

baking

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Easy baking recipes



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baking

GoodFood

Easy baking recipes

Editor **Sarah Cook**





Introduction

Baking seems to be the nation's favourite pastime at the moment, and rightly so – what can be nicer than a relaxing afternoon spent in the kitchen making a homemade cake, cookie or loaf of bread, then sharing it with family or friends? It's no wonder that more and more people are taking up the hobby, which is why we've put together this little book full of simple bakes. Ideal for a beginner, but with lots of deliciously different ideas and slightly more challenging recipes for those who've had a little extra practice, or just want to show off!

We've got plenty of yummy treats to fill the biscuit tin, as well as lovely ideas for an afternoon tea – whether you're impressing the girls with something cute and dainty, or just want a slab of something old-fashioned and comforting to munch on with a cuppa. There are classics for Christmas, Easter and Halloween, and plenty of cakes special enough to celebrate a birthday with too. And if that isn't enough we've added some gorgeous savoury bakes, and lots of ideas perfect for making for, or with, the kids.

Before you start grabbing bowls and whisks, turn the page and have a good read of my notes. Not only will you find the usual conversion charts, but lots of essential baking tips that'll help to make the recipes a success every time.

So what are you waiting for? Grab that pinny, pop on the oven and bake away!

A handwritten signature in a cursive script, reading "Sarah".

Sarah Cook

Notes and conversion tables

TIPS ON SUCCESSFUL BAKING

- Egg sizes are stated on recipes where this information is important – if you don't use the stated size the success of the recipe will be affected. These sizes are correct for UK and Australia. In America, however, where the recipe states large use extra large, and where medium use large.
- The best results come from eggs at room temperature.
- Where instructed to grease a tin, use the same fat that's in the bake – usually butter or a flavourless oil.
- Line tins with greaseproof paper or baking parchment. Draw round the tins for the bases, then line the sides with one long strip. Loaf tins are best lined with two criss-crossing strips.
- To test if a cake is done, poke a skewer in the middle. If the skewer comes out clean it's ready, if wet mixture clings to it, it needs to continue baking. Return to the oven for 5–10 minute stages, depending on how close the cake is to being done.

OVEN TEMPERATURES

Gas	°C	°C Fan	°F	Oven temp.
2	150	130	300	Cool or slow
3	160	140	325	Warm
4	180	160	350	Moderate
5	190	170	375	Moderately hot
6	200	180	400	Fairly hot
7	220	200	425	Hot
8	230	210	450	Very hot
9	240	220	475	Very hot

NOTES ON THE RECIPES

- Wash fresh produce before preparation.

- Recipes contain nutritional analyses for ‘sugar’, which means the total sugar content including all natural sugars in the ingredients, unless otherwise stated.

SPOON MEASURES

Spoon measurements are level unless otherwise specified.

- 1 teaspoon (tsp) = 5ml
- 1 tablespoon (tbsp) = 15ml
- 1 Australian tablespoon = 20ml (cooks in Australia should measure 3 teaspoons where 1 tablespoon is specified in a recipe)

APPROXIMATE WEIGHT CONVERSIONS

- All the recipes in this book list both imperial and metric measurements. Conversions are approximate and have been rounded up or down. Follow one set of measurements only; do not mix the two.
- Cup measurements, which are used by cooks in Australia and America, have not been listed here as they vary from ingredient to ingredient. Kitchen scales should be used to measure dry/solid ingredients.

APPROXIMATE LIQUID CONVERSIONS

metric	imperial	AUS	US
50ml	2fl oz	$\frac{1}{4}$ cup	$\frac{1}{4}$ cup
125ml	4fl oz	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
175ml	6fl oz	$\frac{3}{4}$ cup	$\frac{3}{4}$ cup
225ml	8fl oz	1 cup	1 cup
300ml	10fl oz/ $\frac{1}{2}$ pint	$\frac{1}{2}$ pint	1 $\frac{1}{4}$ cups
450ml	16fl oz	2 cups	2 cups/1 pint
600ml	20fl oz/1 pint	1 pint	2 $\frac{1}{2}$ cups
1 litre	35fl oz/1 $\frac{3}{4}$ pints	1 $\frac{3}{4}$ pints	1 quart

Good Food is concerned about sustainable sourcing and animal welfare. Where possible, humanely reared meats, sustainably caught fish (see fishonline.org for further

information from the Marine Conservation Society) and free-range chickens and eggs are used when recipes are originally tested.

Favourites made simple

Victoria sponge

Apple cakes

Kitchen front ginger cake

Raspberry scones

Strawberry cake

Easy iced buns

Buttery teacake

Chocolate & almond croissants

Orange drizzle cakes

Carrot cake with cinnamon frosting

Hot cross buns

Now-topped holly cakes

Pumpkin muffins

Raspberry & almond cake

Welsh cakes

Tollen spirals

Easy mince pies with crunchy-crumble tops

Buttered soda bread

Victoria sponge

Everybody's favourite and so, so easy! We've added a layer of cream to make this classic even better.

TAKE 40 MINUTES, PLUS COOLING • CUTS INTO 8-10 SLICES

200g/7oz unsalted butter, softened, plus extra for greasing

200g/7oz caster sugar

4 medium eggs

200g/7oz self-raising flour, plus extra for dusting

about 6 tbsp raspberry jam

50ml/9fl oz double cream

$\frac{1}{2}$ tsp vanilla extract

200g icing sugar, plus extra for dusting

1 Heat oven to 190C/170C fan/gas 5. Grease and flour two 20cm-round sandwich tins. Put the butter and caster sugar into a bowl and beat well to a creamy consistency. Slowly beat in the eggs, one by one, then fold in the flour and mix well.

2 Divide the mix between the cake tins, put into the oven and bake for about 20 minutes until risen and golden brown. The cakes should spring back when gently pushed in the middle. When ready, remove from the oven and allow to cool for 5 minutes in the tin, before turning out on to a wire rack until completely cool.

3 Spread the jam on to the top of one cake. Put the cream, vanilla and icing sugar into a big bowl and beat with an electric whisk until lightly whipped – so it just holds its shape. Spread on top of the jam, sandwich the second cake on top and dust with the extra icing sugar.

PER SLICE (8) 599 kcals, protein 6g, carbs 56g, fat 40g, sat fat 23g, fibre 1g,
sugar 38g, salt 0.35g



Victoria sponge

Eccles cakes

Enjoy while still warm, or cold, with a cup of tea; if you like, eat with a wedge of hard, tangy cheese such as a strong Cheddar or Lancashire.

TAKE ABOUT 1½ HOURS • MAKES 10

100g pack all-butter puff pastry
egg white, lightly beaten with a fork until frothy
1 tsp preserving sugar or roughly crushed sugar cubes

FOR THE FILLING

50g/1oz butter
75g/6oz currants
100g/2oz chopped mixed peel
100g/4oz light muscovado sugar
1 tsp each ground cinnamon, ground ginger and mixed spice
Juice of 1 lemon and 1 orange, plus 2 tbsp orange juice

1 Heat oven to 220C/200C fan/gas 7. To make the filling, melt the butter in a large pan. Take it off the heat and stir in all the other filling ingredients until well mixed.

2 Roll the pastry out until it's just a little thicker than a £1 coin and cut out 10 rounds about 12cm wide. Re-roll the trimmings if needed.

3 Put a good heaped tablespoon of filling mixture in the middle of each round, brush the edges of the rounds with water, then gather the pastry up around the filling and pinch it together to seal.

4 Flip them all over so the smooth tops are upwards and pat them into smooth rounds. Re-roll each round with a rolling pin to flatten a little until the fruit just starts to poke through.

5 Put on baking sheets. Cut two little slits in the top of each cake, brush generously with frothy egg white and sprinkle with the sugar. Bake for 15–20 minutes until golden brown.

PER CAKE 330 kcals, protein 4g, carbs 47g, fat 14g, sat fat 7g, fibre 1g, sugar 31g, salt 0.50g



Eccles cakes

Kitchen front ginger cake

Sticky and delicious, this ginger cake actually tastes even better when it's a few days old, so it's definitely worth making such a big one.

TAKE 1½ HOURS • CUTS INTO 14-16 SLICES

100g/10oz butter, plus extra for greasing

100g/14oz golden syrup

large egg

40g/5oz plain flour

25g/8oz self-raising flour

rounded tsp ground ginger

rounded tsp ground cinnamon

20g/4½oz dark soft brown sugar

½ tsp bicarbonate of soda

1 Heat oven to 150C/130C fan/gas 2. Grease and line a 26cm-round cake tin. Gently melt the butter and syrup with 175ml/6fl oz water in your largest pan. Let it cool for a minute, then using a wooden spoon beat in the egg, followed by the flours, spices, sugar and bicarbonate of soda. Pour the mixture into the prepared tin.

2 Bake for 1 hour, then test the cake by inserting a cocktail stick into the middle – it should come out clean. If not, bake for a further 5 minutes and test again. Turn out on to a wire rack to cool.

PER SLICE (14) 369 kcals, protein 3g, carbs 48g, fat 18g, sat fat 11g, fibre 1g, sugar 30g, salt 0.90g



Kitchen front ginger cake

Cherry scones

Best eaten on the day you make them. You'll not find many guests who'd turn down a freshly baked scone with a traditional dollop of clotted cream and spoonful of jam!

TAKE 30 MINUTES, PLUS A LITTLE COOLING • MAKES 12-15

50g/1lb self-raising flour, plus extra for dusting

tsp bicarbonate of soda

100g/4oz cold butter, diced

tbsp caster sugar

84ml pot buttermilk

tbsp milk

tsp vanilla extract

100g/4oz glacé cherries, chopped

clotted cream and cherry or strawberry jam, to serve

1 Heat oven to 220C/200C fan/gas 7. Put the flour, ½ teaspoon salt, the bicarbonate of soda and butter into a bowl and rub in with your fingertips until the mixture resembles breadcrumbs. Mix in the sugar.

2 Quickly mix in the buttermilk, a splash of the milk, the vanilla and cherries, and bring together to form a soft dough. Gently press out on to a lightly floured surface, to about 3cm thick. Cut out with 5cm cutters.

3 Transfer to a lightly floured baking sheet, brush with the remaining milk and bake for 12-15 minutes until golden and well risen. Eat warm or cold with clotted cream and jam.

PER SCONE (12) 218 kcals, protein 4g, carbs 36g, fat 8g, sat fat 5g, fibre 1g, sugar 8g, salt 0.72g



Cherry scones

Battenburg cake

This recipe makes two cakes, perfect if you've got a crowd over, but the cakes keep well in airtight containers for 3 days, or in the freezer for a month.

TAKE 3 HOURS, PLUS COOLING • MAKES 2 CAKES, EACH CUTS INTO 10 SLICES

100g/7oz apricot jam, warmed and sieved

× 500g blocks white marzipan, each rolled to 22cm/9in wide, then rolled lengthways until 0.5cm/¼in thick

little icing sugar

OR THE SPONGES

× 175g/6oz very soft butter

× 175g/6oz golden caster sugar

× 140g/5oz self-raising flour

× 50g/2oz ground almonds

× ½ tsp baking powder

× 3 medium eggs

× ¼ tsp each vanilla and almond extract

artificial pink or red food colouring

1 Heat oven to 180C/160C fan/gas 4. Line a 20cm-square tin. Beat half of all the sponge ingredients, apart from the food colouring, until smooth. Bake in the tin for 25–30 minutes. Cool on a rack.

2 Repeat the process with the remaining sponge ingredients, this time adding some food colouring. Cool completely.

3 Measure the height of the plain sponge. Trim one edge then use a ruler to help you cut four slices the same width as the sponge height. Repeat with the pink sponge. Trim all

the slices to the same length and brush all the sides, not the ends, with the jam.

4 Sandwich two pink and two plain slices in a cube shape, 5cm from the end of one of the marzipan rolls. Trim the length of marzipan flush with the cake.

5 Carefully lift up the marzipan and smooth it over the cake with your hands. Trim the excess marzipan, then crimp the bottom edges using a fork.

6 Repeat with the second Battenberg.

PER SLICE 524 kcals, protein 7g, carbs 71g, fat 25g, sat fat 10g, fibre 2g, sugar 61g, salt 0.50g