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## Recipe Inspiration

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## **Be-Ro Recipe Book**

*Since 1923 and now in its 41<sup>st</sup> Edition !*



*Containing over 125 recipes, and helpful hints and tips*

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**- Basics**

**- Remedies**

**- Recipes**

## Baking Basics

Here you'll find all the information you need to becoming a baking expert. From choosing your ingredients through to testing your finished cake, all the help you need is right here.

## Recipe Remedies

If your sponge is too soggy or your pastry is too crumbly, we have the solution right here. Our helpful advice will give you all the answers you need to solve those tricky baking problems.

## Recipe Inspiration

Here you'll find great ideas for all kinds of recipes, from quick and easy meals through to recipes for the baking expert.



- **Basics**

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## Welcome to Baking Basics

These are core recipes and skills and other information that you'll need for preparing many of the other recipes in this collection.

But more than that... these basics will provide you with the fundamental knowledge that will serve you well for all your baking needs in future !

- A Word about our Recipes
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- **Basics**




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## A Word about our Recipes...

We have categorised our recipes in order to help you judge the level of expertise required for each one.

Look for the coloured "A-B-C" indicator on the recipe card...

-  Easy Baking
-  More Involved Baking
-  Skilful Baking



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## A Word on Ingredients

- SUGAR** Caster sugar dissolves easily and is most suitable for cake making, being finer it is more easily creamed than granulated sugar, which is better used in rubbed-in cakes. Demerara and other brown sugars are often used in rich fruit cakes and gingerbreads to improve the flavour and colour. Icing sugar should be sieved if at all lumpy. Golden syrup, treacle or honey often replace some or all of the sugar in a recipe, giving a rich flavour and colour.
- EGGS** Eggs are better used at room temperature, rather than cold from the fridge, but this is not essential. Eggs add richness to the recipe. Break eggs separately into a cup to ensure freshness. **Medium** (standard eggs) are used in all **Be-Ro** recipes, unless otherwise stated.
- LIQUIDS** Milk adds richness to a mixture and gives a closer, heavier texture. Water gives a lighter, short texture. Very cold water is necessary for certain pastries.
- FATS** Use the type stated in the recipe. Butter is used for its flavour and keeping qualities but margarine is better for giving volume in creamed cakes. Hard or block margarine is most suitable for baking. Soft margarine is recommended for all-in-one recipes.



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## Baking with **Be-Ro**

**Be-Ro** Flour has been producing consistently good results for over a century. It is light, free-flowing flour without lumps, so there is no need to sieve. The light texture also means easier mixing and the best possible rise to cakes and scones.

In the recipes, metric quantities are given first with imperial in brackets. You will get good results using either metric or imperial units provided you use the same unit throughout; it is not advisable to mix the two as the quantities differ slightly.

### Storage of **Be-Ro** Flour

Your flour will keep at its best if stored in its bag in a cool dry place. If the kitchen should get steamy or damp, keep the bag in a storage container with a lid. Do not add new flour to old. Both **Be-Ro** Plain and **Be-Ro** Self Raising flour bags carry a Best Before date. **Be-Ro** Flour will be at its best before this date.



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## Batch Baking

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Batch baking is an economical way of having baked goods for the family which will last days.

Owning a freezer makes batch baking an even more viable method of cooking as a variety of baked items can be frozen ahead of time and used as required. This is beneficial if you have less time to spend on meal preparation as well as helping to cater for unexpected guests and large numbers. Filling the oven rather than switching it on for one item will save time and fuel.

It might be worth investing in a few extra sandwich tins and baking trays etc. when one considers the long-term time and money saved. Allocate a couple of hours and with careful planning, a number of items can be made in one session. There are two ways of approaching a batch bake:

Method A Prepare a large quantity of one mixture, and use to make a selection of related items. Other ingredients may be added to the basic mixture to give a variation on a theme.

Examples:

A treble quantity of Basic Sponge Sandwich mixture can make one cake, a Pineapple Upside-Down Pudding and a batch of Madeleines. Make up a large quantity of Shortcrust Pastry mixture and use to make a variety of sweet and savoury dishes to eat now or freeze for later.

Flan cases can be baked blind and frozen until needed.

Other items which are suitable for batch baking are; Rough-Puff and Flaky Pastry, scone and biscuit mixtures.





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## Batch Baking

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Method B Choose a variety of different items that may be cooked in the oven at the same time. This will vary depending on whether you are using a gas or electric oven. Refer to the manufacturers manual for specific information about your oven.

Which of these you choose may depend on whether you are using a gas or electric oven.

A gas oven has a particular advantage - zones of heat. It is hotter at the top than it is at the bottom, so dishes which require differing temperatures can be cooked at the same time on different shelves, so saving time and money.

eg: Oven temperature set at Gas Mark 5:

*Gas Mark 6 (top shelf)   Gas Mark 5 (middle shelf)   Gas Mark 4 (Bottom shelf)*

Electric ovens do not have zones of heat but have a different advantage in that some models are fan-assisted. This gives the same temperature throughout the oven which is also excellent for batch baking for a freezer or a large family. Several items which require the same temperature, e.g. cakes made from a basic Victoria Sandwich mixture may be baked at any position in the oven.

A little organisation is needed to make a batch bake successful. Before you start, ensure that you have sufficient ingredients for the items you plan to bake. Then assemble your equipment and prepare tins. If you intend to freeze your baking, clear a space in the freezer so that the 'fast-freeze' switch can be switched on (if you have one) and the items can be put in the freezer as soon as they have cooled completely. Most baked goods can be stored in airtight tins and keep for several days.



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## Cake Basics

Delicious cakes for every occasion are readily made in a wide variety of flavours and finishes, using **Be-Ro** recipes based on rubbed-in, creamed, melted and whisked methods.

### Greasing and lining cake tins:

For most cakes it is necessary to grease and line the cake tins.

Grease the tin by brushing with oil or melted butter and use greaseproof paper to line the base of sandwich tins and the sides and base of deep cake tins. Then grease the greaseproof again.

To line a Swiss roll tin cut the paper 5 cm (2 inch) larger than the tin. Place in the greased tin and make cuts into the corners so the paper overlaps. Then grease the paper. Non-stick paper does not need to be greased and can be re-used. If using non-stick tins, follow the manufacturer's instructions.

### To test if cakes are baked:

Properly baked cakes should be evenly brown, shrinking slightly away from the sides of the tin and firm when touched with the fingers. A fine hot skewer inserted into the centre of a non-fruited cake should come out clean.

**Fruit cakes** A slightly bubbling sound indicates that further baking is required.

**Sponges** Sponges should shrink slightly from the tin. When pressed with a finger a sponge should spring back leaving no impression.

**Cooling** Always leave cakes in their tins for 3-5 minutes to 'set' then turn out on to a wire rack and leave to cool. Fruit cakes should be left to cool completely in their tins.

**Storage** All cakes must be properly cooled before storing. Store cakes in tins or containers with well fitting lids. When storing large rich cakes for some time, wrap in greaseproof paper before placing in tins.



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## Celebration Fruit Cakes

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**Tin sizes:** A square tin holds more mixture than a round tin. For each tier, the smaller tin size gives a deeper cake.

### *Recipe Quantities:*

		<i>Recipe Quantity</i>	<i>Baking time (slow oven)</i>
<i>Top Tier</i>	15-18 cm (6-7 inch) tin	Half quantity of recipe	3-4 hours
<i>Second Tier</i>	20-23 cm (8-9 inch) tin	Exact quantity	4 hours
<i>Third Tier</i>	25-28 cm (10-11 inch) tin	1½ times the quantity	5-6 hours

### *Protecting your cake and baking times:*

Protect a large cake by fastening a band of doubled brown paper round the tin 5-7.5 cm (2-3 inches) higher than the tin. Stand the tin on a thick layer of brown paper or a newspaper. Cover the cake with paper or foil after 2 hours, or if browning too quickly. Bake in a low oven 150°C, 300°F, Gas Mark 2. Always check your cake after 3 hours then every half an hour until cooked.

### *Brandy or Rum:*

Add a small quantity to the cake when mixing and pour remainder over the cake whilst still warm. Alternatively, to soften the crust and sweeten any burnt fruit, boil together for half a minute 1 x 15 ml spoon (1 tbsp) water and 1 x 15 ml spoon (1 tbsp) sugar, remove from heat, add 1 x 15 ml spoon (1 tbsp) spirit. Brush over whole of cake. If the cake is over-baked, double or treble these quantities of syrup.



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## Celebration Fruit Cakes

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### *Storing and Decorating:*

Wrap in greaseproof paper then foil and place upside down in an airtight container. Keep for 4 weeks before using.

### *Rich Almond Paste:*

Use underneath Royal and Fondant Icing to give a smooth surface and prevent the cake discolouring the icing. Apply 1 week before decorating with Royal Icing if time permits.

**Royal Icing:** The traditional finish for celebration cakes. For a softer icing and easier cutting, add 1 x 5 ml spoon (1 tsp) glycerine per 450 g (1 lb) icing sugar.

### *Quantities of Almond Paste and Royal Icing:*

Use this guide and the basic recipes for Almond Paste/Royal Icing to determine the correct quantities for your cake.

<i>Cake Size</i>	<i>Recipe Quantity</i>
15-18 cm (6-7 inch) tin	Half quantity of recipe
20-23 cm (8-9 inch) tin	Exact quantity
25-28 cm (10-11 inch) tin	1½ times the quantity



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## Celebration Fruit Cakes

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### *Applying Rich Almond Paste:*

1. Level top of cake if necessary, by trimming with a knife, or adding pieces of Almond Paste.
2. Brush cake over with the egg white or sieved/thinned apricot jam.
3. Cut off one-third of Almond Paste. Dredge worktop with icing sugar and roll out remaining two-thirds of paste into a strip the depth of, and long enough to go round, the cake.
4. Press Almond Paste on to sides of cake.
5. Roll out remainder of paste into a circle, press on top of cake.
6. Smooth, all joins with a knife or rolling pin, to give a level top with a sharp edge to all sides.
7. Cover the greaseproof paper and leave to dry for about a week before decorating (if time permits).

### *Icing a Cake with Royal Icing:*

1. Stand cake on icing table, a cake tin or inverted dinner plate.
2. Using a palette knife or broad bladed knife, cover the entire cake with an even thickness of icing.
3. For a rough surface effect, pull the icing up into peaks with the flat of the knife. Add decorations before the icing sets.
4. For a smooth finish, level top and sides with a knife. If icing sticks to knife, dip into very hot water then shake to remove surplus moisture.
5. Allow icing to harden, then secure cake to cake board with a little icing.
6. Add piped decorations, using tinted icing for added effect.



## **Choux Pastry** **Basic Recipe**

Makes 100g (4oz)

### **Additional Information**

Basics      Choux Pastry  
              Pastry Basics

**C** Skilful Baking

## **Choux Pastry**

### **Ingredients**

100 g (4 oz)	<b>Be-Ro</b> Plain Flour
50 g (2 oz)	butter or margarine
150 ml (1¼ pt)	water
3	medium eggs, lightly beaten

### **Preparation Instructions**

1. Place fat in water and melt over gentle heat, then bring to boil.
2. Remove from heat and stir in flour.
3. Return to heat, stirring until mixture forms a ball in middle of pan.
4. Transfer to a large bowl to cool.
5. Thoroughly beat the eggs into the cooled mixture, a little at a time with a wooden spoon or electric whisk.

Make sure water is boiling before adding flour, otherwise a thin paste will form.



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## *Cooking in your microwave*

Cooking in a microwave oven is quick, clean and economical.

The “**Be-Ro** Recipe Book” contains recipes that can be cooked in a microwave and have been tested in a 650w and 800w microwave oven.

However, the timings are only a guide as all ovens vary in performance. For ovens of a lower wattage than 650, extra time may be required and for ovens of a higher wattage than 800, less time should be allowed.

Generally food continues to cook after it has been taken from the oven so should be slightly under cooked at this stage as standing time will complete the cooking.

Refer to your manufacturer's handbook for guidance on suitable containers and for handy hints and tips.



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## Creaming Method

This is generally used for rich cakes.

1. Place fat and sugar in warm bowl. Do not allow to 'oil'.
2. Cream together with wooden spoon or electric mixer until the colour changes from yellow to white. The mixture will then be soft and fluffy, with no 'grittiness'
3. Break the eggs, one at a time, into the mixture and add from the recipe 1 x 15 ml spoon (1 tbsp) flour - beat thoroughly. This prevents the mixture from separating or curdling. Continue until all the eggs are added, add any spice or flavouring at this stage but not fruit.
4. Use a metal spoon to 'fold-in' flour, a little at a time, to the mixture - alternately with any liquid in the recipe. 'Fold-in' means stir once round bowl and once through the middle. Continue this action until all the flour is mixed in. At this stage do not beat or stir as this may spoil the cake.
5. Add any fruit and fold in lightly.
6. Place the cake mixture in the prepared tin.
7. In general, bake in a moderate oven on a middle or lower shelf.





## **Flaky Pastry Basic Recipe**

Makes 225g (8oz)

### **Additional Information**

Basics      Flaky Pastry  
              Pastry Basics

**C** Skilful Baking

## **Flaky Pastry**

### **Ingredients**

225 g (8 oz)	<b>Be-Ro</b> Plain Flour a pinch of salt
175 g (6 oz)	fat, butter or margarine and lard mixed a squeeze of lemon juice (optional)
100 ml (4 fl oz)	cold water (approx)

### **Preparation Instructions**

1. Mix flour and salt in bowl.
2. Blend fats together and divide into four portions.
3. Rub one portion of fat into flour, add lemon juice and enough cold water to form an elastic dough, using a round bladed knife.
4. Turn out on to a well-floured surface and roll out into a rectangular strip. Brush off surplus flour.
5. Cover two thirds of pastry rectangle with another portion of fat, dotting over the surface in knobs.
6. Fold the pastry into three bringing the end without fat to the centre, then folding down the other third.
7. Press together pastry edges with fingers or rolling pin, give pastry half a turn, so that the folds are left and right, and roll out lightly.
8. Repeat the process twice more. Roll out again and fold up. Leave in a cold place for 1 hour before use.



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## Flan Basics

### Pastry Flan Cases

Plain Shortcrust Pastry may be used for making a flan case, but if a sweet filling is to be used, sugar may be added to the pastry 25 g (1 oz) sugar to 225 g (8 oz), after the fat has been rubbed in.



Lay pastry over flan tin



Press pastry home into fluted edges



Then roll off any surplus pastry



Baking Blind, cover pastry with greaseproof paper and weigh down with rice or beans.

### To Bake Blind

Line flan ring (fluted for a sweet filling, plain for savoury) with rolled out pastry. Place circle of greaseproof paper over the pastry, then a layer of rice or beans (store in jar for future use). Bake in a moderate oven 190°C, 375°F, Gas Mark 5. If the case is for immediate use, with a hot filling, e.g. custard tart, bake for 15 minutes, fill and reheat. When making a case for a cold filling, or to store for future use, bake for 20 minutes. Remove paper, beans and flan ring, then return to oven for a further 5 minutes until crisp and firm.



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## Home Freezing

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Freezing is very popular, especially with those who cook for a family. It enables the cook to plan ahead and make use of abundant supplies of fresh fruit and vegetables; cut down on shopping time by bulk buying and cooking; cater for unexpected guests and enjoy out-of-season foods.

If the following points are followed then freezing is also a time and money saver:

1. Choose the right size of freezer, approximately 2 cubic feet of freezer space for each member of the family.
2. If your freezer is full it is cheaper to run. Open the door or lid as little as possible.
3. Clean out the freezer every six months.
4. Good quality foods at their peak of freshness are essential.
5. Handle food as little as possible and make sure everything is spotlessly clean.
6. Cool food thoroughly - never freeze warm or hot food.
7. Freeze food in quantities most likely to be used.
8. Label clearly, giving the weight, name and the date on which it was frozen.
9. Store and use the food in rotation; it is a good idea to keep a record book.
10. Use good quality packaging materials; heavy gauge polythene bags, polythene sheeting, aluminium foil, foil dishes, basins and freezer tape.



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## Home Freezing

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### *Packaging*

It is important to pack foods carefully to ensure they can be eaten at their peak of perfection. Foods packed in liquids or liquid alone, should be given 1 cm (1/2 inch) head space to allow for expansion during freezing. Exclude as much air as possible from solid packs. The following packs are most suitable for freezing:

1. Heavy gauge polythene bags - An assortment of sizes are available. Seal with special covered metal twists or freezer tape.
2. Aluminium foil - Ideal as an inner wrapping to exclude all air from the food. Overwrap with polythene.
3. Polythene sheeting - useful for foods of an irregular shape and individually wrapped pies or cakes - seal with freezer tape.
4. Foil Dishes - Good freezer-to-oven containers for pies, tartlets and puddings
5. Polythene boxes - Storage boxes with airtight lids. Always choose the size carefully to avoid too much airspace.
6. Waxed tubs - With airtight lids suitable for liquids and squashable foods.
7. Freezer tape - Ordinary adhesive tape will not stick at freezer temperatures. Use special tape for airtight packages.
8. Labelling - Write clearly on the packaging or use stick-on-labels to show the weight, name of food and date on which it was frozen.



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## Home Freezing

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*Maximum recommended freezer storage in months.*

	<i>Uncooked</i>	<i>Cooked</i>
<i>Scones</i>		
Rich or Plain	-	1
Drop	-	1
Tea Loaves	-	6
Biscuits	6	6
<i>Pastry</i>		
Short	6	3 - 6
Suet	-	3 - 4
Hot Water Crust	-	6
Choux	3	3
<i>Cakes</i>		
Victoria Sandwich	-	6
Sponge	-	6
Fruit	-	6
Gingerbread	-	3
Decorated Cake	-	3
<i>Puddings</i>		
Steamed Sponge	-	3
Baked	-	2 - 6
Pancakes	-	6



- Basics

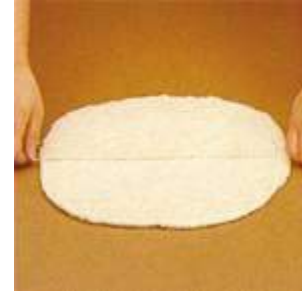
- Remedies

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## Lining a Pudding Basin



1. Measure basin.



2. Roll out pastry into a round.



3. Cut out a quarter.



4. Lift largest piece of pastry into the greased basin. Join edges and press onto sides and rim, put in filling.



5. Roll remaining quarter into a round to fit the top of the basin, damping edges to seal.



6. Then cover pudding with greaseproof paper and foil and secure with string. Allow to steam for 4 hours or as required by the recipe.



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## Melting Method

Cakes made by this method have a lovely moist, sticky texture. They have good keeping qualities. These cakes should be left a day before cutting as this enhances the flavour and allows the crust to soften.

- Sift flour, spices, any raising agent and salt into a bowl.
- Place fat, sugar and syrup (if part of the recipe) into a saucepan.
- Heat gently until the sugar has dissolved and the fat melted.
- Gradually stir the syrupy mixture into the flour with milk and any eggs.
- Beat until smooth.
- Pour into a greased tin and bake as directed.



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## Metric / Imperial Measurements

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It is important to follow *either* metric *or* imperial measures throughout a recipe. The conversion charts below give the approximate imperial equivalent in a comprehensive form for quick reference.

### *Diameter for Cake Tins, Flan Rings, Pie Plates*

Metric	Imperial
15 cm	6 inch
18 cm	7 inch
20.5 cm	8 inch
23 cm	9 inch
25.5 cm	10 inch
28 cm	11 inch
30 cm	12 inch

### *Diameter for Cutters for Scones and Biscuits*

Metric	Imperial
2.5 cm	1 inch
5 cm	2 inch
6.5 cm	2½ inch
7.5 cm	3 inch

### *Thickness for Rolling Pastry, Dough, etc.*

Metric	Imperial
2.5 mm	1/8 inch
5 mm	¼ inch
1 cm	½ inch
1.5 cm	¾ inch

### *Capacity for Pudding Basins, Pie Dishes, Saucepans*

Metric	Imperial
450 ml	¾ pint
900 ml	1½ pint
1.2 litre	2 pint
1.5 litre	2½ pint
1.8 litre	3 pint
3 litre	5 pint
4.2 litre	7 pint





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## Metric / Imperial Measurements

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### *Specific Tin Measurements*

	Metric	Imperial
Swiss roll tin	33 x 23 cm	13 x 9 inch
Sponge flan tin	21.4 cm	8½ inch
Loaf tins	½ kg (16 x 10 x 7.5 cm)	1lb
	1 kg (20 x 13 x 9 cm)	2lb



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## Other Useful Measurements

Sets of metric or imperial measuring spoons should be used to give accurate measurements of small quantities. Measures are level unless otherwise stated.

5 ml	= 1 teaspoon
15 ml	= 1 tablespoon
25 g (1 oz) flour	= 2 tablespoons (level)
25 g (1 oz) sugar	= 1 tablespoons (level)
150 ml	= 1/4 pint / 5 fluid oz
25 g (1 oz) sultanas, raisins, currants	= 2 tablespoons (level)
25 g (1 oz) syrup, treacle or honey	= 1 tablespoon (level)
25 g (1 oz) cheese, finely grated	= 3 tablespoons (level)



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## Oven Management

All **Be-Ro** recipes are equally suitable for gas, electric and solid fuel cookers.

<i>Centigrade</i>	<i>Fahrenheit</i>	<i>Gas Mark</i>
70°C	150°F	-
80°C	175°F	-
100°C	200°F	-
110°C	225°F	¼
120°C	250°F	½
140°C	275°F	1
150°C	300°F	2
160°C	325°F	3
180°C	350°F	4
190°C	375°F	5
200°C	400°F	6
220°C	425°F	7
230°C	450°F	8
240°C	475°F	9
260°C	500°F	-
270°C	525°F	-
290°C	550°F	-

The oven settings above are only approximate as different makes of cookers and individual cookers vary.

Study the chart supplied with your cooker - particularly as regards position in the oven for baking. Always open and close the oven door gently - slamming the door may make a cake fall in the centre. Remember to leave at least 2 cm (1 inch) space all around baking sheets and tins so that the heat can circulate freely.



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## Pastry Basics

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1. Mix flour and salt in basin, rub in fat.



2. Using a knife to cut and stir, mix with cold water to form a stiff paste.



3. Turn dough onto floured board or worktop and roll out.



4. Roll out and use as required.



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## Pastry Basics

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### *Three Basic Rules for Pastry Making*

1. Keep pastry cool.
  2. Handle pastry lightly
  3. Bake pastry at correct oven temperature.
- Cool hands, a cool pastry board or worktop and water as cold as possible help to produce the best results. Use the fingertips, as they are the coolest part of the hands.
  - Lift the flour well out of the bowl to incorporate as much air as possible when rubbing in the fat. Always mix with a round bladed knife.
  - Add water gradually, a little at a time, to achieve the correct consistency for each type of pastry.
  - Avoid adding more flour after the water. In making pastry try to incorporate as much cold air as possible so that in baking this air expands and produces light pastry.
  - In Shortcrust this is done by rubbing in and light handling, and in Rough Puff and Flaky Pastry the air is incorporated by folding and rolling.
  - Dust rolling pin with flour and work lightly to prevent sticking. Roll out quickly, always rolling away from you and not from side to side. Turn the pastry, not the rolling pin.
  - Avoid stretching the pastry as this causes shrinkage in baking. Roll evenly and do not roll over the ends of the pastry.
  - Pies, tarts, pastries and turnovers should be brushed over with a suitable glaze before baking.
  - Always bake in a hot oven and for rich pastry a very hot oven. tinted icing for added effect.



- Basics

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## Pastry Basics

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### *Different Types of Pastry*

The three basic rules and hints given above apply for the following types of pastry:

1. Shortcrust Pastry
2. Suet Pastry
3. Rough Puff Pastry
4. Flaky Pastry

Two additional types of pastry made by completely different methods:

5. Hot Water Crust Pastry
6. Choux Pastry

### *When to use Self Raising or Plain Flour*

- Suet - use **Be-Ro** Self Raising Flour.
- Shortcrust, Rough Puff, Flaky, Hot Water Crust, Choux - use **Be-Ro** Plain Flour.

NB: Plain flour is generally recommended for Shortcrust Pastry, but good results may be obtained by using self raising flour, which will produce a softer, more crumbly texture.



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## Pie Basics

### *Covering a Pie Dish*



1. Cover the pie dish with pastry.



2. Trim off pastry around dish.



3. Then 'knock up' pastry edges.



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## Rolling Brandy Snaps



1. Allow the biscuits to cool then lift off with a knife.



2. Roll the brandy snap around the spoon handle.



3. Remove shaped Brandy Snap.



4. Pipe cream into Brandy snaps.





## **Rough Puff Pastry Basic Recipe**

Makes 225g (8oz)

### **Additional Information**

Basics      Pastry Basics  
              Rough Puff Pastry

**C** Skilful Baking

## **Rough Puff Pastry**

### **Ingredients**

225 g (8 oz)	<b>Be-Ro</b> Plain Flour
	a pinch of salt
100 ml (4 fl oz)	water
150 g (5 oz)	lard and margarine, mixed
	cold water to mix

### **Preparation Instructions**

1. Mix flour and salt, add fat cut into small pieces.
2. Stir in with a knife (do not rub in). Mix to a stiff dough with water.
3. Roll out on a floured surface to a narrow strip.
4. Fold in three, give a quarter turn so one of the open ends is towards you and roll out again. Do this three times in all.
5. Cover pastry and leave to rest (about 15 minutes) then roll into desired shape.
6. In hot weather allow pastry to rest for 20-30 minutes in a refrigerator or cool place before use.

NB: Always take care to roll away from you and do not break the air bubbles that will rise.



- **Basics**

- **Remedies**

- **Recipes**

## Rubbed-In Method

An open texture is achieved as the fat is lightly worked into the flour between fingertips and thumbs, trapping air as it falls.

Block margarine or butter may be used for these cakes.

Soft margarine will not give the correct texture or support the fruit used.

Cakes prepared by this method are easy to make and ideal for the less experienced cook.

- Sift or mix together flour, salt and spice (if part of the recipe) in a mixing bowl.
- Add the fat and cut into small pieces.
- Rub fat and flour between fingertips until mixture resembles fine breadcrumbs, then stir in the sugar, fruit and any flavourings.
- Make a well in the centre, add beaten egg and any milk, water or syrup that may be included in the recipe.
- Mix well then bake as directed.



## Short Crust Pastry Basic Recipe

Makes 225g (8oz)

### Additional Information

Basics      Pastry Basics  
                Short Crust Pastry

**B**

More Involved Baking

## Shortcrust Pastry

### Ingredients

225 g (8 oz)	<b>Be-Ro</b> Plain Flour
	a pinch of salt
50 g (2 oz)	lard
50 g (2 oz)	margarine
	cold water to mix, about 30 ml (approx. 2 tbsp)
25 g (1 oz)	caster sugar if sweet pastry is required

### Preparation Instructions

1. Mix flour and salt in basin, rub in fat.
2. Using a knife to cut and stir, mix with cold water to form a stiff dough.
3. Turn dough on to a floured surface and knead lightly.
4. Roll out and use as required.
5. Self raising flour may be used. the pastry will have a more cake-like texture.

NB: Quantities of pastry are expressed as quantity of flour used, eg: 225 g (8 oz) Shortcrust Pastry is the amount of pastry made using 225 g (8 oz) flour and not the total of ingredients. The weight of the fats used should total half the weight of the flour.



- **Basics**

- **Remedies**

- **Recipes**

## Steamed Puddings

### *Hints and Tips for Steaming*

- Fill pudding basins only 2/3<sup>rd</sup> full to allow room for expansion.
- Cover puddings with a double layer of greaseproof paper or foil. Fold a pleat in the covering to allow room for the pudding to expand.
- Seal the edges well and secure with string making a handle for lifting the basin in and out of the pan.
- To prevent your saucepan from discolouring during steaming add a little lemon juice or vinegar to the water.

### *Microwave*

- Steamed puddings can be cooked in the microwave oven in a fraction of the time.
- Fill the pudding basin up to two thirds, cover loosely to allow steam to escape and microwave on FULL power for 4 minutes 650w (3½ minutes 800w).
- The pudding is cooked when it is firm and just dry on the surface.
- Do not put syrup or jam in the bottom of the basin as it may burn. Heat separately and serve with the pudding.



## **Suet Pastry** **Basic Recipe**

Makes 225g (8oz)

### **Additional Information**

Basics      Pastry Basics  
                 Suet Pastry

**A** Easy Baking

## **Suet Pastry**

### **Ingredients**

225 g (8 oz)      **Be-Ro** Plain Flour  
                         a pinch of salt  
100 g (4 oz)      **ATORA** shredded suet  
                         cold water to mix

### **Preparation Instructions**

1. Mix flour, salt and suet, add sufficient cold water to make a pliable dough.
2. Turn the dough on to a floured board and knead lightly.
3. Allow to rest for a few minutes before rolling out.

NB: Suet Pastry is quick to make and at its best when freshly baked.



**- Basics**

**- Remedies**

**- Recipes**

## Whisking Method

A true sponge contains no fat...

The whisking method is used for very light sponges and Swiss rolls. Occasionally, melted butter is added to give special flavour and texture.

Using an electric hand mixer, whisk eggs and sugar together for approximately 10 minutes until the mixture leaves a tail. (If hand whisking, placing the bowl over hot water helps to give a faster result.)

Using a metal spoon gradually and gently fold in sieved flour and any other dry ingredients.

Lightly cut and fold the flour into the mixture.

Do this thoroughly but lightly, so the air incorporated from whisking is not expelled.



- Basics

- Remedies

- Recipes

## Welcome to Baking Remedies

If your sponge is too soggy or your pastry is too crumbly, we have the solution right here!

Our helpful advice will give you all the answers you need to solve those tricky baking problems.

Check out these helpful hints and topics:

- Cake Remedies
- Cooking Quiches
- Cooking Scones
- Making Pastry
- Pastry Texture
- Shortcrust Pastry Making
- Storing Christmas Cakes



- Basics

- Remedies

- Recipes

## Cake Remedies

1/2

### Has your cake has sunk in the centre?

The cake is undercooked. Check the oven is preheated to the right temperature and only check whether the cake is cooked during the last few minutes of cooking time. Close the oven door gently. Measure the liquid used carefully.

### Is your cake heavy?

The mixture may have been too dry or overmixed. Add the amount of liquid recommended in the recipe and fold the flour in gently. Under-baking will also cause a close texture.

### Has your cake peaked and cracked?

The oven may have been too hot, or the cake placed too high in the oven. Using too small a tin will also cause the cake to crack.

### Has the fruit sunk in your fruit cake?

The cake mixture may have been too thin to support the fruit, or the pieces of fruit may have been too big or wet and syrupy. Follow the recipe carefully and dry fruit well, having washed off the syrup. Ensure the oven temperature is correct.





- Basics

- Remedies

- Recipes

## Cake Remedies

2/2

### Why has my sponge/cake not risen?

This may be caused by:

- Over-mixing
- Excess liquid
- Over-baking

### How can I tell if my cake is cooked?

- Fruit/Sponge  
A fine warmed skewer inserted into the centre should come out clean. A continued bubbling sound indicates more cooking is required.
- Sponge  
Properly baked cakes should be evenly brown, with slight shrinkage from the side of the tin and firm to touch.



- Basics

- Remedies

- Recipes

## Cooking Quiches

**How do I prevent my quiches and flans from having soggy bottoms?**

Always cook quiches and flans in metal flan tins as they conduct the heat much more quickly. At the end of baking blind, brush the bottom of the flan with egg white. Return it to the oven to allow the egg white to cook. This will make a barrier between the liquid and the pastry.

When you turn the oven on, place a baking tray in the oven. When the flan is ready place it on top of the hot tray. This will help transmit heat more efficiently.



- Basics

- Remedies

- Recipes

## Cooking Scones

Why have my scones not risen?

This may be caused by:

- Over-handling, especially whilst kneading
- Mixture too dry or too wet
- Scones allowed to stand in a warm kitchen too long before baking
- Oven not pre-heated to the correct temperature
- Oven temperature too low



- Basics

- Remedies

- Recipes

## Making Pastry

Why is my pastry hard and/or tough?

This may be caused by:

- Insufficient fat used
- Too much liquid
- Over-handling
- Cooking too slowly



- Basics

- Remedies

- Recipes

## Pastry Texture

Why is my pastry crumbly, too short and hard to handle?

This may be caused by:

- Too much fat used
- Over-mixing
- Not enough liquid used to bind fat and flour
- Self-raising flour used



- **Basics**

- **Remedies**

- **Recipes**

## Shortcrust Pastry Making

Should I use Self Raising or Plain flour for shortcrust pastry?

Plain flour may be used for all pastries except suet crust, which needs a self-raising flour. Self-Raising flour can be used but will give a more crumbly pastry



- Basics

- Remedies

- Recipes

## Storing Christmas Cakes

**How should I store my Christmas/Rich cake?**

When completely cold, wrap in greaseproof paper then foil and place upside down in an airtight container.

Keep for at least 4 weeks before using to allow the flavour to develop.

Every 2 or 3 weeks, unwrap it, prick the surface with a fine skewer and spoon over a little brandy.



- Basics

- Remedies

- Recipes

## Welcome to Recipe Inspiration

Here you'll find great ideas for all kinds of recipes, from quick and easy meals through to recipes for the baking expert. Simply select a recipe category from the list on the right.

- Australian Crunchies
- Brownies
- Chicken & Leek Gougère
- Cornish Pasties
- Dropped Scones
- Highlanders
- Maids of Honour
- Potato Scones
- Stained Glass Window and Animal Biscuits
- Viennese Fingers





## Australian Crunchie

Makes 24

### Additional Information

Basics      Pastry Basics  
                 Suet Pastry

**A** Easy Baking

### Ingredients

150 g (5 oz) **Be-Ro** Self Raising Flour  
225 g (8 oz) margarine  
150 g (5 oz) caster sugar  
75 g (3 oz) desiccated coconut  
75 g (3 oz) crushed cornflakes  
15 ml (1 tbsp) cocoa powder, sieved  
100 g (4 oz) chocolate melted (optional)

### Preparation Instructions

1. Heat oven to 180°C, 350°F, Gas Mark 4. Grease a Swiss roll tin 31 x 21 cm (12½ x 8 inch).
2. Melt the margarine over a low heat.
3. Stir in the sugar, coconut, cornflakes, cocoa and flour. Mix well.
4. Turn into the tin and level with a knife. Bake for 20 minutes.
5. When almost cold cut into squares or triangles.
6. Cover with melted chocolate if wished.





## Brownies

Makes 12

### Additional Information

Cake Basics      Cake Remedies  
Melting Method

**A** Easy Baking

### Ingredients

100 g (4 oz)	<b>Be-Ro</b> Self Raising Flour
100 g (4 oz)	margarine
50 g (2 oz)	plain chocolate
175 g (6 oz)	dark soft brown sugar
2 medium	eggs, beaten
2.5 ml (½ tsp)	vanilla essence
pinch	salt
50 g (2 oz)	chopped walnuts

### Preparation Instructions

1. Heat oven to 180°C, 350°F, Gas Mark 4. Grease a tin 28 x 18 cm (11 x 7 inch).
2. Melt the margarine and chocolate over hot water. Remove from heat and cool.
3. Stir in sugar and add eggs, mixed with vanilla essence.
4. Mix in flour, salt and nuts.
5. Pour the mixture into the tin and bake for about 25-30 minutes until top is crispy and the inside soft.
6. Leave in the tin until cold before cutting into squares.





## Chicken & Leek Gougère

Serves 4

### Additional Information

Choux Pastry  
Pastry Basics

**B**

More Involved Baking

### Ingredients

#### PASTRY:

100 g (4 oz)

5 ml (1 tsp)

75 g (3 oz)

**Be-Ro** Choux Pastry

mustard powder

Cheddar cheese, grated

#### FILLING:

450 g (1 lb)

45 ml (3 tbsp)

30 ml (2 tbsp)

225 g (8 oz)

100 ml (4 fl oz)

200 ml (7 fl oz)

1 medium

25 g (1 oz)

chicken, chopped

**Be-Ro** Plain Flour

seasoned with salt and  
freshly ground black pepper

oil

leeks, sliced

chicken stock

milk

egg

Cheddar cheese, grated



### Preparation Instructions

1. Heat oven to 200°C, 400°F, Gas Mark 6. Grease a shallow ovenproof dish.
2. Prepare the Choux Pastry adding the mustard powder and cheese with the beaten eggs.
3. Place spoonfuls of Choux Pastry round the base of the dish. Bake for about 35 minutes.
4. Mix chicken with seasoned flour and heat oil in a large frying pan. Add the chicken and leeks to the pan and fry for about 15 minutes until sealed on all sides.
5. Add the chicken stock and milk stirring all the time. Cover and leave to simmer for about 10 minutes.
6. Pour chicken filling into the cooked choux ring. Sprinkle with grated cheese and return to the oven for 15 minutes until cheese has browned.



## Cornish Pasties

Makes 4

### Additional Information

Shortcrust Pastry  
Pastry Basics

**B**

More Involved Baking

### Ingredients

175 g (6 oz) **Be-Ro** Shortcrust Pastry

#### FILLING:

100 g (4 oz) braising steak, finely chopped  
2 medium potatoes, finely chopped  
1 small onion, finely chopped  
2.5 ml (½ tsp) salt  
freshly ground black pepper  
milk or egg to glaze

### Preparation Instructions

1. Heat oven to 220°C, 425°F, Gas Mark 7.
2. Divide the pastry into 4, roll out each piece about 0.5 cm (¼ inch) thick keeping a round shape. Trim if necessary.
3. Mix meat with potato and onion, season well.
4. Divide the filling between the rounds of pastry, dampen the edges and draw up the sides so that they meet in the middle.
5. Firmly press edges together, flute with the fingers and brush with beaten egg or milk.
6. Bake for about 10 minutes then reduce heat to 180°C, 350°F, Gas Mark 4 and cook for a further 40 minutes.





## Drop Scones

Makes 6-8

**A** Easy Baking

### Ingredients

100 g (4 oz)	<b>Be-Ro</b> Self Raising Flour
pinch	salt
50 g (2 oz)	caster sugar
1 medium	egg
60 ml (4 tbsp)	milk to mix
few drops	lemon essence (optional)

### Preparation Instructions

1. Mix flour, salt and sugar, add egg and gradually beat in enough milk to make a thick batter.
2. Add essence, if used.
3. Cook 2 or 3 at a time by dropping spoonfuls of the mixture on a moderately hot, well-greased griddle.
4. Cook until the underside is golden brown and the top is covered with bubbles, about 3 minutes.
5. Turn and brown on the other side. Serve buttered, hot or cold.

NB: A baking griddle should be well-greased, then heated until a little water sprinkled on the surface skips about in balls, evaporating. A frying pan makes a good substitute





## Highlanders

Makes 15

**B**

More Involved Baking

### Ingredients

100 g (4 oz) **Be-Ro** Plain Flour  
100 g (4 oz) butter  
50 g (2 oz) caster sugar  
50 g (2 oz) ground rice  
Demerara sugar

### Preparation Instructions

1. Heat oven to 190°C, 375°F, Gas Mark 5. Grease a baking tray.
2. Cream the butter and caster sugar until light and fluffy.
3. Add the flour and ground rice and mix well. Using hands, knead well to bring the mixture together.
4. Roll into a thick sausage and roll in Demerara sugar.
5. Cut into 15 slices and place on a baking tray. Bake for 15 minutes or until golden brown.





## ***Maids of Honour***

Makes 15

### ***Additional Information***

Shortcrust Pastry  
Pastry Basics

**B**

More Involved Baking

### ***Ingredients***

175 g (6 oz) ***Be-Ro*** Shortcrust Pastry

#### ***FILLING:***

50 g (2 oz) ***Be-Ro*** Self Raising Flour  
30 ml (2 tbsp) raspberry jam  
50 g (2 oz) margarine  
50 g (2 oz) caster sugar  
1 medium egg

### ***Preparation Instructions***

1. Heat oven to 200°C, 400°F, Gas Mark 6. Roll out pastry thinly and cut into rounds using a 7.5 cm (3 inch) cutter and line 15 patty tins.
2. Put a little jam in each pastry case.
3. Cream margarine and sugar, beat in egg and fold in flour.
4. Place a small spoonful of mixture in each pastry case.
5. Bake for about 20 minutes.





## Potato Scones

Makes 12

**A** Easy Baking

### Ingredients

100 g (4 oz) **Be-Ro** Self Raising Flour  
450 g (1 lb) floury potatoes, peeled and cooked  
2.5 ml (½ tsp) salt  
50 g (2 oz) butter

### Preparation Instructions

1. Mash potatoes, add salt and butter and flour to give a stiff mixture.
2. Turn out on to a floured surface, knead lightly and roll out to a thickness of 1 cm (½ inch).
3. Cut into triangles and cook on a hot greased griddle for 4-5 minutes on each side.
4. Serve hot.







## Stained Glass Window & Animal Biscuits

### Ingredients

225 g (8 oz)	<b>Be-Ro</b> Self Raising Flour
100 g (4 oz)	caster sugar
100 g (4 oz)	butter or margarine
1/2	lemon, grated rind and juice
1 medium	egg, beaten
14	boiled sweets
	currants



### Preparation Instructions

1. Heat oven to 180°C, 350°F, Gas Mark 4. Grease 4 baking trays.
2. Mix flour and sugar, rub in fat.
3. Add lemon rind and juice and sufficient egg to make a stiff dough.

#### For Stained Glass Windows:

- Roll out half the dough thinly, cut into 7.5 cm (3 inch) rounds. With a star cutter cut out the middle of each round and place on baking tray. Re-roll spare dough. Make a hole at the top of each biscuit with a skewer to thread the cotton through.
- Bake for about 7 minutes. Place a boiled sweet in the centre of each biscuit and bake for a further 4 minutes until the sweet has melted. Leave to stand for 1 minute, then carefully remove from tray and leave to cool on a wire rack. Hang by a window.

#### For Animal Biscuits:

- Roll out dough thinly and using your favourite animal cutters cut out the dough. Place on baking trays with currant pieces for the eyes and bake for about 10 minutes. Remove from trays and leave to cool on a wire rack.

B

More Involved Baking



## Viennese Fingers

Makes 15

**C** Skilful Baking

### Ingredients

175 g (6 oz)	<b>Be-Ro</b> Self Raising Flour
175 g (6 oz)	margarine
50 g (2 oz)	caster sugar
few drops	vanilla essence
Filling:	jam
	chocolate

### Preparation Instructions

1. Heat oven to 160°C, 325°F, Gas Mark 3. Grease a baking tray.
2. Cream fat and sugar very thoroughly, stir in the flour and essence.
3. Place the mixture in a piping bag with a large 'star' nozzle and pipe in 7.5 cm (3 inch) lengths on baking tray. Bake for about 20 minutes.
4. When cool, sandwich together with jam and dip ends in melted chocolate.





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