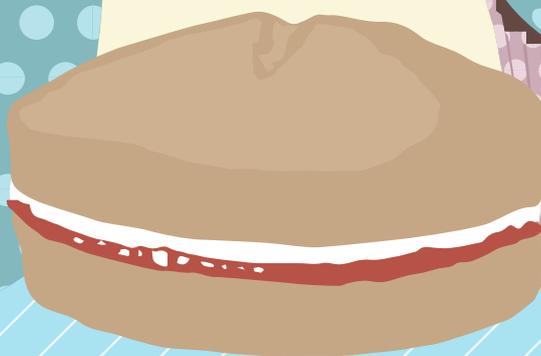




# Bake Off to Take Off

## RECIPES



# PECAN BALLS



## INGREDIENTS

3½oz (100g) shelled pecans

2oz (50g) caster sugar

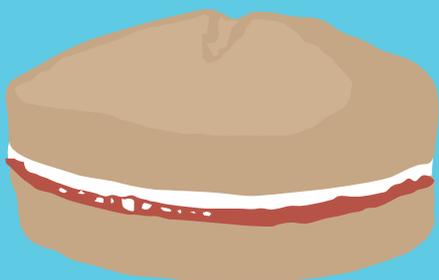
3½oz (100g) butter

½ tsp vanilla essence

3½oz (100g) plain flour

½ tsp salt

Icing sugar to coat



## METHOD

1. Preheat the oven to 375F/180C or 160C if a fan oven.
2. Grate or grind the pecans quite finely in a bowl.
3. Add the sugar, butter, vanilla essence, flour and salt.
4. Work the mixture thoroughly with your hands.
5. Pinch bits of dough and roll into balls about the size of a walnut or pecan.
6. Place on an ungreased baking tray and bake for 20 minutes.
7. Coat warm balls with icing sugar and leave until completely cool before serving.

# INGREDIENTS

8oz (225g) Rich Tea biscuits

3½oz (100g) hard margarine or butter

1 rounded dessertspoon soft brown sugar

3 rounded dessertspoon powdered drinking chocolate

1 tbsp golden syrup

2oz (50g) sultanas

3½oz (100g) plain cooking chocolate

Chocolate sprinkles



# METHOD

1. Break biscuits into small pieces.
2. Gently melt butter, sugar, syrup, drinking chocolate and sultanas in a saucepan. Mix well.
3. Once combined remove from heat.
4. Add biscuits and mix well.
5. Press into a 7 inch x 7 inch square (18cm x 18cm) or 8 inch round (22cm) greased tin.
6. Melt the chocolate in a bowl over hot water and pour the melted chocolate over the top of the mixture.
7. Cover with sprinkles and allow to cool.
8. Cut into squares, rectangles or triangles.
9. Leave to harden in the fridge.

# RICH TEA BISCUIT CAKE





# BORDER TART

## INGREDIENTS

- 8oz (225g) shortcrust pastry
- 2oz (50g) dark soft brown sugar
- 5oz (145g) mixed dried fruit
- 1oz (25g) glace cherries (chopped)
- 2oz (50g) butter
- 1 egg (beaten)
- 1oz (25g) walnuts (chopped)

## DECORATION

- 3oz (75g) icing sugar
- ½ tbsp water



## METHOD

1. Preheat the oven to 375F/180C or 160C if a fan oven.
2. Grease a 7 inch (18cm) flan tin.
3. Melt the butter and sugar in a pan. Remove from the heat and allow to cool.
4. Roll out the pastry on a floured surface and line the flan tin.
5. Blind bake the pastry for 10 minutes.
6. Add the beaten egg to the butter and sugar mixture, and mix well.
7. Add the mixed dried fruit, chopped nuts and cherries, and beat well.
8. Put the mixture in tin, level the top and bake for 20-25 minutes.
9. Allow to cool.
10. Mix the icing sugar and water and use to drizzle a lattice pattern over the tart.
11. Turn out when cold

# INGREDIENTS

3 eggs

4½oz (125g) caster sugar

3oz (100g) flour (sieved 3 times)

Slices of fresh or canned pineapple (drained). Reserve some for decoration

Apricot glaze

¼ pint whipped cream

# METHOD

1. Preheat the oven to 375F/180C or 160C if a fan oven.

2. Grease and line 8 inch (20cm) cake tin.

3. Whisk eggs lightly in a heatproof bowl and add sugar.

4. Add biscuits and mix well.

5. Put this bowl over a steaming saucepan of water, making sure the

base of the bowl doesn't touch the water.

6. Whisk until thick. You should be able to make a figure of 8 trail with the mixture.

7. Remove from heat and whisk until cool.

8. Fold in sifted flour and turn out at once into the prepared cake tin.

9. Gently drop the tin from a 2 inch (5cm) height to level out the mixture.

10. Bake in the oven for 30 minutes.

11. When the cake is cool, spilt in half. Put a layer of cream on the top of the bottom half of the sponge. Then add a layer of pineapple and then another layer of cream. Put the other sponge back on top.

12. Brush the outside of the cake with hot apricot glaze and decorate with pineapple.

13. Glaze again, covering the pineapple and then, if desired, add cherries.

# PINEAPPLE CAKE





# STICKY TOFFEE PUDDING

## INGREDIENTS

- 2oz (50g) margarine or butter
- 6oz (175g) granulated sugar
- 6oz (175g) chopped dates
- 8oz (225g) self-raising flour
- 1 tsp baking powder
- 1 heaped tsp bicarbonate of soda
- ½ tsp vanilla essence
- 1 egg
- ½ pint boiling water

## TOPPING

- 3oz (75g) butter
- 5oz (150g) Demerara sugar
- 6 tbsp cream

## METHOD

1. Preheat the oven to 375F/180C or 160C if a fan oven.
2. Grease and line a 13 inch x 9 inch (33cm x 22cm) baking tray.
3. Mix all the cake ingredients together in a food processor or mixer for a couple of minutes until combined.
4. Pour into tray, level and bake in oven for 25-30 minutes or until the centre is firm and springs back, and the edges begin to shrink away slightly from the side of the tin.
5. To make the topping, melt the ingredients in a heavy bottomed pan. Bring to the boil and let it bubble gently for 3 minutes, while stirring continually.
6. Pour over warm cake.
7. Serve hot or cold with custard, ice cream or clotted cream.



## INGREDIENTS

4oz (110g) flour

¼ tsp salt

1 egg

1floc milk (must be a stiff mixture so all milk may not be required)

2½oz (62g) mature cheddar cheese

1oz (25g) butter

¼ tsp mustard

3 dashes cayenne pepper

## METHOD

1. Preheat the oven to 425F/220C or 200C if a fan oven.
2. Sift dry ingredients together.
3. Rub the butter into the flour.
4. Add the cheese and then the beaten egg, mustard and milk. Mix well.
5. Spoon the mixture in an egg sized piece and put on a greased baking tray.
6. Bake for 8-12 minutes or until the scones are a golden colour.

# CHEESE SCONES





# SHORTBREAD

## INGREDIENTS

- 4oz (110g) plain flour
- 1 tsp baking powder
- 2oz (50g) cornflour
- 4oz (110g) butter
- 2oz (50g) caster sugar



## METHOD

1. Preheat oven to 325F/170C or 155C if a fan oven.
2. Cream the butter and sugar together.
3. Add the sifted flour, baking powder and cornflour one tablespoon at a time.
4. Mix well and when the mixture comes together, transfer to a 7 inch cake tin.
5. Prick well and bake for 15-20 minutes until light brown.
6. Remove from oven and allow to stand for a few minutes.
7. Cut into slices, allow to cool and then remove from tins.
8. Sprinkle generously with caster sugar.

# BOEING BISCUITS

Recipe by Katie Machell, the wife of MAF pilot Steve Machell, who is currently serving in Kenya.

## INGREDIENTS

120ml oil or 4oz (110g) soft butter

7½oz (210g) caster sugar

1 egg or 2 yolks

½ tsp vanilla essence

8oz (225g) plain flour

½ tsp salt

1 tsp baking powder



## METHOD

1. Preheat the oven to 375F/180C or 160C if a fan oven.
2. Mix all the oil, sugar, eggs and vanilla essence together.
3. Add the flour, salt and baking powder, and bring together to form a dough.  
(If dough is too crumbly, add a little milk until the right consistency is found. If it is too sticky, add flour.)
4. Roll out dough onto a floured surface to approximately 5mm (¼ inch) thickness.
5. Cut into shapes with an aeroplane cookie cutter.
6. Bake on a greased baking sheet for approximately 10-12 minutes or until golden brown.



We hope you enjoy making these recipes  
all of which have been supplied by MAF  
supporters and staff.

