



Cooking with Claire @TVInfants

Great Bakes...Bread and Cakes!





Cooking with @ClaireTVI

Tottenham Cake

6 oz/150g/12 tablespoons of softened unsalted butter/margarine like "Stork"

6 oz/150g/ $\frac{3}{4}$ cup caster sugar

6 oz/150g/ 1½ cups self-rising flour

3 eggs

½ teaspoon vanilla extract

Icing

5oz/125g/1 heaping cup icing sugar

30 ml/ 5 teaspoons, water/black currant juice

•**pink food colouring** (only needed if you use water instead of juice)



Method

Pre-heat oven to 350°/180°C.

Line an 8"x8" square tin with parchment paper, then grease that with a bit of butter.

In a large bowl, using an electric mixer on high, cream together the butter and sugar until it becomes a light and fluffy. This takes about 2 minutes, but you may need to clear your beaters intermittently to make sure everything gets mixed.

Add the vanilla extract to the butter mixture. Mix until combined.

Turn your mixer to low or medium-low and beat in the eggs, one at a time.

Once the eggs are mixed, turn the mixer to low and add in the flour all at once. Mix until just combined. It's ok if you have a few lumps! Pour the batter into your prepared tin. Bake in the middle of the oven for 25-30 minutes. The cake is done with you can insert a toothpick and it comes out clean.

Let the cake cool. While the cake is cooling prepare the icing. In a medium bowl, add the icing sugar. One teaspoon at a time add the blackcurrant juice or water and just a bit of food coloring. Mix in between each teaspoon. Keep adding liquid until your icing looks like proper frosting and is thick enough to spread but not so thick it would rip up the cake when you spread it on. (Note: you may not need all the liquid or you may need more, just mix until it feels right to you. If it gets to drippy, then add more sugar)

Let the icing sit for a minute it will harden and get shiny.

Cut the cake into squares and serve.

Top Tips!

Tottenham cake was first made by the Friends, also known as the Quakers, they sold it for a penny a slice, the pink comes from **Mulberry's grown near the church yard and that is why it's bright pink.**

You could use some diluted blackcurrant squash to make the icing, or food colouring. Completely up to you.

It's a simple and plain cake which reflects it's history and links with the Quakers who believe in a simple, honest and wholesome life where the community supports each other with kindness.. The Cadbury family (famous for chocolate) were also Quakers, they believed that the working conditions of their employees were so important and crucial to the quality of the chocolate they built an entire town around their factory with new houses, schools, shops, community centres and amenities. People loved working for Cadbury, it was a career for entire families and for many, significantly improved their lives and aspirations.

Recipe is from:

Cooking is Messy the link [here](#)

Top Tips are my own!



Cooking with @ClaireTVI

Dorset Apple Cake

Ingredients

- 450 g cooking apples, such as Bramley, peeled, cored and thinly sliced
- Juice of ½ lemon
- 225 g butter, softened (or cooking margarine)
- 280 g olden caster sugar
- 4 large eggs
- 340 g self-raising flour
- 2 tsp vanilla extract
- 2 tbsp demerara sugar



Method

- Place the apples in a shallow bowl, pour over the lemon juice to stop them discolouring and set aside.
- Beat the butter and sugar using a wooden spoon or electric mixer until light and fluffy. Add the eggs one at a time, beating well after each addition, and adding a tablespoon of the flour with the final egg to help prevent curdling. Beat in the vanilla extract, then sift in the remaining flour and fold in until thoroughly combined.
- Spoon half of the mixture into the tin, spreading it evenly, then arrange half the apple slices over the top of the mixture. Repeat these layers, then sprinkle over the demerara sugar.
- Bake for about one hour or until golden brown and a skewer inserted into the centre comes out clean. If the cake starts to get too dark before it is cooked through, cover it with foil. Leave to cool completely in the tin before turning out. If you wish to serve the cake warm as a pudding, leave to cool in the tin for five to ten minutes, then turn out, cut into squares and serve with cream, custard or ice cream.

Top Tips!

Sharp-tasting cooking apples such as Bramleys work best in this regional favourite, which is simple to make and especially popular during the harvest season. **But, if you've got apples that need using up, use them instead. Better to use them than waste them and you'll save money at the same time!**

A slice of this is perfect for afternoon tea, picnics or as a comforting autumnal dessert, and it can also be baked in a tray for easy slicing into bars.

Remember, a savvy save is using cooking margarine. A **brand like "Stork" is better** value, a supermarket own brand is cheaper still. Butter seems to have almost doubled in price over the last year.

Recipe is from:
RedOnline the link [here](#)



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Easy Microwave "steamed" pudding

Ingredients

- 50g (2 oz) butter (or cooking margarine)
- 50g (2 oz) caster sugar
- 50g (2 oz) self raising flour
- 1 medium egg, beaten
- 2 tablespoons milk
- 2 tablespoons of jam or syrup



Method

In a medium bowl, cream together the butter and sugar until smooth.

Mix in the egg and milk gradually, so as not to curdle the butter.

Sift in the flour, and fold in gently.

Put 2 tablespoons of golden syrup, treacle or jam in bottom of microwave-safe bowl.

Pour in batter.

Cover, and cook for 3 1/2 minutes on full power, or until the pudding appears set when gently jiggled, and the top is sticky.

Serve hot.

Top Tips!

A steamed basin sponge hits the spot every time and uses up half-full jars of marmalade, syrup or jam or even fruit- serve hot with custard!

Recipe is from:

All Recipes the link [here](#)

Top Tips are my own!

Irish Soda Bread

Ingredients

375g strong stoneground wholemeal flour

75g plain flour, plus a little extra for dusting

1 level teaspoon bicarbonate of soda

1 level

dessertspoon

fine salt

1 x 284ml

carton

buttermilk

75ml water



Begin by placing the dry ingredients in a large roomy bowl, mix to combine, then add the buttermilk followed by the water. Start mixing; first with a spatula then finish off with your hands, to form a soft dough. All you do now is shape the dough into a ball, adding a dusting of flour if needed and place it on the baking sheet and pat it down a little.

Cut a third of the way through the loaf with a sharp serrated knife, one way, then do the same the other way, forming a cut cross which will form the loaf into four crusty sections. Then dust with flour and bake straightaway in the centre of the oven for 40 minutes then cool it on a wire rack.



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Cornbread

Ingredients

5 tablespoons unsalted butter, plus more for the pan

3/4 cup all-purpose flour

3/4 cup yellow cornmeal

1 1/2 teaspoons baking powder

1/2 teaspoon baking soda

1/2 teaspoon kosher salt

1 cup buttermilk (shake before measuring)

2 large eggs



Method

Preheat the oven to 425 degrees F and position a rack in the middle. Butter an 8-inch-square baking pan.

Melt the butter in the microwave in a microwave-safe dish in three 15-second intervals on high or in a small pan on the stove. Set it aside to cool.

In a bowl, whisk together the flour, cornmeal, baking powder, baking soda and salt.

In a large bowl, whisk together the buttermilk and the eggs. Add the melted butter. Add the flour-cornmeal mixture and stir just until combined. Pour the batter into the pan. Bake until the cornbread just begins to brown and a toothpick inserted in the centre comes out clean, 18 to 23 minutes. Cool for about 10 minutes before serving.

Top Tips:

There are loads of different recipes for cornbread, some have actual sweetcorn in them, some have chilli and cheese (seems to be a favourite mix), some have a sweet side which is a typical blend of sweet and savoury from the USA.

Great with a bowl of spicy chilli or soup.

Recipe is from:

Food Network (US Site) follow the link [here](#)

Top Tips are my own!



Cooking with @ClaireTVI

Cheese and Herb Scones

Makes about 8 depending on size

Ingredients

- 450g (1 lb) self raising flour
- 10g (1/2 oz) baking powder
- 1 teaspoon salt
- 10g (1/2 oz) mature Cheddar cheese
- 10g (1/2 oz) dried mixed herbs
- 1 teaspoon English mustard
- 50g (2 oz) butter (or cooking margarine)
- 110ml (4 fl oz) milk
- 110ml (4 fl oz) water



Method

- Preheat the oven to 230 C / 210 C Fan / Gas 8. Line a baking tray with parchment.
- Put the flour, baking powder, salt, dried herbs, mustard and cheese into a mixing bowl and mix until well combined. Add the butter and rub through with your fingers until the mixture resembles breadcrumbs.
- Make a well in the middle of the flour mixture and pour in a little at a time the water and milk and stir until the mixture forms a ball and until you have ran out of milk and water. (If the mixture looks dry add a tiny bit of water but not so that it looks wet.)
- Knead for about 2 minutes on a floured surface. Roll the dough out on a floured surface and cut into twelve 7.5cm (3 in) rounds and put on your baking tray. Try to cut the scones as close together as you can so you can fit more scones out of the mixture. Re-roll the dough and cut more scones until you have no dough left.
- Bake in the oven for about 17 minutes. Keep an eye on your scones to make sure that they do not burn

Top Tips:

Once you have the basic recipe for these, flour, butter etc you can add anything to them, if they are sweet add sugar not salt, leave them plain or add dried fruit and, glace cherries, chocolate chips whatever, best served warm, straight from the oven, so make small batches unless you have lots of people coming over.

The savoury ones...again, up to you, lots of cheese, or herbs, or even some chilli work well. Experiment and find your families favourite.

When rolling them out be gentle, the harder you are the flatter they will be, most people use a cutter, it can limit the rise, so use a sharp knife and have square ish ones if you want.

Recipe is from:

Good Food follow the link [here](#)

Top Tips are my own!



Cooking with @ClaireTVI

Gruyere, sage and onion Muffins

Ingredients

For the muffins: Makes about 12.

10 oz (275 g) plain flour

1 tablespoon baking powder

2 large eggs

8 fl oz (225 ml) milk

a little butter for greasing

1 teaspoon sea salt

For the flavouring:

2 oz (50 g) Gruyère, grated (Emmental is cheaper)

2 teaspoons chopped fresh sage, plus 12 small leaves for garnishing

2 oz (50 g) spring onions, finely sliced

2 teaspoons Parmesan (Parmigiano Reggiano), grated



Method

Prepare and set aside the ingredients for the Gruyère, sage and onion muffins. Now pre-heat the oven to gas mark 6, 400°F (200°C) while you make the basic muffin mixture.

sift the flour, baking powder and salt on to a large plate, then take a large mixing bowl and sift the mixture again, this time into the bowl, holding the sieve up high to give the flour a good airing. Now, in a jug, beat one egg, then whisk it together with the milk.

Next, fold all this into the flour, using the minimum number of folding movements. (Ignore the unpromising **look of the mixture at this stage and don't overmix.**)

Add the prepared ingredients for the flavouring to the muffin mixture in the other bowl and fold them in in a gentle way.

After that, if you are using muffin cases, arrange them in the tins and spoon the mixture into them; alternatively, spoon the mixture straight into the greased tins. You can pile the mixture quite high. Beat the second egg and brush the surfaces with it, then top Gruyère muffins with the Parmesan and a sage leaf.

Then bake them for about 20 minutes, or until well risen and golden. Remove the muffins from the tins to a rack and eat as warm as possible.

Top Tips:

As with scones, use the basic recipe and add you family favourites, some people like bacon, ham, sun dried tomatoes, chillis, poppy seeds, different kinds of cheese.

You decide what and how much.

Have fun experimenting and share your recipe with others.

Recipe is from:

Delia Online follow the link [here](#)

Top Tips are my own!



Cooking with @ClaireTVI

Goats Cheese Potato Bread

Ingredients

175g self-raising flour
1 level teaspoon salt
1 rounded teaspoon baking powder
a generous pinch cayenne pepper
1 heaped teaspoon chopped thyme leaves, plus a few sprigs
1 medium Desiree potato weighing approximately 175g
110g soft unriended goats' cheese, cut into 1cm chunks
4 spring onions, finely sliced
1 large egg
2 tablespoons milk
1 heaped teaspoon grain mustard



Method

Start by sifting the flour into a large roomy bowl, holding the sieve up high to give it a good airing then add the salt, baking powder, cayenne pepper and chopped thyme and mix with a palette knife.

Next thinly pare off the potato skin using a potato peeler and grate the potato straight into the flour, using the coarse side of the grater.

Then add the spring onions and two-thirds of the cheese and mix everything together thoroughly.

After that, beat the egg gently with the milk and mustard, then pour the mixture into the bowl. Just bring it all together to a loose, rough dough, still using the palette knife, then bring the dough together lightly with your hands.

Next transfer it onto the baking sheet and pat it gently into a rough round, keeping it quite high. Now lightly press the rest of the cheese over the surface, dust generously with flour and add a few sprigs of thyme here and there.

Bake the bread on a shelf near the centre of the oven for 45-50 minutes or until golden brown.
(the oven).

Then remove it to a cooling rack and serve it still slightly warm if possible (but I have to say it's still divine a day later, warmed through in

Top Tips:

This sounds delicious, you can add different ingredients, more or less chilli, as with most things add your favourites and experiment.

Recipe is from:
Delia Online follow the link [here](#)
Top Tips are my own!



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What would you add?

How would you change it?

Dorset Apple Cake...

Tottenham Cake...

Microwave "steamed" pudding...

Cornbread...

Cheese and herb scones...

Gruyere, sage and onion muffins...

Goats Cheese and Potato Bread...



Cooking with Claire @TVInfants

Making a list and checking it twice!

www.mysupermarket.co.uk

Shopping List: @sainsburys *this week...*

When planning the cooking session and shopping list I generally assume that you have some ingredients in the cupboard, like oil, salt, pepper, plain flour, stock cubes, eggs and some herbs and spices.

Remember search the world food isle for cheaper versions of the same branded items, Paprika, **something most people don't use** everyday, is 35p a packet in the European section of the world food isle, 80p a packet in the Asian Section and £1 a pot (own brand) in the Herbs and Spice section of **Sainsbury's**. **Which would you rather pay? It's all Paprika, made of the same pepper!**

Yellow stickers (reduced due to damage, about to go "out of date", if it looks ok, if you need it, buy it. Don't be put off by dates. They seem to be there

<i>Item/Recipe:</i>	<i>Cost for the recipe:</i>
<i>Tottenham Cake</i>	<i>£1.84</i>
<i>Dorset Apple Cake</i>	<i>£3.40</i>
<i>Microwave steamed pudding</i>	<i>56p</i>
<i>Cornbread</i>	<i>£2.13</i>
<i>Soda Bread</i>	<i>£1.14</i>
<i>Gruyere, sage and onion muffins</i>	<i>£1.84</i>
<i>Goats cheese and potato Bread</i>	<i>£2.81</i>
<i>Cheese and Herb Scones</i>	<i>88p</i>

Costs are approximate and based on prices at the time of shopping and represent the cost of the recipe, not the cost of buying all the ingredients which is generally less than £5 per recipe.