



Ichthyrecipes for success

1. Mary

Kookies

Preheat oven to 180C, 160C fan, Gas 4. Grease 2 baking trays.

Ingredients

8oz margarine
6oz brown sugar
Half tsp vanilla essence
1 egg
6oz oatmeal
4oz coconut

***Sieve together

*6oz plain flour

*2 level tsp baking powder

*Half level tsp baking soda

Method

- Cream margarine, sugar and vanilla. Beat in egg until well mixed.
- Fold in ***sieved flour mix, oatmeal and coconut and mix to form a dough.
- Take heaped teaspoons and roll into balls. Put thumb in top to make a well.
- Bake for 15-20 mins and when cool dip in melted chocolate.



2. Saeeda

Mini Victorias

Preheat oven to 180C, 160C fan, Gas 4. Line muffin tin with paper cases.

Ingredients

250g SR flour
250g caster sugar
250g salted butter
4 medium eggs
Fresh Double Cream
2 tbsp icing sugar
Fresh Strawberries or Jam

Method

- Beat the butter and caster sugar together using an electric whisk until pale and fluffy, then whisk in the eggs one at a time
- Add the milk, vanilla, flour and a pinch of salt, then beat again until smooth. Divide the batter evenly between the paper cases – should make 20
- Bake for 17-20 mins, or until the sponges are golden, risen and a skewer inserted into the middles comes out clean
- Leave to cool in the tin for 10 mins, then transfer to a wire rack to cool completely
- Once completely cool, the sponges can be frozen for up to three months
- Remove the paper cases from the sponges, then split the sponges in half through the equator using a small serrated knife and set aside
- Whip the cream and icing sugar together to soft peaks using an electric whisk
- Spread sliced strawberries or a little jam over the base of each sponge, then spoon or pipe over a dollop of whipped cream and sandwich with the tops of the sponges
- Dust with a little icing sugar before serving

Best eaten on the same day.



3. Gulzeab

Rich Cranberry Scones

Preheat oven to 200C, 180C fan, Gas 6

Ingredients

350g SR flour
1 tsp baking powder
85g cold butter in cubes
175ml milk slightly warm
1 cup dry cranberries
1 tsp vanilla
1 beaten egg for glazing

Method

- Place all dry ingredients into a bowl and mix well
- Add butter and cut through to form crumble mixture
- Add cranberries and vanilla and mix well
- Combine slowly adding the milk to form a soft dough. (Do not add all the milk reserve some for glazing, and do not over work the dough)
- Form a disc and pat down to 3cm thickness and using cookies cutter this recipe makes 6 scones
- Bake for 12-15 minutes until slightly risen and golden
- Leave to cool cut and serve with jam and clotted cream



4. Jo

Almond and Raisin Chocolate Pennies

Ingredients

100g plain chocolate (85% cocoa)
25g toasted flaked almonds
25g raisins

Method

- Line a baking tray with non-stick baking paper
- Break the chocolate into squares into a heatproof bowl over a pan of simmering water
- Leave to melt slowly for about 5 mins stirring occasionally, or microwave on high for 1-2 mins and stir
- Using a teaspoon, pour 20 individual spoonfuls onto the tray, spaced well apart
- Scatter the almonds and raisins on top of the melted chocolate and leave to set
- Gently prise the pennies from the baking paper and store for a week in a lidded container



5. Kay

Mum's Devil's Food Cake

Preheat oven to 190C, 170C fan, Gas 5

Ingredients

2 and a quarter cups of SR flour
1 and three quarters cups caster sugar
1 tsp Bicarbonate of Soda
Two thirds of a cup cocoa
5oz butter or margarine
1 cup water
1 tsp vanilla essence
3 eggs

Method

- Sift the dry ingredients into a large electric mixer bowl
- Add softened butter, water and vanilla and beat on medium speed for 3 minutes
- Add eggs and increase speed slightly. Beat for a further 3 minutes
- Pour into 2 well-greased and floured 8 inches deep cake tins (lard and greaseproof bottom of tins)
- Bake for 35-40 minutes. When cold sandwich together with fresh whipped cream



6. Pam

Easy Fruit Loaf

Preheat oven to 195C, 175C fan, Gas 5

Ingredients

6oz dried fruit
2 eggs
4oz margarine
baking powder & spices
4oz caster sugar
Half a tsp of salt
8oz SR flour
2 tbsp milk

Method

- Put flour and salt in a bowl and rub in margarine
- Add the sugar and fruit
- Beat together eggs and milk
- Mix all together to make a soft dropping consistency
- Put in a greased 6 or 7inch loaf tin
- Bake in oven for 45 mins
- Leave to cool

This Fruit Loaf can also be eaten with butter on it

Enjoy!



7. Helen

Granny May's Shortbread

Preheat the oven to 160°C, Fan 140°C, gas 3

Ingredients

225g/8oz plain flour

170g/6oz butter

85g/3oz caster sugar

Method

- Lightly grease an 8in square baking tin
- Sift the flour and sugar together
- Add the butter and work with your hands until soft and pliable, but not crumbly
- Place the dough in the baking tin and press into shape
- Score shortbread into fingers and prick them with a fork
- Bake for 35-40 minutes, until a pale golden colour
- Dust with a little caster sugar



8. Cat

Chocolate Brownies

Ingredients

Preheat oven to 170C, 150C fan, Gas 4

350g dark chocolate

250g butter

250g dark muscovado sugar

3 eggs

85g plain flour

1 tsp baking powder

Method

- Melt chocolate and butter together, whisk in sugar and eggs, whisk in flour and baking powder.
- Pour into a lined 20cm tin (foil lined is fine)
- Bake for 30-40mins
- They will be slightly wobbly when you take them out of the oven. Cool for at least an hour in the tin but make sure they are completely cool before you turn it out onto a wire rack and then chill in the fridge before you cut them - overnight is best.



9. Amanda

Mum's Fabulous Flapjacks

Preheat the oven to 160°C, Fan 140°C, gas 3.

Ingredients

6oz butter
5oz brown sugar (1/2 demerara, 1/2 soft dark brown)
1 tbsp golden syrup
8oz oats
Pinch of salt
3oz Plain Chocolate (optional)

Method

- Melt butter in a large saucepan over a low heat, stir in sugar, golden syrup, porridge oats and salt. Stir well
- Put in to a greased tin and press down
- Bake for 25 mins until golden
- Leave to cool in the tin. Cut the Flapjacks in the tin
- (Optional) Melt chocolate over a pan of hot water. Dip half of each cut piece in the chocolate
- Leave to set on a wire tray
- Store in an air tight tin



10. Claire

Welsh Griddle Cakes

Ingredients

225g SR flour
Pinch salt
100g margarine
50g caster sugar
50g currants
1 medium egg
2 tbsp milk

Method

- Mix flour and salt, rub in margarine
- Stir in sugar and currants
- Mix to fairly stiff dough with the egg and milk
- Roll out about 5mm thick and cut into rounds – should make 15
- Cook on moderately hot greased griddle for about 3 mins each side
- Serve buttered, hot or cold



11. Cat

Nan's Lemon Cake

Preheat oven to 170C, 150C fan, Gas 4

Ingredients

175g SR flour
175g caster sugar, plus 70g for topping
3 eggs
175g butter at room temp
1.5 tsp baking powder
Zest of 1 lemon
Juice of 1.5 lemons

Method

- Put all ingredients in a bowl, add 1 tbsp warm water and mix
- Bake in lined loaf tin for 30-40 mins or until cooked
- When warm pour over 70g caster sugar mixed with juice of 1.5 lemons



12. Mandy

My Rocky Road

Ingredients

100g dark chocolate
100g milk chocolate
150g butter or margarine
200g rich tea biscuits
4 tbsp golden syrup
100g mini marshmallows
Optional - 100g mix of raisins and popping candy

Method

- Grease and line 18cm square tin with greaseproof paper
- Break up the biscuits by bashing with a rolling pin into small lumps
- Melt and stir chocolate, syrup and butter together in a saucepan over a gentle heat
- Take off the heat and leave to cool
- Once cooled, stir in broken biscuits, marshmallows, raisins and popcorn until everything is covered in the chocolate mix
- Tip into the lined 18cm tin and spread out evenly into the corners
- Chill for a minimum of 2 hours, or best overnight and dust with icing sugar
- Cut into 16 pieces, each 4.5cm square



13. Shelly

Choc Chip Banana Cake

Preheat oven to 200C, 180C fan, Gas 6

Ingredients

175g SR flour
17g golden caster sugar
3 eggs
175g unsalted butter at room temp
1 tsp baking powder
1 tsp vanilla extract
2 ripe and mashed bananas
1 packet milk chocolate chips
milk if needed

For the cream

125g mascarpone
125ml double cream
1 tsp vanilla extract
Line two 7" tins

Method

- Put the butter and sugar into mixer and beat for a good 8-10 minutes
- You want to get as much air in as possible. Wait until the mixture goes nice and pale
- Add the eggs one at a time with a spoonful of the flour and continue to beat slowly. After the last egg, add the rest of the flour, the baking powder, vanilla and banana and mix to combine fully
- If the mixture is looking a little thick, add a couple of tbsp of mix to loosen and fold in the chocolate chips
- Divide evenly between the two tins, smooth off the tops and pop in the oven for 25-30 minutes until golden and springy to the touch

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- Allow to cool completely on a wire rack
- Meanwhile, make the mascarpone cream. Beat the double cream into soft peaks
- Add the mascarpone and vanilla and whisk until thick
- When the sponges are cold, spoon on a layer of cream add the second sponge and add more cream to the top and sides. Using a palette knife or cake scraper, remove the excess cream from the sides to reveal a beautiful naked cake



14. Theresa D

Coconut Ice

Ingredients

Condensed milk 200g
Icing sugar, sieved 225g
Desiccated coconut 175g
Tiny drop natural red food colouring

Method

- Mix together the condensed milk and icing sugar. Stir in the coconut (mixture should be very stiff) and divide in half. Colour one half of the mixture pale pink (or deep red!!) and keep mixing until you have an even colour
- Double-line a small plastic box with baking parchment or cling film before placing the white coconut ice in the bottom, pressing it into a bar shape. Form the pink coconut ice into a similar shape and press firmly together
- Chill in the fridge for 1-2 hours or until firm, then cut into squares. You can leave this at room temperature to set but it will take longer

Keep in an airtight container ideally in the fridge and use within 2 weeks. Perfect to make with children. Dress them up in a glass jar or fancy box with a bow on top to sell at your event.

Now you've mastered the original, try a chocolatey twist to your coconut ice recipe, add melted dark chocolate onto the top of the mixture, or mix chocolate into one half of mixture before putting them together to set.