

Lockdown Baking! April 2021

Eating for your Needs

We have looked at recipes this month to include special dietary requirements and have chosen a selection suitable for everybody to enjoy.

Love Carol and Heather.

Members would love to see what you've been baking. Please send a photograph into the WI News. Email details; magazine@norfolkwi.org.uk

Love Carol and Heather

Cheese & Leek Mushroom / Sweet Peppers V

Ingredients

4 (Portobello) mushrooms or sweet peppers
2 slices wholemeal bread
1 onion
2 leeks
25g butter
2 eggs
1 tsp mixed herbs
75g grated cheese + 25g for topping
Salt, pepper and a pinch of chilli powder



Method

1. Heat oven to 180oc/160oc /Gas 4
 2. Baking tray or ovenproof dish
 3. Wipe mushrooms and cut off stalk to use for filling
 4. Wipe peppers, cut off about 1cm of the top, keep it. Use a spoon to take out Seeds
 5. Finely chop onion, mushroom stalks and slice leeks. Place in a bowl with the butter then microwave for 5 minutes. Or sauté in the butter until soft, about 10 minutes
 6. Make the breadcrumbs
 7. Mix together the breadcrumbs, onion, leeks, herbs and seasoning
 8. Add 125g cheese and beaten eggs to the mixture
 9. Spoon onto the mushrooms and gently firm down, or fill the peppers
 10. Sprinkle over the additional cheese, replace the lid on the pepper if liked
 11. Bake for 20 minutes until browned
 12. Good served on a bed of tagliatelle or with a crusty roll
- I had no portobello mushrooms so used a large mushrooms but filled 2 peppers as well

Apple and Berry Cake V

Ingredients

2 apples
2 eggs
1 tsp vanilla essence
75g sugar
100ml rapeseed oil
150g wholemeal flour
1 rounded tsp baking powder
150g blackberries or blueberries
Options: mixed berries

Method

1. Heat oven 180oC / 160oC fan / Gas 4
2. Grease and line a 2lb loaf tin
3. Grate unpeeled apples into a bowl, discard the cores
4. Add the eggs, vanilla, sugar and oil, beat together
5. Mix in the flour and baking powder
6. Fold in the berries
7. Pour into the loaf tin
8. Bake in the oven for 25-35 minutes until firm and golden
9. To test – a cake skewer will come out clean

Recipe from Diabetes UK, suitable for vegetarians
Contains 2g fibre, 0.70g saturates, 17.7g carbs per slice



Vegetarian /Vegan Chilli

Serves 2

Ingredients

1 tablespoon olive oil,
½ onion finely chopped,
½ red chilli finely chopped,
1 garlic clove finely chopped,
1 small sweet potato, peeled and cut into chunks
½ teaspoon each cumin, paprika, cayenne
pepper, and cinnamon,
400g can mixed beans,
400g can chopped tomatoes, 1 lime, juice.

Method

1. Heat the oil in a large saucepan, add the onion, chilli and garlic and cook for 1-2 minutes
2. Tip the sweet potato, spices and some seasoning, then pour in the beans and chopped tomatoes
3. Fill one of the empty cans with water and add to the pan, bring to the boil, then turn down to simmer
4. Cook for 45-50 minutes or until the sweet potato is soft and the sauce has reduced- add a bit more water if the sauce looks a bit thick
5. Stir through the lime juice, season to taste
6. Serve chilli with boiled rice



Lemon Drizzle Cake – Gluten Free

Ingredients

175g butter softened
175g caster sugar
2 lemons, zested
3 medium eggs
75g ground almonds
100g gluten-free self-raising flour



For the drizzle

100g caster sugar,
1 lemon, zested, and 2 juiced (use the zested lemons, above)

For the icing

120g icing sugar,
1 lemon, zested and juiced.

Method

1. Heat oven to 180°C/160°C fan/ Gas 3
2. Lightly butter a 900g loaf tin and line with baking parchment
3. Beat the butter and sugar in a large mixing bowl until light and pale, add the lemon zest and beat until light and fluffy
4. Mix in the eggs one at a time until well combined, sift in the flour and fold in, then carefully fold in the ground almonds
5. Spoon into the prepared loaf tin and bake for 40-50 minutes until golden. If browning to quickly cover with tin foil
6. While the cake is baking, make the drizzle. Place the sugar, lemon zest and juice in a bowl and mix until well combined
7. Remove the cake from the oven- it is cooked when a skewer inserted in the middle comes out clean
8. Use the skewer to poke lots of holes all over the top of the cake, while it is still hot, then slowly pour over all the drizzle
9. Leave to cool briefly in the tin, then carefully lift onto a wire rack to completely cool
10. For the icing, mix the icing sugar and lemon juice on a bowl until smooth, slightly thick, yet still a pourable consistency. Once the cake has fully cooled, drizzle the icing over the top and sprinkle with lemon zest