

Recipes for Classes 14-17, (baking)

Approximate equivalents 25g = 1oz, 100g = 3 ½oz, 110g = 4oz, 200g = 7oz, 225g = 8oz, 900g = 2lbs

HONEY BUNS

125g butter
100 g sugar
125g self-raising flour
1 dessertspoonful honey
2 eggs
A little milk if necessary

Cream the butter, sugar and honey together.

Beat in the two eggs.

Fold in the self-raising flour and a little milk if required. Put the mixture into 12 baking cases.

Bake at 180°C / 350° F (gas mark 4) for 10– 15 minutes until risen and golden.

HONEY CARROT CAKE

225g self raising wholemeal flour
1 tsp cinnamon, 1 tsp nutmeg
1 tsp mixed spice
110g butter
110g honey
110g soft brown sugar
225g carrots peeled, finely grated

Mix flour and spices in a bowl.

Melt butter, honey and sugar together and stir into flour. Mix in grated carrot. Put the mixture into a well greased 450g (1lb) cake tin and bake at 170°C/325° F (gas mark 3) for 1 – 1¼ hours or until a skewer inserted into the centre of the cake comes out clean.

HONEY SHORTBREAD

25g soft light brown sugar
110g butter
25g honey
200g plain flour

Cream the butter and sugar together and gradually mix in the honey. Work in the flour and knead lightly.

Roll out to about 5 mm /¼ inch thick and cut into rounds approximately 6cm/2½ inches in diameter. Place on a greased baking tray and prick lightly all over with a fork.

Bake at 170°C/325° F (gas mark 3) for 20 minutes or until a pale golden brown colour.

Dredge with castor sugar and transfer to wire rack to cool

TABLET

900g sugar
100g butter
1 small tin condensed milk
250 ml/ ½ pint milk
225g honey

Place all ingredients in a pan and dissolve slowly.

Boil for 35 minutes.

Beat well with wooden spoon until creamy.

Pour into greased tin. Mark into squares when cooled.