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The custom of taking afternoon tea began around 1840. At that time lunch was served early and dinner was not served until about 9.00 o' clock. Not surprisingly people became hungry during the afternoon and started eating bread and butter and drinking tea. This soon became a habit and it became "fashionable" to take tea in the afternoon. Nowadays many top London hotels like the Ritz and Claridges serve afternoon tea.

A traditional tea consists of: -

- a selection of sandwiches and savouries
- scones
- pastries, biscuits, cakes
- tea.

In winter toast, crumpets or muffins can be served. In summer iced tea, fruit cordials or light fruit cups would be served instead of tea. In your groups – plan to serve small, dainty and elegant food together with a pot of tea.

BASIC RECIPES	
<u>Scones</u> 250g self-raising flour 1 level tsp baking powder 50g block margarine 50g caster sugar 125mls milk  Jam and cream to serve	<u>Fairy cakes</u> 50g soft margarine 50g caster sugar 1 egg 75g self-raising flour 12 cake cases  Decoration: glace or butter icing with sugar strands / cherries
<u>Viennese Biscuits</u> 100g soft marg 100g plain flour 25g caster sugar  Decoration: cherries or chocolate	<u>Sandwiches</u> 4 slices of bread Spread colourful filling  Garnish with cucumber or parsley
<u>Shortbread</u> 75g plain flour 50g butter 25g caster sugar	<u>Tea</u> Remember milk, sugar and tea bags or for lemon tea; lemon, sugar and tea bags.



### INGREDIENTS

500g (1lb) strong bread flour or plain flour + a little extra (for kneading)  
1 sachet of quick acting yeast  
25g (1oz) margarine  
½ - 1 level tsp salt  
250ml (½ pint) 'hand hot' water  
1 tbsp poppy or sesame seeds or rolled oats– optional

### METHOD

1. Sieve flour into mixing bowl. Add salt and rub in margarine. Add the dried yeast.
2. Add the measured amount of water **all at once**. Have extra water in a jug in case it is needed as the mixture must be slightly wet at this stage.
3. Mix well to a **soft** dough and turn out onto floured surface
4. Knead for 5 – 10 minutes until dough is smooth and stretchy. Allow dough to rest for as long as possible. (wash up your bowl at this stage and grease baking tray)
5. 'Knock back' dough (re-knead) to original size. Cut into 12 – 16 even sized pieces.
6. Shape into the various rolls and place on a greased baking tray
7. LEAVE TO PROVE (RISE) for 15 – 30 minutes or until doubled in size.
8. Bake in preheated oven Gas No 6 – 7 or 200 C for 15 – 20 minutes, until rolls are golden brown and 'sound' hollow when tapped.
9. Lift off tray and leave to cool on wire rack



### **INGREDIENTS**

#### **Cakes**

50g soft margarine  
50g caster sugar  
1 egg  
75g S.R. flour  
12 cake cases

#### **Topping**

50g soft margarine  
100g icing sugar  
½ teaspoon vanilla essence  
1 glace cherry and 1 teaspoon icing sugar (to sprinkle over the top)

### **METHOD**

1. Make cakes either by the creaming method or all in one method.
2. Place teaspoons of mixture into cake cases.
3. Bake for 15 – 20 mins on 180 C or Gas mark 5
4. Place on wire rack to cool
5. Cream margarine and add sieved icing sugar to give a soft butter icing. Add vanilla essence if wanted. Place in piping bag fitted with star nozzle.
6. When cakes are cool, cut small circle out of each cake. Pipe small star in each cake to hide cut edge. Cut circle of cake in half and use as wings in icing.
7. Sprinkle with a little sieved icing sugar and add small piece of cherry to centre.



### **INGREDIENTS**

Makes 16 Chelsea buns.

11b (500g) strong plain flour  
1 sachet easy blend/quick acting yeast  
½ level teaspoon salt  
2oz (50g) caster sugar  
4oz (100g) margarine or butter  
1 egg  
4 fluid ounces (100mls) milk made up to 8 fluid ounces (200mls) with hot water.

Chelsea buns  
4oz (100g) dried fruit  
2oz (50g) caster sugar  
2oz (50g) margarine

### **METHOD**

1. Sieve flour into bowl. Add salt.
2. Place yeast in a small basin. Add 2 tbs of your measured flour. Measure milk into jug and make up to 8 fluid ounces (200mls) with HOT water. Add all this liquid to the yeast and flour in the basin. Leave to ferment i.e. froth or go bubbly.
3. Rub the margarine into the remainder of the flour and stir in the sugar.
4. Beat egg.
5. When yeast mixture is frothy add to the flour mixture with the beaten egg.
6. Combine all dough ingredients thoroughly and knead for 10 minutes.
7. Allow to prove (rise).
8. Knock back dough to its original size.
9. To shape the Chelsea buns: Roll to a rectangle. Spread with margarine (melted if block). Sprinkle with sugar and dried fruit and roll up like a Swiss roll. Cut into 3 cm slices. Place on a baking tray close together with cut edge upwards.
10. Allow to prove (rise) in warm place until joined together and doubled in size.
11. Bake for approx. 20 minutes Gas 6/7 or 200/210C until golden brown and sound hollow when tapped on the base.
12. Cool slightly then brush with a sugar glaze (sugar and water boiled together until thickened and sticky)



### **INGREDIENTS**

Makes approximately: 20 - 40

225g (8oz) plain flour  
1 teaspoon baking powder  
100g (4oz) butter or margarine  
100g (4oz) caster sugar  
50g (2oz) chopped glace cherries  
1 teaspoon vanilla essence  
1 egg beaten

### **METHOD**

1. Sift the flour and baking powder together.
2. Rub in the butter or margarine until the mixture resembles fine breadcrumbs.
3. Stir in the sugar, vanilla essence, chopped cherries and beaten egg and mix to a smooth dough.
4. Turn the dough out onto a floured surface and knead for 2 minutes.
5. Shape the dough into a long roll, 5cm./2in. in diameter.
6. Wrap in foil or cling film, then chill in the refrigerator for about 15 minutes before using or freeze to cook at a later date

**To Freeze:** Wrap the dough in foil, seal and freeze.

**To Serve:** Unwrap the dough and thaw for 1 hour in the refrigerator. Cut into slices 1cm/half an inch thick and place the slices on a greased baking sheet. Bake in a fairly hot oven (190°C or gas mark 5) for 10 – 15 mins or until turning golden. Leave for 2 mins, then remove and cool on wire rack.



### INGREDIENTS

90g plain chocolate  
150g unsalted butter  
125g plain flour  
15g cocoa powder  
300g soft brown sugar  
1 teaspoon vanilla essence  
2 eggs  
½ teaspoon baking powder  
100g pecan nuts – chopped

### METHOD

1. Grease and line a baking tray approximately 20cm x 150cm
2. Melt chocolate and butter in a bowl over a pan of hot water. Remove from heat and cool slightly.
3. Sieve flour, baking powder and cocoa powder into a separate bowl. In a third bowl beat together the eggs, vanilla essence and sugar.
4. Fold the cooled chocolate mixture into the egg mixture, and then fold in the flour mixture and chopped nuts. Stir until thoroughly mixed.
5. Bake for 25 minutes Gas 4 or 160°C.
6. Once cool, cut into small squares.

**Note: This is a very rich chocolate brownie recipe – but delicious!**



### INGREDIENTS

225g (8oz) plain flour  
1 teaspoon baking powder  
100g (4oz) butter or margarine  
100g (4oz) caster sugar  
50g (2oz) chocolate chips (or use grated or chopped chocolate)  
1 teaspoon vanilla essence  
1 egg beaten

### METHOD

1. Sift the flour and baking powder together.
2. Rub in the butter or margarine until the mixture resembles breadcrumbs.
3. Stir in the sugar, vanilla essence, chocolate chips and beaten egg and mix to a smooth dough.
4. Turn the dough out onto a floured surface and knead for 2 minutes.
5. Shape the dough into a long roll, 5cm./2in. in diameter.
6. Wrap in foil or cling film, then chill in the refrigerator for about 15 minutes before using or freeze to cook at a later date.

**To Freeze:** Wrap the dough in foil, seal and freeze.

**To Serve:** Unwrap the dough and thaw for 1 hour in the refrigerator. Cut into slices 1cm/half an inch thick and place the slices on a greased baking sheet. Bake in a fairly hot oven (190°C or gas mark 5) for 10 - 15 mins or until turning golden. Leave for 2 mins, then remove and cool on wire rack.

**Makes approximately:** 20 - 40



### INGREDIENTS

#### **Swiss Roll**

2 eggs  
50g caster sugar  
35g flour  
15g (1 level tbs) cocoa powder

#### **Icing and Decoration**

100g soft (tub) margarine or butter  
200g icing sugar  
½ tsp vanilla essence  
1 tbs cocoa powder

Cake board or log board  
Christmas decorations

### METHOD

1. Grease and line a small swiss roll tin. Light oven Gas 6 or 200 C
2. Whisk eggs and sugar until a thick foam is formed which will show the trail of the whisk and can write your initials in!
3. Sieve flour and cocoa mixture all over the top and gently fold in with a palette knife.
4. Pour into swiss roll tin and gently allow mixture to flow into corners.
5. Bake for 10 – 15 mins until 'springy' to touch.
6. Turn out onto a sheet of greaseproof paper sprinkled with caster sugar.
7. Quickly trim off edges and roll up into a swiss roll (you can place a sheet of greaseproof paper inside if you wish)
8. Allow cake to cool.
9. Make butter icing. (decide if you want the inside of the swiss roll in vanilla or choc butter icing)
10. Unroll the swiss roll and spread with butter icing. Reroll.
11. Colour butter icing with cocoa powder (if not already done)
12. Spread butter icing evenly all over log.
13. Fork round or 'pull' with palette knife to resemble a log (remember the ends of a log are round)
14. Carefully transfer to cake board.
15. Add decorations and a light sprinkling of icing sugar to resemble snow.



### INGREDIENTS

10oz (300g) pack puff pastry  
1 – 2 tsp caster sugar  
Approx. 6 tsp “red” jam  
½ pint (250 mls) whipping cream

For special occasions – a fresh strawberry for each cream horn.

### METHOD

1. Light oven Gas 6/7 or 200/210 C. Carefully grease 10 cream horn tins and a flat baking tray.
2. Roll out pastry thinly to a rectangle approx. 12” or 30 cms long.
3. Trim edges and then cut into 1” or 2.5 cm strips.
4. Moisten each strip with cold water.
5. Starting at the pointed end of each tin and making a neat spiral to start, carefully wind the pastry round the tin overlapping each turn by ¼” or ½ cm.
6. Brush with water (or egg if available) and sprinkle with caster sugar.
7. Bake in a preheated oven for about 15 minutes until the horns are golden brown and crisp.
8. Carefully remove the tins from the pastry by giving a slight twist as you pull. Cool on a wire rack.
9. When pastry horns are cold put a small amount of jam in the base of each one.
10. Pipe in a “star” of whipped cream. For special occasions push a ‘fresh strawberry into the whipped cream.

If wanted sprinkle with a little icing sugar before serving.



### **INGREDIENTS**

50g margarine  
75g caster sugar  
1 tablespoon lemon juice (optional)  
1 small egg  
150g S R flour  
25g walnuts - chopped  
25g sultanas (or choc chips)

### **METHOD**

1. Cream margarine and sugar together till light and fluffy.
2. Add well beaten egg and lemon juice.
3. Add sieved flour a little at a time and beat well – stir in the chopped walnuts and sultanas or choc chips.
4. Form mixture into balls the size of a walnut.
5. Place on a lightly greased baking tray, leaving space for spreading and press to about 1 cm thick with a fork.
6. Bake for approx. 20 – 25 minutes Gas 5 or 180°C until golden brown.



### INGREDIENTS

50g soft margarine  
50g caster sugar  
1 egg  
75g self-raising flour  
12 cake cases

#### Decoration:

100g icing sugar  
1 tablespoon cold water  
chocolate or coloured sugar strands

### METHOD

**Creaming method:** Cream margarine and sugar until light and creamy, add beaten egg a little at a time, carefully fold in the flour to give a soft dropping consistency.

**All-in-one method:** Remember to use soft margarine and add 1 level teaspoon of baking powder to the mixture. Put all the cake ingredients into a mixing bowl and beat thoroughly for at least 2 minutes to give a soft dropping consistency.

1. Make cakes either by the creaming method or all-in-one method.
2. Place teaspoons of mixture into cake cases.
3. Bake for 15 – 20 mins on 180°C or Gas mark 5.
4. Place on wire rack to cool
5. Make icing – sieve icing sugar into a bowl and add a tablespoon cold water. Mix thoroughly. (If extra water is needed add 1 drop at a time)
6. When cakes are cool, spread with the icing and sprinkle immediately with the sugar strands. Allow to set.



### **INGREDIENTS**

100g margarine

75g golden syrup

75g brown or caster sugar

225g rolled oats

### **METHOD**

1. Place margarine, sugar and syrup into saucepan and melt over gentle heat.
2. Take off heat and stir in oats. Mix well.
3. Spread into a greased baking tin and smooth top.
4. Bake for 30 minutes No.4:160C
5. Leave in tin to cool.
6. After 5 minutes, cut into fingers or squares.
7. Remove from tin when cold.



### **INGREDIENTS**

225g (8 oz) plain flour  
1 teaspoon baking powder  
100g (4 oz) butter or margarine  
100g (4 oz) caster sugar  
2 teaspoons ground ginger  
1 egg beaten

### **METHOD**

1. Sift the flour, ground ginger and baking powder together.
2. Rub in the butter or margarine until the mixture resembles fine breadcrumbs.
3. Stir in the sugar, add beaten egg and mix to a smooth dough.
4. Turn the dough out onto a floured surface and knead for 2 minutes.
5. Shape the dough into a long roll, 5cm./2in. in diameter.
6. Wrap in foil or cling film, then chill in the refrigerator for about 15 minutes before using or freeze to cook at a later date

**To Freeze:** Wrap the dough in foil, seal and freeze.

**To Serve:** Unwrap the dough and thaw for 1 hour in the refrigerator. Cut into slices 1cm/half an inch thick and place the slices on a greased baking sheet. Bake in a fairly hot oven (190°C or gas mark 5) for 10 – 15 mins or until turning golden. Leave for 2 mins, then remove and cool on wire rack.

**Makes approximately:** 20 - 40



### **INGREDIENTS**

- 150g Self-Raising flour
- 75g Caster Sugar
- 100g soft (tub) margarine
- 1 small egg
- ½ teaspoon vanilla essence
- 4 tablespoons crushed cornflakes or rolled oats
- 1 –2 glace cherries

### **METHOD**

1. Light oven Gas 5 or 180°C.
2. Grease 2 baking trays.
3. Cream margarine and sugar until light and fluffy.
4. Gradually add beaten egg and vanilla essence.
5. Add sieved flour to form a stiff mixture.
6. Divide into balls about the size of a walnut and roll each ball into the oats or crushed cornflakes.
7. Place on a greased baking tray and flatten slightly (allow space for spreading when cooked)
8. Cut glace cherries into small pieces and decorate the centre of each biscuit.
9. Bake for 15 – 20 minutes until golden brown and 'springy' to touch.
10. Cool on a wire rack



## INGREDIENTS

Small quantity ready-made puff or flaky pastry

Few tablespoons 'red' jam

125 mls whipping or double cream

Icing sugar to decorate

**Note:** fresh strawberries or raspberries can be added to the filling (if wanted).

## METHOD

1. Roll pastry out to approx 2 mm thick.
2. Using a plain medium cutter (approx. 5 cms diameter) cut out neat circles of pastry. 'Knock up' the edges of the pastry with a knife.
3. Bake pastry circles for approx. 10 mins in a very hot oven (Gas 6-7 or 210 C). You may need to turn trays so that pastry cooks evenly.
4. Cool circles on a wire rack.
5. Sandwich 2 or 3 circles together with jam, whipping cream and fresh fruit if using.
6. Sprinkle generously with sieved icing sugar before serving or alternatively spread with thick glaze (water) icing.



**Makes 2 dozen**

### INGREDIENTS

Shortcrust pastry:

- 250g (8 oz) plain flour
- 50g (2 oz) block margarine
- 50g (2 oz) lard
- 2 – 3 tablespoons cold water

Filling: ½ jar mincemeat

Shortbread topping:

- 150g (6 oz) **soft** margarine
- 150g (6 oz) plain flour
- 50g (2 oz) icing or caster sugar
- ½ teaspoon vanilla essence (if wanted)

Method

1. Make pastry – rub margarine and lard into flour until it looks like bread crumbs and feels sandy. Add enough water to make firm dough.
2. Roll pastry out on cold, lightly floured surface.
3. Cut out circles using the largest pastry cutter and place in patty tins.
4. Add a small teaspoonful of mincemeat to every pastry case taking care not to over-fill.
5. Make topping – Cream margarine and sugar together until soft and pale. Add sieved flour a tablespoon at a time making sure you mix well each time. Add vanilla essence if using.
6. Spoon shortbread mixture into piping bag fitted with a small star nozzle.
7. Pipe a star onto each mince pie to almost cover the mincemeat.
8. Bake for 20 – 25 mins at Gas Mark 5 or 180 c. The pastry should be firm and the topping a pale golden brown.
9. Allow to cool in tins for 5 minutes before lifting onto wire rack.

**These freeze very successfully and are delicious warm.**



### **INGREDIENTS**

- 225g (8 oz) plain flour
- 1 teaspoon baking powder
- 100g (4 oz) butter or margarine
- 100g (4 oz) caster sugar
- 50g (2 oz) chopped almonds or walnuts
- 1 teaspoon vanilla essence
- 1 egg beaten

### **METHOD**

1. Sift the flour and baking powder together.
2. Rub in the butter or margarine until the mixture resembles fine breadcrumbs.
3. Stir in the sugar, vanilla essence, chopped nuts and beaten egg and mix to a smooth dough.
4. Turn the dough out onto a floured surface and knead for 2 minutes.
5. Shape the dough into a long roll, 5cm./2in. in diameter.
6. Wrap in foil or cling film, then chill in the refrigerator for about 15 minutes before using or freeze to cook at a later date

**To Freeze:** Wrap the dough in foil, seal and freeze.

**To Serve:** Unwrap the dough and thaw for 1 hour in the refrigerator. Cut into slices 1cm/half an inch thick and place the slices on a greased baking sheet. Bake in a fairly hot oven (190°C or gas mark 5) for 10 -15 mins or until turning golden. Leave for 2 mins, then remove and cool on wire rack.

**Makes approximately:** 20 - 40



**Makes one large tray**

### **INGREDIENTS**

3 eggs

75g caster sugar

50g Self Raising flour

25g ground almonds

zest of 1 orange

Optional: 200g cooking chocolate to decorate

### **METHOD**

1. Grease and line swiss roll tin. Light oven Gas 6 or 200C
2. Remove zest from orange. Weigh all ingredients accurately.
3. Whisk eggs and sugar to a thick foam, stiff enough to hold the trail of the whisk.
4. Sieve flour over mixture, add ground almonds and orange zest and very carefully fold in with a palette knife taking care not to lose the air.
5. Pour into prepared tin and allow to run into corners.
6. Bake for 10 – 15 minutes until golden and springy. Turn onto wire rack to cool.
7. Melt chocolate and spread over cake once cooled. Allow to set.
8. Cut into neat bars or triangles.



## **INGREDIENTS**

Small quantity ready made puff or flaky pastry

1 – 2 tablespoons caster sugar

½ - 1 teaspoon cinnamon (if wanted)

¼ pint (125 mls) whipping or double cream (if wanted)

## **METHOD**

1. Roll pastry out to a small square or rectangle approx. 2mm thick.
2. Sprinkle generously with caster sugar and cinnamon (if using)
3. Fold or roll from the side edges so that the rolls or folds meet in the centre.
4. Cut into strips approx. 1 – 2 cm thick.
5. Place cut side down on greased baking trays, leaving room to spread.
6. Bake in a very hot oven (Gas 6-7 or 210C) for approx 10 mins. Using a wire rack.
7. If using cream – whip till thick and sandwich 2 palmiers together.



These are not cakes or biscuits but need to be thought of quite separately. Read carefully.

### Plain

250g Self Raising flour  
1 level tsp Baking Powder  
50g block margarine  
50g sugar  
125 mls milk

### Cheese

250g Self Raising flour  
1 level tsp Baking Powder  
50g block margarine  
100g grated cheese  
125 mls milk

### Fruit

250g Self Raising flour  
1 level tsp. Baking Powder  
50g block margarine  
50g sugar  
50g fruit  
125 mls milk

### METHOD

1. Pre – heat oven to gas 7 or 210c
2. Lightly grease baking trays
3. Prepare all ingredients
4. Sieve flour and B.P into bowl
5. Rub in margarine
6. Add other dry ingredients
7. Add almost all milk **all at once** and mix together quickly with fork or palette knife to form a soft but not sticky dough. Knead lightly.
8. Press into a small round at least 1½ - 2 cm thick.
9. Cut with the smallest fluted cutter (3 - 4 cm) approx. Place on baking tray. Brush with leftover milk.
10. Quickly re-shape scraps to make more.
11. Bake in pre-heated oven for 7 – 12 minutes until the bottom of each scone is brown.
12. Remove and cool immediately on wire rack.

### To Serve

Plain – cut in half – spread with jam, pipe with cream.

Cheese – cut in half – spread with butter, add sliced tomato and/or cucumber garnish.

Fruit – cut in half – spread with butter, serve with jam.



### **INGREDIENTS**

- 4 oz (100g) plain flour
- 2 oz (50g) cornflour
- 2 oz (50g) icing or caster sugar
- 4 oz (100g) butter
- 1 – 2 teaspoons caster sugar to sprinkle on top when cooked.

### **METHOD**

1. Sieve flours and sugar into bowl.
2. Cut, then rub butter or marg into dry ingredients until mixture resembles breadcrumbs. Keep rubbing until mixture sticks together and a dough is formed.
3. Shape shortbread by one of the following methods:
  - a. Either: divide mixture in half. Using a  $\frac{1}{4}$  sheet of greaseproof paper as a template for the diameter of the shortbread, shape each half into a neat round. Smooth top, crimp edges and fork mixture to prevent rising.
  - b. Or: lightly flour a rolling pin and tabletop. Roll shortbread mixture out to the depth of £1 coin. Cut out required shapes. Place shapes on a lightly greased baking tray.
4. Bake gas mark 4 or 160°C for at approximately 20 mins until pale brown around the edges and quite firm to touch. (The larger circles of shortbread will take longer to cook so prevent over-browning)
5. Remove from oven and allow to cool before placing on cooling rack. (The large circles should stand on the greaseproof for at least 5 – 10 minutes to avoid cracking).
6. Sprinkle with sugar while still warm.

Note: shortbread biscuits can be decorated for special occasions



### **INGREDIENTS**

- 250g strong bread making flour
- 1 sachet quick acting yeast
- 100 – 125 ml warm milk
- 50g caster sugar
- 100g dried fruit
- 1 egg
- 50g margarine
- 1 x 250g pack marzipan

### **METHOD**

1. Sieve flour into bowl. Rub in margarine. Stir in the sugar and dried fruit.
2. Stir in the dried yeast.
3. Add beaten egg and enough of the warmed milk to make a soft dough.
4. Turn onto floured tabletop and knead for at least 5 minutes. Allow to 'prove' until doubled in size.
5. Roll marzipan out to a sausage shape.
6. 'Knock back' dough (re-knead) and roll out to a small rectangle. Place marzipan in centre and then wrap in dough.
7. Place on a lightly greased baking tray and allow to 'prove' once again until doubled in size.
8. Bake for 30 – 35 mins (gas 5 – 6 or 180°C - 200°C) until golden and 'sounds' hollow when base is tapped.
9. Cool
10. Dredge with sieved icing sugar.



### INGREDIENTS

This quantity makes 16 Swiss buns

11b (500g) strong plain flour

1 sachet easy blend/quick acting yeast

½ level teaspoon salt

2oz (50g) caster sugar

4oz (100g) margarine or butter

1 egg

4 fluid ounces (100mls) milk made up to 8 fluid ounces (200mls) with **hot** water.

To decorate:

8oz (250g) icing sugar

2-3 tablespoons water

### METHOD

1. Sieve flour into bowl. Add salt.
2. Place yeast in a small basin. Add 2 tbs of your **measured** flour. Measure milk into jug and make up to 8 fluid ounces (200mls) with **HOT** water. Add **all this liquid** to the yeast and flour in the basin. Leave to ferment i.e. froth or go bubbly.
3. Rub the margarine into the remainder of the flour and stir in the sugar.
4. Beat egg
5. When yeast mixture is frothy add to the flour mixture with the beaten egg.
6. Combine all dough ingredients thoroughly and knead for 10 minutes.
7. Allow to prove if time is given
8. Knock back dough to its original size.
9. To shape Swiss buns: divide dough into 16 equal sized pieces. Shape each into piece of dough into sausage shapes approximately 10cms long. Allow to prove (rise) in warm place until doubled in size.
10. Bake for approximately 20 minutes Gas 6/7 or 200/210C until golden brown and sound hollow when tapped on the base.
11. Allow to cool slightly.
12. Either dip the Swiss buns in icing or spread the icing over the tops and allow to set.



### **INGREDIENTS**

- 150g (6oz) margarine – not a low fat spread
- 100g (4oz) soft brown sugar or caster sugar
- 150g (6oz) Self Raising flour (wholemeal or white)
- 1 tsp mixed spice (optional)
- 2 eggs
- 25g (1oz) dried fruit or choc chips or chopped dates
- 25g (1oz) glace cherries (chopped)
- 25g (1oz) walnuts or chopped nuts

NOTE: use any combination of fruit, choc and nuts made up to 75g or 3 oz

### **ICING**

- 150g (6oz) icing sugar
- Chopped cherries, walnut pieces or sugar strands to decorate

### **METHOD**

- 1 Light oven Gas Mark 5 or 180°C
- 2 Line and grease a small Swiss roll tin
- 3 Put flour, dried fruit, cherries, walnuts, sugar and spice into bowl
- 4 Beat eggs in a separate bowl
- 5 Melt margarine in saucepan over a low heat
- 6 Stir into flour mixture and beat in eggs until mixture resembles a thick batter
- 7 Pour mixture into tin and level the top
- 8 Cook for approx 20 minutes until golden brown and springy to touch
- 9 Turn out onto cooling rack.
- 10 Make glace icing and spread over cooled cake
- 11 Decorate with cherry or nut pieces or sugar strands
- 12 Cut into bars or triangles when icing has set.



### **INGREDIENTS**

#### **Cake**

4ozs (120g) tub margarine – not Flora/Gold or other low fat spread

4ozs (120g) caster sugar

2 eggs

4ozs (120g) Self Raising flour

#### **Butter Icing**

3ozs (100g) tub margarine

6ozs (200g) icing sugar

1 teaspoon vanilla essence

Decorations e.g. walnuts, glace cherries, chocolate, etc.

Jam for centre of cake (if wanted)

### **METHOD**

1. Light oven gas mark 5 or 180°C. Weigh ingredients ACCURATELY
2. Grease and line 2 sandwich tins.
3. Cream margarine and sugar together until light and fluffy
4. Add beaten eggs a little at a time until all added – beat thoroughly to avoid ‘curdling’.
5. Remove wooden spoon. Sieve flour into mixture and *fold in* gently using a metal knife or tablespoon.
6. Check mixture is a soft dropping consistency.
7. Divide mixture evenly between the sandwich tins and level tops carefully.
8. Bake until golden brown and springy to touch (approximately 25 min)
9. Loosen cake carefully all round edge with palette knife – take care not to tear the cake.
10. Turn out onto wire rack and allow to cool before decorating.

#### **Decoration:**

Make butter icing by adding sieved icing sugar to marg a little at a time.

Add vanilla essence.

Sandwich cakes together with jam or butter icing.

Cover top with thin layer of butter icing to hide the cake.

Lightly mark 8 portions on top of cake and add piped butter icing. Decorate.

Show portion control with piping and decorations.



### INGREDIENTS

#### **Smaller quantity**

- 4oz (100g) margarine
- 1oz (25g) icing or caster sugar
- 4oz (100g) plain flour

#### **Larger quantity**

- 6oz (150g) margarine
- 2oz (50g) icing or caster sugar
- 6oz (150g) plain flour

#### **Decoration**

- Chocolate – Viennese fingers
- Cherries – cherry stars
- 'Red' jam – Swiss tarts

### METHOD

1. Light oven Gas 4 – 160 C
2. Lightly grease baking trays
3. Cream the marg and sugar together until light and fluffy. NB you may want to add a little vanilla essence at this stage.
4. Add sieved flour a tablespoon at a time until all added.
5. Place in piping bag fitted with a star nozzle. Fingers – pipe 8-9 cm lengths. Star – pipe small stars Swiss tarts - pipe whirls in cake cases
6. Bake for approx. 15 - 20 mins, until pale brown round the edges only (they may feel soft still)
7. Leave for 2 mins. Then carefully place on wire rack to cool.
8. When cold, decorate accordingly.

**Fingers** – dip one end (or both) in melted chocolate leave to dry and set on greaseproof paper.

**Stars** – decorate with small piece of glace cherry (this can be done before baking if preferred)

**Swiss tarts** – decorate with light sprinkling of sieved icing sugar and fill centre whirl with jam.

Absolutely delicious for afternoon tea!