



Cooking with Claire @TVInfants

Making a list and checking it twice!

www.mysupermarket.co.uk

Shopping List: *From Tesco this week...*

Butter – 85p/Every day value Soft spread –1kg £1.35

Silver spoon Icing Sugar - £1.09 500g

Every day value Plain Raising flour - 45p for 1.5kg

Every day value eggs (15) - £1.25

Tate and Lyle Caster Sugar –£1.48 for 1kg £2.45 for 2kg *(there is a brand called Mckinney's which is £1.18 for 500g at Tesco but I can never find it).*

Tesco Dark Muscovado sugar - £1.49 for 500g £2.40 for 1kg *Billingtons is on over at £1 for 500g this week.*

Tesco Cocoa Powder 250g - £1.99

Cornflour – 75p for 250g £1.19 for 500g

Dr Oetker Madagascan Vanilla Extract - £1.09 (if you are feeling flush then spend a little more and buy the Nielsen Massey Pure Vanilla Extract at £5.59 – it's a better flavour and last ages as you use slight less).

Dr Oetker Bicarbonate of soda - £1.29 (on offer this week by 2 for £2 only get it if you need it – this and other baking additives have a short shelf life once open as they get damp.

Tesco Value Golden Syrup – £1.18

Tesco Ground Ginger – 85p

Bars of chocolate – Tesco Value – 30p for 100g *(if you are making something special use the next brand level up – tesco own label is just as good as Cadbury and Nestle (in fact probably made by them anyway).*

Cupboard staples – things you may already have and can use again in other recipes. The Joy of biscuits is that often you have these ingredients or more and can add other flavours to a basic biscuit mix depending on what is in the cupboard.

Top Tips:

If you are making a general biscuit is fine to use "soft spread" but if you want a special treat, your biscuit is a gift, or it's shortbread, I'd always choose butter. Also for icing – always butter, never soft spread.

If you are down a high street – always check the £1 shops for icing sugar/caster sugar/cocoa powder and other £1+ items – baking trays and baking paper are fairly good value there too. BUT – **don't be deceived** – check prices, stop and think – 3 packets of biscuits for a £ might seem good, but it works out at 33p a pack – value brands in supermarkets are cheaper.

Think quality too – washing up liquid is a big one – you might get 2 litres for 99p but you will use it quicker as it doesn't last as long as the supermarket brands (which are usually below £1).