

RECIPES

CLASS 209 – VICTORIA SANDWICH

150g (6oz) margarine
150g (6oz) caster sugar
150g (6oz) self raising flour
3 eggs, beaten
Jam for filling
Caster sugar to dredge.

1. Preheat oven to 190°C (375°F).
2. Grease 2 x 7 inch sandwich tins and line the base of each with buttered, greaseproof paper.
3. Beat the margarine & sugar together until light & fluffy.
4. Add the eggs, a little at a time, beating well after each addition. Fold in half the flour, using a metal spoon, then fold in the rest. Place half the mixture in each tin.
5. Bake for about 20 minutes until they are well risen, firm to touch & are beginning to come away from the sides of the tin.
6. Turn out and cool on a rack.
7. When cool, sandwich them together with jam and sprinkle the top with caster sugar.

CLASS 210 – SHORTBREAD ROUND

150g (6oz) butter
75g (3oz) caster sugar
225g (9oz) plain flour
Pinch of salt
Caster sugar to sprinkle

1. Pre-heat oven to 160°C (325°F).
2. Cream the butter with the sugar and salt until pale & fluffy.
3. Sift the flour & knead into the creamed ingredients to give a workable dough. Cover & leave for 2 hours in the refrigerator.
4. Cut the dough into 2 equal pieces. Roll out each piece to a 7" round.
5. Place on a greased baking sheet. Flute the edges & prick all over with a fork. Bake until golden brown.
6. Sprinkle with caster sugar.

CLASS 236 – FLAPJACKS

125g (5oz) rolled oats
90g (3oz) caster or soft brown sugar
90g (3oz) butter or margarine
2 level tablespoons of Golden Syrup
Shallow 20cm (8") square tin

1. Pre-heat oven to 170°C (350°F).
2. Melt butter in a pan & add the sugar & syrup. When blended, add the oats & mix thoroughly.
3. Press the mixture into the tin and bake for about 20 – 25 minutes.
4. Cut into squares while warm.

This quantity makes about 16 flapjacks.

CLASS 238 – SCONES

200g (8oz) self raising flour
50g (2oz) butter
50g (2oz) sultanas
25g (1oz) caster sugar
12ml (1/4 pint) milk
Pinch of salt
A little beaten egg to glaze

1. Pre-heat oven to 220°C (425°F).
2. Combine flour & salt in a bowl. Rub in butter until mixture resembles fine breadcrumbs.
3. Add sugar & sultanas.
4. Using a round bladed knife, stir in the milk.
5. Knead gently & turn on to a lightly floured surface. Roll out to 3cm thick and cut into 7.5cm rounds.
6. Place on a lightly greased baking sheet, brush with beaten egg & bake for about 10-15 minutes.
7. Cool on a wire tray.

CLASS 243 - CRISPY BARS

100g (4oz) butter
100g (4oz) caramel toffee
100g (4oz) marshmallows
100g (4oz) Rice Krispies

1. Melt the butter, marshmallows & toffee in a saucepan for 1 to 2 minutes. (This should be supervised by an adult).
2. Remove from the heat & fold in the Rice Krispies.
3. Spread into a buttered swiss roll tin and leave to set.
4. Cut into fingers.

CLASS 244 - PEPPERMINT FINGERS

50g (2oz) butter
50g (2oz) caster sugar
100g (4oz) flour
150g (6oz) icing sugar
150g (6oz) plain chocolate
½ level teaspoon peppermint flavouring

1. Pre-heat oven to 180°C (350°F).
2. Whisk the butter & sugar together until pale & fluffy & add the flour.
3. Knead to a soft dough. Press into a swiss roll tin, prick all over & bake for 10-15 minutes until golden brown. Leave to cool.
4. Put icing sugar into a basin & mix with 1-2 tbsp water. Add the peppermint flavouring & spread the topping on the shortbread base. Leave to set.
5. Melt the chocolate in a basin over a pan of hot water & spread over the icing.
6. When cold, cut into fingers.