

Raspberry and Lemon Polenta Cake

Emily Hawkes - Communications & Marketing Services

Ingredients

CAKE

225g butter
225g caster sugar plus 1 tbsp
4 eggs, beaten
175g dried polenta
50g plain flour
1 ½ tsp baking powder
½ tsp vanilla bean extract
Zest of 1 lemon
200g fresh or frozen raspberries

FILLING

100g soft cheese
1 tbsp icing sugar
Limoncello to taste
142ml double cream
100g fresh or defrosted frozen raspberries

Method

Heat oven to 190C/gas 5 and butter and line your cake tin
In a large bowl, beat the butter and 225g caster sugar together until light and creamy
Gradually add the egg, a little at a time until all the egg is mixed in and the mixture is pale and fluffy.
If the mix starts to curdle, add 1 tsp of the flour and carry on.
Put the polenta in another bowl then stir in the flour and baking powder.
Beat the vanilla and lemon zest into the egg mixture and gently fold in the dry ingredients.
Spoon the batter into the cake tin and level the top.
Scatter all but a handful of the raspberries over the mix, and poke in gently.
Sprinkle the remaining 1tbsp of sugar over the cake
Bake for 20 minutes until risen and golden, but still with a little wobble under the crust.
Quickly take the sponge out of the oven and poke the remaining raspberries into the top. Replace in the oven and cook for another 10 minutes or until springy in the middle.
Cool in the tin for 10 minutes, and then cool completely on a rack.
Beat the soft cheese with the icing sugar, limoncello and a little of the lemon juice to loosen if necessary.
Lightly whip the cream and fold into the cheese mixture. Fold in the raspberries.
Gently cut the cake in half horizontally and use the mixture to sandwich the sponges together.

Mango and Lime Cake

Jenny Wren - Business School

Ingredients

300g SR flour
175 g butter
250g caster sugar
2 tsp finely grated lime zest
4 eggs
200ml plain yogurt
1 large mango diced

icing

185g icing sugar
2 tbsp lime juice
1 tbsp butter
shredded lime zest to decorate

Bake at 180c for 30 minutes in two sandwich cake tins

Beat butter sugar and lime zest together til creamy

Sieve flour

Add eggs, flour and yoghurt gradually folding in to mixture

Add Mango cubes

Put in greased and floured sandwich tins and put in oven at 180 C when oven up to heat

Bake for 30 minutes or until skewer poked in centre comes out clean

Leave to cool in tins then put on wire rack to cool completely before icing

Beat all ingredients together until smooth

Ice cakes as artistically as you like!!

Decorate with lime zest

Eat and enjoy!



Tomato Tart with Rosemary, Thyme and Basil

Jenny Wren - Business School

Ingredients

200g pastry

1 onion

500 g fresh tomatoes chopped or
or 2 cans chopped tomatoes

2 cloves garlic

1 tbsp chopped rosemary, thyme and basil

1 tsp dijon mustard

chop all ingredients and fry onion then other ingredients lightly to heat through
add to pastry rolled out to line a quiche or flan dish

Cook in preheated oven at 200 C for 30 minutes

grate some sea salt and black pepper on whilst still warm and garnish with some finely chopped
parsley

eat and enjoy!

Midnight chocolate cake

Emily Hasson - College of Engineering, Mathematics and Physics

Chocolate Cake

60g Cocoa
28g Plain chocolate (at least 70% cocoa)
240g Boiling water
225g Self raising flour
½ tsp. salt
1 tsp. bicarbonate of soda
330g light brown sugar
228g unsalted butter (room temperature)
60g crème fraiche
2 eggs
2 egg yolks

Chocolate ganache icing

170g Plain chocolate (at least 70% cocoa)
120g Double cream
112g Unsalted butter
70g Icing sugar
½ tsp. Vanilla extract
¼ tsp. salt



In a small bowl mix together the cocoa, plain chocolate and boiling water. Whisk until fully combined and smooth. Let this mixture cool to room temperature (approx. 4 hours) or for 1 hour in the fridge. If cooling in the fridge whisk the mixture every 15 minutes.

Pre-heat the oven to 180° and line two 8 inch cake tins with greaseproof paper.

In another bowl mix together the flour, salt, bicarb. of soda and sugar until combined. On a low speed, add the butter and beat for 30-40 seconds until combined and the mixture forms a dough consistency.

In a separate bowl mix together the crème fraiche, eggs and the egg yolks until mixed.

With your mixer on a low speed, pour the egg mixture into the flour mixture and mix to combine. Beat for about 2 minutes until the mixture is light and fluffy.

On a low speed, slowly pour the chocolate mixture into the cake batter and mix until fully combined. Stop your mixer a couple of times and scrape the sides of the bowl to make sure everything is fully incorporated.

Divide the cake batter between your cake tins, and bake in the oven for 35-40 minutes or until the top springs back when pressed.

While the cakes are cooling, you can make the icing.

Put the cream into a saucepan and heat over a low heat until scalding.

Pour the cream over the chocolate, and leave for 1 minute, then mix together. Leave to cool to room temperature.

In a large mixing bowl, cream together the butter, icing sugar and vanilla extract.

Add the chocolate ganache to the butter mixture and mix together until you have a smooth icing.

Once the cakes are fully cooled, spread a good amount of icing on one of your cakes, and then sandwich the second one on top.

Spread the rest of the icing over the top and sides of the cake, and decorate with any extras as required.

A Quick Light Irish Fruit Cake

Andrew Johnson – Human Resources

Ingredients

125g butter, roughly chopped
250g sultanas
250g currants
180g soft brown sugar
1 tsp ground mixed spice
1 tsp ground cinnamon
1 tsp ground ginger
1 tsp bicarbonate of soda
250ml water
2 eggs, well beaten
150g plain flour
150g self-raising flour

Method

1. Heat oven to 180C/Gas Mark 5.
2. In a saucepan, combine the butter, sultanas, currants, sugar, mixed spice, cinnamon, ginger, bicarbonate of soda and water.
3. Bring to the boil, stirring. Then set aside to cool.
4. When cool, transfer to a large bowl.
5. Add the eggs gradually and beat well with a wooden spoon.
6. Sift the two flours into the mixture and beat again.
7. Pour into a lightly oiled 22cm/8 inch cake tin.
8. Bake for one hour or until a thin skewer inserted into the centre of the cake comes out clean.
9. Remove from the oven and allow to cool slightly before removing the cake from the tin.
10. Cool and store in an airtight container.

Cheese and Onion Quiche

Kathryn Coombes, Human Resources

Ingredients

125g plain flour
0.5 tsp salt
125g chilled diced butter
2-3 tablespoons chilled water
300g onions
A knob of butter
125g grated cheddar cheese
400ml double cream
3 large eggs

Method

Pastry

Place the flour, salt and butter in a chilled metal mixing bowl; mix in food mixer until it resembles breadcrumbs.

Slowly add the water a tablespoon at a time until the pastry begins to form.

Before it has formed a pastry ball, remove the crumbly mixture and bring together to form a ball.

Wrap the pastry ball in Clingfilm and refrigerate for at least 30 minutes.

When chilled, roll the pastry out onto some greaseproof paper.

When it is thin enough, use the greaseproof paper to help you get the pastry into a greased loose-bottomed flan dish (23cm diameter)

Use a small off cut of pastry to ensure the pastry gets into all the edges.

Put the greaseproof paper into the flan dish on top of the pastry and fill with baking beans.

Bake for 15 minutes at around 200C (fan oven).

Remove from oven and remove the greaseproof paper and baking beans.

Egg wash the pastry case and return to the oven for 5 minutes.

Remove from oven for the filling.

Filling

Chop the onions and heat gently in an open pan with the butter until they are browned (30-45 minutes)

Whisk the eggs and the double cream together to form a custard.

Layer the cooked onions on the base of the part cooked pastry case.

Add most of the grated cheddar.

Pour on the custard.

Season with salt & pepper.

Add the rest of the grated cheddar.

Return to the oven for 40-45 minutes.

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Jaffa Drizzle Loaf

Emma Hilton, Human Resources

Ingredients

140g butter , softened
200g self-raising flour
1 1/2 tsp baking powder
200g golden caster sugar
3 large eggs
6 tbsp milk
finely grated zest 1 large orange

Method

Heat oven to 180C/fan 160C/gas 4. Butter and line the base of a 1.2-litre loaf tin. Put all the cake ingredients into a bowl and beat with a hand whisk or wooden spoon for 3-5 mins, until light and fluffy. Spoon the mix into the tin and level the top.

Bake for 40-50 mins, until golden brown and firm to the touch. Meanwhile, heat the orange juice and sugar gently in a small pan, stirring until dissolved. When the cake is cooked, remove it from the oven and spoon over the orange mix. Leave to cool in the tin, then remove and cool completely on a wire rack.

Break up the chocolate and melt over a pan of simmering water or in the microwave on Medium for 1-2 mins. Drizzle over the cake and leave to set.

Bakewell Tart

Rachel Dawson, Academic Services

Pastry

- 125g plain flour
- 75g Fat (half Trex and half butter) cold and diced

Filling

- jam
- 150g butter
- 150g caster sugar
- 3 eggs , beaten
- egg yolk
- 150g ground almonds
- 1 tbsp flaked almonds



To make the pastry, tip the flour and fat into a food processor. Whizz until the mixture resembles breadcrumbs. Add cold water and pulse until the dough comes together. Flatten into a disc, cover with clingfilm and chill for no more than 1 hour. Roll out the pastry on a lightly floured surface to about 3mm thickness. Line a 20cm fluted tart tin with a depth of 3 1/2 cm. Prick the base with a fork and chill for 20 minutes. Heat the oven to 180C/fan 160C/gas 4.

Line the pastry case with baking parchment and fill with baking beans. Cook for about 20 minutes until the pastry is a pale golden colour.

Spread the jam in an even layer over the base of the pastry case. Cream together the butter and caster sugar. Gradually add the beaten eggs and egg yolk. Fold in the ground almonds. Carefully spoon the mixture over the jam and spread level. Bake for 20 minutes. Scatter with the flaked almonds and continue to cook for a further 15-20 minutes until golden and set.

Shortbread Tartlets with Crème Patisserie & French Berries

Ailsa McGregor, Human Resources

For the Crème Patisserie

3 Eggs
75g Caster Sugar
1 tsp Vanilla Extract
50g Plain Flour
400ml Milk

For the tartlets

300g unsalted butter (room temp)
150 Icing Sugar
Pinch of sea salt
300g Plain Flour
150g Cornflour

Method

Heat oven to 150c / Gas 2. Combine the butter, icing sugar and salt in a food processor until smooth. Add in the flour, rice flour, and pulse until mixture forms a ball. Knead gently for a minute until smooth. Wrap in cling film and refrigerate for 30 mins.

Turn onto a lightly floured surface and roll out dough until ½ cm thick. Cut into rounds and fill tart case. Prick with a fork and bake for 30 mins. Repeat to create another 12, leave to cool.

Whilst tartlets are cooking make the crème patisserie. Put the eggs, sugar, vanilla and flour into a mixing bowl and whisk with an electric whisk until smooth. Add two tablespoons of the milk and mix again to loosen the egg mix. Heat the remaining milk until warm (should be at hand temperature). With the whisk running pour the milk into the egg mixture. Put mixture into a saucepan and simmer gently until custard consistency. Strain through a sieve to get out any lumps and leave to cool down until just warm.

Pour crème patisserie into the tart cases and top with berries or fruit of your choice – Enjoy!

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Victoria Sandwich

Vanessa Smart, Human Resources

Ingredients

6oz Olivio Spread

6 oz Caster Sugar

3 Eggs (Beaten until frothy)

6oz Self Raising Flour

1 Teaspoon Baking Powder

Method

Mix together the butter and sugar until fluffy. Sieve the flour and baking. Then mix half the eggs into the butter/sugar mixture and then half the flour.

Mix in the remainder of the eggs followed by the flour. Lastly add a tablespoon of milk to the egg bowl and add to mixture.

Pour mixture into two greased and lined sandwich tins and cool for 30 minutes on gas mark 5.

Cool on a tray add jam filling and dust with icing sugar

Then eat!

Welsh Cakes

Vanessa Smart, Human Resources

Ingredients

8 oz Self Raising Flour
1 teaspoon baking powder
3oz Caster Sugar
4oz butter
2 teaspoon mixed spice
1 egg mixed with a drop of milk
handful of currants



Method

Rub butter into flour and sugar. Add mixed spice and currants and mix with egg mixture until a dough is formed.

Roll out (not too thin) and cut into circles.

Heat a griddle or heavy frying pan till very hot but not to burn – try one first!

Cook on each side until cooked. Turn only once

Cool and eat!