



a recipe for disaster: cakes & puddings

a collection of recipes from UKCIP

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A recipe for disaster

As well as being world renowned for its work in climate change adaptation, UKCIP also has a growing reputation for its culinary expertise. This collection of recipes from the Oxford based experts was originally published in honour of former colleague, Jacqui Yeates, and has since been updated on the departure of Richard Westaway, Alex Moczarski, Paul Bowyer, Sophie Millin and Paddy Pringle.

Please also see the sister publication on Savouries & drinks. Don't eat them all at once...

Suggestions for additional recipes welcome: enquiries@ukcip.org.uk

Updated March 2012

Alex's deadly chocolate cake

From Alex Moczarski.

If you are afraid of calories, don't read on – about 6,500 calories per cake!

Ingredients for icing:

- 225 g deluxe plain Belgian chocolate (broken into pieces) (1200 calories)
- 50 g dark brown soft sugar (200 calories)
- 225 g unsalted butter (1650 calories)
- 5 tbspn of evaporated milk (300 calories)

Ingredients for cake:

- 200g self raising flour (700 calories)
 - 225g caster sugar (1000 calories)
 - 25g cocoa powder (80 calories)
 - 110g unsalted butter (diced, make sure it is at room temp) (800 calories)
 - 2 large eggs lightly beaten (250 calories)
 - 5 tbspn evaporated milk (300 calories)
 - 2 drops vanilla extract
 - Pinch of salt
-



Method

1. Pre-heat oven to gas mark 4.
2. Grease and line 2 x 20cm cake tins.
3. Add all icing ingredients into a thick bottomed saucepan and place over a gentle heat, stir until melted. Pour into a bowl, cover with cling film and leave to cool, (preferably in the fridge). Check regularly and stir if contents begin to separate.
4. Sieve flour, sugar, cocoa and salt into bowl, add the diced butter. Using fingers, rub together until it looks like fine bread crumbs. Add the eggs, evaporated milk, vanilla extract and 5 tablespoons of cold water. Mix into a batter.
5. Divide the cake mix between two cake tins. Bake on the middle shelf of oven for 30-35 minutes or until a skewer inserted in the middle of the cake comes out clean.
6. Remove the cakes, allow to cool and turn out onto cooling racks. When completely cold (and the icing is a good gooey consistency) use approx 2 tablespoons of icing to glue the layers together and use the remainder on the top and sides of the cake.
7. A voila! Serve, and if you don't have a heart attack, have another piece!

Almond orange cake

From Kristen Guida and everyone at the South East Climate Change Partnership.

Slightly adapted from Claudia Roden's Book of Middle Eastern Food

Ingredients

- 2 large oranges (or equal weight of clementines, or even lemons, about 375g)
- 6 eggs
- 225–250 g sugar
- 1 teaspoon baking powder
- 250 g ground almonds
- Rosewater, almond extract, or orange flower water: a few drops (optional).

You will also need 21cm springform tin, buttered and lined with parchment.



Method

1. Wash oranges. Put them in a pot of cold water, just to cover, and boil for two hours until very soft. Drain, then set aside.
2. Preheat oven to 190°C/375°F. When oranges are cool enough to handle, cut them in half. Remove seeds and pulp them in a food processor or by hand, using a potato masher or sieve.
3. Beat eggs in a large bowl. Add all the other ingredients, mix well. Pour into prepared tin. Bake for one hour, until centre is risen and cake pulls away from sides of pan. If it starts to over-brown before an hour, cover with foil. Cool completely in the tin.
4. This cake can be made well ahead of time. In fact, it tastes better after a day or two.

Bara brith

From Liz Greenhalgh

Ingredients

- 1 lb/450 g self-raising flour
 - 1 lb/450 g mixed dried fruits (apricots, mangoes, blueberries, prunes...)
 - 2 tablespoons warm jam or marmalade
 - 6 oz/180 g brown sugar (or use less, Once I forgot altogether, no-one noticed)
 - 1 egg (beaten)
 - 1/2 pint warm strained tea (Earl Grey, Lapsang mmmmm)
 - 1 tspn mixed spice
-

Method

1. Pre-heat the oven to gas mark 4, 180°C 350°F.
2. Place the fruit and sugar in a mixing bowl and soak overnight in the strained tea.
3. Sieve the flour and mixed spice, and warm the marmalade.
4. Add the flour, warm marmalade and beaten egg to the soaked fruit. Mix well, pour the mixture into a greased loaf tin.
5. Bake for 1.5 hours. Cool on a wire rack, and serve sliced and buttered.



Burmese gingery orangey dessert tower

From the inimitable Paddy Pringle

This recipe was first developed in the paddy fields of Western Burma, where ginger used to grow wild on the mountainsides while in local forests the bows of orange trees weighed heavy with their juicy globes of citrusy joy. Happy hairy cows would amble through the villages, delighted to be milked by friendly maidens who would sing contentedly (if a little out of tune). Their milk (the cow's not the maiden's) would then be decanted into bamboo tubes for later use, a technology stolen 200 years later by evil squirty cream manufacturers. Sadly climate change has ruined all this and you can now buy all ingredients in the supermarkets of Rangoon. It won't taste as good, but don't blame me, have a long hard look at yourselves and your CO2 emitting ways before you come moaning that this dessert is at best mediocre. Only if you'd shared a bowl of the original with a elders of the hill tribes of Western Burma you would realise why this is such a special recipe. Please note this dessert is a medium- to-strong aphrodisiac and a large portion is likely to render anyone under 5 feet 10 inches excited to the point of social awkwardness. You have been warned.



Ingredients

- *Ginger biscuits (crafted by the aforementioned maidens though may be shop bought)*
 - *Orange Juice (best squeezed under the armpits of the increasingly busy maidens you are now familiar with)*
 - *Squirty cream (squirted from a bamboo tube or shop bought)*
 - *A flake (made from forest cocoa and wrapped in leaves, or, if you must, from Cadbury's)*
 - *A large bamboo bowl (ideally four feet seven inches deep)*
-

Method

1. Dip your ginger biscuits in the orange juice
2. Lay the soggy biscuits flat in the handcrafted bamboo bowl
3. Squirt a layer of Burmese cream
4. Add another soggy biscuit layer
5. Squirt a layer of Burmese cream
6. Add another soggy biscuit layer
7. Squirt a layer of Burmese cream
8. Add another soggy biscuit layer
9. Squirt a layer of Burmese cream
10. Add another soggy biscuit layer
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31. Squirt a layer of Burmese cream
32. Add another soggy biscuit layer
33. Squirt a layer of Burmese cream
34. Add another soggy biscuit layer
35. Squirt a layer of Burmese cream
36. Add another soggy biscuit layer
37. Squirt a layer of Burmese cream
38. Add another soggy biscuit layer
39. Squirt a layer of Burmese cream
40. Add another soggy biscuit layer
41. Squirt a layer of Burmese cream
42. Sprinkle with flake (don't forget this)
43. Place in a fridge (or bamboo constructed icehouse) for no less than 5 hours but no more than 15. Enjoy with friends and those with whom you may like to be more than friends (see prior warning)

Please note: Legal action from the 'Gordie' presenting team of a 1986 episode of 'Why Don't You?' claiming intellectual property for this recipe was dismissed by the courts and taken as an insult by the peoples of Burma. I would also add a personal observation that just one of the annoying quartet of child presenters went on to any sort of media career and that comprised only of a minor speaking part in Byker Grove. One of them is in prison. Probably for stealing recipes (though is speculation and should not form the basis of further legal action).

Cacennau cymraeg or Welsh cakes

From Chris Thomas, to celebrate her glorious Welsh heritage

Ingredients

- *Blawd hunan-godi 225g/8oz, ridyllu* • *225g/8oz self-raising flour, sieved*
 - *110g/4oz halltu menyyn Cymreig* • *110g/4oz Welsh salted butter*
 - *1 wy* • *1 egg*
 - *Mae llaw o syltanas* • *A handful of sultanas*
 - *Llaeth (os oes angen)* • *Milk (if needed)*
 - *Siwgr mân 85g/3oz* • *85g/3oz caster sugar*
-

Method

Rhwbiwch y braster yn y blawd hidlo nes ei fod yn edrych fel briwsion bara. Ychwanegwch y siwgr, ffrwythau sych ac yna yr wy. Cymysgwch i ffurfio toes – ychwanegu ychydig o laeth os oes angen. Rholiwch allan i 5mm/1/4inch trwchus a thorri i mewn i gylchoedd ddefnyddio torrwr 7.5cm/3inch. Cyn-gwres a radell haearn trwm neu maen, neu sy'n methu y badell ffrio trwm. Coginiwch y cacennau am 2-3 munud bob ochr nes eu bod yn orwych a brown. Lluch o siwgr caster tra eu bod yn dal yn gynnes.

Alternatively...

Rub the fat into the sieved flour until it looks like breadcrumbs. Add the sugar, dried fruit and then the egg. Mix to form a dough – add a little milk if needed. Roll it out to 5mm/1/4inch thick and cut into rounds using a 7.5cm/3inch cutter. Pre-heat a heavy iron griddle or bakestone, or failing that a heavy frying pan. Cook the cakes for 2-3 minutes each side until they're gorgeous and brown. Dust with caster sugar while they're still warm.



Cranberry & orange shortbread

From Vicky Hayman

One of my favourites: simple yet elegant!

Makes approx 25

Ingredients

- 1 cup (250 ml) unsalted butter
 - ½ cup (125 ml) granulated sugar
 - 1 tsp vanilla essence
 - ½ tsp salt
 - 1 ¾ cup (425 ml) plain flour
 - ½ cup (125 ml) dried cranberries, chopped
 - 2 tsp grated orange peel
-

Method

1. Preheat oven to 300°F (150°C)
2. Using an electric mixer, cream together butter, sugar and vanilla.
3. Mix together flour, salt, chopped cranberries and orange peel and add to butter mixture.
4. Fold in gently with a wooden spoon until just combined.
5. Take 1 tbsp mixture at a time and roll into a ball. Place on oiled baking sheet and press down lightly.
6. Repeat. Bake for 25 mins.



Date & ginger cookies

From Stephanie Ferguson, Creative Overlord

Ingredients

- 150 g unsalted butter
 - 230 g soft light brown sugar
 - 1 large egg, lightly beaten
 - 125 g plain flour, sifted
 - 1 tspn baking powder
 - 1 tspn ground ginger
 - 235 g porage oats
 - 120 g chopped dates
 - 3 chunks ginger in syrup, chopped small
-



Method

1. Pre-heat the oven to 170°C.
2. Cream the butter & sugar together until light and fluffy.
3. Add the beaten egg and beat until smooth.
4. Next add the sifted flour, baking powder & ground ginger and fold in, then add the oats, dates & ginger pieces and mix together.
5. Take small dessert spoonfuls of the mixture and form into balls, then place on a lined baking tray leaving space between them. You should get around 32 cookies. Gently squish the mounds into rough cookie shapes.
6. Bake in the oven for 12–14 minutes, or until lightly golden.
7. Allow to cool for 5 minutes, then scoff the lot with a cup of tea.

Definitive ginger cake

From Chris West

Method

1. Melt together in a saucepan a tin of black treacle, not quite as much dark brown sugar, not quite as much margarine, and any ginger syrup, and leave to cool a bit.
2. Chop up into centimetre lumps: a jar of stem ginger; a pot of glace ginger, or a big handful of crystallised ginger; a pot of glace cherries; a bag of walnuts; and whatever dried fruit you have. Mix gently with some self raising flour, some extra baking powder, and a pot of ground ginger. Add some more flour and then the melted treacle mix.
3. Add 4 to 6 eggs and enough more flour to make a cake mixture.
4. I used to stick this quantity into a single big tin to make a huge monolithic cake, but it is a difficult and lengthy process to cook this amount without it getting too dry and burning on top. Recent research shows it is better to cook it in as many tins, trays etc. as you need to cover each only to a depth of $\frac{3}{4}$ inch (2 cm in new money). With a bit of a rise on cooking, this gives a finished slice depth of around an inch. Grease and line the bottoms of the tins.
5. Stick it into whatever tins you have and cook at 150°C for 20–30 minutes (for shallow tins) up to an hour or so (for a monolith), until a knife comes out clean.
6. Enjoy or freeze!



Devon cream tea

From Alex Webb, SWCCIP Co-ordinator

Ingredients

- 8 oz self raising flour
 - 2 oz margarine or butter
 - 2 oz caster sugar
 - 1 egg
 - Some milk
-

Method

1. Sieve the flour into the bowl. Add the margarine and rub together with the flour with your finger tips to make a fine crumb.
2. Stir in the sugar.
3. Beat the egg and add to the crumble mixture and stir in well to bind the dry ingredients together.
4. Add a little bit of milk at a time to fully bind the ingredients, until you have a soft dough. (Add too much milk and the dough will be too wet and sticky!)
5. Lightly flour the worktop and roll out the mixture about an inch thick. Cut out your scones using a medium sized cutter and place directly on to nonstick baking tray.
6. Bake at 180°C for about 10-15 mins until risen and golden brown on top. Leave to cool on a rack.

Serving suggestion:

Best eaten slight warm, with some nice strawberry jam (Tesco's fairtrade strawberry jam is particularly fruity!) and a nice dollop of clotted cream (available in supermarkets or the internet if you don't live in the SW – plenty of places do clotted cream by post!)

For a true Devonshire cream tea put the clotted cream on the scone first and top with jam!



Easy peasy chocolate banana bread

From Lyndsey Middleton

Ingredients

- 2 cups plain flour
- 2 tsp baking powder
- 1 cup caster sugar
- 3 medium bananas, mashed
- 125 g unsalted butter, melted
- 2 eggs, lightly beaten
- 1 tsp vanilla extract
- 1 cup dark chocolate chips
- Icing sugar to dust



Method

1. Preheat oven to 180°C. Grease 24 x 13 x 7cm loaf pan.
2. Sift the flour and baking powder into a bowl and add the caster sugar.
3. In a separate bowl, combine the bananas, butter, eggs vanilla and choc chips. Add to the dry ingredients and stir until just combined. Pour into loaf pan and bake for 1 hour and 15 minutes (less for fan oven, about 1 hour).
4. Dust with icing sugar and serve warm.



The UKCIP team, 2011

Emma's chocolate brownies

From Diana Calvert & Family

Ingredients

- *½ cup butter*
 - *1 cup caster sugar*
 - *2 eggs*
 - *1 tsp vanilla*
 - *Third of a cup cocoa powder*
 - *½ up plain flour*
 - *Pinch of salt*
 - *¼ tsp baking powder*
-

Method

1. Melt butter, remove from heat and add sugar, eggs and vanilla.
2. Beat in flour, salt, baking powder and cocoa powder.
3. Pour into 8 inch square lined tin (2 pieces of paper, 16 cm by 28 cm).
4. Cook for 25 to 30 minutes on gas mark 4.



Lemon-syrup loaf cake

From Alastair Brown

Adapted from Nigella Lawson's *How to be a Domestic Goddess*

Ingredients

- *½ cup unsalted butter*
 - *½ cup and 1 tspn sugar*
 - *Pinch of salt*
 - *2 eggs*
 - *Zest of 1 lemon*
 - *1 cup and 1 tspn self-raising flour*
 - *4 tablespoons milk*
 - *Juice of 1½ –2 lemons (approx. 4 tablespoons)*
 - *Third of a cup sugar*
-

Method

1. Preheat oven to 350°F. Line and grease the pan.
2. Cream the butter and sugar first, then add the eggs and lemon zest. After that, mix in the flour and salt, and lastly milk.
3. Bake for 45 min or until golden brown. A cake tester should come out clean.
4. While the cake is baking, make the syrup. Put lemon juice and confectioner's sugar on a pan, cook on a low heat until all the sugar dissolves. Make this immediately before you take the cake out of the oven, as it will harden when cool.
5. Take the loaf out of the oven, immediately prick the cake all over with fork or cake tester, and pour the syrup.
6. Wait until the cake has completely cooled before cutting.



Nigella's store cupboard chocolate orange cake

From Kay Jenkinson

From 'How to be a domestic goddess'. Ridiculously easy and tastes fabulous.

You'll need a 20 cm Spring-form tin, buttered and floured

Ingredients

- *125g unsalted butter*
 - *100g dark chocolate, broken into pieces*
 - *300g good, thin-cut marmalade*
 - *150g caster sugar*
 - *Pinch of salt*
 - *2 large eggs, beaten*
 - *150g self-raising flour*
-



Method

1. Preheat oven to 180°C/Gas mark 4
2. Put butter in heavy-bottomed pan and put on low heat to melt. When it's almost melted, stir in chocolate. Leave for a moment to begin softening, then remove pan from heat and stir with wooden spoon until butter and chocolate are smooth and melted.
3. Add marmalade, sugar, salt and eggs. Stir with wooden spoon and when all is pretty much amalgamated, beat in the flour bit by bit.
4. Put into prepared tin and bake for about 50 minutes or until skewer comes out clean. Cool in tin on a rack for 10 minutes before turning out.

KJ1's notes:

1. The recipe calls for dark chocolate, but I have made it very successfully with a mixture of dark chocolate and whatever was to hand to make up the weight. You should probably always include around 50% dark chocolate, otherwise it might be a bit too sweet.
2. I've always had to cook it for longer than the recipe calls for: usually about 1hr 10mins, so don't worry it is still runny in the middle after 50 minutes. However, it will depend on your oven, if you have the right size of cake tin etc.
3. Nice cold, but also warmed up, served as a dessert with cream, or with Greek yoghurt to get a nice tangy contrast.

Perfect carrot cake

From Richard Lamb

Think carrot cake, think American. It has that twang about it, but carrots have been included in sweet recipes in Britain since mediaeval times. Because carrots provided a cheaper and more easily available alternative to other sweeteners, their use was encouraged again during the Second World War, at the time of rationing. However, carrot cake didn't really take off in popularity until the last quarter of the twentieth century; now you'll find it in every coffee shop and tea room.

Apart from the fact that it tastes delicious, there's an air of wholesomeness about carrot cake, a feeling that not only is it not bad for you but it's actually doing you good.

And that's as good a reason as any for baking it!!

These quantities make a 9 inch round cake.

Ingredients for the cake

- 12½ oz carrots
- 2 oz pecans
- 4 oz self-raising wholemeal flour
- 4 oz plain wholemeal flour
- 2 tspn of cinnamon
- 1 tspn ground ginger
- ½ tspn nutmeg
- 1 tspn bicarbonate of soda
- 8 fl oz vegetable oil
- 6 oz soft brown sugar
- 4 eggs
- 2 tablespoons' golden syrup

Ingredients for the topping

- 7 oz cream cheese
- 2 oz softened unsalted butter
- 2 oz sifted icing sugar
- 1 tspn vanilla essence

Method

1. Start off by grating 12½ oz carrots and chopping 2 oz pecans. Put to one side.
2. Sieve together 4 oz self-raising flour and 4 oz plain flour (both wholemeal) with 2 teaspoons of cinnamon, 1 teaspoon ground ginger, ½ teaspoon nutmeg and 1 teaspoon bicarbonate of soda. (Tip the bran bits left in the sieve into the mixture.)
3. Whisk together 8 fl oz vegetable oil, 6 oz soft brown sugar, 4 eggs and 2 tablespoons' golden syrup. (Heat the spoon first and the syrup will slide off easily.)
4. Add this to the dry ingredients and mix until it's nice and smooth. Stir in the carrots and pecans.
5. Tip the mixture into a greased lined tin and cook at 160°C for an hour, or until cooked.
6. For the topping, mix 7 oz cream cheese, 2 oz softened unsalted butter, 2 oz sifted icing sugar and 1 teaspoon vanilla essence, until smooth.
7. Allow the cake to cool and then add the topping.



Steph's chocolate cake

From Stephanie Ferguson

You'll need a 9 inch springform cake tin, lined with baking parchment

Ingredients

- 8oz self-raising flour
- 8oz caster sugar
- 8oz softened butter or margarine (I use Anchor spreadable, seems to work okay)
- 4 large eggs, beaten
- 3 tablespoons milk
- 4 heaped tbsp cocoa powder
- 1 heaped tsp baking powder
- 2 packets chocolate chips (I usually use 1 pack each of dark & white)

To decorate:

- 50g white chocolate
 - 50g dark chocolate
-

Method

1. Pre-heat the oven to 170°C fan, 180°C regular oven
2. Sift the flour, baking powder & cocoa together into a big bowl, then add the sugar, butter, eggs & milk.
3. Beat with an electric hand-whisk until smooth and creamy (about two minutes). It should be a soft dropping consistency, if it is too stiff just whisk in a few more drops of milk.
4. Fold in the chocolate chips.
5. Pour into the cake-tin and smooth the top.
6. Bake for 50 minutes to 1 hour – it is done when it is springy to the touch. Leave in the tin for ten minutes, then release the spring.
7. Drizzle with melted chocolate once the cake has cooled.



puddings

Cape brandy pudding

From Megan Gawith

Ingredients

- 250 ml boiling water
- 375 ml chopped dates
- 5 ml bicarbonate of soda
- 62.5 ml butter
- 250 ml sugar
- 125 ml chopped walnuts
- 374 ml sifted flour
- 5 ml baking powder
- 1 egg

For the syrup:

- 220 ml sugar
- 2.5 ml salt
- 250 ml water
- 5 ml butter
- 5 ml vanilla essence
- 125 ml brandy

Method

1. Place the dates, bicarb and butter in a mixing bowl. Pour over the hot water and stir. Cool for 2–3 minutes. Add the sugar, walnuts, flour, baking powder and egg. Pour into an ovenproof dish and bake for 40–45 minutes at 180°C.
2. While the pudding's baking, make the syrup as follows:
3. Boil the sugar, salt and water for 5–10 minutes until it's reduced a little and made a light syrup. Remove from heat. Add butter, vanilla and brandy.
4. Pour the syrup over the pudding as soon as it comes out of the oven. Serve hot with cream.



Hot chocolate puddings with a hit of mint

From Laurie Newton.

Adapted from the Green and Black's recipe book

Ingredients

- 50g dark chocolate at least 60% cocoa (or the more the better!)
 - 50g mint fondant chocolate (like After Eight mints or something similar)
 - 100g unsalted butter
 - 2 large eggs
 - 2 large egg yolks
 - 2 tablespoons golden caster sugar
 - 6 tablespoons plain flour
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Method

1. Preheat oven to 220°C/ gas mark 7.
2. Lightly butter and flour 4 small (6cm) pudding bowls.
3. Put the chocolate (both sorts) and butter in a heatproof bowl suspended over a saucepan of barely simmering water. Turn off heat as soon as the chocolate begins to melt. Continue to stir until completely melted and leave to cool.
4. Put the eggs and egg yolks in a bowl with the sugar and whisk until frothy. Once the chocolate has cooled and fold into the egg mixture. Sift in the flour and fold in. Pour into the prepared moulds filling them to the top. Bake for 10 minutes. The puddings will rise and be soft and gooey when ready. Loosen from the moulds and place onto individual plates and dust with cocoa and icing sugar.



KJ2's nutty blueberry and apple crumble

From Kay Johnstone

Ingredients

- 450 g of the tartest apples you can find
 - 15 ml or 1 tablespoon of sugar
 - 45 ml or 3 tablespoons of water
 - Between a large handful and 'loads' of blueberries
 - 100 g or a cup of plain flour
 - Pinch of salt
 - 50 g or ¼ cup of butter or margarine
 - 50 g or ¼ cup light brown sugar
 - 2.5 ml or ½ teaspoon ground cinnamon
 - 50 g or ½ cup chopped mixed nuts
-

Method

1. Put the apples into a saucepan with the sugar and water. Heat gently, stirring occasionally, until the apples have gone pulpy. Remove from the heat and stir in the blueberries. Pour into an ovenproof dish. Mix the flour and salt then rub in the butter or margarine until the mixture resembles breadcrumbs. Stir in the sugar, cinnamon and nuts. Sprinkle over the fruit. Bake in a preheated oven at 190°C or gas mark 5 for 25 minutes or until crisp and golden on top.
2. Best served with custard, preferably on a day when Stephanie and Richard haven't baked!



Pain-au-chocolat pudding

From Pete Walton.

From Nigella Lawson's *How to be a Domestic Goddess*

Serves 6.

Ingredients

- 3–4 stale pains au chocolat
 - 2¼ cups milk
 - 2¼ cups heavy cream
 - 3 tablespoons sugar
 - 1 large egg
 - 4 large egg yolks
 - ½ teaspoon vanilla extract
 - Ovenproof dish with a capacity of approximately 6 cups
-

Method

1. Preheat oven to 325°F.
2. Butter your ovenproof dish, cut up the pains au chocolat – rough slices of about an inch – and arrange them in the dish. Put the milk and cream into a pan and bring near to boiling point. Whisk the egg, the yolks, and the sugar in a large wide-mouthed measuring cup. When the milk and cream are nearly boiling, pour over the eggs and sugar, whisking continuously. Add the vanilla and then pour of the slices of pain au chocolat and leave to soak for 10 minutes.
3. Transfer to the preheated oven and cook for about 45 minutes, or until the pudding is softly set.



Rhubarb crumble

From Richard Westaway

One of my favourite traditional English puddings!

Serves 4

Preparation time less than 30 mins, Cooking time 30 mins to 1 hour. Suitable for vegetarians

Ingredients

- 10 sticks of rhubarb
- 4 tbsp water
- 8 tbsp caster sugar
- 1 tsp powdered ginger
- 110 g/4 oz butter, softened
- 110 g/4 oz demerara sugar

180–200 g/6–7 oz flour

To serve:

- Ice cream or double cream
-

Method

1. Preheat the oven to 180C/350F/Gas 4.
2. Cut the rhubarb into 7½cm/3in long sticks and place on an oven tray, sprinkle with the water and caster sugar and roast in the oven for 10 minutes.
3. Once cooked, remove from the oven, sprinkle over the ginger and mix well.
4. Fill an ovenproof dish about 4cm/1½in deep with the rhubarb.
5. Rub the butter into the flour and sugar to make the crumble topping. Sprinkle over the rhubarb and bake in the oven.
6. Remove and allow to cool slightly before serving with ice cream or double cream.



Sweet potato & pecan flapjacks

When is a flapjack, not a flapjack?... when it's a pancake!

Cornmeal adds crunch, and mashed sweet potatoes lend creaminess to this weekend favourite. Yellow- or white-fleshed sweet potatoes have a dry and crumbly texture when baked and are not moist enough to make tender pancakes, so use the orange variety. For convenience, roast a sweet potato the night before. Serve with maple syrup, butter, and fresh fruit, if desired.

Ingredients

- *1 ¼ cups all-purpose flour (about 5 1/2 ounces)*
 - *¼ cup chopped pecans, toasted*
 - *3 tbsp yellow cornmeal*
 - *2 tsp baking powder*
 - *½ tsp salt*
 - *½ tsp ground cinnamon*
 - *1 cup fat-free milk*
 - *1 cup mashed cooked sweet potato*
 - *3 tbsp brown sugar*
 - *1 tbsp canola oil*
 - *½ teaspoon vanilla extract*
 - *2 large egg yolks*
 - *2 large egg whites, lightly beaten*
 - *Cooking spray*
-



Method

1. Lightly spoon all-purpose flour into dry measuring cups; level with a knife. Combine flour and next 5 ingredients (through cinnamon) in a large bowl, stirring with a whisk.
2. Combine milk, sweet potato, sugar, oil, vanilla, and egg yolks, stirring until smooth; add to flour mixture, stirring just until combined. Beat egg whites with a mixer at high speed until soft peaks form; fold egg whites into batter. Let batter stand 10 minutes.
3. Heat a nonstick griddle or nonstick skillet over medium-high heat. Coat griddle or pan with cooking spray. Spoon about 1/4 cup batter per pancake onto griddle or pan. Cook 2 minutes or until tops are covered with bubbles and edges look cooked. Carefully turn pancakes over, and cook 2 minutes or until bottoms are lightly browned.

Transkei mud

From Anna Steynor

Ingredients:

- 125 ml whipping cream
 - Tin of caramel
 - Slab of mint chocolate (grated)
 - Marie biscuits / equivalent
-

Method

Whip the cream until stiff. Fold in the caramel until mixed, don't whip it too much or the mixture will become too thin. Lay down a layer of biscuits, pour half the mixture over the biscuits, grate over a layer of mint chocolate. Repeat – biscuits first etc. Put it in the fridge for a bit while you are eating dinner.



Dessert personality test

From Jacqui Yeates

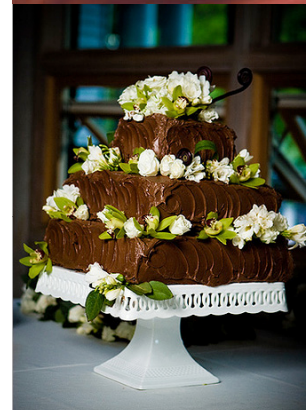
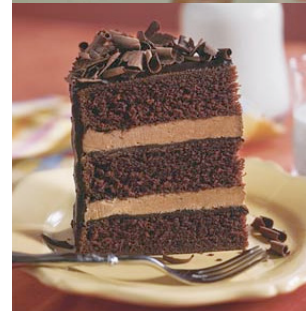
If all of the eight desserts listed below were sitting in front of you, which would you choose (sorry, you can only pick one)! Trust me... this is very accurate. Pick your dessert, and then look to see what psychiatrists think about you.

Here are your choices:

1. Angel Food Cake
2. Brownies
3. Lemon Meringue Pie
4. Vanilla Cake With Chocolate Icing
5. Strawberry Short Cake
6. Chocolate Cake With Chocolate Icing
7. Ice Cream
8. Carrot Cake

No, you can't change your mind, so think carefully about your choice.

OK – Now that you've made your choice, turn the page to see what the researchers say about you...



1. Angel food cake

Sweet, loving, cuddly. You love all warm and fuzzy items. A little nutty at times. Sometimes you need an ice cream cone at the end of the day. Others perceive you as being childlike and immature at times.

2. Brownies

You are adventurous, love new ideas, and are a champion of underdogs and a slayer of dragons. When tempers flare up you whip out your saber. You are always the oddball with a unique sense of humour and direction. You tend to be very loyal.

3. Lemon meringue

Smooth, sexy, & articulate with your hands, you are an excellent caregiver and a good teacher. But don't try to walk and chew gum at the same time. A bit of a diva at times, you set your own style because you do your own thing. You shine when it comes to helping others and have many friends.

4. Vanilla cake with chocolate icing

Fun-loving, sassy, humourous, not very grounded in life; very indecisive and lacking motivation. Everyone enjoys being around you, but you are a practical joker. Others should be cautious in making you mad. However, you are a friend for life.

5. Strawberry shortcake

Romantic, warm, loving. You care about other people, can be counted on in a pinch and expect the same in return. Intuitively keen. You can be very emotional at times but a true person in every way. You like to do things for yourself and help others learn about themselves.

6. Chocolate cake with chocolate icing

Sexy; always ready to give and receive. Very creative, adventurous, ambitious, and passionate. You can appear to have a cold exterior but are warm on the inside. Not afraid to take chances. Will not settle for anything average in life. Love to laugh.

7. Ice cream

You like sports, whether it be baseball, football, basketball, or soccer. If you could, you would like to participate, but you enjoy watching sports. You don't like to give up the remote control. You tend to be self-centred and high maintenance.

8. Carrot cake

You are a very fun loving person, who likes to laugh. You are fun to be with. People like to hang out with you. You are a very warm hearted person and a little quirky at times. You have many loyal friends. You were meant to lead and teach others. A wonderful role model.

