

The
Pituitary
FOUNDATION

Recipe Book



**A selection of mouth-watering
bakes from our members**

Contents

	Page
Nutella Cupcakes	3
Lemon Drizzle Cake	4
Chocolate Brownies	5
Coffee Cake	6
Easy Pineapple Cake	7
Tiffin	8
Fairy Cakes	9
Portuguese Custard Tarts	10
Freddie's Lime Flan	12
Chocolate Torte	13
Jam Crumble Cake	14
Banana Cake	15
Scones	16
Light Fruit Cake	17
Rich Fruit Cake	18
Scottish Shortbread	20

Nutella Cupcakes

Ingredients

- 8oz self-raising flour
- 2oz cocoa powder
- 8oz caster sugar
- 8oz butter or margarine – softened
- 120ml milk
- 4 medium eggs
- 4oz Nutella

For the topping

- 9oz icing sugar
- 3oz unsalted, softened butter
- 3oz Nutella
- 25ml whole milk
- Maltesers

Method

Preheat the oven to 170°C/325°F/gas mark 3. Put the flour, cocoa powder, caster sugar, and butter in a mixer with a paddle beater and beat on slow speed until the ingredients are combined. Pour the milk into the mixture, beating well until all the ingredients are well mixed. Add the eggs and beat well. Spoon the mixture into paper cases to two thirds full and bake for 20 minutes or until the sponge bounces back when touched. Leave to cool then turn out onto a wire rack. When the cakes have cooled, cut a teaspoon sized hole in each cupcake and fill with a spoonful of Nutella. Replace the cake on top.

To decorate:

Make the Nutella icing by beating the icing sugar and unsalted butter together using an electric whisk. Once well mixed, turn the mixer down to a slower speed and slowly pour in the milk. When the milk is mixed in, beat on a high speed for at least 5 minutes until the icing is light and fluffy. Stir in the Nutella by hand until evenly mixed. Pipe the frosting on top of each cake and decorate with a Malteser.

Lemon Drizzle Cake



Ingredients

- 175g butter, softened
- 270g soft brown sugar
- Finely grated zest of two un-waxed lemons
- 3 large eggs
- 225g self raising flour
- 1 tablespoon syrup
- 100ml lemon juice, freshly squeezed

Method

1. Preheat oven to 180C/160C Fan/Gas 4. Line a 2lb loaf tin with baking paper (or tinfoil). Put the butter, 175g caster sugar and the lemon zest in a bowl and beat with an electric hand mixer until light and fluffy
2. 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. Put the rest of the sugar in a bowl with the lemon juice. Leave in a warm place 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.

Chocolate Brownies



Ingredients

- 8oz butter
- 2.oz plain flour
- 100g block of at least 72% plain chocolate
- 8oz sugar
- 1oz of baking powder
- 3 eggs + 1 yolk
- 4oz 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 23cm (9") baking tin lined with parchment.
9. Bake for 30 minutes. Fork should come out slightly sticky; if too wet, bake for 5 minutes more.

Coffee Cake

Ingredients

- 6oz self raising flour
- 6oz soft margarine (Stork)
- 6oz sugar (granulated is fine)
- 3 large eggs
- 2 heaped teaspoons coffee granules mixed in $\frac{1}{4}$ 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 the mixture between two 8 inch sandwich tins.
3. Bake in centre of oven at 200 deg for approx 20 mins (until cooked)

Filling

4. Mix $\frac{1}{2}$ mug icing sugar with 2oz soft butter and 1 heaped teaspoon coffee in a bit of hot water. Add more icing sugar if too wet. Sandwich the cooked sponges together with filling.
5. Top with coffee icing – $\frac{1}{2}$ mug of icing sugar + 1 heaped teaspoon coffee (melted in a bit of hot water). Arrange chopped walnuts on top if required.

For a plain Victoria sponge – omit coffee essence. Add plain boiled water to mixture (1 to 2 tablespoons) for smooth consistency. Sandwich with jam or lemon curd (and cream).

Easy Pineapple Cake

Ingredients

- 1 x med sized tin of crushed pineapple in juice/syrup
- 4oz Self Raising Flour
- 4oz Demerara sugar
- 2 eggs
- 4oz 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 a round cake pan (8" size max) and bake until firm and golden on 200 deg (for about 20 - 30 minutes until golden and firm).

Icing

4. Place 3 oz icing sugar in to a bowl. Add a couple tablespoons of the blended pineapple (juice & bits) and add a little boiling water to make a soft icing. Add more icing sugar if too wet.
5. Once cake is cooked, remove from oven and pour over icing whilst warm.

Serve warm or cool, with cream or ice cream.

Tiffin

Ingredients

- 4oz butter
- 2oz sugar
- 2oz cocoa powder
- 2 tablespoons syrup
- 1 x medium size pack digestive biscuits
- 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” thick.
5. Melt bar of chocolate and pour over biscuit mixture.
6. Chill in fridge.

If liked, add raisins and/or nuts to biscuit mixture. You can use Hobnob biscuits instead of digestives.

Fairy Cakes

Ingredients

- 6 oz self raising flour
- 6 oz sugar
- 6 oz butter (or margarine)
- 3 large eggs
- Icing sugar
- Paper cases
- 2 bun trays



Method

1. Beat all above ingredients with an electric mixer (or by hand) in a large mixing bowl, until pale and creamy.
2. Place a tablespoon of mixture in to each paper case, (laid in the bun tin).
3. Bake for 15 minutes approx, until risen and cooked. Electric – 200 deg C/ gas mark 4/5
4. Decorate with icing sugar (mix with hot water a drop at a time, until spreadable)
5. Sprinkle hundreds & thousands on top or chocolate buttons.

For butter cream icing – add 2oz softened butter to 6 oz icing sugar and beat until creamy; add few drops of milk if too thick.

Portuguese Custard Tarts

Ingredients

- 3 egg yolks
- 125g caster sugar
- 2 tbsp corn flour
- 225ml double cream
- 175ml Milk
- 1 tsp Vanilla Extract
- Pastry
- 100g Butter
- 2 tbsp Caster sugar
- ½ tsp Ground cinnamon
- 1 tsp Freshly grated nutmeg
- 1 Packet filo pastry (normally 12 sheets)



Method

Preheat the oven to 180°C

1. Butter a bun tin (or two if you plan on making smaller tarts)
2. Place egg yolks, caster sugar and corn flour in a non-stick pan and mix. This will resemble custard powder when mixed.
3. Add the cream, milk and vanilla extract, whisking until smooth.
4. 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.
5. Cover the surface of the custard and leave to cool.
6. In another pan melt the butter and then add the sugar and the spices and stir well.
7. Place one sheet of filo pastry on a clean surface and gently brush with the butter mixture.
8. Add another sheet and brush. Add a third sheet and brush.

9. Add a final sheet, but do NOT brush this piece.
10. 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.
11. Press each piece of pastry into a the bun tin and spoon some of the custard mix into the centre
12. Bake for 20 – 25 minutes until crisp and golden.

Freddie's Lime Flan



Ingredients

- 6 limes
- 300ml double cream
- 400ml condensed milk
- 18 to 20 digestive biscuits
- 100g butter

Apart from the limes, these quantities are not crucial.
These quantities make 2 x 18 cm (7 inch) flans.

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 zest of 2 limes.
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).

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 (e.g. 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. 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.
3. Next fold in the whipped cream followed by the soaked fruits in rum and chopped biscuits and give it all a good mix.
4. 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 4 hours.
5. To serve, dust the surface with a little cocoa powder or icing sugar and serve with crème fraiche, whipped cream or pouring cream.

Jam Crumble Cake



Ingredients

- 10oz SR flour
- 6oz margarine
- 6oz sugar (mix brown & white)
- Pinch of salt
- Tablespoon of cinnamon
- Medium sized baking tin

Method

1. Rub margarine into the flour; stir in the cinnamon and sugar.
2. Place $\frac{1}{2}$ of this crumble mixture in a separate bowl, then mix one egg & a drop of milk and add to crumble to form dough.
3. Press the dough into baking tin/dish with back of a spoon; spread jam over and top with 'loose' crumble.
4. Sprinkle with brown sugar over top.
5. Bake for 45 minutes until firm and golden.

Banana Cake

Ingredients

- 7oz unsalted butter
- 6oz caster sugar
- 9oz plain flour
- 4 medium eggs
- Finely grated zest of an orange and 15ml juice
- 7 oz well-mashed banana
- 3 tsp baking powder



Method

1. Line the base and sides of a large loaf tin with nonstick paper.
2. Melt the butter; pour it into a mixing bowl with the sugar, then beat in 4oz of the flour until smooth. Add the eggs one by one, beating each one in well before adding the next, then mix in the citrus zest, juice and banana.
3. Sift in the remaining flour and baking powder, and stir until smooth.
4. Spoon the mixture into the tin and bake at 160C for a little over an hour. When a skewer pulls out with only a few crumbs sticking to it, it's done.
5. You can ice the finished cake, if you prefer, perhaps with a simple, glossy water icing flavoured with a little freshly squeezed juice.

Scones

Ingredients

- 16oz Self Raising flour
- 6oz butter or margarine
- 4oz sugar
- 2 eggs mixed in a jug with 1/3 pint milk
- Pinch of salt
- Currants or sultanas



Method

1. Rub in the butter to the flour in a large bowl.
2. Stir in the sugar and currants.
3. Make a dough with drops of milk/egg mix – don't handle too much.
4. Roll out onto floured board; cut out rounds of at least 1 inch thick.
5. Bake in top of hot oven for 20 minutes.

Light Fruit Cake

Ingredients

- 7oz SR flour
- 2 large eggs
- 5 oz butter
- 4.5oz soft brown sugar
- 2 tablespoons syrup
- 1 tablespoon orange marmalade
- 2oz currants

Method

1. Cream butter & sugar.
2. Beat in eggs, syrup and marmalade.
3. Fold in flour and currants.
4. Bake for 1 hour.



Rich Fruit Cake

(traditional Christmas Cake)



Ingredients

- 12oz (340g) self-raising flour
- 10oz (284g) sultanas
- 10oz (284g) raisins
- 4oz (113g) mixed fruit
- 4oz (113g) glace cherries (halved)
- 4oz (113g) mixed peel
- 8oz (227g) butter
- 8oz (227g) caster sugar
- 4 eggs
- 1 teaspoon mixed spice
- 8 tablespoons milk
- 4 tablespoons brandy

Method

1. Wash the fruit, then dry. Cut the cherries into halves. Mix all the fruit in a bowl and add the brandy. Stir well. Leave to stand overnight, covering the bowl with a damp tea towel.
2. Mix the flour and spice in a bowl.
3. Using a mixer, beat the butter and sugar to a cream in a warm bowl (make sure the butter is soft otherwise it will stick to the beater. Leave the butter somewhere warm for a while before you start).
4. Beat the milk and eggs together in another bowl.
5. With the mixer running, first add a small amount of the flour mixture into the butter and sugar. When it is mixed in, add a small amount of the milk/egg mixture. Repeat these steps until all the mixtures have been added.
6. Once the two mixtures have been added, add the fruit and mix thoroughly. The mixture should be 'gooey' – it should form peaks similar to a meringue – if it seems too dry, a little milk can be added and re-mixed (but take care not to make it too wet or runny).

7. Empty into an 8" (20cm) non-stick round cake tin with a loose base – gently press the mixture down to avoid air pockets.
8. Cut a strip of brown wrapping paper slightly wider than the height of the cake tin. Wrap the paper around the outside of the tin and secure with a piece of string (this helps to avoid burning the top of the cake).
9. Bake at gas mark 4 (180°C), shelf 4 for 30 minutes, then at gas mark 1 (140°C), shelf 4 for two hours (plus).
10. Check with a skewer inserted into the middle of the cake – when the skewer comes out clean, the cake is done.
11. Gently place on a cooling rack and cover with a dry tea towel.
12. When completely cold, remove the cake from the tin and wrap it in kitchen foil and store in an airtight tin.

Scottish Shortbread

Ingredients

- 225g butter
- 110g caster sugar , plus extra for sprinkling
- 225g plain flour, plus extra for dusting
- 100g corn flour
- Pinch of salt

Method

1. Preheat the oven to 325°F/170°C/Gas Mark 3.
2. In a large bowl, cream together the butter, salt and sugar until light, fluffy and pale in colour. This can take at least 10 minutes. Alternatively use a food mixer.
3. Sieve the flour and corn flour into the bowl of butter and sugar. Mix quickly and thoroughly to bring all the ingredients together but do not over mix.
4. Tip the mixture onto a lightly floured work surface and bring together, kneading lightly and quickly to form a loose dough. then either:
5. Roll out the dough between 2 sheets of parchment paper to ¼"/1 cm thick. Prick the surface all over with a fork. Cut into desired shape or rounds using cookie cutters. Place the Scottish shortbreads on a lightly greased baking sheet and bake for 25 minutes or until pale brown and crisp. Sprinkle the warm shortbread with fine sugar and leave to cool on a wire cooling rack.
6. Or, grease a Swiss roll tin 9" x 13"/23 x 33cm with butter. Press the dough into the tin and press with your fingers to level the surface, prick all over with a fork. Bake in the preheated oven for 45 minutes or until golden brown. With the shortbread still in the tin, cut into squares or fingers, leave to cool for 15 minutes then carefully remove to a wire cooling rack.
7. Store in an airtight tin or box.

**Happy
Baking!**