

Lockdown Baking! October 2020

Although we may not relish the thought of dark nights approaching, we can at the moment still enjoy the warmth and colours of autumn and the traditional food of the season. Halloween is a fun time, children like to dress up for trick or treating, decorate their pumpkins and enjoy games including the traditional, apple bobbing!! We hope you will enjoy baking these seasonal recipes.

Heather Jeary and Carol Makins
Board of Trustees

Delicious Halloween

Iced Biscuits

Ingredients

125g butter
75g caster sugar
1 egg separated
200g plain flour
Grated rind of 1 lemon
150g icing sugar
food colouring



Method:

Oven 200°C/gas 6 Grease 2 Baking trays

1. Cream together the butter and sugar until light and fluffy
2. Beat in egg yolk with half of the white.
3. Add flour and lemon rind, mix well to make a firm dough, adding a little flour if needed.
4. Knead lightly on a floured surface then rollout to ¼ "/5mm thick Cut circles, 3"/8cm cutter
5. Place on baking tray and bake 8-10 minutes
For **un-iced biscuits**- brush with remaining egg white and sprinkle with extra sugar, return to oven for 3-4 minutes
6. Place cooked biscuits on cooling rack
7. Make glaze icing - add 3 tsp water, stir well add extra water till the icing coats the back of the spoon, it should not run off quickly.
8. Put 1 tsp of the icing aside and mix in colouring, put this into piping bag or small poly bag with one corner cut off – small trim
9. Carefully coat biscuits to 1cm from edge
10. Add coloured icing in a spiral around biscuit
11. Use a skewer to draw lines out from centre to create a web, make spider with choc button + icing mixed with 1 tsp cocoa for legs.

Focaccia

Ingredients:

350g strong flour
2 tsp fine salt
2 tsp/ 7g sachet easy
bake yeast
225ml hand hot water
4 tbsp olive oil + little extra
Few sprigs rosemary cover with 3 tbsl of oil
1 tsp salt flakes
Tin approx. 20x26x4cm or baking tray greased



Method:

1. Make the dough with flour, 1 tsp salt, yeast and the water mixed with 1tbls olive oil. Mix dough that leaves the sides of bowl clean.
 2. Cover the bowl with oiled cling film.
 3. Allow 1-1½ hours till doubled in size.
 4. Turn dough onto floured surface and briefly knead.
 5. Press the dough into tin, use fists to flatten until it is evenly spread out into the corners.
 6. Cover with the oiled ling film and allow to prove for 45 minutes until risen and puffed up.
 7. Poke finger to make indentations on top
 8. Drizzle the rosemary infused oil over top and push small sprig of rosemary into each indentation.
 9. Sprinkle with salt flakes
 10. Bake for 20 minutes until golden brown
 11. Cover loosely with foil to create steam and soft crust.
 12. Allow to cool.
- For edible art** – use peppers, herbs, tomatoes etc sliced thinly, brushed with oil and arranged on top

Pumpkin Pie

Ingredients:

175g shortcrust pastry
450g prepared cooked pumpkin
2 eggs, separated
5 tablespoons caster sugar
150mls milk
pinch salt
¼ teaspoon ground ginger
¼ teaspoon grated nutmeg

Method:

1. Roll out the dough and use to line an 18cm flan dish.
2. Sieve the cooked pumpkin to make 300mls of puree.
3. Mix the puree with the egg yolk and 3 tbs of the sugar, then beat in the milk and salt.
4. Turn into the pastry case and bake in the oven for 40 minutes or until the filling is set and golden brown
5. Whisk the egg whites until stiff. Fold in the remaining 2 tbs of sugar and spread over the top of the filling
6. Return to the oven, turn oven off and leave to brown the meringue lightly



Spiced Toffee Apple Traybake

Ingredients:

200g dates roughly
200mls milk
250g butter softened, plus extra for greasing,
280g self-raising flour
200g light soft brown sugar
½ teaspoon baking powder
4 large eggs
1tablespoon mixed spice
2 teaspoons vanilla essence
3 small red apples
squeeze of lemon juice
Handful of shop-bought toffees
little icing sugar, for dusting



Method:

1. Heat the oven to 180°C/180°C
2. Grease and line a 20x30cm baking tray with baking parchment.
3. Put the milk and dates in a small pan and bring to a simmer. Set aside to cool for 15 minutes
4. Whizz the date mixture to a smooth puree in a food processor or blender then scrape into a large mixing bowl.
5. Tip in the butter, flour, brown sugar, baking powder, eggs, mixed spice and vanilla, set aside while you prepare apples.
6. Quarter and core apples, then slice quite thinly, tossing in a little lemon juice .
7. Quickly beat together the cake ingredients until smooth and scrape the mixture into the baking tray.
8. Arrange the apple slices, overlapping in rows on top of the cake. You should be able to get three rows lengthways down the tray
9. Bake for 45-50 minutes, cool in the tray
10. Place the toffees with a good splash of milk in a small pan, gently melt, stirring until runny.
11. To finish, dust with a little icing sugar then drizzle sauce all over the cake
12. Cut into squares or slices to serve.