

The
Pituitary
FOUNDATION



Tea Party Recipes



Sweet Treats Recipes

Lemon Drizzle Cake

Ingredients

- 175g Butter, softened
- 270g Soft brown sugar
- Finely grated zest 2 unwaxed lemons
- 3 Large eggs
- 225g Self raising flour
- 1 Tablespoon syrup
- 100ml Lemon juice, freshly squeezed



Method

1. Preheat oven to 180°C /160°C Fan/Gas 4. Line a 2lb loaf tin with baking paper (or tinfoil).
2. Put the butter, 175g caster sugar and the lemon zest in a bowl and beat until light and fluffy – this is easiest with an electric hand mixer. Add in the eggs, one at a time, beating well after each addition and adding a tablespoon of flour with the last one to help prevent the mixture curdling.
3. Fold in the rest of the flour and turn into the tin. Bake for about 45 minutes until risen and golden and the centre springs back when lightly pressed.
4. As soon as the cake goes in the oven put the rest of the sugar in a bowl with the lemon juice. Leave in a warm place (next to the cooker is ideal) while the cake cooks, stirring occasionally.
5. When the cake is cooked, leave it in the tin and pierce all over with a skewer. Slowly drizzle on the lemon syrup so that it soaks into the hot cake and leave to cool in the tin.



Sweet Treats Recipes

Chocolate Brownies

Ingredients

- 8 oz Butter
- 2.5 oz Plain Flour
- 100g of 72% plain chocolate
- 8 oz Sugar
- 1 oz Baking Powder
- 3 Eggs and 1 Yolk
- 4 oz Cocoa Powder
- Pinch of Salt



Method

1. Cream butter and sugar until pale and fluffy.
2. Melt plain chocolate in bowl over pan of boiling water (or microwave).
3. Lightly mix eggs in separate bowl with fork.
4. Sift flour, cocoa and salt.
5. Add eggs into butter/sugar, whisking in bits at a time.
6. Fold melted chocolate into the above mixture with spoon.
7. Fold flour, cocoa and salt in gently.
8. Place in 23 cm baking tin lined with parchment.
9. Bake for 30 minutes. Fork should come out slightly sticky; if too wet, bake for 5 mins more.



Sweet Treats Recipes

Coffee Cake

Ingredients

- 6 oz Self raising Flour
- 6 oz Soft Margarine (Stork)
- 6 oz Granulated Sugar
- 3 Large Eggs
- 2 Heaped teaspoons of Coffee Granules mixed with $\frac{1}{4}$ cup of hot water



Method

1. Place all above ingredients in a mixing bowl and beat with electric mixer for a few minutes. Mixture should be smooth and creamy.
2. Spoon mix - divided into 2 x 8 inch sandwich tins.
3. Bake in centre of oven at 200°C for approx 20 minutes (until cooked).

Filling

1. Mix $\frac{1}{2}$ mug icing sugar with 2oz soft butter and one heaped teaspoon of coffee in a bit of hot water. Add more icing sugar if too wet.
2. Sandwich cooked sponges together with filling.
3. Top with coffee icing – $\frac{1}{2}$ mug of icing sugar and one heaped teaspoon coffee (melted in a bit of hot water).



Sweet Treats Recipes

Easy Pineapple Cake

Ingredients

- 1 medium sized tin of crushed pineapple in juice/syrup
- 4 oz Self raising Flour
- 4 oz Demerara Sugar
- 2 Eggs
- 4 oz Soft margarine or Butter



Method

1. In a bowl, blend the crushed pineapple into finer pieces (you can use pineapple rings, or chunks if you blend well).
2. In another large bowl place all the other ingredients, and add about half of the blended pineapple and juice. Mix well till smooth.
3. Spoon into round cake pan (8 inches size max) and bake until firm and golden on 200°C (about 20 minutes).

Icing

1. Place about 3 oz icing sugar in to a bowl. Add a couple of tablespoons of the blended pineapple (juice and bits) and add a little boiling water to make a soft icing. Add more icing sugar if too wet.
2. Once cake is cooked, remove from oven and pour over icing whilst warm.
3. Serve on its own, or with cream or ice cream.



Sweet Treats Recipes

Tiffin

Ingredients

- 4 oz Butter
- 2 oz Sugar
- 2 oz Cocoa Powder
- 2 Tablespoons of Syrup
- 1 Medium size pack of digestives
- Large Bar of Chocolate



Method

1. Melt butter, sugar, syrup and cocoa in a pan.
2. Crush digestive biscuits into fine crumbs in a bowl.
3. Add crushed biscuits to melted mixture, stir together.
4. Press mixture into shallow tin –make sure mixture is at least 2 inches thick.
5. Melt bar of chocolate and pour over biscuit mixture then chill in the fridge.

*Add raisins and/or nuts to your taste to the biscuit mixture, and you can use Hobnob biscuits instead of digestives.



Sweet Treats Recipes

Portuguese Custard Tarts

Ingredients

- 3 Egg Yolks
- 125g Caster Sugar
- 2 tbsp. Corn Flour
- 225ml Double Cream
- 175ml Milk
- 1 tsp Vanilla Extract

Pastry Ingredients

- 100g Butter
- 2 tbsp. Caster Sugar
- ½ tsp Ground Cinnamon
- 1 tsp Freshly Grated Nutmeg
- 1 Packet Filo Pastry (about 12 sheets)



Method

1. Preheat the oven to 180°C. Butter a bun tin, or two if you plan on making smaller tarts.
Place egg yolks, caster sugar and corn flour in a non-stick pan and mix. This will resemble custard powder when mixed. Add the cream, milk and vanilla extract, whisking until smooth.
2. Put the pan on a medium heat and cook gently, stirring constantly until the custard thickens.
(The custard will thicken quickly so if in doubt remove from the stove and continue stirring, if the custard is not thickening return the pan to the heat and continue stirring). It doesn't matter for the tarts if the custard sets (like in a trifle) as when it is in the tarts it is supposed to set.
3. Cover the surface of the custard and leave to cool.
4. In another pan melt the butter and then add the sugar and the spices and stir well. Place one sheet of filo pastry on a clean surface and gently brush with the butter mixture. Add another sheet and brush. Add a third sheet and brush. Add a final sheet, but do NOT brush this piece.
5. Next cut the sheet up, either into quarters, for normal sized individual tarts or into smaller pieces although the smallest I would recommend would be into 9, for canapé sized tarts.
6. Press each piece of pastry into the bun tin and spoon some of the custard mix into the centre.
7. Bake for 20 – 25 minutes until crisp and golden.



Sweet Treats Recipes

Freddie's Lime Flan

*These quantities make a
2 x 18 cm / 7 inch flans*

Ingredients

- 6 Limes
- 300ml Double Cream
- 400ml Condensed Milk
- 18-20 Digestive Biscuits
- 100g Butter

(Apart from the limes, these quantities are not crucial)



Method

1. Crush the biscuits and mix with melted butter and press into both flan tins to form the bases.
2. Juice the limes (including the flesh in the juicer, if desired) and take the zest of two.
3. Mix with the condensed milk, then mix in the cream.
4. Pour the mixture into both flan tins and pop in the fridge for a few hours.
5. Can be decorated with fresh fruit of your choice (sliced strawberries are a good choice).



Sweet Treats Recipes

Chocolate Torte

Ingredients

- 225g Dark Chocolate broken into pieces
- 160g Dried sour Cherries
- 50g Raisins
- 3 Tablespoons Rum
- 50g Butter
- 150ml Double Cream lightly whipped
- 225g Sweet Oat Biscuits roughly chopped (Hob Nobs)



Method

1. Begin this the day before by soaking the dried cherries and raisins in the rum overnight.
2. When you are ready to make the torte, place the broken up chocolate and butter in a large heatproof bowl and then place the bowl over a saucepan of barely simmering water, making sure the bowl does not touch the water.
3. Keeping the heat at its lowest, allow the chocolate to melt, this should take about 6 minutes.
Now remove the bowl from the pan, give the chocolate a good stir and let it cool for 2-3 minutes.
4. Next fold in the whipped cream followed by the soaked fruits in rum and chopped biscuits and give it all a good mix.
5. Finally, spoon it into a loose-based cake tin with a diameter of 20cm, 4cm deep, lightly greased with a flavourless oil. Cover the tin with cling film and chill in the fridge for a minimum of four hours.
6. To serve, dust the surface with a little cocoa powder or icing sugar and serve with crème fraîche, whipped cream or pouring cream.



Sweet Treats Recipes

Blackcurrant Jelly

Ingredients

- 2kg Blackcurrants
- 2 Litres of Water
- Sugar (including Pectin)



Method

1. Mash the blackcurrants with one litre of water in a large saucepan and simmer, until as much juice as possible comes out of the fruit. This should be 30 - 45 minutes, but depends on the fruit.
2. Strain the juice into a new pan.
3. Put the mashed fruit from the sieve back into the original saucepan.
4. Add another litre of water to the fruit and simmer for 30 minutes.
5. Strain the fruit and liquid into the second pan with the other juice.
6. Measure the juice and then warm through.
7. Add 800g of sugar per litre of juice and stir until dissolved.
8. Boil this steadily without stirring until it reaches setting point. Skim if necessary.
9. Pour into sterilised jars, cover with waxed disks, seal and leave to cool.



Sweet Treats Recipes

Lemon Curd

Ingredients

- 115g Unsalted Butter
- 3 Eggs
- 2 Lemons
- 2 Limes
- 225g Caster Sugar



Method

1. Put butter in a mixing bowl over a pan of simmering water.
2. Lightly beat the eggs and add to the bowl.
3. Finely grate the rinds of the fruit and then juice all of the fruit.
4. Add the juice to the eggs and butter, then add the sugar.
5. Stir constantly until the mixture thickens.
6. Pour into warm sterilized jars. Will keep for a month or longer.