

Fairtrade Recipes



Produced By Angus Fairtrade Zone Steering Group



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What is Fairtrade?

Fairtrade is about better prices, decent working conditions, local sustainability, and fair terms of trade for farmers and workers in the developing world. It enables them to improve their position and have more control over their lives.

By requiring companies to pay sustainable prices (which must never fall lower than the market price), Fairtrade addresses the injustices of conventional trade, which traditionally discriminates against the poorest, weakest producers.

Fairtrade in Angus

More than a decade Angus has been furthering the Fairtrade cause. Angus Council agreed to support Fairtrade in 2003, encouraging the support for Fairtrade principles through the wider community and local businesses. Montrose became the first Fairtrade town in 2008 and Montrose Academy the first Fairtrade secondary school in the Angus area. This success has encouraged other burghs and countless schools to work towards achieving Fairtrade status. Today the City of Brechin and the towns of Arbroath, Carnoustie, Forfar and Kirriemuir also have Fairtrade status. Places of worship also play an important part and in some towns this is where the coordinated effort arises. A vast range of exciting events have taken place and communities in Angus have been able to hear first hand from producers from countries such as Palestine and Malawi of the positive affect buying Fairtrade in Scotland can make to communities around the world.

Angus now strives to encourage private enterprise and the wider community to follow the lead that community groups and the education sector have provided aiding us in maintaining our "Fairtrade Zone Status".

Angus Fairtrade Zone Bake Off

Since 2013 all of the Angus burghs under the banner of the Angus Fairtrade Zone have met annually for the "Angus Fairtrade Zone Bake Off". This collaborative event has seen members of Forums across Angus meet in friendly competition, sharing fantastic baking recipes which highlight Fairtrade products and a wealth of local produce found in Angus. This booklet includes some of the delicious entries to the town heats and the zone finals so you can enjoy making the treats yourself!

For more information on Fairtrade in Angus visit www.angus.gov.uk

Black Forest Cake

Ingredients: (for one cake)

125g butter, softened

125g caster sugar **F**

125g self-raising flour, sifted

2 eggs, lightly beaten **L**

1 tbsp cocoa powder, sifted **F**

2 tbsp milk

Kirsch Syrup:

50ml cold water

50g granulated sugar **F**

50ml kirsch

Cream:

2 x 600ml cartons of double cream

vanilla extract

Cherry filling:

1 x large jar Morello cherries in syrup

2 x sachets arrowroot

Decoration:

100g of good quality eating chocolate,
grated into a bowl.

8 Fresh cherries for decoration

Method:

180°C / 350°F / Gas Mark 4

Line three 9 inch round springform cake tins or bake the cakes separately if you only have one tin.

Preheat the oven.

Using an electric whisk, food processor or wooden spoon, beat the butter and sugar together until very light and fluffy.

Add the egg a little at a time, beating well before adding more.

Sift the flour and cocoa powder together and fold into the mixture.

Add the milk to thin the mixture just a little.

Pour into prepared tin and bake in the oven for 25-30 minutes.

Check to see if the cake is ready by inserting a cocktail stick into the centre of the cake. If it comes out dry then the cake is cooked. If not, bake for another few minutes before checking again. When ready, remove from the oven, leave to cool a few minutes before removing from the tin and leaving to dry on a wire rack. When baking do not open the oven door until at least three quarters of the baking time has elapsed otherwise your sponge could sink.

Put the water and sugar into a small pan. Heat whilst stirring to dissolve the sugar. When the sugar is dissolved remove from the heat and stir in the kirsch. Leave to cool.

Empty one carton of cream into a bowl and add a few drops of vanilla extract. Whip the cream to a soft stage. This will be layered on top of the cherry mixture and spread out.

Empty the second carton into another bowl and add a few drops of vanilla extract. Whip the cream to a slightly stiffer stage. This cream will have to hold its shape when piped. When whipped put the cream into a piping bag with a star nozzle.

Empty the jar of cherries and syrup into a pan.

Empty the sachets of arrowroot into a small dish or cup and add a couple of teaspoons of the cherry syrup to dissolve the arrowroot. The liquid will have an opaque appearance.

Now begin to heat up the cherries and syrup in the pan and stir in the arrowroot mixture. Continue to heat the mixture stirring it. This mixture will start out opaque when you add the arrowroot but as it warms up it will eventually go clear. At this point it will also have thickened. Remove from the heat and leave to cool.



(Arrowroot is a thickening agent similar to cornflour - although it is cloudy when you add it to the syrup it will give you a clear finish unlike cornflour).

Assembly:

The order in which you make the components is entirely up to you. The cherry filling and kirsch syrup can even be made the day before if necessary.

Place one of the sponge layers on a serving plate. Brush the top of the sponge with the kirsch syrup. Using the cream in the piping bag, pipe a border around the edge of the sponge - keep them close together. Spoon some of the cherry mixture on the sponge inside the cream border. You may get a little leakage but the syrup should be thick enough that it does not completely escape the cream. Spread some of the soft whipped cream onto the cherry syrup mixture up to the piped border, to encase the cherry mixture.

Place a second layer of sponge onto the first and repeat as above.

Place the final layer of sponge onto top and repeat as above. When adding the soft whipped cream onto the cherry mixture try to ensure this is nice and even. Sprinkle the grated chocolate onto the soft cream but stay inside the border.

Finally pipe eight larger star shapes evenly around the border or just inside on the grated chocolate and top each one with a fresh cherry.



Carrot and Pineapple Cake

Ingredients:

1 teacup grated carrot **L**
 1 teacup plain flour, sieved
 ¾ tsp bicarbonate of soda
 ½ tsp cinnamon **F**
 2 medium eggs **L**
 7 ½ oz can crushed pineapple
 1 tsp baking powder
 ½ tsp salt

¾ teacup caster sugar **F**
 5 tbsp cooking oil

Topping:

1 ½ tbsp margarine or butter
 ¼ tsp vanilla essence
 1 ½ tbsp soft cheese
 4 oz icing sugar **F**

Method:

Mix all the dry ingredients together. Add the beaten eggs and mix well.

Stir in carrot and well-drained pineapple and empty into a cake tin.

Bake for 35-40 minutes at 180°C/ 350°F/ Gas Mark 4.

Beat topping ingredients together and spread on top of cake when cool.



Fairtrade Chocolate Brownies

Ingredients:

5 oz butter
 4 oz plain chocolate **F**
 4 oz golden castor sugar **F**
 5 oz self raising flour
 ½ level tsp salt

4 eggs, beaten **L**
 1 tsp vanilla essence
 4 oz roughly chopped nuts **F**
 (walnuts are best, but any sort will do)

Method:

Set oven at 170°C/ 350°F/ Gas Mark 4.

Butter and flour a swiss roll tin, or line with greaseproof paper.

Gently melt the butter and chocolate then stir in sugar.

Sift the flour & salt then add the chocolate mixture, eggs, vanilla and chopped nuts.

Beat until smooth and pour into prepared tin.

Bake in the centre of the oven until the mixture is risen and is leaving the sides of the tin - about 25 minutes.

Leave in the tin to cool and cut into squares or fingers.

Sprinkle with sifted icing sugar to serve.

Store in well sealed tin.



Chocolate Courgette Cake

Ingredients:

1 medium courgette about 200g peeled
150g unsalted butter
150g light soft brown sugar **F**
1 tsp vanilla extract
2 tbs cocoa powder **F**
2 x free range eggs **L**
250g self raising flour
1 tsp baking powder
2 tbs semi skimmed milk

Butter cream filling:
2 tbs cocoa powder **F**
100g softened butter
100g icing sugar **F**

Icing:
150g icing sugar **F**
1 tbs cocoa powder **F**
2 tbs milk

Dark chocolate - shavings **F**

Method:

Pre heat oven to 180°C / 350°F / Gas Mark 4. Finely grate the courgette.

In a separate bowl, beat together the butter, sugar, vanilla and cocoa until light and fluffy. Gradually add the eggs with a little of the flour, beating well each time.

Add the baking powder to the rest of the flour, then add to the butter mix along with the courgette and milk. Mix everything together then divide mixture between two greased or lined 7" sandwich tins.

Bake for 20 to 25 minutes or until cooked through then cool on a wire rack.

To make the buttercream filling, soften the butter and then add the icing sugar and cocoa and beat until smooth. If you find the buttercream heavy add a tablespoon of milk and beat this in. Sandwich between the sponges.

To make the icing, mix the icing sugar, cocoa and milk to a smooth paste and pour/spoon over top of cake when cool. Decorate with chocolate shavings.



Chocolate Crunchies **a no bake treat!**

Ingredients:

8 oz digestive biscuits **F**
4 oz butter
3 tbsp golden syrup
2 tbsp drinking chocolate powder **F**
4 oz raisins **F**

8 ozs of milk chocolate, or a mixture of
milk and dark chocolate **F**

Method:

Butter a 7" sandwich tin. With a rolling pin, break up the digestive biscuits into uneven crumbs.

Melt the butter and syrup in a pan and pour in the raisins and drinking chocolate. Thoroughly mix in the biscuit crumbs, spoon the mixture into the tin and press down firmly.

Melt the chocolate in a bowl over a pan of simmering water. Spread over the biscuit base and chill for about half an hour.

Cut up into suitably sized pieces. This will keep for up to a week if wrapped in foil.





Egg Free Chocolate Chip Banana Cake

Ingredients:

- 3 very ripe bananas **F**
- 110g (4 oz) sugar **F**
- 50g (2 oz) melted margarine or butter
- 170g (6 oz) self raising flour
- 1 tsp baking powder
- 110g (4 oz) plain chocolate chips **F**

- Icing:**
- 110g (4 oz) icing sugar **F**
 - 40g (1 ½ oz) buttery spread
 - 1 tbsp cocoa powder **F**

Method:
Preheat the oven to 180°C / Gas Mark 4.

Mash the sugar and bananas together in a large bowl.

Add the melted margarine and stir in. Add the flour and baking powder and mix well. Stir in the chocolate chips. Place the mixture in a greased or lined loaf tin, cake tin or muffin tin.

Bake for about 20 to 30 minutes, depending on which tin you are using. Muffins cook a little quicker. Check by sticking a clean knife or skewer into the cake and it should come out clean when done.

Icing:
Mix together icing sugar, buttery spread and cocoa powder in a food processor or with a wooden spoon. Spread over cooled cake.



Carrot and Raisin Breakfast Muffins

Ingredients:

- 225g (8oz) self-raising flour
- 1 tsp baking powder
- 75g (2.75 oz) demerara sugar **F**
- 25g (1 oz) wheat bran
- ½ teaspoon mixed spice

- 2 large eggs, beaten **L**
- 75g (2.75 oz) butter, melted and cooled
- 200 mls (7 fl oz) milk
- 175g (6 oz) carrots **L**, washed and grated
- 150g (5.5 oz) sultanas (or raisins) **F**

Method:
Pre-heat oven to 200°C, 400°F, Gas Mark 6.

Put 10 - 12 muffin cases into a muffin tray.

Stir flour, baking powder, sugar, bran and mixed spice in a bowl until well combined.

In another bowl stir the beaten eggs, melted butter and milk.

Add grated carrots and fruit to flour mixture and stir.

Add the eggs etc into this mixture and stir with a wooden spoon until just combined, do not over mix.

Divide the mixture into the muffin cases and bake for 20 - 25 minutes until they are cooked through and golden brown.



Fairtrade Easy Apple Fruit Cake

Ingredients:

200g softened butter

200g soft brown sugar **F**

3 eggs beaten **L**

300g self raising flour

1 tsp mixed spice

1 tsp baking powder

2 eating apples grated **L**

200g mixed fruit **F** soaked in port

Method:

Heat oven to 180°C/fan 160°C/ Gas Mark 4. Butter and line the bottom of a deep, round 20cm cake tin or large loaf tin, with greaseproof paper. Beat the butter, sugar and eggs together in a large bowl (or electric mixer) until pale and thick. Then gradually add the flour, spice and baking powder. Using a large metal spoon, gently fold in the fruit until evenly combined.

Spoon the batter into the tin and bake for 50 minutes to an 1 hour or until the cake is golden, springy to the touch and has shrunk away from the tin slightly. A skewer inserted into the centre will come out clean when it's ready. The cake is nice with a sprinkle of Demerara sugar on top.

This will keep for at least a week wrapped in an airtight container.



Oatmeal and Walnut Tea Loaf

Ingredients:

450g (1 lb) mixed dried fruit **F**

425mls (0.75 pt) strong cold tea **F**

200g (7 oz) brown sugar **F**

100g (3.5 oz) oats

100g (3.5 oz) chopped walnuts

2 eggs beaten with 2 tablespoons milk

350g (12 oz) self-raising flour

Method:

Soak the fruit, sugar and oats in the cold tea overnight using a large mixing bowl.

Pre heat oven to 170°C/375°F/ Gas Mark 3.

Prepare 2 x 2lb loaf tins.

Stir the walnuts, eggs, milk and flour into the soaked mixture.

Divide equally between the loaf tins and bake in the centre of the oven for about 1 hour and 15 minutes until golden brown and springy to the touch.

Allow to cool. Slice and serve with butter if desired.

This loaf will freeze very well. Slice before freezing.



Carrot and Cinnamon Cake

Ingredients:

225g plain wholemeal flour

1 tbs cinnamon **F**

1 tsp nutmeg

½ tbs baking powder

125g margarine

125g honey **F**

125g sugar **F**

225g carrots finely grated **L**

Icing:

200g soft cheese

50g soft butter

85g icing sugar **F**

Pinch cinnamon **F**

Method:

160°C / 325°F / Gas Mark 3. Bake on the middle shelf.

In a large bowl mix together the flour, baking powder and spices.

Melt the margarine, honey and sugar and stir thoroughly into flour mixture.

Add grated carrots and mix well.

Pour into 2lb loaf tin.

Bake for approximately 1 hour.

Leave cake in tin for 10 minutes before turning out.

For the icing, mix all ingredients together until smooth and spread onto the cake.



Swiss Roll

Ingredients:

3 standard eggs **L**

3 oz caster sugar **F**

3 oz self raising flour

Filling:

Raspberries **L**

Preserve sugar **F**

Method:

Whisk eggs over hand hot water for two minutes.

Add the sugar and whisk for further ten minutes, until light in colour with the texture of soft cream.

Gently fold in the flour with large metal spoon.

Transfer the mixture to prepared Swiss roll tin.

Bake at 200°C for 10 minutes.

Turn out onto sugared, grease proof paper.

Spread with 4 tablespoons of warm jam.

Roll up and hold in position for 1 minute.



Wholewheat Chocolate Hazelnut Cake

Ingredients:

175g margarine
175g caster sugar **F**
175g wholemeal flour, sifted
3 eggs **L**

2 tsp baking powder
200g plain chocolate, chopped **F**
110g ground hazelnuts **F**
25g chopped hazelnuts **F**
2 tbsp milk

Method:

Preheat oven to 350°F/ 180°C Fan 160°C/ Gas Mark 4

Grease and line a 7", deep cake tin.

Cream together butter and sugar until light and fluffy. Add the eggs, a little at a time.

Beat well, then fold in sifted flour and baking powder, chopped chocolate and ground hazelnuts.

Pour into the cake tin and sprinkle with chopped hazelnuts.

Bake in the centre of the oven for 90 minutes or until the centre of the cake is springy when lightly touched (after 60 minutes the cake should be covered with a sheet of greaseproof paper, to prevent the nuts from over browning).

When the cake is ready, leave in the tin for 10-15 minutes before turning out onto a wire rack.



Banana, Coconut & Walnut Cake

Ingredients:

6 oz butter, softened
7 oz caster sugar **F**
3 eggs **L**

3 bananas, mashed **F**
3 tbsp milk
12oz self raising flour

Method:

Preheat the oven to 180°C or 160°C for a fan assisted oven 350°F, or Gas Mark 4.

Butter and line a square cake tin.

Cream the butter and sugar and stir in the lightly beaten eggs. Add the mashed bananas, milk and walnut pieces.

Fold in the coconut and the flour and spoon the mixture into the cake tin.

Bake for 55 to 60 minutes until risen and golden. Leave for a few minutes and then turn out of the tin. Peel off the lining paper and leave cake to cool.

This can be served plain or buttered.



Strawberry Gateau

Ingredients: Makes one 7 inch cake

75g/ 3oz Caster Sugar **F**

3 eggs **L**

75g/ 3oz Cornflour (gluten free)

½ tsp vanilla essence or

2 tsp grated lemon rind

Filling

Fresh double cream

Strawberry jam / Fresh Strawberries **L**

Or any other choice

Method:

Grease a round 18cm/7inch cake tin and line the base with baking parchment. Mix together a tablespoon of corn flour and sugar and shake round the tin to coat lightly.

Heat your oven to 190°C/ 375°F/ Gas Mark 5.

You need a shelf ready to bake in the top third of the oven.

Making the sponge:

Prepare the corn flour by sifting into a bowl to remove any lumps.

Whisk the sugar and eggs together until light and thick. The mixture is not ready until it falls off the whisk in ribbons and remains on top of the mixture in the bowl for several seconds before sinking. You can use an electric whisk or a rotary whisk.

Sift a little of the corn flour over the thick eggs (if you sift too much lumps will form) and fold in gently by hand using a concave spatula or large metal spoon. Continue to sift over small amounts of corn flour and fold in gently until all corn flour is in. Fold in the vanilla or lemon during this stage. Try not taking too long over this stage as the mixture will lose its lightness.

Baking the sponge:

Pour the sponge mixture into the tin and level the top. Bake in the top third of the oven for approximately 25 minutes until well risen and golden brown and the top is springy to the touch. Do not open the oven door while the cake is rising as this will cause the cake to sink. Allow the sponge to shrink slightly in the tin and turn out onto a wire tray, remove the lining paper and leave to cool.

Filling and topping:

When the sponge is quite cold split it carefully with a sharp knife. If there are any lumps of uncooked corn flour they usually sink to the bottom of the cake so check this. Sometimes a 'rind' forms on the base because of using corn flour rather than plain flour and this can be removed quite easily.

Fill with the whipped cream and jam and/or fruit of your choice and sift icing sugar over the top (or use more cream and fruit and even grated chocolate for a special occasion for the top).

Top Tip

Using cornflour will make the Gateau gluten free!

Top Tip

You can use ordinary plain flour instead of corn flour if you wish and then you can fold in more sifted flour at a time e.g. half of it at a time.

Top Tip

Practice sponges make good trifles!



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