

## Lockdown Baking! August 2020

For many people, lockdown has presented an opportunity to rediscover a forgotten love of baking. With this in mind, Heather and Carol are producing a monthly flyer with recipes for you to try – and we hope enjoy!

*Heather Jeary and Carol Makins*

Board of Trustees

With the abundance of summer vegetables now available, our theme for this month is

### Vegetables in Baking

#### Lemon & Courgette Traybake

Ingredients:

250g sugar  
250g plain flour  
235ml vegetable oil  
¼ teaspoon baking powder  
3 eggs  
2tsp bicarbonate soda  
2tsp lemon zest  
½ teaspoon salt  
60ml lemon juice  
100g chopped walnuts or pecans  
200g grated courgette  
1 tbsp icing sugar to sieve over for decoration

Method:

1. Heat oven 180°C / gas 4. Line and grease a traybake tin 24 x 30 cm approx
2. Large bowl – mix sugar and eggs, then add oil, lemon juice and zest, mix. Add grated courgette.
3. in a separate bowl mix flour, bicarbonate of soda, baking powder and salt. Mix into the courgette mixture and stir in the walnuts.
4. pour mixture into prepared tin and bake for about 35 – 40 minutes, until a skewer comes out clean. Cool
5. Sieve over the icing sugar once cold and cut cake into squares to serve

Variations: use ½ wholemeal flour, add 1tsp ginger



#### Spicy Parsnip Cake

Ingredients:

175ml vegetable oil  
180g plain flour  
1 level tsp baking powder  
1 level tsp ground mixed spice  
½ tsp bicarbonate of soda  
130g white sugar  
80g brown sugar  
2 large eggs  
175g parsnips peeled, grated but discard tough core  
Optional – add 1 level tsp ground ginger

Topping:

100g butter  
30g caster sugar  
200g low fat soft cheese  
25g crème fraiche or natural yogurt or cream  
50g stem ginger sliced for decoration

Method:

1. Heat oven 180°C / gas 4. Line and grease a traybake tin 18 x 25 cm approx
2. Small bowl – Mix flour, baking powder, spice, bicarbonate of soda
3. In a separate bowl mix sugars and eggs, and whisk until combined. Add the oil gradually, whisk between each addition then beat for 1 minute.
4. Stir in the grated parsnip then fold in the flour mixture, do not mix too much..
5. Pour mixture into prepared tin and bake for about 35 – 40 minutes, until a skewer comes out clean. Rest in the tin before cooling on a wire rack.
6. Beat the butter and sugar for the icing in a large bowl until light. Drain any liquid from soft cheese and crème fraiche then stir in until just mixed.
7. Spread over the top of the cake and scatter over the sliced stem ginger
8. Cut cake into squares to serve





## Beetroot & Raisin Cake

### Ingredients:

3 cooked beetroot, weighing approx. 250grms  
225g raisins  
Zest and juice of 1 orange  
250g butter, softened  
250g caster sugar  
4 eggs  
200g plain flour  
200g self-raising flour

### Method:

1. Heat oven 160°C/140°C Fan, Gas Mark 4. Line a 900g Loaf Tin
2. Coarsely grate the beetroot (wear gloves)
3. Then add the raisins and zest and juice of an orange and leave to stand for 30mins.
4. In a large bowl cream together the sugar and butter until light and fluffy and the texture is smooth.
5. Gradually beat in the eggs and then fold in the sifted flour and any juice, ensure mixed thoroughly.
6. Place the prepared mixture into the lined loaf tin.
7. Bake in oven for 1hr 30mins until well risen, evenly golden and springy.

## Chocolate Potato Cake

### Ingredients:

100g butter  
400g caster sugar  
3 eggs  
75g hot mashed potato  
1tsp vanilla essence  
200g plain flour  
2½ tsp baking powder  
40g cocoa powder  
75g cream cheese  
50g plain chocolate melted  
350g icing sugar, sifted  
1 tablespoon milk  
Grated chocolate, chocolate vermicelli (optional)

### Method:

1. Bake in moderate oven 180°C /140°C Fan, Gas 4. Grease and line bottom of 2 20cm/8" sandwich tins.
2. Cream the butter and sugar until light and pale in colour.
3. Beat in the eggs ,one at a time, then add the potato and vanilla essence.
4. Sift the flour, baking powder and cocoa and beat into the mixture.
5. Divide between the two sandwich tins and bake in a moderate oven for 35-40mins, until firm to the touch.
6. Cool in the tins for 5mins then turn out onto a wire tray.
7. Beat together the cream cheese and melted chocolate and gradually work in the icing sugar and milk.
8. Sandwich the cooled cakes together with some of the icing and swirl the remainder over the top and sides.
9. Roll the sides of the cake in chocolate vermicelli and decorate the top with grated chocolate and a dusting of icing sugar.

