

Recipes 2010



Lisa's Decadent Chocolate Cake



Inaugurated during the depths of winter 2009... the ViaStrada Bake-off put the kettle on and made itself comfortable back at the tearoom table in 2010.

Much anticipated, the 2010 competition saw some serious thought go into choosing (and in some cases practising) recipes. We even saw a staunch non-baker enter the ring and surprise himself and those he was feeding with how easy and satisfying baking can be.

Once a week two staff members tried their hand at baking; and to keep it interesting and add a little healthy competition, a vote determined the favourite of the day.

The result was well-attended teabreaks; good for morale, if not so good for the waistline.

Here are the recipes, tried and true... ENJOY!



Rhys' lolly cake

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Cream Puffs

Lena Makogon

Puffs

75 g butter
1 cup water
1/4 tsp salt
1 cup all-purpose flour
4 eggs

Cream

1 can of sweetened condensed milk
100 g butter

Decoration

Melt 125g chocolate with approx. 1/4 c cream and 25g butter. Add more cream until the consistency is sauce-like. Leave to cool.

1. Preheat oven to 220°C.
2. In a large pot, bring water and butter to a rolling boil. Remove from direct heat and stir in flour and salt until the mixture forms a ball. Transfer the dough to a large mixing bowl. Add the unbeaten eggs, one at a time, beating (try it with a spoon) each egg in thoroughly before adding the next egg. The mixture should be smooth and shiny.
3. Drop by tablespoonfuls onto an ungreased baking sheet.
4. Bake for 20 to 25 minutes, until golden brown.
5. When the shells are cool, either split to fill them or use a pastry bag to pipe the cream mix into the shells. Alternatively, you can coat the puffs in the cream mix.
6. Place on serving plate and sprinkle filled puffs with chocolate mixture and chopped walnuts or any other nuts.



Peanut Butter Cookies

John Lieswyn

1/2 cup butter	4 large eggs
18 oz/ 510g peanut butter	1 tsp vanilla
1 1/2 cups sugar	2 1/2 tsp baking soda
1 1/2 cups brown sugar	6 cups oats

Extras: up to 1 cup of anything from date pieces, brazil nuts and chocolate/toffee chunks.

In a mixer, beat butter and peanut butter on a medium speed.

Add sugars, mix well.

Add eggs & vanilla.

Combine oats and baking soda and add to mixture.

Drop by tablespoon onto ungreased cookie sheets or baking paper (on a tray!). Bake at 180°C for 9-12 minutes until edges just starting to turn brown.

Remove to wire racks to cool. Makes an astounding 84 cookies.

*John advises that this mixture has the potential to break your mixer unless you take it easy on the speed dial. Softening the butter and not adding all the oats at once would probably help as well.



Decadent Chocolate Cake

Lisa Williams

Pre-heat oven to 170°C, line a 20 cm round cake tin with baking paper. Place ingredients into a bowl in following order and blend with an electric beater until combined:

125g softened butter
3 eggs
2 cups sugar
2 cups sifted flour
3/4 cups sifted cocoa
2 tsp baking soda
2 tsp vanilla
1 cup lite sour cream
1 cup strong (cooled) black coffee
1/2 tsp salt

Bake for 60 – 75 minutes until springs back to touch. Partially cool in tin and then remove to cool further. When cool, cut cake in half so that you have 2 round cakes.

Filling:

Melt together 1/4 cup cream and 100g dark chocolate in a double boiler. Leave to cool down, then fold in 1/2 cup of whipped cream. Cover and chill filling for half an hour, then spread on bottom cake and sandwich layers together.

Icing:

In a saucepan, slowly bring 1/2 cup cream to the boil, remove from heat and cool slightly then add 200g chopped dark chocolate and stir together until melted. Leave to cool for about 20 minutes then spread over the cake.

Mixed Nut Tartlets

Warren Lloyd

Pastry

3 cups / 375g plain flour

230 g butter, chopped

Place the sifted flour and butter in a food processor and pulse for 10 seconds, or until the mixture resembles fine breadcrumbs. Add about 1/3 cup of water and process until the mixture just comes together. Add another tbsp of water if needed. Turn out onto a lightly floured surface, roll into a ball and refrigerate for 20 minutes. (Or you could just cheat and buy shortcrust pastry from the supermarket... no one would ever know).

Divide the pastry into 10 portions, roll each portion out and line 10 fluted 8cm flan tins. Trim any excess pastry, then refrigerate for 10 minutes. Put the tins on two baking trays. Line the pastry cases with baking paper and fill with baking beads or rice and bake at 180°C for 10 minutes. Remove the beads/rice and baking paper and bake for a further 10-15 minutes.

Filling

300g mixed nuts (pecans, macadamia nuts or hazelnuts)

3 tbsp soft brown sugar

2 tbsp white sugar

3 tbsp light corn syrup

30 g butter melted

2 eggs, lightly beaten

Spread the nuts on a baking tray and bake for 7 minutes. Divide the nuts among the pastry cases. Whisk together the remaining ingredients and drizzle the mixture over the nuts. Bake for 15-20 minutes or until just set and golden. Allow to cool completely before serving.



Citrus Poppyseed Cake

Kathryn Stapleton

175g butter, softened	50g poppy seeds
175g caster sugar	grated rind of 2 oranges
3 eggs, beaten	grated rind of 2 lemons
250g self-raising flour	4 rounded tbsp natural yoghurt

Preheat the oven to 150°C/130°C fan-forced. Butter and line the base of a 20cm round cake tin.

Using a wooden spoon, beat together all ingredients until smooth. Spread the mixture in the tin and bake for 45-50 minutes until just firm. Cool in the tin for 10 minutes, then turn out and cool on a wire rack.

Topping

250g tub mascarpone
Grated rind and juice of 1 small orange
3 tbsp lemon curd
Grated rind of 1 lemon

Mix the mascarpone with enough orange juice to make a spreadable icing. Lightly swirl in the lemon curd to give a marbled effect. Roughly spread over the top and sides of the cake and scatter the grated citrus rind over the top to decorate.



Almond Butter Cake

Russell Malthus

225 g butter
225 g sugar
340 g flour
1 tsp baking powder
1 egg
1 tsp almond essence
70 g ground almonds

Grease and line with paper two tins (20 cm).

Cream softened butter and sugar. Beat in egg yolk. Add sifted flour and baking powder, ground almonds and almond essence.

Divide mixture in half, press into tins. Beat egg white with a few drops of milk and brush over the top of cakes; decorate with cherries and almonds if you wish.

Bake at 170° C for 25 - 30 minutes.



Magic Slice

Andrew Macbeth

Base

1 cup flour
1 cup coconut
1/2 cup sugar
1 tsp baking powder
100g melted butter

Topping

1 cup dried apricots
1 cup prunes
1/2 cup walnut pieces
1/2 cup sweetened condensed milk

Stir all base ingredients together and put in a greased 12" x 8" (30cm x 20cm) baking tin. Bake at 180°C for 10 minutes.

Chop dried fruit into small pieces and spread fruit and nuts on base. Pour condensed milk over topping. Bake for a further 15 minutes. Cut into slices when cold.



Bob's Cake

Rick Houghton

1 1/2 cups water
1 1/2 cups raisins
1 cup sugar
6 oz butter
1 tsp baking soda
2 eggs
12 oz self raising flour

Melt together the water, raisins, sugar, butter, and baking soda. Let it cool.

Add the liquid to the flour and mix, then beat in the eggs.

Bake in a round tin at 180°C for approximately 40 minutes.



Double Chocolate Muffins

Jon Ashford



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|---------------------|-----------------------------|
| 1 3/4 cups flour | 1 egg |
| 1 tsp baking powder | 1 cup natural yoghurt |
| 1 cup castor sugar | 1/2 cup milk |
| 1/4 cup cocoa | 1/2 tsp vanilla |
| 100 g melted butter | 1/2 - 1 cup chocolate drops |

Sift dry ingredients into a large bowl.

In a separate bowl combine melted butter and all liquids.

Add liquids to dry ingredients and add chocolate drops. Fold mixture gently until dampened, but not smooth.

Place in greased muffin pans. Sprinkle chocolate drops on top.

Bake at 200°C for 10 – 12 minutes.

Or you could just buy a packet mix and no one would ever have to know...

Banana Cake

Andrew Fitzgerald

1 25 g butter, softened	3/4 cup caster sugar
2 eggs	2 large, ripe bananas, mashed
1/2 tsp baking soda	1 1/4 cups self-raising flour, sifted
2 tbsp boiling milk	

Preheat oven to 150°C fan bake. Grease a 22cm ring cake tin. Place butter and sugar in a bowl and beat until pale, then add eggs, one at a time. Stir in mashed bananas.

Dissolve baking soda in boiling milk and stir into beaten mixture. Fold in the sifted flour. Spoon mixture into the prepared cake tin, smoothing the surface.

Bake for 40 to 45 minutes or until a skewer inserted comes out clean. Remove from tin and spread with chocolate icing, once cold.

Chocolate icing

50g softened butter
1 cup icing sugar, sifted
2 tbsp cocoa powder, sifted
2 tbsp boiling water

Beat butter and icing sugar together in a bowl. Add cocoa and boiling water and beat until creamy.



Sticky Lemon Slice

Helen Woodhouse

Base

225g unsalted butter, softened

70g icing sugar

275g standard flour

Topping

400g granulated sugar

4 medium eggs, beaten

4 tbsp standard flour

1 tsp baking powder

Grated zest of 2 lemons

90ml lemon juice, strained

Icing sugar

Preheat the oven to 170°C, line the base of a non-stick 32cm x 21cm Swiss roll tin with baking paper.

To make the base, whip butter in a food processor, then add the icing sugar and process until light in colour (creamed). Add the flour and process until mixture starts to form a ball. Press flat into the prepared tin. Bake for 15 minutes, set aside to cool.

While the base is cooling, make the topping by tipping the sugar into the (clean) food processor bowl. Add the eggs and process for 1 minute. Transfer the mix to a bowl and sprinkle the flour and baking powder over the top. Add the lemon zest and juice and mix together with a large spoon. Pour the topping mixture on top of the base (it will fill the tin). Bake for 30-35 minutes, until golden in colour and firmish to the touch. Cool in the tin, dust with icing sugar and cut into squares.



Good Old Fashioned Lolly Cake

Rhys Chesterman

“10 minutes from wo to go”

125 g butter

180 g Eskimo lollies

1 tin of sweetened condensed milk (use about half)

250 g biscuits, (smashed and bashed to buggery)

Coconut (from a bag, not whole)

1. Melt butter in a pot and stir in condensed milk. Cool.
2. Stir in lollies (cut into four) and the crushed biscuits.
3. Shape into whatever tickles your fancy. Cover with coconut.
4. Refrigerate.
5. Done



Flourless Chocolate & Black Doris Plum Cake

Jeremy Phillips

850g can Black Doris plums, drained, halved and stones removed
250g dark chocolate (minimum 60% cocoa solids)
150g butter
150g caster sugar
4 eggs

Preheat the oven to 120°C. Line a 22cm round cake tin with baking paper and grease with butter. Place the plums in the base cut side down then set aside.

Place the chocolate and butter in a bowl over a saucepan of simmering water until melted.

In a small saucepan heat 100g of the sugar with 75ml of water until the sugar has dissolved and the syrup has come to the boil. Remove from the heat and cool for a few minutes before stirring into the chocolate.

Beat the eggs with the remaining 50g of sugar until very light and fluffy. Pour in the chocolate and beat until just combined. Carefully pour the mixture over the plums. Place the tin in a baking pan lined with a clean tea towel and add enough warm water to come halfway up the sides of the tin. Put in the oven and bake for 50 minutes or until the cake has just set. Remove from the oven and allow the cake to cool in the water bath before turning out onto a plate and removing the baking paper. If you are having trouble turning out the cake, warm the tin over a low gas flame to loosen it.



White Chocolate & Pistachio Cookies

Jeanette Ward

1 cup sugar	2 1/2 cups flour
1 cup dark brown sugar, packed	1 tsp baking powder
2 eggs	1 tsp baking soda
2 tbsp milk	1 tsp salt
2 tsp vanilla	1 cup of rolled oats
1 1/2 cups white chocolate chips	1 1/2 cups coarsely chopped pistachios, raw & unsalted

Preheat the oven to 180°C.

Cream butter and sugars together on high speed for 3 minutes, add the eggs, milk and vanilla and beat for 3 minutes, scraping down sides of the bowl to ensure even mixing.

In a separate bowl combine the flour, baking soda, baking powder, salt and rolled oats. Add the dry ingredients to the butter mixture slowly, scraping down the sides and the bottom of the bowl to ensure even mixing.

Fold in the pistachios and white chocolate chips.

Drop heaped teaspoonfuls onto a baking paper lined baking tray and top with a pistachio or two for decoration if desired.

Bake for 8-10 minutes or until golden brown. Cool cookies on baking tray (to firm up) before removing to baking rack to cool completely.

Makes 6 dozen.



Russischer Zupfkuchen

aka Russian Pluck Cake

Axel Wilke

Base

300g flour

200g butter

40g cocoa

180g sugar

2 eggs

15g baking powder

Mix flour and baking powder in a big bowl. Add the remaining base ingredients and knead well. Put aside one quarter of the dough mix. With the remainder, fill the bottom and go up the sides of buttered 10 inch round spring form tin.

Filling

150g sugar

500g quark (Karikaas Kwark)

2 drops of vanilla essence

70g butter

3 eggs

200g cream

1 pinch of salt

Cream the butter, add the remaining ingredients and mix well. Fill the cake base with the mixture. Take the set aside dough from the base, pull off ("pluck") small flat pieces and place on top of the filling.

Bake at 180°C for approximately one hour.

