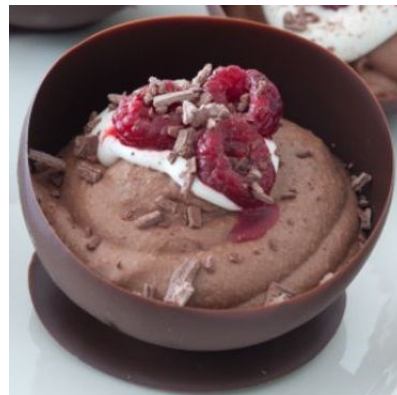


THE GREAT ADEL
BAKE OFF

Saturday 20th May 2017

Recipes



Rich Fruit Cake

For a 10" square or 11" round

Preparation:

Line the tin with a double layer of greaseproof paper.

Wrap either brown paper or, as I use, a double layer of newspaper round the tin.

The night before baking the cake combine all dried fruit into a large bowl and mix in the brandy! Cover with a cloth and leave to soak for 12 hours.

Ingredients:

4 lbs of fruit in total made up of suggested quantities –

1lb 8ozs Sultanas

1lb 8ozs Raisins

1lb Currants

4oz glace cherries rinsed and quartered

4oz mixed peel

(but use different quantities according to taste, to weigh 4lbs)

6 tablespoons Brandy

1lb Plain Flour

1/2 teaspoon nutmeg (fresh if poss)

1 teaspoon Mixed spice

4oz chopped almonds (if desired)

1lb Soft brown sugar (use dark and/or molasses)

3 dessertspoonfuls of black treacle

1lb unsalted butter

8 large eggs

2 grated lemon rind

2 grated orange rind (and/or add a couple of tablespoons of marmalade but chop up some of the rind to make it smaller pieces!)

Method

Cream the butter and sugar in a large mixing bowl until light and fluffy

Add the flour (with the spices) alternately with each egg, gently beating until all added (note:- add flour first as mixture may curdle if adding eggs first)

Stir in all the fruit that has been soaking overnight, the nuts (if using) together with the orange and lemon rind, and/or marmalade and the black treacle

Spoon the mixture into the prepared cake tin, spreading evenly with back of a spoon

Put the cake tin on top of a baking tray with a couple of layers of newspaper between the tray and cake tin

Place on a low shelf in the oven

Cover the cake with a sheet of greaseproof paper with a small hole cut in the middle (about 50p in size!)

Bake in oven, temp 125°C for approximately 4 – 5 hours (DO NOT OPEN THE OVEN DOOR UNTIL 4 HOURS HAVE PASSED!)

Check by putting a skewer through the centre of the cake and if it comes out clean the cake is done! If not, place back in the oven, testing until cooked.

When cake is cool enough remove from the tin.

If desired, 'feed' the cake with brandy at intervals over the next couple of weeks by pricking the cake with a skewer/darning needle and pouring a few teaspoonfuls of brandy into the holes.

Sue Pagdin

Chocolate Almond Cake

2 9" tins (preferably with removable bases), greased and lined
Cake cooks at Gas mark 4 for 30 - 35 mins

Ingredients for cake

8 oz butter or marg (I use marg)
4 oz castor sugar
4 oz muscovado sugar
3 eggs
4 oz plain chocolate (I use Bourneville)
6 oz SR flour
2 oz ground almonds

Ingredients for cake filling

5 oz plain chocolate
1 small tub sour cream

Method

Beat fat and sugars together. Add beaten eggs. Mix all together. Melt chocolate (I break it into squares, put into basin and melt over a pan of simmering water) and stir into the mixture. Add sifted flour and ground almonds to the mix and stir all until combined. Divide the mixture into the greased and lined tins and bake for 30 - 35mins. Cool for approx 15 mins, take out of tins and leave to get completely cold on a cooling rack. Make the filling by melting chocolate, take off the heat and fold in the sour cream till all combined. Sandwich the two cakes together with the filling. Don't turn either cake upside down - filling goes on the top of one cake and the 2nd cake goes on top of the 1st cake and the filling. (I hope that all makes sense !)

The cake will freeze - I usually cut it into slices before freezing. An ordinary plastic freezer bag will be fine.

Pam Ledgard

Victoria Sandwich

I use my mother's recipe. She used to beat the butter by itself first until it was as light coloured as cream, and then beat it again with the caster sugar until it turned almost white. I prefer slightly salted creamy butter like Lurpak.

Ingredients: 5 eggs, their weight in soft butter, white caster sugar and S.R. flour. 5 level tablespoons of raspberry, strawberry or blackberry jam. Caster sugar for dusting.

Equipment: Two 8 inch (20cm) shallow sandwich tins, buttered then dusted with flour, each base covered with a circle of baking parchment.

Preheat oven to 350°F/180°C/Gas 4.

Put the butter in a mixing bowl and beat until very pale. Add the sugar and beat again until the mixture is almost white.

Add the eggs one by one, cracking them into a cup first and lightly whisking, beating the mixture well between each egg. If you do this and the previous stage thoroughly, the mixture will not split. If it does then add a teaspoon of the flour to bring it together.

Finally fold in the sifted flour, using a knife to lift the mixture and turn it. Spoon the mixture evenly into the two tins, then bake for 20 to 30 minutes (ovens vary) until the surface feels springy. Run a knife around the edge of the cakes and turn out onto a wire rack to cool.

When the cakes are cool, sandwich them together with the jam, and dust the surface of the cake with plenty of caster sugar. Store in an air tight cake tin.

Margaret Whitaker

Trio of Desserts

Chocolate mousse cups

(Makes 8)

Ingredients

- 2 eggs
- ¼ cup granulated sugar
- 2½ cups cold heavy whipping cream
- 6oz semi-sweet chocolate (about 1 cup semi-sweet chips)

Instructions

1. Beat eggs and granulated sugar with your mixer for about 3 minutes.
2. Meanwhile heat 1 cup heavy whipping cream in a small saucepan until just hot, not boiling. With mixer on low pour the hot cream into the egg mixture slowly until combined.
3. Next, add the egg/cream mixture back into the saucepan and over low heat, stir for five minutes constantly until thickened. Do not boil.
4. Remove from heat and stir in chocolate until melted. Cover and refrigerate for 2 hours, until chilled, stirring occasionally.
5. When the mixture is completely chilled and firm use your whisk attachment on your stand mixer to whip the remaining heavy cream until stiff peaks form. Remove chocolate from fridge and using the paddle attachment or a spoon fold/stir the whipped cream into the chocolate until incorporated and smooth. I found using the paddle attachment on low speed worked best. Pour into chocolate cups*.
Serve immediately as-is, or refrigerate until ready to use.

*To make chocolate cups dip small water balloons into tempered dark chocolate and leave to cool before you pop the balloon.

Strawberry Shortbread Hearts

(Makes 15)

Shortbread

- 320g butter
- 130 caster sugar
- 450g soft flour
- 15g rice flour

Mix butter and sugar together

Sieve flour and rice flour into the mixture and form a dough

Roll it out in and cut heart shapes

Bake at 190C for approximately 12 minutes

Dip half of the biscuits halfway into dark and/or milk chocolate

White Chocolate ganache

- 135g whipping cream
- 35g liquid glucose
- 270g white chocolate

Bring to boil cream and glucose

Pour in chocolate, leave for 1 minute and then stir to combine

Cover with plastic and leave to cool overnight at room temperature

Put the ganache into mixing bowl and mix on a medium speed for approximately 5 minutes

Pipe three bulbs of ganache on the bottom biscuit and top it with the second dipped biscuit

Decoration

- 15 strawberries
- White chocolate, tempered
- Milk chocolate, tempered

Dip strawberries into either white and/or milk chocolate

Drunken Chocolate Cake

(Serves 12)

Ingredients

- 500g chocolate cake, broken into small pieces
- 300g Brandy or Irish Cream
- 500g Digestive Biscuits
- 400g fresh whipping cream
- 1.2kg Dark Chocolate

Instructions

Mix broken pieces of chocolate cake together with brandy

Add broken digestives and mix

Bring cream to boil and add chocolate until melted

Mix all ingredients together and pour into desired cake hoop

Refrigerate over night

Decoration

Tempered chocolate to pour



Tatjana Walker

Bara Brith

1lb /500gm Mixed Fruit
1/4lb/125gm Chopped Glace Cherries
1/2lb/250gm Soft Brown Sugar

Place in a bowl with 3/4 pint/425ml strong cold tea and stand over night

Next day add
1 medium Egg (beaten)
1lb sieved Self Raising Flour
Pinch of Salt

The mixture will be soft. Turn into 2 lined bread tins and bake for one and a half to one and three-quarters of an hour at 300°F or 150°C fan oven.

Best kept one or two days before eating. Freezes well.

Edith Cheesbrough



Tarn's Scones

Makes about 8

Ingredients

8oz S R flour

3oz margarine (tub) or butter

2oz sugar

2oz sultanas

1 egg

1 half eggshell filled with milk

Method

Mix flour, butter and sugar, rubbing in butter until mixture resembles fine breadcrumbs.

Add fruit, then egg and milk.

Knead lightly. Roll out to $\frac{3}{4}$ " thick with a small cutter. Place them on a tray and pat them round.

Bake at 200° for 10 minutes. Turn tray round and cook for a further 2 minutes.



Tarn Everett

Fat-free Chocolate Sponge

You will need 2 8" sponge tins, greased and lined.

Cake

4 eggs
100g caster sugar
75g self-raising flour (sieved)
½tsp baking powder
25g cocoa powder (sieved)

Filling

200g mascarpone
70g raspberry jam
1 tblsp Raspberry liqueur or Kirsch (optional)

Topping

155g 70% dark chocolate
155g double cream
Fresh raspberries (optional)

Method

Add the sugar to the eggs and whisk for at least 10 mins (electric whisk).

Stir in the flour and cocoa powder and mix.

Spoon equal quantities of the mixture into the prepared tins.

Bake at 180°C in the centre of the oven for 20 to 30 minutes.

The sponges are cooked when they feel firm and springy and have begun to shrink slightly away from the sides of the tin.

Leave to cool in the tins for 3 minutes. Turn out and leave to cool.

Filling

Sprinkle surface of cakes with the liqueur, if using. Spread the jam over one of the cakes, before spreading the mascarpone over the jam. Sandwich the sponges together.

Topping

Heat the double cream. Add the chocolate, broken into small pieces. and stir until melted. Pour over the cake and decorate with raspberries, if desired.



www.adelparishchurch.org.uk