

SPRING RECIPES

Breakfast Muffins (makes 6)

Recipe: adapted from a Pinch of Nom.

For the Basic Mix:

Olive oil

6 medium eggs

Sea salt & fresh ground black pepper

Muffin filling:

100g cheese of your choice - grated

Chives approx. 2 tbs. - chopped

Method:

1. Preheat the oven to 180/fan 160/gas mark 4. Lightly brush the 6-hole muffin tin with olive oil.
2. Whisk the eggs well with some salt and pepper in a bowl and set aside.
3. Divide the chopped chives between the 6 muffin holes. Sprinkle with a little sea salt.
4. Place the grated cheese on top of the chives.
5. Pour the egg mix into each muffin cup.
6. Bake the muffins in the oven for 20 minutes.
7. Serve hot or cold.

Oat Biscuits (makes 10 large biscuits)

Recipe: BBC Good Food

Ingredients:

75g wholemeal flour

1 tsp baking powder

75g porridge oats

50g caster sugar

75g butter

1 tbsp golden syrup

2 tbsp milk – any milk of your choice

Method:

1. Heat the oven to 180C/160C fan/gas 4. Line a baking tray with baking parchment.

2. Sift the flour into a bowl. Mix in the baking powder, porridge oats and sugar.
3. Melt the butter, syrup and milk in a small saucepan or in the microwave and stir.
4. Add to the dry ingredients. Mix until the liquid covers all the oat mixture and until well combined.
5. Spoon onto a baking tray and shape into rounds, leaving space between each biscuit as they will spread whilst cooking.
6. Bake for 10-15 mins, or until golden brown. Leave to cool for 5 mins before removing from tray.

Blueberry, Honey & Yogurt Cake

Recipe: Unknown source (magazine 2018)

Ingredients:

150g butter – melted

175g caster sugar

50g honey Approx 2 tbs + 1 tsp

150g Greek yogurt

Zest of 1 lemon

1 tsp vanilla extract

225g self raising flour

125g blueberries plus extra to serve

25cm x 12cm loaf tin. (2lb loaf tin)

Icing sugar for dusting.

Method:

1. Preheat the oven to 170C/Fan 150C/Gas 3
2. Whisk together the butter, sugar, honey and yogurt with the lemon zest and vanilla extract. Fold in the flour and blueberries.
3. Spoon into a parchment lined loaf tin (25cm x 12cm) and level the surface.
4. Bake for 1hr 10 minutes until a skewer comes out clean. Cool for a few minutes in the tin and then transfer to a wire rack.
5. Serve with a dusting of icing sugar and extra blueberries on top.

AUTUMN RECIPES

Classic Victoria Sponge

Recipe: Mary Berry

Ingredients

4 free-range eggs
225g/8oz caster sugar, plus a little extra for
dusting the finished cake
225g/8oz self-raising flour
1 tsp baking powder
225g/8oz butter at room temperature, plus a
little extra to grease the tins

To serve

good-quality strawberry or raspberry jam

Method

1. Preheat the oven to 180C/160C Fan/Gas 4. Grease and line two 20cm/8in sandwich tins.
2. Break the eggs into a large mixing bowl, then add the sugar, flour, baking powder and butter.
3. Mix together until well combined with an electric hand mixer (you can also use a wooden spoon) but be careful not to over mix. Put a damp cloth under your bowl when you're mixing to stop it moving around. The finished mixture should fall off a spoon easily.
4. Divide the mixture evenly between the tins: this doesn't need to be exact, but you can weigh the filled tins if you want to check. Use a spatula to remove all of the mixture from the bowl and gently smooth the surface of the cakes.
5. Bake the cakes on the middle shelf of the oven for 25 minutes. Check them after 20 minutes. The cakes are done when they're golden-brown and coming away from the edge of the tins. Press them gently to check – they should be springy to the touch.
6. Set aside to cool in their tins for 5 minutes. Run a palette or rounded butter knife around the inside edge of the tins and carefully turn the cakes out onto a cooling rack.
7. To assemble the cake, place one cake upside down onto a plate and spread it with plenty of jam.
8. Top with the second cake, top-side up. Sprinkle over the caster sugar.

WINTER RECIPES

Christmas Morning Spiced Bread

Recipe from BBC Good Food.

Ingredients:

450gms strong white flour plus more for kneading
¾ tsp salt
2 tsp ground cinnamon
85g light muscovado sugar
2 tsp easy blend yeast
200ml full fat milk
50gms unsalted butter plus more for greasing
2 medium eggs – beaten
50gms walnut pieces, lightly toasted
85gms raisins
1 egg yolk to glaze.

Method:

1. Sift the flour, salt and cinnamon into a bowl. Stir in the sugar and yeast, then make a well in the centre. Pour the milk into a small pan, add the butter and warm gently until the butter has melted. Pour into the well, then add the beaten eggs. Gradually mix to make a soft, slightly sticky dough.
2. Turn the dough out on to a lightly floured surface and knead vigorously for 5 minutes until smooth. Put the dough into a clean bowl, cover with oiled cling film and leave somewhere warm for 1½ hours or until the dough has doubled in size. Lightly butter a 900g loaf tin.
3. Punch the air out of the dough and turn it out on to a lightly floured surface again. Knead once more until smooth, then knead in the walnuts and raisins. Divide the dough into three and shape each piece into an oval ball. Drop each ball side by side into the prepared tin and cover loosely with oiled cling film. Leave somewhere warm for 30 minutes until the dough has reached the top of the tin. Meanwhile, preheat the oven to fan 180C/conventional 200C/gas 6.
4. Mix the egg yolk with 1 tbsp of water and brush over the top of the risen loaf. Bake for 20 minutes, covering loosely with a double sheet of foil once it's nicely browned. Then, lower the temperature to fan 160C/conventional 180C/gas 4 and bake for a further 20 minutes. Turn the loaf out of its tin and tap the base – it will sound hollow if the loaf is done. If it doesn't, return it to the oven out of its tin and bake for another 5-10 minutes. Cool the loaf on a wire rack.

(The loaf can be sealed in a plastic bag and frozen for up to 1 month. If you slice it before freezing you can toast the slices straight from the freezer, otherwise you need to remove the whole loaf from the freezer the night before.)
Serve lightly toasted, with butter and jam.

Herb Fougasse (makes two loaves)

Recipe: BBC Good Food/Paul Hollywood from Great British Bake off

Ingredients

500g/1lb 2oz strong white bread flour, plus extra for dusting
10g/¼ tsp fine salt
7g sachet instant yeast
2 tbsp olive oil, plus extra for greasing and drizzling
350ml/12fl oz warm water
2 tsp chopped fresh rosemary, plus extra to finish
2 tsp chopped fresh thyme
2 tsp chopped fresh sage
fine semolina, for dusting
½ tsp dried oregano
sea salt flakes, crushed, to finish

Method

1. Grease a large plastic container with a little olive oil. Line two large baking sheets with baking parchment or silicone paper.

2. Put the flour, salt and yeast into the bowl of a freestanding electric mixer fitted with a dough hook. (Don't put the salt directly on top of the yeast). Add the olive oil and three-quarters of the water. Begin mixing on a low speed. As the dough starts to come together, add the remaining water very slowly, then mix for another 8 minutes on a medium speed. Add the rosemary, sage and thyme and mix for a minute until the herbs are evenly distributed in the dough. When ready, the dough will be very elastic, and you should be able to stretch it away from the bowl.
3. Tip the dough into the oiled container. Cover and leave to rise until at least doubled in size – about an hour. The dough should be bouncy and shiny.
4. Mix equal quantities of white flour and semolina together and use to heavily dust the work surface. Carefully tip out the dough. It will be quite loose and flowing, but don't worry. Divide the dough in half.
5. Lift each piece of dough onto the prepared baking sheets and spread out into flat ovals. Using a pizza cutter make two cuts in a line down the middle of the ovals with a gap between them, stopping 2cm/1in from each end. Then make 12 diagonal cuts in the dough, 6 either side of the central cuts, forming a leaf design, then stretch the dough out slightly to emphasise the holes.
6. Place the baking sheets inside large plastic bags and leave to prove in a warm place for 20 minutes. Preheat the oven to 220C/200C Fan/Gas 7.
7. Spray a little olive oil over the top of the loaves using a water spray bottle or just drizzle over the oil. Sprinkle over the oregano and bake for 15–20

minutes, or until the fougasse sounds hollow when tapped on the base. Remove from the oven and while still hot, brush with more olive oil and sprinkle with the sea salt.

Bread can be frozen once cooled.

Weetabix Cake

Ingredients

2 Weetabix (or supermarket alternative) biscuits
 200ml milk (semi-skimmed or skimmed) or milk alternative
 100g sultanas (or mixed dried fruit)
 100g self-raising flour
 1 tsp mixed spice
 2 large eggs, beaten
Optional: 2 tsp sweetener or 225g sugar

Method

1. Preheat & Prep: Preheat oven to 180°C (fan 160°C/Gas Mark 4) and line a 450g (2lb) loaf tin.
2. Soak: Crumble Weetabix (or supermarket alternative) into a bowl, add milk, sultanas, and sweetener (if using), and let it sit for 15-30 minutes to form a thick mush.
3. Combine: Stir in the beaten eggs, flour, and mixed spice until just combined. Don't overmix.
4. Bake: Spoon into the prepared tin and bake for about 1 hour, or until a skewer inserted comes out clean.
5. Cool: Let cool in the tin for a few minutes, then transfer to a wire rack to cool completely.

Tips: For deeper flavour, soak ingredients overnight. For a banana version, mash ripe bananas and add to the mix. Enjoy plain or with butter.