



Recipes for Homebake (2012)

Homebakers please choose any of the following recipes

Apple & Apricot Loaf

Serves 10

½ x 825g can apricot halves in fruit juice
2 x 120g tubs apple puree
1/3 cup brown sugar
2 eggs, lightly beaten
¼ cup buttermilk (or reduced fat milk)
2 tbspn olive oil
2 teaspoons finely grated lemon rind
1.5 cups plain flour
2/3 cup wholemeal or white SR flour
½ tspn bicarb soda

1. Preheat oven to 180 deg C. Grease a 7 cm deep, 8 x 19cm base loaf pan. Line with baking paper
2. Drain apricots. Place on a plate lined with paper towel. Pat dry with paper towel. Roughly chop.
3. Combine apple puree, sugar, eggs, buttermilk, oil and lemon rind in a jug. Sift flours and bicarb of soda into a bowl. Add puree mixture. Stir until just combined. Fold in apricot. Spoon mixture into prepared pan.
4. Bake for 1 hour and 10 mins or until cooked. Stand 10 mins.

Apple & Custard Muffins

(Makes 16 medium muffins)

1 ½ cups SR flour
1 cup wholemeal SR flour
¼ cup custard powder
1 tspn ground cinnamon
½ cup firmly packed brown sugar
2 egg whites
1 cup skim or low fat milk
¼ cup vegetable oil
410g pie apples (chop into small pieces- so will freeze better)
¼ tspn ground cinnamon extra
2 tspns caster sugar

Preheat oven to 180 degrees C. Line 12 hole (1/3cup/80ml) muffin pan with paper cases (medium sized) then spray with cooking spray.

Sift flours together (return husks), then add custard powder, cinnamon and brown sugar in large bowl. Stir in combined egg whites, milk, oil and three-quarters of the pie apples. Mix until just combined - Don't over mix!

Spoon mixture into prepared cases, top with remaining pie apple; sprinkle with combined caster sugar and extra cinnamon.

Bake at 180 deg for about 30 minutes.

Apple & Pear Muffins

(Makes approx 12 muffins)

1 ½ cups self-raising flour

1 cup wholemeal SR flour (or just use extra cup of white SR flour)

¾ cup brown sugar

2 tbsps margarine, melted

¾ cup (190mls) skim or low fat milk

200g low fat natural yoghurt

1 egg

2 large peeled pears or apples, grated

Method:

Preheat oven to 180 degree C.

Spray 12 hole muffin pan with cooking spray.

Sift flours into large bowl.

Stir in sugar and make a well in the centre.

In a small bowl, whisk margarine, milk, yoghurt, egg and grated pear/apple together then add to flour mixture.

Stir gently until mixture is just combined but do not over beat. Spoon mixture into prepared pan.

Bake for 20-25 mins or until cooked.

Apple & Raisin Crunchy Topped Muffins



Cooking Time

20 minutes

Ingredients (serves 12)

- Olive oil, to grease
- 320g (2 cups) wholemeal or white self-raising flour
- 70g (1/3 cup, firmly packed) brown sugar
- 1/2 tsp ground cinnamon
- 125ml (1/2 cup) canola oil
- 125ml (1/2 cup) apple juice
- 1 egg, lightly whisked
- 1 tsp vanilla essence
- 2 granny smith apples, peeled, cored, coarsely grated
- 145g (3/4 cup) raisins
- 1 tbs brown sugar, extra
- 1/4 tsp ground cinnamon, extra

Method

1. Preheat oven to 180°C. Brush twelve 80ml (1/3-cup) capacity muffin pans with oil to lightly grease. Sift the flour, sugar and cinnamon into a large bowl. Return the husks to the flour mixture and make a well in the centre. Place the oil, apple juice, egg and vanilla essence in a large jug and use a fork to whisk until well combined.
2. Pour the apple-juice mixture into the flour mixture and use a metal spoon to fold until just combined. Add the grated apple and raisins, and fold until just combined. Spoon mixture among prepared pans.
3. Combine the walnuts, extra sugar and extra cinnamon in a bowl. Sprinkle muffin mixture evenly with walnut mixture. Bake in preheated oven for 20 minutes or until a skewer inserted into the centres comes out clean. Remove from oven. Set aside for 5 minutes before transferring to a wire rack to cool.

Notes You can freeze these muffins for up to 2 months. Place, in a single layer, between sheets of non-stick baking paper in an airtight container. Label, date and freeze. Place in the fridge for 6 hours to thaw. Remove from the fridge and set aside for 30 minutes to bring to room temperature before serving.

Apple & Sultana Muffins

60g margarine
2/3 cup apple juice
1 egg, lightly beaten
2 cups plain flour
1 tbspn baking powder
½ tbs cinnamon
¼ cup brown sugar
½ cup sultanas
1 apple

Preheat oven to 180 degrees C. Line 12 hole (1/3cup/80ml) muffin pan with paper cases (medium sized) then spray with cooking spray.

Melt margarine and cool slightly. Whisk with apple juice and egg and set aside.

Sift flour, baking powder and cinnamon together into a large bowl. Mix in brown sugar and sultanas. Peel apple and coarsely grate into bowl. Toss to combine. Add liquid ingredients all at once and mix quickly and lightly together, until just combined. Divide evenly between cases and bake for 20-25 mins until golden.

Apricot Oatmeal Cookies

(Makes ~16)

(NB. Finished product has a chewy texture, not crunchy).

1 ½ cups rolled oats
2/3 cup brown sugar
½ cup flour sifted
1 tspn baking powder
40g dried apricots, chopped
3 medium ripe bananas (mashed well or pureed)
2 tbsps honey
1 tspn vanilla
2 tbsps melted margarine

Preheat oven to 180 degrees C.

Mix all ingredients then leave stand for 30mins. Spoon ~ 1 tbspn of mixture onto biscuits tray and flatten, then bake 180 degrees until golden brown.

Banana Cake

(Makes 1 bar loaf - 23 x 12 cms)

2 eggs

1 $\frac{3}{4}$ cup sifted plain flour

2 tspn baking powder

$\frac{1}{4}$ tspn baking (bicarb) soda

$\frac{1}{2}$ tsp salt

$\frac{1}{3}$ cup vegetable oil

$\frac{2}{3}$ cup sugar

1 cup mashed bananas (about 3 bananas)

Method:

Preheat oven to 180 degree Celsius

Beat eggs well in small bowl.

In a medium sized bowl sift together the flour, baking powder, baking soda and salt.

Then add sugar.

Add eggs, oil and banana to the dry ingredients.

Mix well.

Spoon into bar loaf tin and bake for approx 25 mins or until brown on top and cooked.

When cooled sift with icing sugar.

In tuckshop the bar loaf is cut into 1 $\frac{1}{2}$ cm slices (60-70g)

Banana Muffins

(Makes 12 medium muffins)

1 ½ cups SR flour
1 cup wholemeal SR flour
¾ cup brown sugar
2 tablespoons margarine, melted
1 cup skim milk
1 egg
1 tspn vanilla essence
2 ripe bananas, well mashed

Preheat oven to 180 degrees C. Line 12 hole (1/3cup/80ml) muffin pan with paper cases (medium sized) then spray with cooking spray.

Sift flours into a large bowl (return husks to bowl). Stir in sugar and make a well in the centre. In a small bowl, whisk margarine, milk, egg, vanilla and banana together then add to flour mixture. Stir gently until mixture is just combined but do not over beat.

Decorate top with a slice of banana.

Spoon mixture into prepared pan. Bake for 20-25 mins or until well risen.

Blueberry Cream Cheese Muffins



Photography by Ian Wallace

These muffins make a perfect morning or afternoon tea treat.

Makes

12

Ingredients

- 2 1/4 cups self-raising flour, sifted
- 1/2 cup caster sugar
- 100g margarine, melted, cooled
- 2/3 cup milk (reduced fat)
- 2 eggs, lightly whisked
- 1 teaspoon vanilla extract
- 150g fresh or frozen blueberries
- 60g cream cheese, cut into 12 cubes
- 1 1/2 tablespoons blueberry jam

Method

1. Preheat oven to 200°C. Lightly grease a 12-hole 1/2-cup capacity muffin pan.
2. Combine flour and sugar in a bowl. Make a well in the centre.
3. Whisk butter, milk, egg and vanilla in a jug. Pour into well. Add blueberries and gently fold until just combined. Half fill muffin holes with mixture. Top each muffin with a cream cheese cube and 1/2 teaspoon jam and cover with remaining mixture.
4. Bake muffins for 15 to 20 minutes or until a skewer inserted into the top half of muffins comes out clean. Stand in pan for 5 minutes. Turn muffins onto a wire rack to cool slightly. Serve warm.

Carrot and Corn Muffins

Preparation Time: 15mins

Cooking time: 25mins

Ingredients	Serves 12	Serves 24	Serves 48
White self-raising flour	1¼ cup	3 ½ cups	7 cups
Curry powder	1/2 tsp	1 tsp	2 tsp
Carrot, peeled and grated	1	2	4
Corn kernels, drained (420g can)	½ can	1 can	2 cans
Grated Parmesan cheese	2 Tbsp	4 Tbsp	8 Tbsp
Eggs, beaten	2	4	8
Vegetable oil	2 Tbsp	4 Tbsp	8 Tbsp
Low fat milk	1 cup	2 cups	4 cups

Method

1. Preheat oven to 190 deg C, lightly spray muffin tins with oil and set aside.
2. Sift flour and curry powder into a large bowl.
3. Fold in carrot, corn and cheese.
4. In a separate bowl mix eggs, oil and milk
5. Pour wet mix into the dry flour mix and lightly combine, being careful not to over mix.
6. Spoon mixture into muffin trays and bake for 25mins until golden and firm to touch.
7. Cool on wire rack and serve.

Chewy Raisin and Oat Biscuits

Ingredients: (Makes 12)

1 cup raisins
1 cup cornflakes
 $\frac{3}{4}$ cup rolled oats
 $\frac{1}{2}$ cup SR Flour
 $\frac{1}{2}$ cup Wholemeal SR flour (or white SR flour)
 $\frac{1}{4}$ cup brown sugar
 $\frac{1}{4}$ cup olive oil
1 egg

Method:

1. Preheat oven until 200 deg C. Line baking tray with paper.
2. Combine raisins, cornflakes, oats, flours and sugar in a bowl. Whisk oil, egg, and $\frac{1}{4}$ cup cold water together in a jug. Stir into raisin mixture.
3. Using floured hands, roll 2 tbsps of mixture at a time into balls. Place balls 3 cms apart, on prepared tray. Flatten slightly. Bake for 12 - 14 mins or until golden. Cool tray.

Store in airtight container for up to 5 days.

Chocolate Slice

(Makes ~ 16 slices)

1 cup SR flour
¼ cup cocoa
2 Weet-bix crushed
½ cup sugar
2 tbsps desiccated coconut
2 tbsps margarine, melted
2 tbsps skim milk
1 egg white
Cooking spray

Icing:

¾ cup icing sugar
1 tbspn cocoa
½ teaspoon margarine
2-3 teaspoon skim milk
1 ½ teaspoon desiccated coconut (optional)

Preheat oven to 180 degrees C fan forced.

To make base:

Sift flour and cocoa into a large mixing bowl with crushed Weetbix, sugar and coconut. Add melted margarine to milk. Using a fork beat egg white into milk until combined, pour into flour and fold together. Spread mixture over the base of a slab or slice tin that has been coated with cooking spray. Use the palm of your hand to flatten and spread. You may need to dip your hand into flour to avoid mixture sticking. Bake 35 mins.

To make icing:

Sift icing sugar and cocoa into a small mixing bowl. Add margarine and milk, blend well. Spread over slice while base is still warm. Sprinkle coconut over top, leave to cool.

Choc-Chip Muffins

Makes 12 medium muffins

2 cups SR flour

½ cup brown sugar

1 cup small chocolate buttons

1 egg

¾ cup buttermilk Or ¾ cup skim or low fat milk

¼ cup vegetable oil (not peanut oil)

Preheat oven to 180 degrees C. Line 12 hole (1/3cup/80ml) muffin pan with paper cases (medium sized) then spray with cooking spray.

Mix all ingredients until **just combined**. Spoon into medium sized paper cases and bake 180 degrees celsius for 20-25 mins.

Coconut Choc Brownies

Preparation Time: 10mins

Cooking Time: 20mins

Method:

1. Preheat oven to 180 deg C
2. Mix dry ingredients
3. Add wet ingredients and mix well.
4. Pour into well greased slice pan and bake for 20 mins.

Ingredients

Serves 10

Self raising flour	½ cup
Coconut	½ cup
Cocoa	½ cup
Sugar	½ cup
Eggs	2
Low fat vanilla yoghurt	½ cup
Vegetable oil	1½ Tbsp
Vanilla essence	1 tsp

Fruit Muffins

Makes 12 medium muffins

1 ½ cups SR flour

½ cup Wholemeal SR Flour

½ cup brown sugar

1 cup fruit (can be dried fresh, dried or canned fruit) *

1 egg

¾ cup buttermilk Or ¾ cup skim or low fat milk

¼ cup vegetable oil (not peanut oil)

Preheat oven to 180 degrees C. Line 12 hole (1/3cup/80ml) muffin pan with paper cases (medium sized) then spray with cooking spray.

Mix all ingredients until just combined. Spoon into paper cases decorate the top with a little of the fruit and bake 180 degrees C for 20-25 mins.

* Fruit suggestions:

- Fresh Fruit – apple, pear, peach, nectarine, plum, berries, mango
- Frozen Fruit – raspberries, blueberries, mixed berries
- Dried fruit – apricots, dates, mixed fruit

Fruit Crumble

(Makes approx 12)

*Best with sturdy muffin cases eg. Afoil ones

1 cup oats

¾ cup wholemeal flour

4 tbsps coconut

2 tspns cinnamon

4 tbsps oil

1 cup apple sauce

800g tinned fruit (apple, pear, peaches etc)

Optional: add some frozen berries to add colour and flavour

Method:

- Preheat oven to 180 degree C
- Place muffin cases in muffin tray and spoon in tinned fruit evenly.
- Mix oats, flour and cinnamon and coconut in a bowl then add oil, apple sauce and mix thoroughly.
- Sprinkle crumble mix evenly between the fruit cases.
- Bake in oven for approx 15 minutes or until golden brown

Honey Oat Slice

(Makes ~16 slices)

1 $\frac{3}{4}$ cups rolled oats
1 cup SR flour
1/3 cup brown sugar
1/3 cup honey
3 tbsps margarine
1 egg white
 $\frac{3}{4}$ cup dried fruit medley OR sultanas
Cooking spray

Sugar Icing:

$\frac{3}{4}$ cup icing sugar
 $\frac{1}{2}$ tspn margarine
2-4 tspns skim milk

Preheat oven to 180 degree C fan forced.

Melt margarine with honey. In a large mixing bowl combine all dry ingredients. Add margarine mixture and egg white to dry ingredients, combine well. Press into slab or slice tin (~20x30cms/22x22cms) coated with cooking spray. Bake 20-25 mins or until golden brown. When cool, drizzle sugar icing over the top then cut into 15 slices.

To make icing: Sift icing sugar into small mixing bowl. Add margarine and milk, blend well.

Jam Coconut Slice

(Makes 16 slices)

Base:

1 egg white
1/3 cup sugar
2 tbsps margarine
¼ cup skim milk
1 ½ SR flour
Cooking spray

Top:

1 cup jam (raspberry, strawberry, blackcurrant etc)
2 egg whites
1/3 cup sugar
½ cup desiccated coconut

Preheat oven to 180 degrees C. Beat egg white and sugar for 1 min. Melt margarine then add milk then combine with egg and sugar. Fold in flour. Spray slab tin (20x30cms) then press mix in and flatten and spread. Heat jam and spread evenly over base. Beat egg whites until stiff and forming peaks with beater. Gradually add sugar as for meringue. Fold coconut through then spread over jam. Bake 35-40 mins.

Lady Flo's Pumpkin Scones

Preparation Time: 5-10 min (using pre-mashed and chilled pumpkin)

Cooking Time: 15-20 min

Ingredients	Serves 15	Serves 30	Serves 60
<i>Polyunsaturated margarine</i>	<i>1 Tbsp</i>	<i>2 Tbsp</i>	<i>4Tbsp</i>
<i>Sugar</i>	<i>½ cup</i>	<i>1 cup</i>	<i>2 cups</i>
<i>Salt</i>	<i>¼ tsp</i>	<i>½ tsp</i>	<i>1 tsp</i>
<i>Eggs</i>	<i>1</i>	<i>2</i>	<i>4</i>
<i>Chilled mashed pumpkin</i>	<i>1 cup</i>	<i>2 cups</i>	<i>4 cups</i>
<i>Self-raising flour</i>	<i>2 cups</i>	<i>4 cups</i>	<i>8 cups</i>

Method

1. Beat together margarine, sugar and salt.
2. Add egg, then pumpkin and stir in the flour.
3. Turn on to floured board and cut into desired shapes.
4. Place onto a greased baking tray or a tray lined with baking paper.
5. Place on the top shelf of a very hot oven 225-250°C for 15-20 minutes.

Tips and Variations

Make a larger batch than needed and freeze them in portions for future weeks. Try adding some sultanas or chopped dates for something a bit different.

Pikelets

Makes ~ 36 large pikelets

2 cups SR flour

2 eggs

1 ½ cup skim milk

1 tspn sugar

2 tspns melted margarine

Use cooking spray to grease cooking surface.

Mix all ingredients then spoon tspn mixture onto hot griddle or fry pan. Turn once bubbles appear in mixture.

(Will be served with jam – 2 pikelets/serve)

Scones

(Makes 12)

3 cups SR flour
1 tbspn caster sugar
80g butter
1 cup skim milk

Preheat oven to 220 degrees C.

Sprinkle SR flour over flat baking tray.

Sift SR flour into a medium bowl. Add sugar. Using fingertips, rub butter into flour until mixture resembles fine breadcrumbs. Add milk.

Use flat-bladed knife to mix until dough begins to come together. Turn onto a lightly floured surface and knead gently until dough comes together.

Flatten dough with palm of hand until 2cm thick. Use a 5cm cutter to cut out scones. Place onto baking tray 1cm apart. Brush top with a little skim milk. Bake for 14-16 mins or until golden and cooked through.