

# Lockdown Baking! May 2021

## Foodie treats for May Bank Holidays

We are all being encouraged to spend more time out in the fresh air!. With that in mind we have selected fresh tasty recipes to enjoy alfresco

Love Carol and Heather.

Members would love to see what you've been baking. Please send a photograph into Norfolk WI News.

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Love Carol and Heather

### **Raspberry Ribbon Flan**

#### Ingredients

9 inch pastry case, cooked  
1 raspberry Jelly  
50g caster sugar  
340mls boiling water  
250g frozen raspberries  
1 tsp lemon juice  
75g cream cheese  
35g icing sugar  
1 tsp vanilla essence  
240mls double cream  
A little cream to decorate

#### Method

1. Dissolve the jelly in the water, add raspberries and lemon juice, leave to stand until raspberries are thawed, cover and chill the mixture
2. Stir occasionally until it moulds when dropped from a spoon
3. Beat the cream cheese to soften it, then whisk in the vanilla essence, icing sugar and pinch of salt until smooth
4. Whip the cream lightly, fold in the cream cheese mixture into the whipped cream carefully, using a coiled whisk or metal spoon
5. Spread half the cream mixture into the pastry case, then spoon over half the raspberry mixture, repeat with the rest of cream and jelly.
6. Chill for 1-2 hours
7. Decorate the top with cream and serve
8. You can use a biscuit base for flan instead of pastry case if you wish



### **Leek and Onion Tartlets**

#### Ingredients (for filling)

25g butter  
1 onion thinly sliced  
½ tsp dried thyme  
450g leeks thinly sliced  
3 eggs  
300mls single cream  
Pinch of grated nutmeg  
Salt & freshly ground pepper  
50g grated Gruyere cheese or Edam



#### **For the pastry**

On this occasion I have bought shortcrust pastry, it is good and saves time when you are busy

#### Method

1. Preheat oven to 190°C, Fan 170°C Gas 8
2. Lightly butter 6 x 4inch tartlet tins and line the tins with the cut-out pastry rounds, easing the pastry into the base and sides of the tins
3. Prick bases and chill for 30 minutes
4. Line the cases with foil and fill each one with baking beans. Place on a baking sheet and bake for 6-8 minutes until the edges are golden. Leave to cool on a rack
5. Reduce the oven to 180°C, Fan 160°C Gas 4
6. Melt the butter in a frying pan add the onion and thyme, cook for 3-5 minutes
7. Add the leeks and cook for 10-12 minutes until soft and tender
8. Divide the mixture between tarts, sprinkle cheese on top of each
9. In a bowl beat together eggs, cream, nutmeg and salt/pepper.
10. Place tartlets onto baking tray, slowly pour in the egg mixture.
11. Bake for 15-20 minutes until set and golden. Transfer to rack to cool
12. Transfer to rack to cool then remove from tins and serve warm with mixed salad

## Savoury Whirls

### Ingredients

500g strong bread flour  
25ml veg oil  
300ml warm water  
1 level tsp salt  
1 level tsp sugar  
7g sachet dried yeast  
½ jar pizza sauce topping or tomato puree  
(I used ½ Sainsburys tomato & basil 190g jar)  
100g grated cheese, cheddar or mozzarella  
Optional: 50g ham, 1 small onion, chopped  
Use a packet bread mix

### Method

1. Heat oven to 200°C, Fan 180°C, Gas 6
1. Grease or line a baking tray
2. Put flour, salt, sugar and yeast in a bowl and add the oil and water
3. Mix well, if very sticky add a little extra flour or water if it will not hold together
4. Knead on a floured surface until the dough is smooth and stretchy. This takes about 10 minutes of kneading (or use a stand mixer with a dough hook)
5. Place back in the bowl, cover with cling film or a wet cloth and leave in a warm place to rise until double in size
6. Knead gently on a floured surface and make into a log shape
7. Roll out into a rectangle about 30x20 cm. 8"x 12"
8. Spread thinly with the pizza sauce and sprinkle over the cheese, ham and onion
9. Roll up from the long side to form a long roll, then cut into 12 even slices
10. Place cut side down on the baking tray or roasting tin
11. Leave to rise again until double in size and quite spongy to touch
12. Bake for 18-20 minutes until well risen and browned
13. Break apart to serve. Delicious eaten warm



## Lemon Cream Sponge

### Ingredients

3 eggs  
75g caster sugar  
75g SR flour  
Zest of 1 lemon  
2 x 7" or 18cm sandwich  
cake tins, greased and base lined



### Method

1. Heat oven to 200°C, Fan 180°C, Gas 6
2. Whisk together the eggs and sugar until light and foamy. This should hold a trail of mixture on the surface without sinking. Easier with an electric whisk
3. Carefully fold in the sieved flour and zest using a tablespoon. Do not squash out the air.
4. Share the mix between the tins and smooth over gently
5. Bake for 15-18 minutes until brown and does not show finger mark
6. Turn out onto a cooling rack

### Filling

1. Whip 150ml double cream until thick
2. Mix cream with 2-3 tbs lemon curd
3. Spread half of this filling on the cake then sandwich the cakes together
4. Top with the remainder of the lemon cream

Optional: Scatter with grated chocolate or toasted flaked almonds

## Quick home-made lemon curd

75g caster sugar  
Zest and juice of 2 lemons  
50g butter chopped  
2 large eggs

### Method

1. Place the butter, zest and sugar in a bowl
2. Squeeze lemon juice into a jug, crack in both eggs and beat with a fork. Sieve this into the bowl of butter and sugar
3. Microwave for 1 minute, then bursts of 15-20 seconds, stirring well between each.
4. Do not overheat or it will go like scrambled egg.!. Short bursts in microwave will cook it evenly. It does suddenly thicken so take care  
OR
5. Place the bowl over a pan of boiling water and stir until thickened for 20-30 minute
6. Pour into 2x 200g jars and cover. It will thicken more when cool
7. Store in fridge- Shelf life 6 weeks, or freeze