

Grease a ten-inch round springform cake tin.

For the biscuit crust, combine the biscuits and butter and press into the base of the tin. Chill in a refrigerator for twenty minutes.

Preheat the oven to 180°C/350°F/Gas Mark 4.

For the filling, beat together the cottage cheese, cream, caster sugar, egg yolks, lemon rind and almond essence in a large bowl, until smooth and creamy. Whisk the egg whites until stiff and fold into the cheese mixture. Pour the mixture over the biscuit base and bake for forty-five minutes, or until the cheesecake has risen and the centre has just set. Remove from the oven and leave in the tin until completely cooled.

Carefully remove the cheesecake from the tin and chill in a refrigerator for at least one hour. Just before serving, decorate with the mixed fruit, chopped almonds and mint leaves.

Makes one 10-inch cheesecake



40 min



45 min



180°C/300°F/
Gas Mark 4



Easy



Egg



FRUIT TART

Ingredients

Pastry Crust

1¼ cups refined flour (maida), sifted

⅔ cup sugar

½ cup cocoa powder

¼ teaspoon salt

150 grams frozen unsalted butter

+ for greasing

Filling

½ cup set orange jelly

½ tablespoon fresh lemon juice

1 cup thick cream

350 grams tinned mixed fruits, chopped

Method

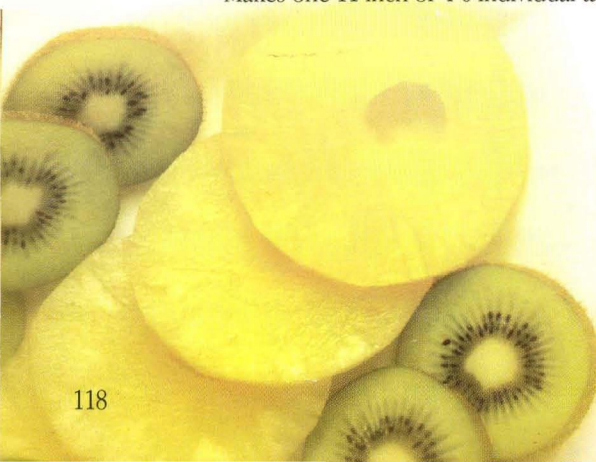
Grease an eleven-inch round springform or loose-bottomed tart tin with butter.

Place the flour, sugar, cocoa powder and salt in a food processor and process for five seconds. Add the butter, cut into small pieces, and process till you get a moist, sandy texture. Add one-and-a-half tablespoons of chilled water and process until the dough comes together. Press evenly onto the bottom and up the sides of the greased tin and prick all over with a fork. Refrigerate for thirty minutes.

Preheat the oven to 180°C/350°F/Gas Mark 4. Bake the crust blind for around fifteen minutes, or until it looks dry. Remove from the oven and set aside to cool.

Melt the orange jelly with lemon juice and brush a thin layer over the bottom of the tart. Whip the cream and spread a thin layer over the jelly. Arrange the fruit on top and brush with the jelly glaze. Cut into wedges and serve immediately.

Makes one 11 inch or 4-6 individual tarts



30 min



15 min



180°C/350°F/
Gas Mark 4



Easy



Egg



CITRUS CHOCOLATE TART

Ingredients

Pastry Crust

1 recipe Basic Shortcrust Pastry (page 98)
1 tablespoon grated orange rind
1 tablespoon grated lemon rind

2 cups cream
1 teaspoon coffee powder

Filling

600 grams dark chocolate, grated

To Decorate

white chocolate shavings (optional)
dark chocolate shavings

Method

Add the orange rind and lemon rind to the shortcrust pastry dough and mix in well. Roll out the pastry dough on a lightly floured surface. Line a nine-inch round tart tin with the pastry dough, easing it in carefully so that it does not stretch. Trim the excess dough. Prick all over with a fork and chill in a refrigerator for ten minutes.

Preheat the oven to 200°C/400°F/Gas Mark 6. Bake the chilled crust blind for ten minutes. Set aside to cool.

To make the filling, bring the cream to a boil in a pan. Add the chocolate and stir until smooth. Remove from heat and add the coffee powder dissolved in one tablespoon of water and mix well. Set aside to cool completely. Pour the filling into the tart shell and chill in the refrigerator until set. Decorate with chocolate shavings, cut into wedges and serve with cream.

Makes one 9-inch tart



25 min



10 min



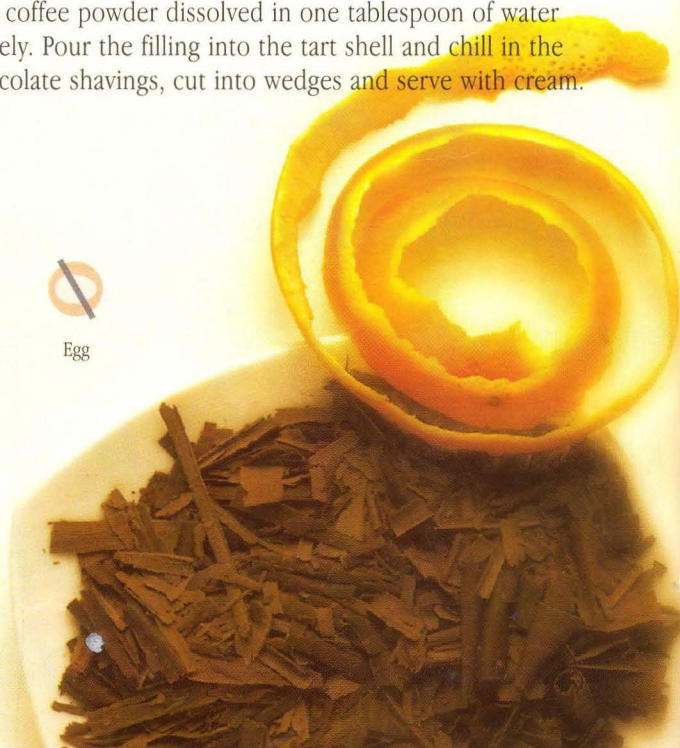
200°C/400°F/
Gas Mark 6



Medium



Egg



BROWNIE CHEESECAKE

Ingredients

100 grams dark chocolate
90 grams butter
1 cup refined flour (maida)
1 teaspoon baking powder
 $\frac{3}{4}$ cup caster sugar
2 eggs
1 teaspoon vanilla essence
 $\frac{1}{2}$ cup walnut halves, chopped
oil, for greasing

Filling

225 grams unsalted cheese spread
1 tablespoon unflavoured gelatine
 $\frac{2}{3}$ cup yogurt
7 tablespoons sugar
1 teaspoon vanilla essence
2 egg whites

Method

Preheat the oven to 180°C/350°F/Gas Mark 4. Grease an eight-inch round springform cake tin.

Sift the flour and baking powder together. Combine the chocolate and butter in a large microwave-safe bowl and cook, uncovered, for one minute on HIGH till soft; alternatively melt the chocolate and butter together in a double-boiler.

Beat in the sugar, eggs and vanilla essence and mix well. Fold in the sifted flour and walnuts and mix well. Pour the mixture into the prepared cake tin and bake for forty-five minutes. Leave to cool in the tin.

To make the filling, place the gelatine in a bowl, add five tablespoons of water and leave to stand for two to three minutes. Stand the bowl over a pan of simmering water and stir until the gelatine dissolves completely. Leave to cool slightly.

Beat the cheese spread, yogurt, sugar and vanilla essence together in a separate bowl. Stir in the dissolved gelatine till well mixed. Whisk the egg whites in a clean bowl till stiff and fold into the cheese mixture. Spoon the mixture over the brownie base in the tin and level the surface. Chill in a refrigerator for at least four hours, or until set. Remove the cheesecake carefully from the tin and transfer to a serving plate. Cut into wedges and serve.

Makes one 8-inch cheesecake



1 hour 30 min



45 min



180°C/350°F/
Gas Mark 4



Medium

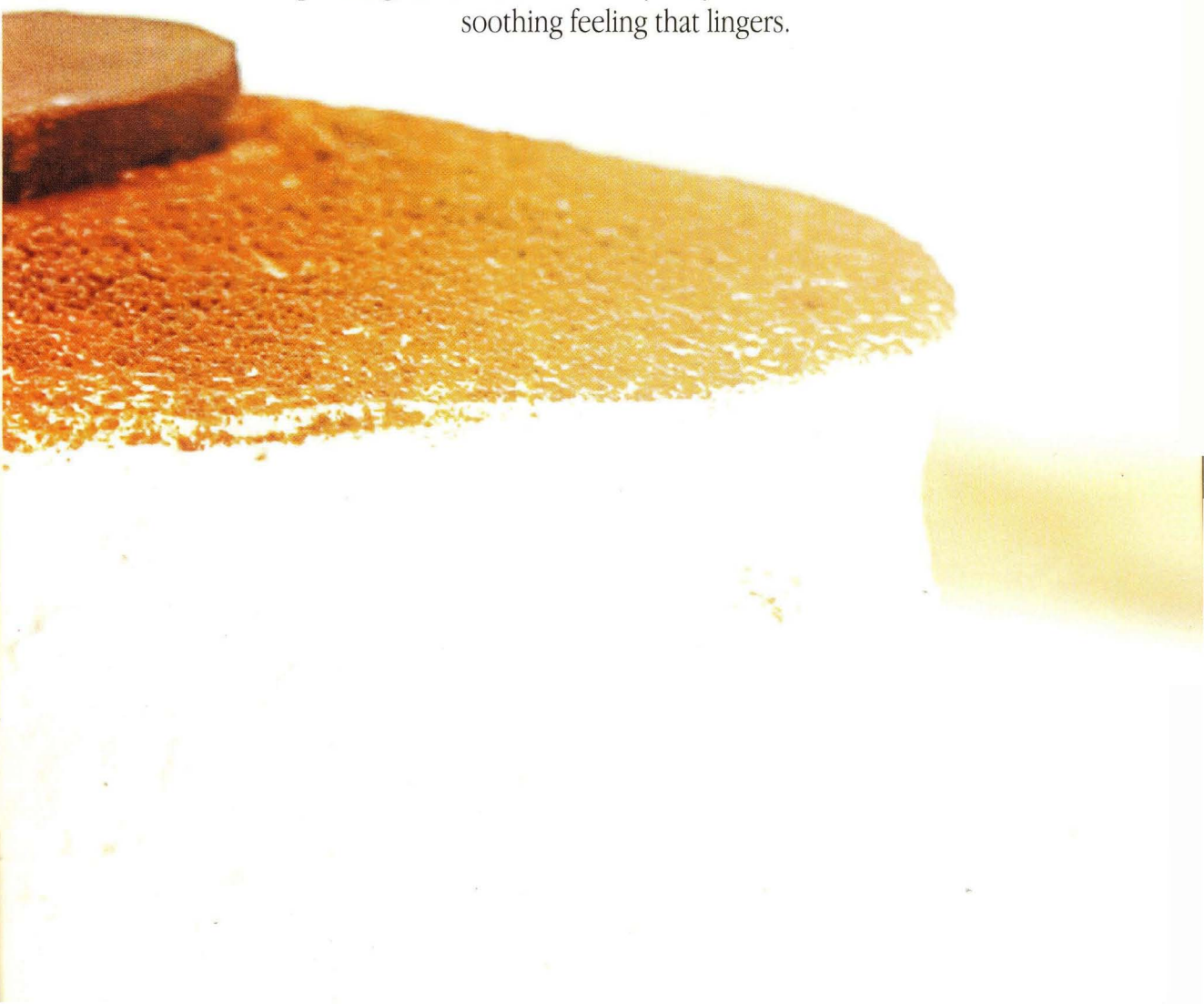


Egg



DESSERTS AND SOUFFLÉS

Nothing is as comforting or soul-satisfying as a warm pudding. It makes a deliciously cozy end to a meal with a soothing feeling that lingers.





BAKED ALASKA

Ingredients

1 eight-inch square fatless sponge cake
(page 24)
½ litre ice cream brick, preferably vanilla
1 cup tinned mixed fruit, chopped
½ cup brandy

Meringue
5 egg whites
¼ teaspoon cream of tartar or lemon juice
¼ cup sugar

Method

Place the ice cream brick overnight in the freezer till frozen hard.

Preheat the oven to 200°C/400°F/Gas Mark 6.

For the meringue, beat the egg whites till partially stiff. Add the cream of tartar or lemon juice. Gradually add the sugar, a couple of tablespoonfuls at a time, and continue to beat until the meringue forms stiff peaks and turns glossy.

Slice the sponge cake in half horizontally. Sprinkle some sugar syrup from the tinned fruit over the cake halves. Arrange the tinned fruit on the bottom half. Place the ice cream on top and cover it with the top half of the cake. Make sure the ice cream is covered on all sides with the sponge cake. Spread the meringue over the top and the sides of the cake until it is completely covered.

Place on a baking sheet and bake for about two to three minutes to brown the meringue. Pour the brandy into a ladle and heat it over an open flame. The moment it catches fire pour it evenly over the Baked Alaska. Serve immediately on a chilled serving dish.

Makes 4-6 servings



10 min



3 min



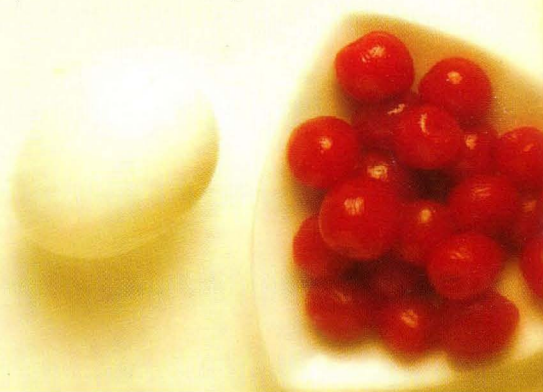
200°C/400°F/
Gas Mark 6



Medium



Egg



MAGIC CHOCOLATE MUD PUDDING

Ingredients

5 tablespoons cocoa powder	1 cup refined flour (maida)
60 grams butter	½ teaspoon baking powder
½ cup brown sugar	½ teaspoon cinnamon powder
2 cups milk	

Method

Preheat the oven to 180°C/350°F/Gas Mark 4. Lightly grease a four-inch deep glass dish or loaf tin.

Place the butter, half the sugar and half the milk in a pan and heat gently, stirring from time to time, until the butter has melted and all the sugar has dissolved. Remove from heat.

Sift the flour, baking powder, cinnamon powder and one tablespoon of cocoa powder together into the pan and stir well to mix. Pour the mixture into the greased dish or tin and level the surface.

Sift the remaining sugar and cocoa powder into a separate bowl and mix well. Sprinkle the mixture over the pudding mixture in the dish. Pour the remaining milk over the pudding mixture.

Bake for fifty minutes or until the sponge has risen to the top and is firm to the touch. The pudding will separate into two layers: a gooey chocolate sauce topped with a light chocolate sponge. Serve hot.

Make 4 servings



15 min



50 min



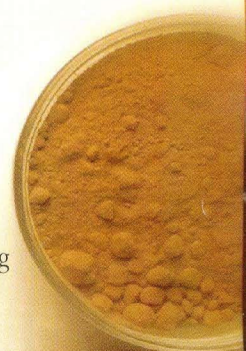
180°C/350°F/
Gas Mark 4



Easy



Egg



TIRAMISÙ

Ingredients

12 slices (175 grams) chocolate
sponge cake
½ tablespoon unflavoured gelatine
1 cup thick cream
½ cup powdered sugar
3 egg yolks

¼ cup sugar
2 tablespoons + 2 teaspoons instant
coffee powder
¾ cup mascarpone cheese
chocolate curls, to decorate

Method

Cut each slice of cake in half. Dissolve gelatine in three tablespoons of hot water. Whip the cream with powdered sugar till stiff and set aside.

Whip the egg yolks with sugar and one tablespoon of water in a double-boiler, or in a heatproof bowl over a pan of simmering water, till the mixture forms thick ribbons. Set aside to cool.

Mix two tablespoons of instant coffee powder in half a cup of water and soak the chocolate sponge fingers in the solution. Arrange half the sponge fingers in a layer at the base of a springform tin. Mix two teaspoons of instant coffee powder in one teaspoon of water. Add this along with mascarpone cheese and gelatine to the egg mixture and mix well. Fold in the whipped cream.

Pour half the mixture over the chocolate fingers. Arrange the remaining chocolate fingers over and top with the remaining mixture and level the top. Place in the refrigerator till set. Remove from the tin, cut into wedges and serve chilled, decorated with chocolate curls.

Makes 6 portions



35 min



Nil



Nil



Medium



Egg



CHOCOLATE SOUFFLÉ

Ingredients

140 grams chocolate

4 eggs, separated

4 teaspoons orange liqueur (optional)

4 teaspoons butter

powdered sugar for dusting

Method

Preheat the oven at 200°C/400°F/Gas Mark 6. Grease four small soufflé moulds with butter and dust with powdered sugar.

Melt the chocolate in a double-boiler or in microwave oven on HIGH for one minute; whisk to mix well. Add the egg yolks and mix. Stir in the orange liqueur.

Whip the egg whites till they form soft peaks and fold into the chocolate mixture.

Pour into the greased moulds and bake for nine minutes. Remove from the oven and serve immediately before the soufflés collapse.

Makes 4 portions



10 min



9 min



200°C/400°F/
Gas Mark 6



Easy



Egg

SPONGE CAKE PUDDING

Ingredients

1 Basic Sponge Cake (page 22),
cut into 2-inch thick fingers
½ cup tinned cherries, chopped
1 orange, segmented, seeded and halved
½ cup chopped tinned peaches
1 banana, peeled and diced

Custard
3 tablespoons vanilla custard powder

2 cups milk
3 tablespoons sugar
Meringue
3 egg whites
⅛ teaspoon salt
6 tablespoons sugar
1 teaspoon vanilla essence

Method

Whisk the custard powder and milk well and cook over medium heat till the custard begins to thicken; add the sugar and cook, stirring continuously, so that no lumps form. Heat and set aside to cool. Strain.

Preheat the oven to 150°C/300°F/Gas Mark 2.

To make the meringue, beat the egg whites until stiff. Gently stir in the salt, sugar and vanilla essence. Line the base of a baking dish with the sponge fingers. Arrange the chopped fruit on top. Pour the custard evenly over the fruit and spread the meringue smoothly over the top.

Bake for fifteen minutes. Remove from the oven and leave to cool completely before placing in the refrigerator to chill. Serve cold.

Makes 6 portions



35 min



15 min



150°C/300°F/
Gas Mark 2



Medium



Egg



QUICK OATMEAL COOKIES

Ingredients

1½ cups rolled (porridge) oats	1 teaspoon cinnamon powder
1 cup refined flour (maida)	120 grams soft butter
¼ teaspoon salt	20 measures Sugar Free Natura
½ teaspoon soda bicarbonate	4 tablespoons milk
½ teaspoon cream of tartar	1 teaspoon vanilla essence

Method

Preheat the oven to 190°C/375°F/Gas Mark 5. Grease and flour a baking tray.

Sift flour together with salt, soda bicarbonate and cream of tartar. Mix in the oats and cinnamon powder. Cream butter and Sugar Free Natura well. Fold in the flour mixture. Add the milk and vanilla essence and mix into a dough.

Wrap the dough in greaseproof paper or cling film and chill for about an hour in a refrigerator. Divide the dough into one-inch balls and flatten them between your palms. Place well apart on the baking tray and bake for about fifteen minutes.

Remove from the oven and transfer cookies to a wire rack to cool. Store in an airtight tin.



Makes 20 cookies



15 min



15 min



180°C/360°F/
Gas Mark 4



Easy



Egg

WHEAT COOKIES

Ingredients

1¼ cups wholewheat flour (atta)	110 grams chilled butter, diced
2 tablespoons wheat bran	12 measures Sugar Free Natura
½ cup refined flour (maida)	⅓ cup milk

Method

Preheat the oven to 160°C/ 325°F/Gas Mark 3. Grease a baking tray.

In a bowl, mix together the wholewheat flour, bran and refined flour. Add the diced butter and rub it in with your fingertips till the mixture resembles breadcrumbs.

Mix in the Sugar Free Natura. Add the cold milk (or water, or a mixture of the two) and knead lightly, making sure you do not overwork the dough. Sprinkle a little flour on the worktop and roll out the dough into a one-fourth inch thick rectangle. Cut out biscuits with cookie cutters of assorted shapes.

Place the biscuits a little apart on a baking tray. Bake for twenty to twenty-five minutes, or till done. Remove from the oven and transfer the cookies to a wire rack to cool. Store in an airtight tin.

Makes 40 cookies



15 min



25 min



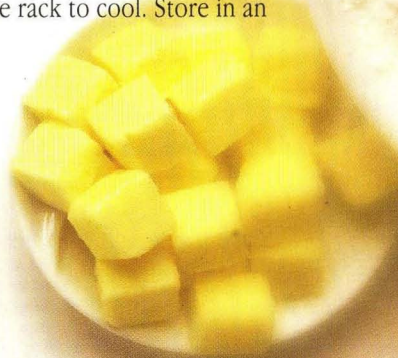
180°C/360°F/
Gas Mark 4



Easy



Egg



CREAM SCONES

Ingredients

1/3 cup cream	1/2 teaspoon salt
2 cups refined flour (maida)	60 grams chilled butter
2 1/4 teaspoons baking powder	2 eggs, beaten
6 measures Sugar Free Natura	

Method

Preheat the oven to 220°C/450°F/Gas Mark 8.

Sift the flour, baking powder, Sugar Free Natura and salt together into a bowl. Cut the butter into the mixture with two knives till the mixture resembles small pellets.

Reserve two tablespoons of beaten egg; add the cream to the rest of the egg and beat well. Make a well in the centre of the dry ingredients and pour the egg mixture into it. Combine the ingredients with a few swift strokes. Handle the dough as little as possible.

Place the dough on a lightly floured board and pat it into a three-fourth inch thick round. Cut the dough with a very sharp knife into diamond shapes each side measuring one-and-a-half inches; or stamp out rounds with a cutter.

Brush the scones with the reserved beaten egg and sprinkle salt on top. Place on a baking tray and bake for about fifteen minutes. Serve warm with jam and cream or butter.

Makes 35 scones



15 min



15 min



220°C/450°F/
Gas Mark 8



Easy



Egg

CHOCOLATE BUTTER CAKE

Ingredients

½ cup + 3 tablespoons cocoa powder	1 tablespoon baking powder
200 grams unsalted butter, softened	25 measures Sugar Free Natura
3 eggs	¾ teaspoon salt
2¼ teaspoons vanilla essence	
2¼ cups + 2 tablespoons refined flour (maida)	

Method

Preheat the oven to 200°C/400°F/ Gas Mark 6. Grease a nine-inch loaf tin and dust with flour.

In a bowl, whisk together cocoa and one cup boiling water until smooth. Cool to room temperature. In a separate bowl, lightly combine the eggs, one-fourth of the cocoa mixture and vanilla essence.

In a separate mixing bowl, sift the refined flour, baking powder, Sugar Free Natura and salt. Add the butter and remaining cocoa mixture. Mix slowly, with a wooden spoon until the ingredients are moistened. Continue to mix on a higher speed for one-and-a-half minutes, scraping down the sides. Gradually add the egg mixture, beating well to incorporate all the ingredients together. Scrape down the sides.

Transfer the batter to the prepared tin and smooth the surface with a spatula. Bake for forty minutes. Remove from the oven and let the cake cool in the tin. Loosen the sides with a small metal spatula and turn out onto a greased wire rack to cool. Slice when cooled.

Makes one 9-inch loaf



15 min



40 min



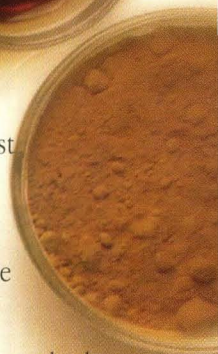
200°C/400°F/
Gas Mark 6



Easy



Egg





CHOCOLATE CHIP COOKIES

Ingredients

¾ cup chocolate chips	½ teaspoon soda bicarbonate
60 grams low fat butter	¼ teaspoon salt
1 egg white	15 measures Sugar Free Natura
½ teaspoon vanilla essence	½ cup coarsely crushed walnut halves
¾ cup refined flour (maida)	

Method

Preheat the oven to 180°C/350°F/Gas Mark 4. Grease a baking tray.

Cream the butter in a bowl. Add the egg white and vanilla essence and continue to cream till light and fluffy. Sift together the flour, soda bicarbonate and salt and fold into the butter mixture and mix well.

Reserve a few chocolate chips and mix the rest with the Sugar Free Natura and walnuts into the cookie dough. Divide the dough into twelve equal portions and shape each one into a round cookie.

Place the cookies a little apart on the greased baking tray. Sprinkle the remaining chocolate chips on top and bake for twenty to twenty-five minutes. Remove from the oven and transfer cookies to a wire rack to cool. Store in an airtight container.

Makes 12 cookies



10 min



25 min



180°C/350°F/
Gas Mark 4



Easy



Egg



PRUNE TART

Ingredients

Pastry Crust

1 cup refined flour (maida)
40 grams chilled butter, diced
6 measures Sugar Free Natura

$\frac{1}{3}$ cup almonds, crushed

15 prunes, halved
2 plums, quartered

Filling

1 cup (230 grams) pitted prunes

Method

Grease a nine-inch non-stick pie tin and dust it with flour.

Sift the flour into a bowl. Rub the butter in with your fingertips until the mixture resembles fine breadcrumbs. Mix in the Sugar Free Natura. Make a well in the flour and add five tablespoons of cold water; knead into a stiff dough. Cover with a damp cloth for fifteen minutes.

Roll out the dough on a lightly floured surface and wrap it around the rolling pin. Unwrap the dough in the prepared pie tin. Press the edges and trim the extra dough. Prick the base with a fork and place in a refrigerator for about fifteen minutes.

Preheat the oven to 180°C/350°F/Gas Mark 4. Bake the crust blind for ten to fifteen minutes.

To make the filling, purée one cup of pitted prunes with half a cup of water. Place the prune purée in a non-stick pan and stir in two tablespoons of water and the almonds. Cook for one minute.

Spoon the mixture into the crust and level the surface. Bake for ten minutes. Remove from the oven and decorate with halved prunes and quartered plums. Cut into wedges and serve hot or cold.

Makes one 9-inch tart



30 min



25 min



180°C/350°F/
Gas Mark 4



medium



Egg

APPLE PIE

Ingredients

Pastry Crust

1 cup refined flour (maida)
6 measures Sugar Free Natura
60 grams chilled butter, diced

Filling

4 medium apples, peeled, cored and sliced
½ teaspoon cinnamon powder
10 measures Sugar Free Natura
1 egg yolk, beaten

Method

Preheat the oven to 200°C/400°F/Gas Mark 6.

Sift the flour and Sugar Free Natura into a mixing bowl. Rub in the diced butter with your fingertips till the mixture resembles coarse breadcrumbs. Sprinkle five tablespoons of chilled water and mix to make a dough. Do not overhandle the dough.

Divide the dough into two equal portions and shape into balls. Roll out one portion on a lightly floured surface into a twelve-inch round. Line a nine-inch pie dish with the pastry dough, easing it in carefully so that it does not stretch. Trim off the excess dough. Roll out the remaining dough to a one-eighth inch thick rectangle. Cut into half-inch wide strips with a sharp knife.

For the filling, cook the apples with half a cup of water till all the moisture has evaporated. Set aside to cool. Mix in the cinnamon powder. Spread the apple mixture over the pastry in the dish and sprinkle Sugar Free Natura over the top. Cover with dough strips in a lattice (crisscross) pattern.

Brush the pastry strips with egg yolk and bake for forty-five minutes. Remove from the oven and leave to cool in the dish. Cut into wedges and serve.

Makes one 9-inch pie



25 min



45 min



200°C/400°F/
Gas Mark 6



medium



Egg



SPICED WALNUT CAKE

Ingredients

½ teaspoon clove powder	2 eggs
1 teaspoon cinnamon powder	2 cups + 2 tablespoons refined flour (maida)
½ teaspoon nutmeg powder	1 teaspoon soda bicarbonate
1 cup walnut halves, roughly chopped	½ teaspoon salt
100 grams butter	½ cup raisins
30 measures Sugar Free Natura	½ cup + 1 tablespoon milk

Method

Preheat the oven to 180°C/ 350°F/Gas Mark 4. Grease a nine-inch loaf tin.

Cream the butter until soft. Add the Sugar Free Natura and beat until light and fluffy. Beat in the eggs, one at a time. Sift the flour together with clove powder, cinnamon powder, nutmeg powder, soda bicarbonate and salt. Fold the sifted ingredients into the butter mixture, in about three lots alternately with the raisins and walnuts. Add the milk and mix.

Transfer the batter into the greased loaf tin and bake for about one hour. Remove from the oven and leave to cool in the tin for a few minutes before turning out onto a wire rack to cool. Slice and serve.

Makes one 9-inch loaf



25 min



1 hour



180°C/350°F/
Gas Mark 4



Easy



Egg



BREAD AND BUTTER PUDDING

Ingredients

5 slices white bread	2 eggs
45 grams butter	2 teaspoons vanilla essence
2 cups milk	½ cup raisins (kishmish)
20 measures Sugar Free Natura	

Method

Remove the hard crust of the bread slices and spread one side of each slice with butter. Cut the slices into triangles. Arrange the slices buttered side up in a baking dish.

Preheat the oven to 180°C/350°F/Gas Mark 4.

Heat the milk; add the Sugar Free Natura and stir till it dissolves. Break the whole eggs into the milk and mix; stir in the vanilla essence. Sprinkle the raisins over the bread. Pour the milk mixture over the bread through a strainer. Bake for twenty-five to thirty minutes. Remove from the oven and serve hot or cold.

Makes 4 portions



10 min



30 min



180°C/350°F/
Gas Mark 4



Easy



Egg

FRUIT CAKE

Ingredients

½ cup raisins (kishmish)	1 teaspoon cinnamon powder
½ cup currants	120 grams butter
50 grams glazed cherries, chopped	25 measures Sugar Free Natura
1½ cups refined flour (maida)	1 teaspoon orange zest
1½ teaspoons baking powder	¼ cup orange juice
¼ teaspoon salt	1 tablespoon orange marmalade
	2 eggs, whisked

Method

Preheat the oven to 160°C/325°F/Gas Mark 3. Grease an eight-inch round cake tin.

Sift together the flour, baking powder, salt and cinnamon powder into a large bowl. Put the butter, Sugar Free Natura, orange zest, orange juice and two-third cup of water into a pan. Cook over low heat until the mixture is smooth. Stir in the raisins and currants and continue to simmer for another five minutes. Set aside to cool.

Pour the butter mixture into the sifted flour and mix well. Mix in the glazed cherries, orange marmalade and eggs. Pour the batter into the greased tin and bake for one-and-a-half hours till a toothpick inserted into the centre comes out clean. Cool the cake in the tin.

Makes one 8-inch cake.



25 min



1 ½ hour



160°C/325°F/
Gas Mark 3



Easy



Egg



ORANGE CUSTARD

Ingredients

1 cup orange juice	18 measures Sugar Free Natura
2½ cups warm milk	a few drops of vanilla essence
5 eggs	a few threads saffron

Method

Preheat the oven to 180°C/350°F/Gas Mark 4.

Break the eggs into a bowl, add the Sugar Free Natura and vanilla essence and beat lightly. Gradually add the warm milk and mix. Strain and pour the mixture into an ovenproof jelly mould. Stir in the saffron.

Pour some water into a baking tray, place the mould in the tray, cover with greaseproof paper so that a crust does not form on top. Pierce the greaseproof paper at intervals to allow the steam to escape. Place the tray in the oven and bake for forty-five to fifty minutes. Remove from the oven and leave to cool before turning out onto a serving dish.

Heat the orange juice in a pan and cook till reduced by half. Set aside to cool. Pour over the custard and serve chilled.

Chef's Tip: For a smooth texture, some bakers place a piece of paper on the baking tray with water and then place the mould in it. You can also bake the custard in individual moulds and turn the custards out onto banana leaves for a special effect!

Makes 4-6 portions



15 min



50 min



180°C/350°F/
Gas Mark 4



Easy



Egg



CARROT CAKE

Ingredients

3-4 medium carrots, grated	1½ cups refined flour (maida)
3 tablespoons oil + for greasing	½ teaspoon baking powder
1 medium apple	½ teaspoon soda bicarbonate
⅓ cup orange juice	1 teaspoon cinnamon powder
1 egg	
18 measures Sugar Free Natura	

Method

Preheat the oven to 180°C/350°F/Gas Mark 4. Grease an eight-inch round cake tin with oil.

Grate the apple into a bowl; add the carrots and orange juice and mix. Break the egg into the bowl and mix well. Stir in the Sugar Free Natura.

Sift together the flour, baking powder, soda bicarbonate and cinnamon powder into the bowl and mix gently. Add oil and mix. Pour the batter into the greased tin and bake for approximately thirty minutes. Turn out the cake onto a wire rack to cool. Cut into slices and serve.

Makes one (1 kg) 8-inch cake



15 min



30 min



180°C/350°F/
Gas Mark 4



Medium



Egg

CHILLED COFFEE MOUSSE CAKE

Ingredients

- | | |
|--|----------------------------------|
| 3 cups skimmed milk | 2 teaspoons unflavoured gelatine |
| 3 tablespoons instant coffee powder | 20 measures Sugar Free Natura |
| 1 six-inch chocolate sponge cake, crumbled | ½ cup fresh cream |
| 2 tablespoons cornflour | |

Method

Dissolve one tablespoon coffee powder in half a cup of warm water. Press the chocolate cake crumbs onto the base and sides of a six-inch springform cake tin. Moisten the crumbs with the coffee mixture.

Reserve one cup of milk and heat the rest in a deep pan along with the remaining instant coffee powder over medium heat. Mix the cornflour with the reserved milk and add to the pan. Cook, stirring continuously, till the mixture thickens. Remove from heat.

Dissolve gelatine in a little hot water and add it to the pan and stir well. Stir in fifteen measures of Sugar Free Natura and continue stirring till the mixture cools slightly. Pour the mixture into prepared springform tin and chill in the refrigerator till well set.

Just before serving, whisk the fresh cream with the remaining five measures of Sugar Free Natura till stiff. Transfer to a piping bag with a star nozzle.

Unmould the coffee mousse onto a serving dish. Pipe cream rosettes on the top and serve immediately.

Makes one 6-inch cake



30 min



Nil



Nil



Medium



Egg

STRAWBERRY CHEESECAKE

Ingredients

500 grams strawberries, hulled	1 tablespoon unflavoured gelatine
2 cups grated skimmed milk cottage cheese (paneer)	1½ cups drained skimmed milk yogurt
3 tablespoons butter	14 measures Sugar Free Natura
1½ cups crumbled digestive biscuits	

Method

Melt the butter and add it to crumbled biscuits and mix. Press the mixture onto the base and sides of a six-inch round loose-bottomed cake tin. Place in a refrigerator to set.

Reserve a few strawberries and purée the rest. Mix the gelatine in a little water and place it in the microwave oven for fifteen seconds till it melts. Remove and set aside.

Place the yogurt in a bowl. Add the cottage cheese and whisk well. Add the strawberry purée, Sugar Free Natura and blend with a hand blender. Add the dissolved gelatine and blend again.

Strain and pour the mixture over the biscuit layer. Refrigerate for two to three hours. Remove the cheesecake from the tin and garnish with the remaining strawberries. Cut into wedges with a sharp knife dipped in hot water and serve immediately.

Makes 12 portions



30 min



Nil



Nil



Medium



Egg



VANILLA PUDDING

Ingredients

3 cups skimmed milk
6 eggs, beaten
10 measures Sugar Free Natura
1½ teaspoons vanilla essence

To Decorate
chopped assorted fresh fruit



Method



Preheat the oven to 180°C/150°F/Gas Mark 4.

Bring the milk to a boil and set aside to cool till lukewarm. Add the beaten eggs and mix well. Stir in the vanilla essence and Sugar Free Natura.

Pour into four ramekins and bake for thirty-five to forty minutes till set. Remove from the oven and set aside to cool. Chill in the refrigerator.

Serve chilled decorated with fresh fruit.

Makes 4 puddings



10 min



40 min



180°C/350°F/
Gas Mark 4



Easy



Egg



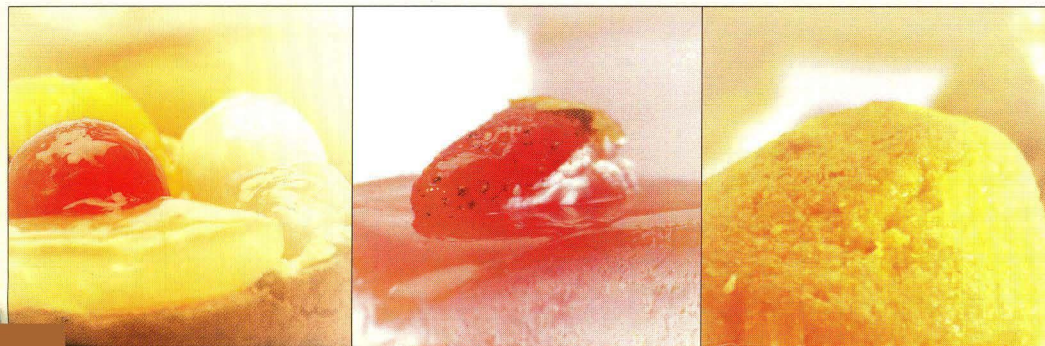
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