

Mt. Keira Demonstration School

Baking and Pastry Book



After our 150th anniversary and our Biggest Morning Tea,
Wouldn't it be a delicious idea to compile some favorite recipes from our families?

If you are keen please send 1 or 2 goodies to :

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Lemon Yoghurt Cake

by Debra Morgan—8th of December 2011

Ingredients :

1. 125 gr butter, softened
2. 1 cup caster sugar
3. finely grated rind of a lemon
4. 3 large eggs
5. 1 tbsp. lemon juice
6. 1½ cups self-raising flour
7. ½ cup Greek style yoghurt
8. Optional: icing sugar for dusting

Method :

1. Preheat oven to 180° C.
2. I used a round lined 20cm spring form for this cake.
3. Place softened butter, sugar and lemon rind in a medium sized bowl and beat until light and creamy.
4. Add eggs one at a time, beating well in between adding the next egg.
5. Fold in lemon juice, then a half the flour, half yoghurt and combine well, then add the other halves combining well again with a wooden spoon.
6. Pour into pan, bake for about 35 minutes.
7. The skewer will come out clean when it is cooked.
8. Allow the cake to cool in the pan for 15 minutes before turning out on to a rack.
9. Dust with icing sugar.

Tangy Lemon Teacake

by Debra Morgan—8th of December 2011

Ingredients :

Serves 8 prep and cook time 50 minutes

1. 1 cup (150g) self-raising flour
2. ½ cup (110g) caster sugar
3. 60g butter, chopped
4. 1 tsp. finely grated lemon rind
5. 1 egg, beaten lightly

Lemon Filling

1. 1 tsp. cornflour
2. 1 tbsp. water
3. ¼ cup (60mls) fresh lemon juice
4. ½ cup (110g) caster sugar
5. 1 egg, lightly beaten
6. 60g butter, chopped

Method :

1. Preheat oven to 180°C (160°C fan forced)
2. Grease an 18cm spring form pan and line the base with baking paper.
3. Combine flour, sugar and rub through butter, until it looks like bread-crumbs, Stir through lemon rind.
4. Add egg and stir until evenly combined.
5. Press 2/3 of the mixture over the cake pan.

Lemon filling

1. Combine cornflour and water until smooth.
2. Place in a small saucepan with the remaining ingredients.
3. Stir constantly over low heat until mixture thickens and boils.
4. Pour the hot lemon filling over the base in the pan.
5. Crumble the remaining base mixture over the top of the filling.
6. Bake for 35 minutes or until browned.
7. Cool the cake in the pan.
8. Serve with cream.

Rock cakes

by Leanne Cummins - December 2011

Ingredients :

1. 2 cups self-raising flour
2. 1/3 cup margarine
3. 1/2 cup sugar
4. 1/2 tsp. ground ginger
5. 2 tbsp. sultanas or choc chips
6. 1 egg
7. 3 tbsp. milk

Method :

Easy peasy!

1. Add all ingredients together,
2. Bake at 200C 10-15 mins

Gluten-free versions are delicious when you substitute white wings

gluten free SR flour

Lemon Coconut bickies

by Leanne Cummins - December 2011

Ingredients :

1. 125g margarine
2. ½ cup sugar
3. 1½ cups self-raising flour
4. 1 egg
5. 1 cup coconut

Lemon Icing

1. 1tsp lemon juice
2. 1 cup icing sugar

Method :

Another easy one!

Add all ingredients together,

Bake @ 200°C 20 mins

Cool before icing -

Gluten-free versions are delicious when you substitute white wings

gluten free SR flour

Apple Pie

by Leanne Cummins - December 2011

Ingredients :

1. 200g sugar
2. 450g white flour
3. 200g margarine
4. a pinch of salt
5. a bit of coffee milk
6. about 800g apples, cut in small pieces
7. 50g brown sugar
8. lemon juice
9. 3 tsp. of cinnamon

Method :

1. Preheat oven on 180°C.
2. Put sugar and white flour in a bowl and mix.
3. Add margarine, salt and coffee milk in the bowl .
4. Mix until the dough holds together.
5. Put preparation in the fridge.
6. Cut apples in small pieces.
7. Mix the apples with the 50g of brown sugar, lemon juice and 3 tea spoons of cinnamon.
8. Butter the surface of pie dish, use 3/4 of the dough and shape it with your fingers (yummy!)
9. Throw in your apples.
10. With the rest of the dough decorate the top of the pie
11. Slightly put some coffee milk on the chequered dough, it will make it all crusty.
12. Leave the pie in the oven for about 45 minutes.

Dairy Free Banana Cake

by Rebecca Nikolovski-June 20122

Ingredients :

1. 1 cup desiccated coconut
2. 1 cup caster sugar*
3. 1 ½ cup self-raising flour, sifted
4. 1 cup coconut milk
5. 1 cup banana, mashed**
6. 1 egg - lightly beaten
7. 1 tsp. vanilla essence

*I use the low GI raw sugar for a more caramelize taste.

**I keep any bananas which look like they may go to waste in the freezer - then thaw them when I want to make this cake. They do get pretty mushy but work beautifully

Method :

1. Preheat oven to 170°C degrees
2. Grease and line a loaf pan
3. Combine coconut, sifted flour and sugar in a bowl
4. In a different bowl, mash banana then with a fork, beat in coconut milk, egg and vanilla
5. Pour wet ingredients over flour mixture and stir gently until just combined
6. Bake for 1 hour to 1 hour 10 minutes (until skewer comes out cleanly)
7. Best enjoyed whilst warm from the oven or after a day or so, pop slices in the toaster and have with a little butter - yum!

Low Fat Banana, Date and Pecan Muffins

by Veronique Hill- July 2012

Ingredients :

1. 3 medium ripe bananas
2. $\frac{3}{4}$ cup castor sugar
3. 2 eggs, lightly beaten
4. $\frac{1}{2}$ cup dates, chopped
5. $\frac{1}{4}$ cup boiling water
6. $\frac{1}{2}$ cup pecans, chopped
7. $1\frac{3}{4}$ Cup self-raising flour
8. 1tspn ground cinnamon
9. 1tspn bicarbonate of soda

Method :

1. Combine dates and boiling water, stand 10 min.
2. Mash bananas in large bowl
3. Add sugar and eggs
4. Mix well
5. Add dates and pecans to mixture.
6. Sift flour, cinnamon and bicarbonate of soda into mixture.
7. Bake 15-20 min.in moderate oven or until golden.

Lemony Polenta Cake (Gluten Free)

by Leanne Fragiacomio-July 2012

Ingredients :

1. 175g/6oz unsalted butter, softened
2. 250g/8oz golden caster sugar
3. 125g/4oz ground almonds (almond meal)
4. 2 eggs, beaten
5. 3 lemons for rind and juice
6. 75g/3oz polenta flour
7. 50g/2oz gluten-free plain flour
8. ½ tsp. gluten-free baking powder
9. 2 tbsps. flaked almonds.

Method :

1. Grease and line a 15cm/6inch spring form tin with greaseproof paper.
2. Beat together butter and 175g/6oz of the sugar until pale and creamy. Stir in the almonds, eggs, rind and juice of 1 lemon.
3. Add the flours and baking powder, and stir in gently until combined.
4. Turn into the tin, level the surface and sprinkle with the flaked almonds. Bake in a preheated oven 180°C (350°F), Gas mark 4, for about 30 minutes until risen and just firm.
5. Meanwhile, put the remaining juice and lemon rind in a small pan with the remaining sugar and heat gently until the sugar dissolves.
6. Spoon over the cake and serve warm.

Tips

- 1 lemon and rind with an equal part of water is sufficient, depending on how lemony you want the cake.
- Once cake is cooked, at 30-45 minutes, it can be left in the pan to cool entirely. Very crumbly to remove otherwise. Once the cake has been removed and placed on a serving plate you can then spoon liquid over the cake.

Cupcake recipe

by Sarah Jones- October 2012

Ingredients :

1. 125g unsalted butter, softened
2. $\frac{3}{4}$ cup caster sugar
3. 1 $\frac{1}{2}$ cup self-raising flour
4. $\frac{1}{2}$ cup milk
5. 2 eggs

Method :

1. Preheat oven 190°C.
2. Line 18 holes in two muffin tins with paper cases.
3. Beat all ingredients with electric beaters on low speed.
4. Increase the speed and beat until smooth and pale.
5. Divide mixture evenly among the cases and bake for 20-25 minutes or until cooked and golden.
6. Transfer to wire rack to cool.

Note:

This recipe was used at our "Ladies Night In" where Deb showed us how to decorate some ordinary cupcakes into some amazing "oeuvre-d-art".

Cupcake decoration ideas!

by Deb Stuart- October 2012

Ingredients :

Method :

Romantic Marshmallow Frosting

1. 2 white eggs
2. ½ tsp. cream of tartar
3. glucose syrup
4. flavour or colour.

Smooth Vanilla Frosting

1. 2 cups confectioners' sugar, sifted
2. ½ cup butter (if using unsalted add ¼ tsp. salt)
3. 1½ tbsp. milk (may use up to 2 Tps.)
4. 1½ tsp. vanilla

Smooth Chocolate Frosting

1. 2 cups confectioners' sugar, sifted
2. ½ cup butter (if using unsalted add ¼ tsp. salt)
3. 1½ tbsp. milk (may use up to 2 Tps.)
4. 1½ tsp. vanilla
5. 2-3 tbsp of good quality cocoa mix

1. Beat together, till stiff
2. Add glucose syrup slowly. You'll use just over half a jar.
3. Keep beating until frosting loses some of its gloss and starts to hold shape.
4. Add flavour or colour towards the end of beating.

1. Beat butter for about 4 minutes until very soft. Stop occasionally to scrape down the sides of the bowl.
2. Add the sifted powdered sugar and mix on a low speed to combine.
3. Add milk and vanilla.
4. Mix on medium-high for 4 minutes. Stop occasionally to scrape down the sides of the bowl.

———— As Above and add the chocolate!

Cupcake decoration ideas!

by Deb Stuart- October 2012

Ingredients :

Method :



Flavour combinations...that work!!

Chocolate Cake Chocolate, Vanilla, Hazelnut, Coconut

Vanilla Cake Vanilla, White Chocolate, Strawberry, Marshmallow

Strawberry Cake Vanilla, Strawberry, Lemon, Marshmallow

Lemon Cake Lemon, Strawberry, Marshmallow

Orange Cake Citrus, Orange Poppy

Caramel Cake Caramel, White Chocolate, Hazelnut, Coconut, Vanilla

Red Velvet Cream Cheese, Marshmallow

Cupcake decoration ideas!

by Deb Stuart- October 2012

Ingredients :

Chocolate Ganache

1. 250 gr dark cooking chocolate, chopped.
2. 1/3 cup cream

White Chocolate Ganache

1. 200ml pure cream (35%fat)
2. 420 gr white chocolate, finely chopped.

Note: Use as a creamy frosting, or to base cake before fondant.

Moistens the cake and keeps it for up to 3-4 days

Method :

1. Combine chocolate and cream in a heatproof bowl over a saucepan of simmering water.
2. Stir with a metal spoon until smooth. Remove bowl from heat.
3. Set aside at room temperature to cool, stirring occasionally, until Ganache is thick and spreadable.

Chinese Chew

by Mrs Susan Gescke- October 2012

Ingredients :

1. 125g / 4 oz. butter
2. 1 eggs
3. 1 cup sultanas
4. 1 tsp. Baking Powder
5. 1 dessertspoon golden syrup
6. 1 cup sugar
7. 1 cup flour
8. 1 cup coconut
9. 1 cup walnuts or pecan

Method :

1. Melt butter and golden syrup.
2. Cool, add egg.
3. Add remaining ingredients and press into sponge roll tin.
4. Bake at 150°C / 300°F until just cooked.
5. Cut while warm.

Peanut Cookies

by Jenny Sutinen - October 2012

Ingredients :

- 1. ½ cup peanut butter*
- 2. ½ cup butter*
- 3. ½ cup brown sugar*
- 4. ½ cup white sugar*
- 5. 1 egg,*
- 6. ½ tsp. vanilla,*
- 7. ½ tsp. salt,*
- 8. ¼ tsp. bi-carb soda,*
- 9. 1 cup sifted self-raising flour*

Method :

- 1. Blend ingredients 1 to 4.*
- 2. Mix together with ingredients 5 to 9.*
- 3. Place mixture on greased tray and cook in moderate oven.*
- 4. Easy!*

Caramel Tart

by Jenny Sutinen - October 2012

Ingredients :

Method :

Caramel filling

1. 1 cup brown sugar
2. 1 tbsp. plain flour
3. pinch salt.
4. 2 egg yolks
5. 1 cup milk
6. 1 tbsp. of butter
7. a few drops of vanilla

Pastry

1. 6 tbsp. self-raising flour
2. 2 tbsp. butter
3. 1 tbsp. icing sugar
4. 1 beaten egg.
5. 2 egg whites
6. 1 dessertspoon of icing sugar.

Caramel filling

1. Mix 1 cup brown sugar, 1 tablespoon plain flour and pinch salt.
2. Put into saucepan with 2 egg yolks. Stir with wooden spoon and gradually add 1 cup milk until the mixture is smooth and free of lumps. Slowly bring to boil, simmer for a few minutes over low heat, stirring continuously until the consistency of cream.
3. Add 1 tablespoon of butter and a few drops of vanilla. Allow to cool slightly.

Pastry

1. Sift 6 tablespoons S.R. flour and rub in 2 tablespoons butter,
2. add 1 tablespoon icing sugar and mix altogether with 1 beaten egg.
3. Line a sandwich tin or small pie plate with pastry, add caramel mixture and make in a moderate oven until pastry is golden brown.
4. Pile top with stiffly beaten egg whites, to which has been added 1 dessertspoon of icing sugar.
5. Return to oven until meringue is golden brown.

Shortbread

by Jenny Sutinen - October 2012

Ingredients :

1. 250 g butter
2. 4 oz. castor sugar
3. 8 oz. self-raising flour
4. 1 egg
5. passionfruit icing

Note:

"The Shortbread and Caramel Tart recipes are 2 of our family favourites that my Grandma loved to make and now my Mum makes" Jenny.

Method :

1. Combine butter and flour together until like fine breadcrumbs, add sugar, blend in beaten egg.
2. Spread into greased small sponge tin (spring form tin is best) and bake in moderate oven.
3. Cool in tin for 10 mins, turn out and cool.
4. Cut through middle and ice with passionfruit icing.
5. Dust top with icing sugar.

Wholewheat Banana Nut Loaf

by Veronique Hill- October 2012

Ingredients :

Makes 1 loaf

1. 115g butter, at room temperature
2. 115g caster sugar
3. 2 eggs, at room temperature
4. 115g plain flour
5. 1 tsp bicarbonate of soda
6. ¼ tsp. salt
7. 1 tsp. ground cinnamon
8. 55g wholewheat flour
9. 3 large ripe bananas
10. 1 tsp. vanilla essence
11. 55g chopped walnuts or pecan

Method :

1. Preheat oven at 180°C . Line the bottom and sides of 23x13cm loaf tin with greaseproof paper and grease the paper.
2. With an electric mixer, cream the butter and sugar together until light and fluffy.
3. Add the eggs, 1 at a time, beating well after each addition.
4. Sift the plain flour, bicarbonate of soda, salt and cinnamon over the butter mixture and stir to blend.
5. Stir in the wholewheat flour.
6. With a fork, mash the bananas to a puree, then stir into the mixture. Stir in the vanilla and nuts.
7. Pour the mixture into the prepared tin and spread level.
8. Bake until a skewer inserted in the centre comes out clean, 50-60 minutes. Let stand 10 minutes before transferring to a rack.

Chocolate Sheet Cake

by Deb Stuart- November 2012

Ingredients :

For the cake

1. 2 cups flour
2. 2 cups sugar
3. ¼ tsp. salt
4. 4 tbsp. (heaping) cocoa
5. 2 sticks butter
6. ½ cup buttermilk
7. 2 whole beaten eggs
8. 1 tsp. Baking soda
9. 1 tsp. Vanilla

For frosting

1. ½ cup finely chopped pecans
2. 1¼ stick butter
3. 4 tablespoons (heaping) cocoa
4. 6 tbsp. Milk
5. 1 tsp. Vanilla
6. 1 pound (minus ½ cup) powdered sugar

Method :

1. In a mixing bowl, combine flour, sugar, and salt.
2. In a saucepan, melt butter. Add cocoa. Stir together.
3. Add boiling water, allow mixture to boil for 30 seconds. Then turn off heat.
4. Pour over flour mixture, and stir lightly to cool.
5. In a measuring cup. Pour the buttermilk and add beaten eggs, baking soda, and vanilla.
6. Stir buttermilk mixture into butter/chocolate mixture.
7. Pour into sheet cake pan and bake at 180°C for 20 minutes.
8. While cake is baking, make the icing. Chop pecans finely. Melt butter in a saucepan. Add cocoa, stir to combine, then turn off heat. Add the milk, vanilla, and powdered sugar. Stir together. Add the pecans. Stir together, and pour over warm cake.
9. Cut into squares. Far and totally wig out over the fact that you've just made the best chocolate sheet cake. Ever!

Note: I use an 18x13 sheet cake pan.

Anne's Fool-Proof Fruit Cake

by Claire Cullen- November 2012

Ingredients :

1. 250g self-raising flour
2. 125g caster sugar
3. 125g butter
4. 2 eggs
5. 300g dried mixed fruit
6. 6-8 crushed walnuts
7. ½ teaspoon mixed spice
8. ½ cup milk (may not need it all)

Method :

1. Melt butter, allow to cool slightly
2. Add flour, sugar, eggs, spice, fruit and half the milk and mix well
3. Add enough milk to make a soft consistency
4. Line a loaf tin and bake at 160C for 1-1/2 hours.
5. Skewer should come out clean when cooked.
6. Turn on to wire tray and allow to cool

Enjoy!

I thought I might add my mother's fruit cake recipe to the book. She has made this for years and it never fails! Can make it all in one pot too so little mess.

Hope someone likes it!!

Claire

Micaela's Yorkshire curd tarts

by Claire Cullen- November 2012

Ingredients :

175 g (6oz) short pastry

Filling

1. 225 g (8oz) cottage cheese or curd
2. 50g (2oz) sugar
3. 50g (2oz) currants
4. 1 medium egg
5. 40g (1 1/2 oz.) margarine, melted
6. Pinch each cinnamon and nutmeg

Makes 18

Method :

1. Heat oven to 220 C, 425 F, gas mark 7. Roll out thinly, cut into rounds using a 7.5 cm (3 inch) cutter and line 18 patty tins with the pastry
2. Mix together the filling ingredients and fill the pastry cases. Bake for about 15-20 minutes.