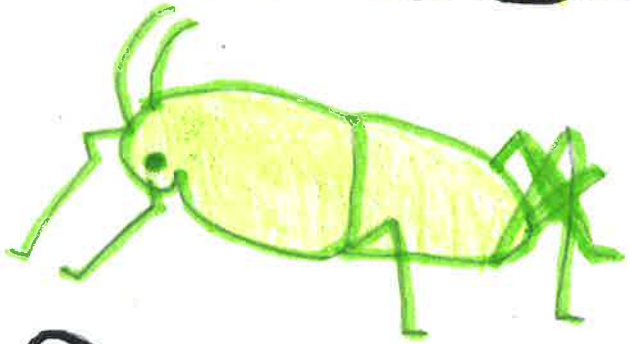




Tortsefield



fairtrade



recipe



BOOK



Welcome to Tatsfield Primary School's very own Fairtrade cookbook!

Every year, Tatsfield Primary School works with the village's Fairtrade group to raise awareness of the importance of Fairtrade.

As part of Fairtrade Fortnight in March 2018, Mrs Knock thought it would be a great idea to adapt some well-loved family recipes to include in a 'Fairtrade' recipe collection. All the recipes have been submitted by Tatsfield School families and at least one ingredient in each recipe is Fairtrade. Here is the fruit of our labours.

Thank you to all the children and parents who have taken the time to present such wonderful, mouth-watering recipes. Enjoy!

Useful information:

Liquid measures:

Metric	Imperial	US cups
250ml	8 fl oz	1 cup
180ml	6 fl oz	3/4 cup
150ml	5 fl oz	2/3 cup
120ml	4 fl oz	1/2 cup
75ml	2 1/2 fl oz	1/3 cup
60ml	2 fl oz	1/4 cup
30ml	1 fl oz	1/8 cup
15ml	1/2 fl oz	1 tablespoon

Mass:

1/2 oz	15g
1 oz	30g
2 oz	60g
3 oz	90g
4 oz	110g
5 oz	140g
6 oz	170g
7 oz	200g
8 oz	225g
9 oz	255g
10 oz	280g
11 oz	310g
12 oz	340g
13 oz	370g
14 oz	400g
15 oz	425g
1 lb	450g

Tablespoons to US Cups:

1 tablespoon	1/16 cup
2 tablespoons	1/8 cup
4 tablespoons	1/4 cup
5 tablespoons	1/3 cup
8 tablespoons	1/2 cup
10 tablespoons	2/3 cup
12 tablespoons	3/4 cup
16 tablespoons	1 cup

CONTENTS

Breakfast:

- *Smoothie (milkshake)*
- *Cream Cheese and Banana Stuffed French Toast*
- *Fruity Smoothie*
- *Scottish Pancakes*

Savoury dishes:

- *Greek Salad with a Twist*
- *Sam's Soup-er Creamy Carrot & Parsnip Soup*
- *Nanny's Indonesian Chicken Satay*
- *Joshua's Spectacular Spaghetti Bolognese*
- *Italian Lentil Soup*
- *Pasta with Bacon, Leek and Mushroom Sauce*
- *Secret Stir-Fry Recipe*
- *Vegetarian Bolognese*
- *Minestrone Soup*
- *Fairtrade Lamb, Apricot and Raisin Stew*
- *Carbonara Recipe*

Puddings and Desserts:

- *Banana Coconut Cream Tartlets*
- *Fruit Salad*
- *Fairtrade Knickerbocker Glory*
- *Sticky Toffee Pudding*

Biscuits:

- *Chewy English Flapjack*
- *Jacob's Happy Flappy Flapjacks*
- *Mummy's Yummy Shortbread*
- *Peanut Butter Cookies*
- *Vanilla Hearts*

CHOCOLATE

There was such an abundance of chocolatey recipes submitted that it warranted a chapter of its own!

Chocolate Desserts and Sweets:

- *Chocolate Marshmallow Bananas*
- *Chocolate Pancakes*
- *Fairtrade Easter Nests*
- *Tommy's Fairtrade Chocolate Flakes and Crispies*
- *Milk Chocolate Mousse – Flavoured with Earl Grey Tea*
- *Mum's Rocky Road*
- *Vanilla and Chocolate Ice Cream*
- *Hot Chocolate Fudge Sauce*
- *Chocolate Truffles with Sparkles*

Chocolate Cookies, Cupcakes and Brownies:

- *Fairtrade Chocolate and Thyme Cookies*
- *Fudgy-Wudgy Cookies*
- *Banana and Chocolate Chip Cupcakes*
- *Oliver's Fairtrade Chocolate Brownies*
- *Chocolate Cornflake Crispy Cakes*
- *Fairtrade Chocolate Chip Cookies*
- *Nanny's Millionaire shortbread Fingers*
- *Banana and Chocolate Chip Muffins*
- *Fairtrade Chocolate Brownies*
- *Fairtrade Triple Chocolate Crispy Cakes*
- *Tilly's Fairtrade Chocolate Chip Cookies*
- *Rebecca's Cupcakes*
- *Fairtrade Chocolate Hearts*
- *Freddy's Fairtrade Chocolate Brownies*

Chocolate Cake:

- *Grandma's Chocolate Cake*
- *Jazz's Fairtrade Toblerone Choccie Sponge*
- *Easy Chocolate Cake*
- *Fairtrade Chocolate Cake*
- *Chocolate Fridge Cake*
- *Beetroot and Chocolate Cake*
- *Chocolate Biscuit Cake*
- *Children's Chocolate Birthday Cake*
- *Jacob's Favourite Chocolate Cake!*
- *Lava Cake*
- *Chocolate Fudge Cake*
- *Chocolate Cake*
- *Thomas Veale's Fairtrade Chocolate Refridgerator Cake*

Banana Based Desserts, Cakes and Biscuits

- *Banoffee Pie*
- *Quick Banoffee Pie*
- *Banoffee Pie Recipe!*
- *Blooming Brilliant Banoffee Pie*
- *Brioche Banana Splits*
- *Banana Split Pancakes*
- *Banana Cake Recipe*
- *Banana Cake*
- *Banana Chocolate Treasure BBQ Delight*
- *Fairtrade Banana Cake*
- *Erin's Banana Loaf*
- *Aunt Missa's Banana Loaf*
- *Special Fairtrade Chocolate and Banana Bread*
- *Fairtrade Banana Bread*
- *Fairtrade Banana Bread*
- *Stevie's Banana Bread*
- *Fairtrade Banana Bread*
- *Banana and Chocolate Chip Cupcakes*
- *Banana and Chocolate Fairtrade Muffins*
- *Banana Muffins*
- *Banana Muffins*
- *Fairtrade Banana, Honey and Choc Chip Muffins*
- *Banana and Ginger Biscuits*
- *Toasted Chocolate Bananas*

Drinks:

- *Lucky Love Potion*
- *Lemonade*

Smoothie (Milkshake)

By Jennifer Charters

Serves 1

Ingredients:

- 1 ripe Fairtrade banana
- 1 tbsp. Fairtrade honey (optional)
- 1 large Fairtrade orange
- 1 Fairtrade tangerine
- 100ml milk
- 3 heaped tsp Fairtrade chocolate powder
- 1 tsp Fairtrade vanilla extract

Method:

- 1) Cut banana and put in blender
- 2) Dribble honey over banana (if wanted)
- 3) Cut Orange and Tangerine in half (ask an adult to help if you are not sure about cutting)
- 4) Juice carefully and then pour juice into blender
- 5) Add milk, chocolate powder and vanilla extract to blender
- 6) Ask an adult to show you how to use the blender – it only needs about 20 – 30 seconds to make the mixture smooth.
- 7) Pour smoothie into the cup
- 8) Decorate with straw (optional)
- 9) Enjoy! (needs to be consumed straight away, won't keep)



Fruity Smoothie

By Olivia Gabbadon

Serves 2

Ingredients

2 Fairtrade bananas

2 handfuls of strawberries

500ml milk

Ice cubes

Method

- 1) Firstly chop the bananas into chunks and add to a blender.
- 2) Halve the strawberries and put into the blender.
- 3) Next, add the milk and the ice cubes and blend until smooth.
- 4) Pour into tall glasses and enjoy!

Scottish Pancakes

By Ronnie Foskett

Ingredients

125g self-raising flour
2.5ml baking powder
1 pinch salt
1 egg
Fairtrade pepper
30g Fairtrade caster sugar
125g plain flour
110ml milk
50g Fairtrade sultanas

Method

- 1) Sift the flour through a sieve to remove all lumps.
- 2) Beat the egg and sugar together and add a little milk.
- 3) Pour the mixture into the sifted flour and other dry ingredients and beat into a smooth batter with a wooden spoon.
- 4) Mix in the sultanas.
- 5) Heat a little oil in a large frying pan and pour spoonfuls into separate 'pancakes'.
- 6) After about 30 seconds, turn over (the first side should be golden brown).

Serve with a drizzle of Fairtrade honey.



FAIRTRADE RECIPES



Fairtrade
Flower



Hot Coffee

Chocolate

Vanilla pods

Coco beans

Tea

Coffee

Bananas

Cotton

Sugar

Flowers



COOKBOOK

Cream Cheese and Banana Stuffed French Toast

By Oliver Hilditch

Prep Time: 5 mins Cook Time: 5mins

Ingredients

Thick slices white bread (French or Italian is good to use)

Cream cheese frosting or cream cheese softened to room temperature and mixed with a bit of Fairtrade vanilla extract

Thinly sliced Fairtrade bananas

1 egg (about 1 per 2 slices of bread)

Dash of milk

Dash of Fairtrade vanilla extract (more dashes for more eggs)

To Serve

Powdered Fairtrade sugar and milk (if needed) to taste

Fairtrade milk chocolate (optional)

Method

- 1) Mix together eggs, milk and Fairtrade vanilla extract and set aside
- 2) Cutting halfway down the slice, cut a pocket into each thick slice of bread, angle it down so that you can make the pocket a little deeper inside the slice without cutting the edges of the pocket any further down halfway
- 3) Spread a thick layer of cream cheese frosting or sweetened cream cheese inside the pocket then add a thin layer of Fairtrade bananas
- 4) Dip stuffed slices into the egg mixture and cook over a medium heat on the stove until the sides are golden brown.
- 5) Serve with butter and sprinkle of Fairtrade powdered sugar.
Alternatively, drizzle with melted Fairtrade chocolate.

Greek Salad with a Twist

By Delphi Typaldo-Cole

Serve with a bowl of olives and warm bread from the oven for a light lunch for two people or serve as a tasty side dish with any of your favourite main meals!

Ingredients

200g Feta cheese
1 little gem lettuce, leaves separated
1 green pepper
12 cherry tomatoes
1 bunch of spring onions
10 ml Fairtrade olive oil
10 ml Fairtrade runny honey
10 ml juice from a Fairtrade lemon
1 tsp dried oregano

Method

- 1) Cut the cheese into small chunks.
- 2) Rinse the lettuce leaves and drain or put into a salad spinner.
- 3) Wash the tomatoes and halve them to release their juicy flavour.
- 4) Wash and trim the spring onions and slice as fine as you can.
- 5) Wash the pepper, remove seeds and cut into chunks.
- 6) Put the oil, honey and lemon juice into a jug and whisk with a fork.
- 7) Take a large serving dish or plate. Add the lettuce leaves. Then add the tomatoes, pepper and spring onion.
- 8) Sprinkle the cheese cubes over the top.
- 9) Pour over the dressing and sprinkle over the oregano. Lightly mix everything together and serve.

Italian Lentil Soup

By Michela Smith

It serves 4 people.

Ingredients

1 cup Fairtrade dry brown lentils
1 whole or diced peeled onion
1 whole or diced peeled carrot
2 whole or diced celery
4 tablespoons of Fairtrade chopped tomatoes
4 cups of water
1/4 teaspoons of salt
Fairtrade extra-vergin olive oil,
cooked pasta(optional)

Method

First of all the dry lentils need to be rinsed. Then they will need to go into a medium saucepan or a pressure cooker with the onion, the carrot, the celery and the water along with the salt and the chopped tomatoes. Bring up to boil, then turn the heat down to low and let simmer, covered, until the lentils begin to fall apart.

Cooking time: 15 to 20 minutes in a pressure cooker or 20 to 30 minutes in a saucepan.

Serving instructions: To be served hot in a bowl with a drizzle of Fairtrade extra-vergin olive oil along with some cooked pasta if desired. The vegetables can be removed if cooked as whole(optional).

Storage instructions: Leftovers can be kept in the fridge for 2-3 days or can be stored in the freezer.

Minestrone Soup

By Albie Riddington

Serves approximately 4 people

Ingredients

3 tbsp olive oil
3 cloves garlic
4 carrots, halved and sliced
2 onions, chopped
1 tsp Fairtrade dried oregano
2 tsp Fairtrade dried basil
1 litre 140 ml water
1 litre 140 ml chicken or vegetable stock
1 can chopped tomatoes
1 can kidney beans, drained and rinsed
3 courgettes, quartered and sliced
2 cups spinach, chopped
Salt and Fairtrade pepper to taste
2 cups cooked pasta (optional)
1 cup cooked Fairtrade rice (optional)
Croutons to garnish
Grated parmesan cheese to garnish

Method

- 1) In a large stockpot, heat the olive oil over a medium heat.
- 2) Add the onions, carrots and saute for 5 minutes.
- 3) Add the garlic and herbs and fry for 3 more minutes.
- 4) Add water, stock, tomatoes and beans and bring to the boil.
- 5) Reduce the heat and simmer for 30 minutes. Add salt and pepper to taste.
- 6) If using, add rice or pasta. Garnish with croutons and parmesan.

Sam's Soup-er Creamy Carrot & Parsnip Soup

By Samuel Stewart

Serves 4

Ingredients

4 tbsp butter
1 large onion, chopped
2 large parsnips, chopped
1 tbsp grated fresh Fairtrade root ginger
1 tsp grated Fairtrade orange rind
600 ml/ 1 pint vegetable stock
125 ml/ 4fl oz single cream
Salt & Fairtrade pepper
Sprigs of coriander to garnish



Method

- 1) Melt the butter in a large saucepan over a low heat. Add the onion and cook, stirring for 3 minutes until slightly softened.
- 2) Add the carrots and parsnips, cover the pan and cook, stirring occasionally for about 15 minutes, until the vegetables have softened a little.
- 3) Stir in the ginger, orange rind and stock. Bring to the boil, then reduce the heat, cover the pan and simmer for 30 – 35 minutes, until the vegetables are tender.
- 4) Remove from the heat and leave to cool for 10 minutes.
- 5) Transfer the soup to a food processor or blender and process until smooth.
- 6) Return the soup to the rinsed-out saucepan, stir in the cream and season well with salt & pepper.
- 7) Warm through gently over a low heat.
- 8) Remove from the heat and ladle into soup bowls. Garnish each bowl with pepper and a sprig of coriander and serve.

Pasta with Bacon, Leek and Mushroom Sauce

By Jack Rice

Ingredients

1 tbsp Fairtrade oil
Fairtrade black pepper, to taste
120g Fairtrade pasta
150g streaky bacon
2 small to medium leeks
200g best mushrooms
2 cloves garlic
100ml natural yogurt
1 tsp dried rosemary
1 tsp dried basil
20ml Fairtrade lime pickle (optional)

Method

- 1) Trim the mushrooms and cut into slices. Skin the garlic clove and top and tail the leeks and slice into 1cm discs.
- 2) Trim the rind from the bacon. Render the bacon rind over a medium heat in a frying pan.
- 3) Put the pasta into plenty of boiling water and simmer for about 12 minutes until toothsome.
- 4) Whilst the pasta is cooking, fry the bacon in the rendered fat until starting to crisp. Remove the bacon rind and add the mushrooms. Fry for 1 minute.
- 5) Add the chopped leeks and crush the garlic into the pan. Add the herbs and stir well so the flavours mingle.
- 6) Whilst the mushrooms and leeks are cooking, the pasta should become cooked.

- 7) Drain the pasta and add the olive oil. Swizzle round. Once the bacony mushrooms are ready, remove them from the heat and stir in the yogurt and pickle.
- 8) Move the pasta to a warmed serving dish and pour the sauce over the pasta to serve.

Serve with a side salad, sharp leaves such as rocket or watercress or a green salad.

Fairtrade Lamb, Apricot and Raisin Stew

By Bethany Friend

Ingredients

500g lean lamb, trimmed of fat and sliced thinly
50g Fairtrade dried apricot
50g Fairtrade raisins
350ml water
15ml cooking oil
1 medium onion- finely chopped
2.5 ml Fairtrade ground nutmeg
2.5ml Fairtrade ground cinnamon
50ml Fairtrade lemon juice
Salt
Freshly ground Fairtrade black pepper

Method

- 1) Cover the dried fruit with water in a dish and soak for an hour or so.
- 2) Heat the oil in a heavy pan and cook the onion until translucent/browning.
- 3) Add the lamb and stir around to prevent sticking. Cook until browned.
- 4) Add the nutmeg, cinnamon, salt and pepper.
- 5) Drain the fruit juices into the pan with the meat and add the lemon juice.
- 6) Cover the pan and simmer for 1 hour or until the meat is tender.
- 7) When ready, add the fruit and a little bit more water if necessary.
- 8) Put the lid back on and simmer for a further 15 minutes.
- 9) Once simmered for 15 minutes, eat it.

It can be served with boiled potatoes.

Nanny's Indonesian Chicken Satay

By Tallulah Hughes

Ingredients:

Marinade:

50 ml dark soy sauce
50 ml tomato puree
25 ml Fairtrade olive oil
3 cloves garlic
2.5 ml ground cumin
1 chicken breast per person
(Chilli flakes if you like it spicy!)

Sauce:

A little Fairtrade olive oil
1 medium onion
2 cloves garlic
200 ml water
50 ml dark soy sauce
100 ml Fairtrade peanut butter
50 g Fairtrade sugar
1 Fairtrade lemon
Wooden satay skewers (2 per person)

Method:

(Put the skewers into cold water to soak before cooking the chicken).

Marinade the chicken:

- 1) Peel the garlic and crush into a bowl.
- 2) Add the soy sauce, tomato puree, olive oil, ground black pepper to taste, and the ground cumin – *add the chilli flakes here to spice it up !*
- 3) Stir to mix these ingredients thoroughly.
- 4) Cut the chicken into bite-size chunks and add them to the marinade.
- 5) Stir and turn to ensure all chicken is coated, cover and put in the fridge for 30 minutes or longer, up to about 4 hours.
- 6) Pre-heat the oven to 200 c or Gas Mark 6 for the chicken

Make the sauce:

- 1) Peel and chop the onions.
- 2) Crush the garlic.
- 3) Juice the lemon.
- 4) Heat the oil and fry the onions and garlic until they begin to brown
- 5) Add the water, and over a medium heat stir in the sugar until dissolved.
- 6) Add the soy sauce and peanut butter and stir until all mixed together.
- 7) Once the sauce starts to simmer, add the lemon juice.
- 8) Stir and the sauce is ready to use.

Cook the chicken:

- 1) Thread the chicken pieces onto the skewers.
- 2) Place on a grill tray over a baking tray, and bake in the oven for 15 to 20 minutes. The chicken is cooked when the meat is white and any juices run clear.
- 3) Serve the satays hot with the sauce as a side dish.



Secret Stir Fry Recipe

By Jade-Louise Ward

Ingredients

2 tsp Fairtrade organic olive oil
Sliced meat (chicken, beef, pork or soya)
3 garlic cloves, chopped
1 tsp Fairtrade mixed spice
1 tbsp curry powder
6 tbsp dark soy sauce
Egg noodles to serve

Method

- 1) Add two teaspoons of Fairtrade organic olive oil to your wok.
- 2) Once your oil is hot add chopped or sliced meat of your choice (I prefer chicken!)
- 3) Add three chopped, fresh garlic cloves, one teaspoon of Waitrose fair trade mixed spice, one table spoon of curry powder, salt and pepper.
- 4) Allow fifteen to twenty minutes for your meat to cook thoroughly.
- 5) Add fresh bean sprouts, fresh mangetout, thinly sliced carrots, onions, mushrooms and peppers to your wok.
- 6) Add six table spoons of dark soy sauce then mix the ingredients together and simmer for ten minutes.
- 7) Cook and drain egg noodles during this time add them to your wok, mix all together and serve!

Carbonara Recipe

By Sophie Merritt

Ingredients

100g pancetta

50g pecorino cheese

50g parmesan

3 large eggs

350g Biofair organic spaghetti

2 plump garlic cloves, peeled and left whole

50g equal exchange Fairtrade cashew butter

Method

- 1) Fill a saucepan with water and boil it. Chop the pancetta but first remove the rind. Grate both cheeses and mix them together.
- 2) Crack the eggs and beat them together, put them to one side.
- 3) Add the spaghetti to the saucepan of boiling water and cook for 10 mins.
- 4) Whilst the spaghetti is cooking cut up the garlic and mix it in with the chopped pancetta. Melt the butter in the frying pan (over a medium heat) and cook the pancetta for 5 minutes.
- 5) When the spaghetti is cooked, drain it and add the spaghetti to the frying pan.
- 6) Remove the frying pan from the heat and pour over the egg and most of the cheese. Return to the heat and cook until the mixture thickens. Be careful that the eggs don't scramble.
- 7) Once it's all cooked, serve and add salt and pepper to taste.

Joshua's Spectacular Spaghetti Bolognese

By Joshua Cooling

Serves approximately 4 people.

Ingredients

2 tablespoons Fairtrade olive oil

1 onion, peeled and diced

2 Fairtrade carrots, peeled and diced

500g lean minced beef

400g chopped tinned tomatoes

200g passata

1 tsp Italian seasoning or dried mixed herbs

1 tbsp Worcestershire sauce

125ml Fairtrade red wine, low alcohol cooking wine or water

1 dash freshly ground Fairtrade black pepper

1 dash salt

360g dried spaghetti

25g grated parmesan cheese to serve

Method

- 1) Heat the olive oil in a large saucepan or oven proof casserole dish over a medium heat and fry the onion and carrot for 5 minutes until soft, then remove and place on one side.
- 2) Add the mince to the pan and cook for 3-4 minutes until browned. Break it up with a wooden spoon so there are no lumps. (If you are cooking a larger amount of mince, you may need to do this in batches or you will end up stewing it rather than frying). Drain off the fat.
- 3) Add the onion and carrot back to the pan.
- 4) Add the chopped tomatoes, passata, herbs, Worcestershire sauce and red wine. Season with salt and pepper.
- 5) Reduce the heat and simmer for 20 minutes, stirring occasionally. You can place it in the oven at 180C/360F /Gas Mark 4 if you prefer at this point for up to 1 ½ hours. This does really enhance the flavour and is more convenient if you need to go out.

- 6) 15 minutes before eating, bring a pan of lightly salted water to the boil and cook the spaghetti as per the packet instructions.
- 7) Drain the spaghetti and serve with the bolognaise sauce spooned over the top and a sprinkling of parmesan cheese.

Vegetarian Bolognese

By Joshua Denny

Ingredients

1 packet of Quorn mince (defrosted)

4 carrots

Small tin of sweet corn

1 Xred pepper

1 small onion

Handful of Fairtrade pitted black olives

1 x jar of passata

Small amount of cheddar cheese

Fairtrade olive

Penne pasta to serve 4 as per your liking (available as Fairtrade through Traidcraft)

Pinch of Herb de Provence

2 garlic cloves

Serves 3-4.

Takes around 25 minutes.

The Bolognese itself can be kept in the fridge overnight, or frozen. Defrost before reheating until piping hot in a saucepan or microwave.

Method

- 1) Peel and chop the carrots into small cubes. Boil them in a saucepan for around 15 minutes until they are soft.
- 2) While the carrots cook, finely chop the onion and red pepper. Put a small drop of olive oil in a frying pan and cook them until they are soft and the onion is light golden brown.
- 3) Cook the Quorn mince in a large saucepan in a little olive oil. This takes around 10 minutes but you can follow the cooking instructions on the packet.
- 4) Chop the olives in halves or quarters.

- 5) Once the vegetables and Quorn are cooked, add the vegetables to the Quorn pan, along with the sweet corn and olives.
- 6) Squeeze the garlic cloves into the mixture as well as a pinch of herb de Provence. Give it a good stir.
- 7) Add enough to passata to the bolognese to cover it all, making it thick but not runny. Stir well and simmer for around 5-10 minutes.
- 8) While the bolognese simmers, cook the pasta according to pack instructions.
- 9) Drain the pasta and serve the bolognese on top of it. If you like, cheddar can be grated on top.

This can be enjoyed with a glass of Fairtrade orange juice.

TATSFIELD

FAIR TRADE

COOKBOOK



Ashton Roberts

Banana Coconut Cream Tartlets

By Lennie Foskett

Ingredients

For the crust:

1 cup of Fairtrade dried dates

½ cup of Fairtrade almonds

¼ cup desiccated coconut

For the filling:

1 Fairtrade banana

200ml full fat coconut milk

Method

- 1) To make the crust, add all the ingredients to a food processor and blitz so it clumps together.
- 2) Press the mixture into 2 mini tart cases, bringing the crusts up at the sides so it will contain the filling.
- 3) Put in the freezer to set.
- 4) Leave the can of coconut milk in the fridge for a couple of hours. Scoop the top half of the coconut cream into the blender with the banana and blend until smooth.
- 5) Remove the tartlet crust out of the freezer and pour in the filling. Place back into the freezer to firm up.
- 6) When ready to eat, remove from the freezer 30 minutes beforehand to soften slightly.

Fairtrade Knickerbocker Glory

Serves 4

By Lilly-Louise Gooch

15 minutes to prepare

Ingredients

Small mango, peeled and chopped
225g raspberries
3 tbsp sifted icing sugar
4 kiwi fruit, peeled and chopped
400g fromage frais
1 lemon grated
1 tbsp clear honey
2 medium bananas
4 scoops vanilla ice cream

All of these products can be found "Fairtrade"

Optional not Fairtrade:
Sweet finger biscuits or wafers

Method

- 1) Place mango in blender and blend until smooth, remove, and set aside.
- 2) Rinse the blender.
- 3) Fold the icing sugar into the raspberries in a bowl, then place in blender and blend to a puree. Remove and set aside.
- 4) Rinse out blender.
- 5) Place the kiwi fruit into the blender and blend till smooth. Set aside.
- 6) Mix the fromage frais, lemon rind, and honey in another bowl.
- 7) Layer the fromage frais mixture into four tall glasses, alternating with the fruit purees. Peel and slice the bananas and arrange over the fruit purees

Top with an ice cream. Serve with sweet finger biscuits if you want to.



Sticky Toffee Pudding

By Olivia Persson

Ingredients

50g unsalted butter
175g Fairtrade granulated sugar
2 free-range eggs
175g self-raising flour
½ tsp Fairtrade vanilla essence
75g Fairtrade Demerara sugar
2 tbsp black treacle
1 tsp bicarbonate of soda
275 ml water
175g chopped stoned dates

Method

- 1) Cream the butter and sugar.
- 2) Boil the dates in the water until soft and add the bicarbonate of soda.
- 3) Beat the eggs into the creamed mixture, then fold in the flour, dates, liquid and the vanilla essence.
- 4) Pour into a greased deep cake tin, soufflé dish or individual pudding basins.
- 5) Cover loosely with foil and bake for 40-45 minutes at 180C, Gas Mark 4 (less time for smaller, individual puddings).
- 6) While the pudding is baking, boil together the cream, sugar and treacle until you have a golden caramel sauce.
- 7) When cooked, turn the pudding out and pour the sauce over the top.

Fruit Salad

By Demi Bugden

Serves 4 people

Ingredients

1 Fairtrade banana, peeled

1 Cox apple, cored

1 punnet of strawberries

10 seedless grapes

1 orange

Method

- 1) First chop the apple into small bits.
- 2) Next chop the banana into slices.
- 3) Then chop the strawberries in half.
- 4) Cut the grapes down the middle.
- 5) Peel the orange and segment.
- 6) Mix all the fruit in a bowl and put it in the fridge for 40 minutes.
- 7) Serve!

Chewy English Flapjack

Serves 9-12

By Poppy Shilling

Ingredients

8oz plain flour

4 oz butter

4 oz Fairtrade golden syrup

4 oz Fairtrade sugar

1 bar Fairtrade chocolate

Method

- 1) Put the butter, sugar and syrup in a saucepan and stir it over a medium heat until the butter has melted.
- 2) Put the melted mixture into a mixing bowl and add the porridge oats.
- 3) Put the mixture in a papered tin, flattening it with the back of a spoon.
- 4) Bake the flapjack in the oven at about 180C for around 30 minutes, or until the flapjack has browned.
- 5) Once you take the flapjack out, you should cut it before it cools completely because it will harden.
- 6) When the flapjack has cooled, melt a bar of chocolate and pour it over. Wait for it to set.



Jacob's Happy Flappy Flapjacks

By Jacob Pryor-Timms

Ingredients

320g of oatflakes

200g of butter

250g of Fairtrade demerara sugar

1 pinch of salt

1 big handful of Fairtrade sultanas or raisins

Another big handful of Fairtrade dried fruit

5ml Fairtrade ground cinnamon

5ml of Fairtrade ground nutmeg

Method

- 1) Preheat oven to 190C.
- 2) Mix the oats, sugar, sultanas, and spices in a big bowl.
- 3) Melt the butter and pour in with the oats etc mixing well.
- 4) Line a deep baking tray with foil (or grease proof paper) and spread the mixture in the bottom. Try and make it as level as possible.
- 5) Place in the oven and bake for 35-50 minutes (depending on how hard you like your flap jack).
- 6) Remove, leave to cool and serve.

Feeds approx 6-8 people but depends how hungry you are!

You can also use Fairtrade bananas and chocolate in these flapjacks if you don't like dried fruit.

Mummy's Yummy Shortbread

By Licia Hales

Serves 6-8

Ingredients

125g butter

55g Fairtrade sugar

180g plain flour

Method

- 1) Heat the oven to Gas Mark 5.
- 2) Beat the butter and sugar together.
- 3) Stir in the flour to make a paste.
- 4) Cut into fingers.
- 5) Bake for 20 minutes.

Store in a cool, dry place.



Peanut Butter Cookies

By Bethany Kikgour

Makes approximately 16 cookies



Ingredients:

115 g butter

115 g Fairtrade peanut butter

115 g Fairtrade sugar

85 g Fairtrade brown sugar

1 egg

175 g plain flour

½ teaspoon Fairtrade vanilla extract

½ teaspoon baking powder

¼ teaspoon salt

Method

- 1) Before you begin, preheat the oven to 180° and line the baking tray with greaseproof paper.
- 2) Cream the butter, peanut butter and both sugars together.
- 3) Add the egg one at a time, beating well.
- 4) Add the baking powder and vanilla extract.
- 5) Stir in the flour and salt.
- 6) Once well mixed, roll into balls then flatten using a fork to add a criss-cross pattern.
- 7) Place on the baking tray, allowing space for them to spread.
- 8) Cook in the oven for 10-12 minutes.
- 9) Remove from the oven and transfer to a wire rack to cool.

Store in an airtight container.

Vanilla Hearts

By Nathan Reeves

Ingredients

225g plain flour

150g butter

125g Fairtrade caster sugar

1 tsp Fairtrade vanilla extract

Fairtrade caster sugar, for dusting

Method

1. Lightly grease a baking tray.
2. Sieve the flour into a large mixing bowl and rub in the butter with your fingers until the mixture resembles fine breadcrumbs. Or pulse together in a food processor.
3. Stir in the caster sugar and vanilla extract and bring the mixture together with your hands to make a firm dough.
4. On a lightly floured surface, roll out the dough to a thickness of 2.5cm. Stamp out 12 hearts with a heart shaped biscuit cutter measuring about 5cm across and 2.5cm deep.
5. Arrange the hearts on the prepared baking tray. Bake in a pre-heated oven 180°C for 15-20 minutes until the hearts are a light golden colour.
6. Transfer the vanilla hearts to a wire rack and leave to cool. Dust with a little caster sugar just before serving.

Chocolate Marshmallow Bananas

By Lacey Freeman-Parris

Ingredients

4 Fairtrade bananas

1 bar of Fairtrade milk chocolate

1 packet of marshmallows

Method

- 1) Break the chocolate into pieces and put into a bowl. Melt in the microwave.
- 2) Peel the bananas.
- 3) Melt the marshmallows in the microwave.
- 4) Dip one end of the bananas in the chocolate.
- 5) Dip the other end of the bananas into the melted marshmallow.
- 6) Enjoy!

Chocolate Pancakes

By Luke Rice

Ingredients

2 eggs

100g plain flour

300ml semi-skimmed milk

2 tablespoons of Fairtrade milk chocolate cocoa powder

A knob of butter (for stopping the pancakes sticking to the pan)

1 teaspoon of Fairtrade Madagascar vanilla extract

Nutella (optional)

Fairtrade sugar (optional)

Lemon juice (optional)

Method

- 1) Firstly, put the flour in your mixing bowl, forming a doughnut shape.
- 2) Next, add half of the milk.
- 3) Now, crack both of the eggs and put them in the bowl.
- 4) After that, pour in the rest of the milk.
- 5) Whisk these ingredients together to create a runny batter.
- 6) Then, sprinkle in the cocoa powder and add the vanilla extract.
- 7) Whisk the ingredients again.
- 8) After the batter is smooth with no lumps, put the frying pan on the stove and turn on the heat to medium level.
- 9) Once the pan has heated up a little, add a small amount of butter and allow it to melt in the frying pan evenly. This means that your pancakes will not stick to the frying pan. Be careful not to burn yourself on the pan, and do not leave the butter for too long or it will burn.
- 10) Now, add one ladleful of pancake batter to the pan.
- 11) After approximately one minute, put the spatula underneath the pancake, lifting the pancake up, to make sure it doesn't stick to the pan.
- 12) Leave it for another minute on this side and then you can flip your pancake!
- 13) Cook your pancake for two minutes on this side.
- 14) Once your pancake looks light-brown, put it on a plate and add your favourite topping (my favourite is Nutella).
- 15) Finally, enjoy your chocolate pancake!

Fairtrade Easter Nests

By Haydon Roberts

To make 32 Easter Nests

Ingredients

- 12 Shredded wheat
- 2 Packets of Fairtrade cooking milk chocolate
- 3 Packets of Fairtrade Mini Eggs (to decorate)



Method

- 1) Melt the chocolate slowly in a heat proof bowl over a pan of barely simmering water.
- 2) Break up shredded wheat into small pieces.
- 3) When chocolate fully melted gradually stir in shredded wheat until fully covered.
- 4) Spoon into cake cases.
- 5) Top off with 3 Mini Eggs whilst warm.
- 6) Allow to cool down.

Tommy's Fairtrade Chocolate Flakes and Crispies

By Tommy Hewitt- Falce

Ingredients

1 bar of Fairtrade chocolate

Cornflakes

Crispies

Method

- 1) Melt a bar of chocolate.
- 2) Mix in cornflakes and crispies.
- 3) Put into cupcake cases.
- 4) Put into the fridge.
- 5) Eat!

Milk Chocolate Mousse – Flavoured with Earl Grey Tea

By Isabelle Coombs

Makes 6

Ingredients

- 4 strong Fairtrade Earl Grey tea bags
- 200g Fairtrade milk chocolate, in pieces
- 2 large eggs separated
- 142ml carton double cream



To finish:

Whipped cream (optional)

Fairtrade milk chocolate, coarsely grated to decorate

Method

- 1) Put the tea bags in a measuring jug and add boiling water to the 100ml mark. After five minutes remove the tea bags and allow to cool. Make sure to put the tea bags in first or there will be too much liquid.
- 2) Melt the chocolate in a bain-marie (or microwave). Do not over-heat as it will split. Beat until smooth.
- 3) Whisk the egg white in a clean bowl until stiff. (Turn upside down over Dad's head to check if stiff enough. If they fall out they weren't stiff enough).
- 4) Whisk the cream in another bowl until floppy.
- 5) Beat the egg yolks and the tea into the chocolate then fold in the cream. Finally fold in the egg whites trying not to knock the bubbles out.
- 6) Spoon into pretty tea cups and chill for at least two hours.
- 7) To serve whip a little extra cream and pipe or spoon onto the top and sprinkle with grated chocolate.

Mum's Rocky Road

By Grace Squires

Ingredients

125g Butter

300g Fairtrade 70% dark chocolate (broken in pieces)

45ml Fairtrade golden syrup (3 Tablespoons)

200g Rich Tea biscuits

100g mini marshmallows (keep a few back for decoration)

100g glacé cherries

Method

- 1) Melt butter, chocolate and golden syrup in a saucepan.
- 2) Put biscuits in a freezer bag and bash with rolling pin (not too much - you want crumbs and pieces).
- 3) Stir biscuits into melted saucepan mix. Add the cherries, then the marshmallows.
- 4) Tip mixture into either a lined or foil tray (apx. 24cm square). Add the remaining marshmallows.
- 5) Refrigerate for at least 2 hours.
- 6) Dust with icing sugar, cut up and serve.

Vanilla and chocolate Ice Cream

By Sam Holroyd-Walsh

Preparation time: 2 hours

Serves 4

Cooking time. Less than 10 mins

Ingredients

2 tsp Fairtrade vanilla bean paste

500ml /16floz double cream

70g/3oz Fairtrade sugar

3 egg yolks

50g Fairtrade chocolate

Method

- 1) Add the vanilla to the cream and bring to the boil, then add the sugar and stir until the sugar has dissolved.
- 2) Meanwhile, whisk the egg yolks in a large bowl then slowly whisk in the hot cream.
- 3) Leave to cool, whilst the mixture is cooling cut up the chocolate into tiny bits, once the cream mixture has cooled add the chocolate and stir in well put the mixture into a freeze-proof container and freeze for 2-3hours or until set.

Hot Chocolate Fudge Sauce

Enjoy with ice cream and other puddings.

By James Troake

Ingredients

100g Fairtrade plain chocolate

1 tbsp golden syrup

50g butter

2 tbsp milk

Method

- 1) Break the chocolate into small pieces
- 2) Put all the ingredients together in a pan and place over a low heat.
- 3) Stir until the chocolate has melted and the mixture is smooth.

Chocolate Truffles with Sparkles

By Marissa Sawell

Ingredients

300g Fairtrade milk chocolate

100ml double cream

1 tsp Fairtrade vanilla extract

1 tbsp icing sugar

20g butter

Edible glitter, stars and decorations to decorate

Fairtrade white chocolate to decorate

Method

- 1) Break the milk chocolate into even sized pieces and put into a heatproof bowl with the cream.
- 2) Put the bowl over a saucepan containing about 2.5cm of water – make sure the bowl rests on top and does not touch the water.
- 3) Heat the water but do not let it boil. Gently melt the chocolate, stirring occasionally. Add the cream and stir.
- 4) Using oven gloves, remove the bowl from the pan and leave to cool slightly. Stir in the vanilla extract, icing sugar and butter until mixed in.
- 5) Chill until the mixture firms up. Use a teaspoon to scoop up some of the mixture then roll into a ball. Repeat until all the mixture is used up.
- 6) Dip the balls into your favourite coating, turning them until they are evenly coated and arrange into small, individual paper cases.



Fair Trade Recipe Book



By
Emma
McGahan

Fairtrade Chocolate and Thyme Cookies

By George Medhurst

Makes 10 cookies

Ingredients

350 g plain flour
1 tsp bicarbonate of Soda
1 pinch salt
225g butter
175g Fairtrade caster Sugar
175g Fairtrade brown Sugar
1 tsp Fairtrade vanilla extract
2eggs
350g Fairtrade dark chocolate, melted
1 thyme sprig

Method

- 1) Preheat oven to 190C.
- 2) In a bowl combine flour, Baking soda and salt.
- 3) In another bowl combine the butter, sugar, brown sugar and vanilla extract until creamy, beat in the eggs, gradually beat in the flour mixture.
- 4) Infuse the chocolate with the thyme for a few mins then strain and add to the mix.
- 5) Split the dough mix into two sausage shapes and wrap in cling film
- 6) When ready to use cut the log into slices 2cm thick and place on a baking sheet.
- 7) Make sure they are well spaced and bake for 9-11 minutes.

Fairtrade Chocolate Chip Cookies

By Edie Plinston

Ingredients

150g unsalted butter
150g Fairtrade caster sugar
1 Free range egg yolk
275g self-raising flour
100g Fairtrade chocolate chips

Method

- 1) Preheat the oven to 190C/Gas Mark 5.
- 2) Line 2 baking trays with greaseproof paper.
- 3) Cream together the butter and sugar.
- 4) Beat together the egg yolk and gradually work in the flour using your hands.
- 5) Knead well until it becomes smooth.
- 6) Mix in the chocolate chips.
- 7) Roll the dough out onto a floured surface.
- 8) Use a 5cm round cutter to stamp out 28 rounds. Put these onto the lined baking trays.
- 9) Bake in the oven for 10-12 minutes and then transfer to a wire rack to cool.

Eat and enjoy!

Tilly's Fairtrade Chocolate Chip Cookies

The ultimate treat and one of my favourites!

By Tilly Cole

Makes about 36 cookies.

Ingredients

1 ¼ cups plain flour
2 tbsp Fairtrade cocoa powder
1 tsp baking powder
¾ tsp salt
1 pound Fairtrade dark chocolate
½ cup unsalted butter
3 large eggs

Method

Preheat the oven to 350F

- 1) In a bowl, sift together the flour, cocoa, baking powder and salt.
- 2) Coarsely chop the chocolate and melt ¾ of the chocolate with the butter in a bowl set over simmering water, stirring until smooth. This can also be done in a microwave. Be careful not to burn the chocolate.
- 3) Remove the chocolate mixture from the heat and stir in the sugar.
- 4) Stir in the eggs one at a time until combined well and stir in the flour mixture.
- 5) Add the remaining chocolate (cut into small pieces) until just combined. Chill the dough, covered, for at least 10 minutes and up to 1 hour.
- 6) Drop rounded tablespoon measures of the dough about 1 inch apart onto an ungreased baking sheet.
- 7) Bake in the middle of the oven for 10 minutes, or until just set (they're much better slightly underdone than overdone).

- 8) Cool the cookies on a sheet then transfer to a rack with a spatula to cool completely.
- 9) Make more cookies with the remaining dough in the same manner.

Cookies may be kept in an airtight container at room temperature for 3 days.

Special note: You can also make this recipe using chocolate chips or peanut butter chips.

Enjoy!



Fudgy-wudgy Cookies

By Jolyon Coombs

Makes 24

Ingredients

125g butter in pieces
1 tsp vanilla extract
250g Fairtrade brown sugar
1 egg
150g plain flour
35g self-raising flour
1 tsp bicarbonate of soda
35g Fairtrade cocoa powder
85g Fairtrade raisins
100g Fairtrade macadamia nuts, toasted and coarsely chopped
95g Fairtrade dark chocolate buttons or chocolate chips
100g Fairtrade dark chocolate, chopped

Method

- 1) Preheat the oven to 180c/gas 4. Line three baking trays with baking parchment.
- 2) Beat the butter, vanilla extracts, sugar and egg together, using an electric mixer (or hand-held electric beater) until smooth.
- 3) Sift the flours, bicarbonate of soda and cocoa powder together and stir into the mixture.
- 4) Finally mix in the raisins, chopped nuts and all of the chocolate.
- 5) Drop rounded tablespoons of the mixture onto the prepared baking trays, spacing them about 4cm apart. press each round lightly with the back of a fork to flatten it slightly. Bake in the oven for about 10 minutes.
- 6) Leave the cookies on the baking trays for 5 minutes to firm up, then transfer to a wire rack to cool.

Enjoy!

Nanny's Millionaire Shortbread Fingers

By Harry Stanford

Makes 12 fingers

Ingredients

4oz butter

2oz Fairtrade caster sugar

6oz self raising flour

6oz Fairtrade milk chocolate

For the filling:

7oz condensed milk

4oz butter

4oz Fairtrade caster sugar

2 tablespoons of Fairtrade golden syrup



You need a 18 x 28 cm baking tray lightly greased

Method

- 1) Preheat the oven to 180C or 350F.
- 2) To make the base you have to mix the butter and sugar together until it is light and fluffy.
- 3) Fold the flour in with the butter and sugar and mix very well.
- 4) Press the mixture into the tin and bake for 12 minutes.
- 5) To make the filling place all of the filling ingredients into a saucepan and bring to a gentle boil, then simmer for 5-10 minutes, stirring continuously.
- 6) Once everything has dissolved and the mixture has turned a light caramel colour, turn off the heat and spread the mixture over the shortbread. Leave it to cool.
- 7) Melt the chocolate in a bowl over a saucepan of simmering water, make sure the bottom of the bowl is not touching the water. Stir the chocolate until it is completely melted and then pour it over the caramel and shortbread.
- 8) Leave to set for 2 hours or until the chocolate is firm.
- 9) Cut into 12 fingers. Yum!

Keep in an airtight tin.

Rebecca's Cupcakes

by Rebecca Coombs

Serves 24

Ingredients

200g Fairtrade plain chocolate
170g[6oz] butter or margarine
small sweets to decorate
170g (6oz) Fairtrade sugar
3 eggs
170g[6oz] Fairtrade self-raising flour

Method

- 1) Preheat the oven to 180 C/Gas 4.
- 2) Line a muffin tin with paper cases.
- 3) Cream together margarine and sugar till light and fluffy. Add eggs one at a time, beating continuously. Sift in flour and mix gently.
- 4) Spoon mixture into prepared muffin tin.
- 5) Bake for 20 minutes (dependent on cake size) until golden brown and skewer comes out clean.
- 6) Cool on a wire rack.
- 7) To decorate, melt chocolate in a bowl.
- 8) Drizzle melted chocolate on top of cupcakes and decorate with sweets.
- 9) Leave to set.

ENJOY!

Banana and Chocolate Chip Cupcakes

By Toby

Ingredients

100g plain flour

40g cornmeal

1 tsp baking powder

1 tsp bicarbonate of soda

90g Fairtrade sugar

40g melted butter

1 egg, beaten

2 ripe Fairtrade bananas, well mashed

50ml buttermilk

50g Fairtrade chocolate, chopped into small chunks

Method

- 1) Preheat the oven to 200C/400F/Gas Mark 6.
- 2) Sieve the flour, cornmeal, baking powder and bicarbonate of soda together into a large bowl. Stir in the sugar.
- 3) Add the wet ingredients to the dry and mix gently (do not over mix).
- 4) Fold in the chocolate chips.
- 5) Fill a muffin tin lined with muffin cases to just under the rim.
- 6) Bake for about 30 minutes until golden brown and firm to the touch.
- 7) Allow to cool in the tin.

Banana and Chocolate Chip Muffins

By Callum and Mason Panvert

Makes 10 muffins

Ingredients

100g unsalted butter

250g self-raising flour

A good pinch of salts

150g Fairtrade light muscovado sugar

2-3 (depending on size) Fairtrade bananas

50g Fairtrade dark chocolate chips



Method

- 1) Preheat the oven to 180C/160C fan/350F/Gas Mark 4 and get 10 muffin cases.
- 2) Gently melt the butter in a small pan over a low heat or in a microwave. Leave to cool.
- 3) Put the flour, salt, sugar and dark chocolate chips into a mixing bowl and mix thoroughly with a wooden spoon, crushing any big lumps of sugar.
- 4) Put the peeled bananas onto a plate and mash them fairly roughly with a fork.
- 5) Add the bananas, eggs and butter to the bowl then mix together for one minute using a wooden spoon until everything is well combined.
- 6) Scrape the mixture into muffin cases.
- 7) Bake for 25-30 minutes until the top of the muffins are golden brown.

Fairtrade Chocolate Hearts

By Helena Troake

Makes 15 biscuits

Ingredients

4 oz (100g) self raising flour
1 oz (25g) Fairtrade Cocoa powder
3 oz (75g) butter, chilled
2 oz (50g) Fairtrade caster sugar
1 medium egg

You will need:

A heart shaped cutter, 2 inches (5cm) across.

Method:

- 1) Pre-heat the oven to 200 degrees centigrade, 400 degrees F or Gas mark 6.
- 2) Grease a baking tray.
- 3) Mix the flour and cocoa in a large bowl. Cut the butter into chunks and add it to the mixture.
- 4) Rub the butter into the flour until it looks like breadcrumbs. Stir in the sugar.
- 5) Separate the egg and stir in the yolk.
- 6) Squeeze everything together to make a ball of dough. Wrap it in cling film and put it in the fridge for twenty minutes.
- 7) Take the dough out of the fridge. Roll it out.
- 8) Cut out the biscuits using the cutter –
- 9) Bake biscuits for 10 minutes and then leave to cool.

Fairtrade Chocolate Brownies

By Oliver Buck

Ingredients

300g Fairtrade dark chocolate

200g unsalted butter

4 free range eggs

150g Fairtrade caster sugar

80g Fairtrade cocoa powder

65g plain flour

Method

- 1) Preheat your oven to 180C.
- 2) Break up the chocolate and put into a heatproof bowl and melt gently over simmering water, making sure the water does not touch the bowl.
- 3) Remove the bowl from the heat and leave it to cool until needed.
- 4) Put the butter and sugar into a bowl of a food mixer and beat until fluffy.
- 5) Gradually add the eggs, one at a time, beating well after each addition.
- 6) Spoon the cooled melted chocolate onto the mixture then mix thoroughly.
- 7) Sift the flour and cocoa powder into the mixture then gently stir in.
- 8) Pour the mixture into a prepared tin and make sure it is evenly spread. Bake in the preheated oven for 20-25 minutes or until it has started to crackle on top and is slightly firm on top.

Fairtrade Chocolate Brownies

Submitted by Zac Philip, Gemma Greenall, Lily Aslett, Eleanor Webb, Lilly Kerry, Seren Kelleher, Lewis Huggins, Layla Miles, Poppy Garland, Farrell Fasheyitan and Tait McDonald

Serves 1-24

Ingredients

300g Fairtrade dark chocolate, chopped into small pieces
250g unsalted butter, chopped into small pieces
4 free range eggs
150g Fairtrade caster sugar
150g Fairtrade soft dark brown sugar
80g Fairtrade cocoa powder
65g plain flour (plus ¼ tsp xanthan gum if using gluten free plain flour)
2 balls of stem ginger, finely chopped
1 tbsp stem ginger syrup
Icing sugar to decorate

Method

- 1) Preheat your oven to 180C/Gas Mark 4 and grease and line a tin approximately 20cm x 30cm.
- 2) In a large, heavy based saucepan over a low heat, melt 200g of the chocolate and all of the butter. Stir frequently to ensure it's not burning. When it is all melted, set aside.
- 3) In a separate bowl, whisk together your eggs and sugar and then pour into your chocolate mixture and stir to combine.
- 4) Pour your mixture into the prepared tin and make sure it is evenly spread. Bake in the preheated oven for 20-25 minutes or until it has started to crackle on top and is slightly firm on top.
- 5) Once the brownie has cooled, cut into 24 pieces and dust with icing sugar.
- 6) Store in the fridge.

It tastes amazing with crème fraiche, ice cream, cream or by itself!

Fairtrade Chocolate Brownies

By Freddy Terry

Ingredients

375g unsalted butter
400g Fairtrade dark chocolate
6 whole eggs
1.5ml vanilla extract
500g of Fairtrade caster sugar
225g plain flour
1 pinch of salt

Method

- 1) Preheat oven to 170C.
- 2) Line 8-inch square baking dish with baking parchment.
- 3) Melt chocolate and butter together over a pan of simmering water.
Allow to cool a little.
- 4) Whisk together the eggs, sugar and vanilla extract. Mix the cooled melted chocolate in to the eggs and sugar then fold in the sifted flour.
- 5) Pour into prepared baking dish and place the dish into the preheated oven.
- 6) Bake for 25 minutes.
- 7) The brownies should be gooey.
- 8) Cut brownies in to squares and dust with icing sugar to serve.

Store in an airtight container.

You should have enough brownies for 8-10 people.

Chocolate Cornflake Crispy Cakes

By Oliver Rutter

Ingredients

5oz butter

1 ½ tbsps Fairtrade cocoa powder

5oz Fairtrade golden syrup

½ small box cornflakes

Method

- 1) Melt the butter in a large pan over a low heat.
- 2) Add the golden syrup and mix until smooth.
- 3) Add the cocoa and mix until there are no lumps.
- 4) Pour in the cornflakes and stir until they are well coated.
- 5) Spoon into cupcake cases and leave to cool.



Fairtrade Triple Chocolate Crispy Cakes

By Joshua Cole

Fun and simple for a treat that all the Cole household love to eat!!!! Try our fair trade triple chocolate crispy cakes, made with... you guessed it, 3 types of delicious Fairtrade chocolate! This recipe is so so simple I love to make them and they are delicious.

Makes 16-20

Ingredients

- 5 Bars Fair trade Milk Chocolate Dubble Bar
- 150g/5oz organic butter, diced, plus extra for greasing
- 100g/3½oz Natures Path Organic Crispy rice (Gluten Free)
- 1 Bar Fairtrade white chocolate, chopped into chunks for topping
- 75g/3oz Fairtrade milk chocolate
- 3 tbsps Fairtrade trade organic honey

Preparation method

- 1) Grease a 20cm/8in square deep-sided baking tin with organic butter.
- 2) Rest a large heatproof bowl over a pan of boiling water (Ensure the bowl does not touch the water).
- 3) Add the Divine Milk Chocolate, Divine Dubble Bar and the butter to the bowl and stir until melted, smooth and well combined.
- 4) Remove the bowl from the heat, add the Crispy rice, and organic honey, and fold until coated in the chocolate mixture.
- 5) Spoon the mixture into the prepared tin and press down to form an even layer, pushing the mixture into the corners and sides of the tin. Set aside to cool.
- 6) Cover with small chunks of Divine white chocolate before cake hardens.
- 7) Chill the triple chocolate crispy cake in the fridge for several hours (overnight) until set, Cut into squares while still in the tin, then remove from the tin, stick them on a plate, and dig in!

If there are any left they are best stored in an air tight container and I prefer to eat them straight from the fridge (but this isn't strictly necessary!)

Grandma's Chocolate Cake

By Amy Edwards

Ingredients

8 ounces of fat

8 ounces of Fairtrade caster sugar

2 tablespoons of Fairtrade cocoa

7 or 8 ounces of flour

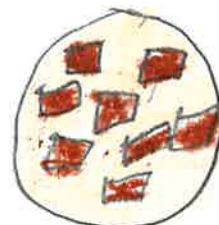
3 eggs

1 ½ tsp baking powder

Method:

- 1) Cream together margarine and caster sugar.
- 2) Gradually add flour, beaten eggs and baking powder then add 2 tablespoons of cocoa. Mix thoroughly.
- 3) Divide into 2 sandwich tins.
- 4) Next cook in the oven at 350 degrees F.
- 5) After about 25-30 minutes takes the cake out of the oven.
- 6) Test the cake with a skewer and if it comes out clean, it is done.
- 7) Put one of the cake slices on top of the other and serve with a bit of icing.

ENJOY!!



TATSFIELD
PRIMARY SCHOOL
FAIRTRADE
RECIPE BOOK



Sam Stewart

Beetroot and Chocolate Cake

By Jacob Jackson

Ingredients

50g (2oz) Fairtrade cocoa powder
175g (6oz) plain flour
1 1/2tsp baking powder
200g cooked beetroot (*not* in vinegar)
3 medium eggs
200ml (7fl oz) sunflower oil
100g (3 1/2oz) Fairtrade dark chocolate, finely chopped
Fairtrade icing sugar

Method

- 1) Preheat the oven to gas 4, 180C, fan 160C, then grease and line the bottom of a 23cm (8 ½-9 in) springform cake tin.
- 2) Sieve the cocoa, flour, baking powder and sugar into a large mixing bowl.
- 3) Drain and halve the beetroot, blend in a food processor. With the machine running, add the eggs one at a time, then pour in the oil. Blend the mixture until the liquid is just smooth.
- 4) Stir the wet mixture into the dry ingredients and mix in the chocolate.
- 5) Pour into the tin and cook for 45 minutes or until a skewer comes out clean.
- 6) Remove from the oven and set aside for ten minutes, then turn out and leave to cool.
- 7) Dust the cake with icing sugar before serving.

Lava Cake

By Harper Keogh

Serves 4

Ingredients

150g Fairtrade milk chocolate broken into pieces

125g butter

3 eggs

3 egg yolks

75g Fairtrade sugar

50g plain flour, sieve

25g Fairtrade cocoa powder, sieved, plus extra for dusting

Method

- 1) Preheat the oven to 180C/350F.
- 2) Use a little butter to grease 4 ramekins.
- 3) Melt the chocolate with the remaining butter in a glass bowl over a pan of simmering water.
- 4) Whisk the eggs, egg yolks and sugar together in a large bowl until pale and fluffy. Add the egg mixture to the chocolate mixture and stir in.
- 5) Gently fold in the flour and cocoa powder until just mixed.
- 6) Transfer the mixture to the prepared ramekins and bake for 8-10 minutes or until risen and just firm to the touch. The outer part should be cooked and the inner part liquid.
- 7) Carefully run a knife around the inside of each mould to loosen the puddings then gently turn them out onto individual serving plates.
- 8) Dust with cocoa powder and serve.

Jazz's Fairtrade Toblerone Choccie Sponge

By Jasmine Goode

Ingredients

4 mini bite-sized Toblerones (mix of white/dark/milk)

50g/2oz Fairtrade cocoa powder

6 tbsp water

3 free-range eggs

4 tbsp milk

175g/6oz self-raising flour

100g/4oz margarine or soft butter

300g/10oz Fairtrade natural caster sugar

For the icing: Icing sugar /water

For the butter icing: butter/icing sugar



Method:

- 1) Preheat oven to 180C/Gas 4 and grease and line two 8in sandwich tins with baking paper.
- 2) Put cocoa powder and water into a large bowl and mix well to make a paste.
- 3) Add all remaining ingredients and beat again until a nice mix.
- 4) Divide the cake mixture between the two tins. Then put the mini broken up Toblerone triangles on top of the cake mixtures - they drop into the cake whilst baking and end up lovely and gooey! - Bake for about 25-30 minutes.
- 5) When ready - remove the cakes from the oven and allow to cool!
- 6) For the middle of the cake (butter icing)- mix butter and icing sugar together to a thick paste and for the top of the cake, mix icing sugar with water to make a thick paste, not too watery! (You can also decorate with mini Toblerones if you want!)
- 7) Fill the middle with half of the icing and spread the icing on top! Dust with icing sugar and serve in slices. YUM!.... Even better with Fairtrade!

Chocolate Biscuit Cake

By Lilly Seager

Serves 6-8

Ingredients

2oz butter

2 tbsp syrup

4oz Fairtrade dark chocolate

8oz Fairtrade biscuits

Method

- 1) Melt the butter and syrup.
- 2) Melt the chocolate and stir into the buttery syrup.
- 3) Crush the biscuits and add to the melted mixture.
- 4) Spoon into an 8oz sponge tin and smooth the top.
- 5) Refrigerate for at least 2 hours or overnight.
- 6) Cut with a sharp knife into triangles.

Keep refridgerated.

Chocolate Fudge Cake

By Fedora Fasheyitan

Ingredients

25g Fairtrade cocoa powder
150ml (5fl oz) Sunflower oil, extra for greasing
175g (6oz) Fairtrade self-raising flour
1tsp baking powder
150g (5 ½ oz) Fairtrade soft light brown sugar
3 tbsp golden syrup
2 eggs
150ml (5fl oz) milk

For the icing

125g (4 1/2oz) unsalted butter
25g (scant 1oz) cocoa powder
125g (4 1/2 oz) icing sugar
2tbsp milk, if necessary

Equipment:

2x17cm (6 ¾ in) round cake tins
2 big bowls
Electric whisk (if you don't have a whisk, use a spoon and mix instead)

Method

- 1) Preheat the oven to 180C (350F/Gas 4) .Grease the tins and line the bases with baking parchment. In a large bowl, sift together the flour, cocoa and baking powder . Mix in the sugar.
- 2) Gently heat the golden syrup until runny and leave to cool. In a separate bowl, beat the egg, sunflower oil and milk together using an electric whisk (if you don't have a electric whisk then use a spoon and keep mixing!)

- 3) Whisk the egg mixture into the flour mixture until well combined. Gently fold in the golden syrup and divide the batter between the cake tins.
- 4) Bake the cakes in the middle of the oven for 30 minutes or until springy to the touch and a skewer inserted to the middle comes out clean. Leave to cool slightly in the tins then turn out on to a wire rack to cool completely. Remove the parchment.
- 5) To make the icing, melt the butter over low heat. Stir in the cocoa powder and cook gently for 1-2 minutes, then leave to cool completely. Sift the icing sugar into a bowl.
- 6) Pour the melted butter and cocoa into the icing sugar and beat together to combine. If the mixture looks a little dry, add the milk, 1 tablespoon at a time, until the icing is smooth and glossy. Leave to cool for up to 30 minutes. It will thicken while it cools.
- 7) When thick, use half the icing to fill the cake and the other half to top it.

STORE: This will keep in an airtight container for 3 days.



Easy Chocolate Cake

By Emma and Kate McGahan

From goodfood.uk.tv and Mary Berry.

Serves: 8

Cook Time: 35 minutes

Prep Time: 15 minutes

Effort: easy



Ingredients

50 g Fairtrade cocoa powder
6 tbsp boiling water
3 large eggs
125 ml milk
175 g self-raising flour
1 tsp baking powder
100 g soft butter
300 g caster sugar

For the icing and filling

150 g Fairtrade chocolate, broken into small pieces
145 ml double cream
3 tbsp apricot jam

Method

- 1) Preheat the oven to 180C/160C fan/gas 4. Grease two 8 inch sandwich tins and line the bases with grease proof paper.
- 2) Measure the cocoa into a bowl, add the boiling water and mix until it's smooth. Add the remaining cake ingredients and mix until combined (this can be done in a mixer or by hand). Divide the cake mixture between the greased tins.
- 3) Bake in the preheated oven for about 25-30 minutes until well risen and shrinking away from the sides of the tin. Turn out onto a wire rack and leave to cool completely.

For the icing and the filling, you can do what you like, but our favourite is this chocolate one.

- 4) Measure the chocolate and cream together in a bowl. Place the bowl over a pan of simmering water and stir until just melted. Take your time and do not let the mixture get too hot.
- 5) Remove from the pan and leave the mixture to cool until it is cold and almost set. Spread the tops of each cake with apricot jam.
- 6) Spread half the icing over one of the cakes and place the other cake on top to form two layers.
- 7) Spread the remainder of the icing on top. Take a small palette knife and from the centre of the cake, draw large S shapes to give a swirl effect.

Now cut a slice and enjoy! 😊

Children's Chocolate Birthday Cake

By Kiera Welsh

Ingredients

200g butter
200g Fairtrade golden caster sugar
200g Fairtrade light muscovado sugar
250g self-raising flour
5 tbsp Fairtrade cocoa powder
A pinch of baking powder
2 eggs
125g sour cream
2 handfuls of mini marshmallows (optional)



Frosting:

175g butter
3 tbsp Fairtrade cocoa powder, plus more for dusting
2 tbsp sour cream
100g Fairtrade milk chocolate, chopped
200g Fairtrade icing sugar

Method

- 1) Pre-heat the oven to 180/fan 160C/Gas Mark 4.
- 2) Put the butter, sugars and 250ml of water in a pan and heat gently until the butter has melted.
- 3) Take off the heat and stir in the flour, cocoa, baking powder, eggs and sour cream. Mix to a smooth batter then stir in the marshmallows, if using.
- 4) Pour into a lined 20X30cm baking tray (leave some paper overhanging to help you lift it out).
- 5) Cook for 25-30 minutes.
- 6) Cool and then lift out of the tin.

To make the frosting

- 1) Melt the butter and 2tbsp of cocoa together and add the sour cream and chocolate.
- 2) Add the icing sugar then stir until smooth and leave to cool. Don't worry if the butter separates – it will come back when you beat it.
- 3) Once cold, beat with electric beaters until the frosting is paler and fluffier. Spread over the cake and dust with cocoa.

Chocolate cake

by Alex Charters

Feeds 8, keeps 3 days in the fridge (if any is left?)

Ingredients for the cake:

200g Fairtrade flour

200g Fairtrade sugar

200g soft butter

4 eggs

50g Fairtrade chocolate powder

1 tsp Fairtrade vanilla extract

2 tsp baking powder

2 tbsp Fairtrade chocolate chips

Decoration and filling:

Buttercream – store bought

Some extra Fairtrade chocolate powder to sprinkle on top

Sprinkles to decorate

Method

- 1) Ask an adult to heat the oven to 190°C or Gas Mark 5.
- 2) Grease the two tins with the vegetable oil and use the brush.
- 3) In a bowl cream together the butter, sugar, eggs and vanilla extract until light and fluffy.
- 4) Put flour, chocolate powder, chocolate chips and baking powder into the other bowl, mix well.
- 5) Pour flour mix into liquid in batches, mixing the ingredients slowly as not to lose any bubbles.
- 6) Fill each cake tin with half the mixture – shake carefully to even out
- 7) Ask an adult to put the tins into the oven for approx. 20 minutes.

- 8) Check with a chopstick if the cake is baked. Put the chopstick into the thickest part of the cake, pull it out. If the stick is clean – then the cake is baked. If not, put it back into the oven for 5 to 10 minutes.
- 9) Let the cakes cool down – quickest done outside, put a tea towel on top
- 10) Remove the cakes from the tins, the spread the buttercream on one cake, place the other on top. Put some more buttercream on, sprinkle chocolate powder and sprinkles to decorate.

Enjoy!



Fairtrade Chocolate Cake

By Kayden Plinston

Ingredients

50 g Fairtrade cocoa powder
6 tbsp boiling water
3 large eggs
125 ml milk
175 g self-raising flour
1 tsp baking powder
100 g soft butter
300 g Fairtrade caster sugar

For the icing, filling and topping

150 g Fairtrade chocolate, broken into small pieces
145 ml double cream
3 tbsp apricot jam
2 Fairtrade bananas (to be sliced and placed on top of the finished cake)

Method

- 1) Preheat the oven to 180C/160C fan/gas 4. Grease two 8 inch sandwich tins and line the bases.
- 2) Measure the cocoa into a bowl, add the boiling water and mix until smooth. Add the remaining cake ingredients and mix until combined this can be done in a mixer or by hand. Divide the cake mixture between the prepared tins.
- 3) Bake in the preheated oven for about 25-30 minutes until well risen and shrinking away from the sides of the tin. Turn out onto a wire rack and leave to cool completely.

For the icing and the filling:

- 1) Measure the chocolate and cream together in a bowl. Place the bowl over a pan of simmering water and stir until just melted take your time and do not let the mixture get too hot.
- 2) Remove from the pan and leave the mixture to cool until it is cold and almost set. Spread the tops of each cake with apricot jam.

- 3) Spread half the icing over one of the cakes and place the other cake on top to form two layers. Spread the remainder of the icing on top. Take a small palette knife and from the centre of the cake, draw large S shapes to give a swirl effect. Place the sliced banana pieces on the top of the finished cake.

Jacob's Favourite Chocolate Cake!

Ingredients

175g unsalted organic butter, softened
175g Fairtrade organic caster sugar
150g organic self-raising flour
3 tbsp organic Fairtrade cocoa powder
½ tsp baking powder
3 organic free range eggs, at room temperature and beaten
100g organic Fairtrade milk chocolate
100g organic Fairtrade dark chocolate
200ml organic double cream at room temperature

Method

- 1) Grease 2 x 20cm (8 inch) round cake tins and line the bases with baking parchment.
- 2) Cream the butter and caster sugar until light and fluffy. Beat in the egg gradually.
- 3) Preheat the oven to 180C.
- 4) Sieve the self-raising flour and baking powder and fold into the creamed mixture.
- 5) Divide the mixture equally between the 2 tins. Bake for 20-25 minutes, or until just set in the middle – a wooden skewer inserted into the centre should come out with just a few moist crumbs on it. Don't overbake. Turn out the cakes onto a cooling rack.
- 6) Break the chocolates into a bowl and gently melt them over a pan of simmering water.
- 7) Remove the bowl from the pan carefully (it will be hot). Allow the melted chocolate to cool for 5 minutes and then stir in the cream. Leave the mixture to thicken for a few minutes.

- 8) Make sure the cakes are completely cool before putting on the chocolate topping. Put 1 cake on a cake plate and spread about $\frac{1}{4}$ of the topping onto it. Put the other cake on top and spoon over the rest of the topping. Leave to set.

Thomas Veale's Fairtrade Chocolate Refrigerator Cake

By Thomas Veale

Ingredients

150 g Fairtrade plain chocolate

125 g butter

1 egg

25 g Fairtrade sugar

125 g digestive biscuits

Method

- 1) Melt the butter and chocolate together in a saucepan over a low heat or put a Pyrex bowl over a pan of simmering water to melt the chocolate.
- 2) Beat the egg and sugar together in a bowl or jug until foamy then gradually add the chocolate mixture.
- 3) Break the biscuits into small pieces and stir in (along with raisins or sultanas if including).
- 4) Grease a 6 inch loose bottomed cake tin. (A 7.5 inch diameter works just as well).
- 5) Tip in the mixture and press it well down with the back of a spoon or similar.
- 6) Chill in the fridge overnight (or for about 12 hours).

To serve

Turn onto a plate and slice.

Variations

Replace 50 gm of the biscuits with 50 gm Fairtrade raisins.

Chocolate Fridge Cake

By Holly Ayling

Ingredients

75g (3 oz) butter
75g (3 oz) Fairtrade plain chocolate
2 tablespoons of golden syrup
175g (6 oz) digestive biscuits
75g (3 oz) fair trade raisins
25g (1 oz) desiccated coconut
50g (2 oz) chopped nuts

To decorate:

25g(1 oz) Fairtrade plain chocolate
Fairtrade coloured chocolate drops

Method

- 1) Get a square 18cm(7in) greased tin.
- 2) Put some water into a saucepan and warm it at a low heat.
- 3) Put the butter, chocolate and golden syrup into a heatproof bowl and place this on the saucepan, stirring the ingredients until it has melted.
- 4) Add the biscuits into a clean food bag and crush them with a rolling pin.
- 5) Take the bowl off the pan and pour in the biscuit, raisins, coconut and chopped nuts ,mixing all of the ingredients thoroughly.
- 6) Place the mixture into the tin, pressing it firmly down.

To decorate

- 1) Melt the chocolate in a clean bowl over the pan of hot water, as before .
- 2) Spread the chocolate over the mixture evenly.
- 3) Mark out nine squares into the cake, and put the chocolate drops on top.
- 4) Place In the fridge for 2-3 hours and then cut into squares and enjoy. 😊



RECIPE BOOK



Talulah

Banoffee Pie

By Olivia Rose

The Best Banoffee Pie you will *ever* make with the most Fairtrade ingredients!

Ingredients

250g Fairtrade digestive biscuits
100g melted Butter
50g Fairtrade caster sugar
50g Fairtrade dark brown sugar
100g butter
397g sweetened condensed milk
1 Tablespoon black treacle
4 small Fairtrade bananas
284ml double cream, lightly whipped
Fairtrade cocoa powder to dust
Fairtrade chocolate curls to decorate



Method

- 1) Blitz biscuits to fine breadcrumbs.
- 2) Add melted butter and blend.
- 3) Press the mixture into a lined loose bottomed cake tin, then chilled.
- 4) Place butter and sugars into a non-stick pan and melt until it turns to a liquid.
- 5) Add the condensed milk and bring gently to the boil, stirring continuously.
- 6) Boil steadily for EXACTLY 1 minute, stirring frequently to make a golden caramel.
- 7) Add the treacle and mix thoroughly.
- 8) Spread the caramel over the biscuit base and place in the fridge for about 1 ½ hours until firm.
- 9) Arrange the bananas over the caramel. Cover with whipped cream. Dust with cocoa powder or chocolate curls to decorate.

Quick Banoffee Pie

By Ben Longley

Serves 12

Preparation time: 20 minutes

Chill time: 1 hour

Tin: 23cm loose bottomed tin

Ingredients

250g digestive biscuits, crushed

100g butter, melted

397g can Nestle Carnation caramel

4 small Fairtrade bananas, sliced

300ml whipped cream

1 bar of Fairtrade chocolate

Method

- 1) Mix together the biscuit crumbs and melted butter.
- 2) Press into base and sides of tin.
- 3) Chill for 10 minutes in the fridge.
- 4) Spread caramel over the base.
- 5) Top the caramel with sliced bananas followed by the whipped cream and then the grated chocolate.
- 6) Chill until ready to serve.

Banoffee Pie Recipe!

By Jasmine Wilkie

Ingredients

100g Fairtrade butter
225g digestive biscuits
397g can of Carnation caramel
2 medium Fairtrade bananas
150ml whipping cream
Fairtrade cocoa powder

Method

- 1) Melt the butter in the microwave.
- 2) Crush up the digestive biscuits.
- 3) Mix butter and biscuit crumbs.
- 4) Put in a circular cake tin and leave in the fridge for 40 minutes to set.
- 5) Take the base out of the fridge. Stir the caramel and pour onto the base, spreading it out evenly.
- 6) Chop up the bananas and place evenly over the caramels.
- 7) Whip the cream and spread it over the bananas.
- 8) Lightly dust the cocoa powder onto the pie.
- 9) Enjoy!



Blooming Brilliant Banoffee Pie

By Ruby Francis

This serves 6-8 people

Ingredients

225g Digestive biscuits
100g melted butter
1 tin of caramel (we use Carnation)
2 ripe Fairtrade bananas
150ml Double cream
Pinch of Fairtrade ground coffee
100g Of Fairtrade dark chocolate

Method

- 1) Put the digestive biscuits in a food processor and blitz until it looks like sand. If you don't have a food processor put the biscuits in a food bag and bash with a rolling pin.
- 2) Melt the butter in a microwaveable dish for 1 minute. It may need longer so if it isn't fully melted after the 1 minute continue to microwave in 10 second bursts. Mix the biscuit mix with the melted butter.
- 3) Pour the biscuit mix into a loose bottom tin and press firmly with your fingers so the entire base is covered. Refrigerate the base for 30 minutes.
- 4) Open the can of caramel and pour on to the biscuit base. Spread evenly with a metal spoon.
- 5) Slice your Fairtrade bananas and arrange them evenly on top of your caramel.
- 6) Now in a clean bowl whisk your double cream until it forms soft peaks.
- 7) Stir in half a teaspoon of Fairtrade ground coffee. (must be ground instant coffee not usual instant) You can use more if you prefer a stronger coffee taste. Spread and dollop your cream on top of your bananas. Smooth over with a spatula.
- 8) Melt the Fairtrade chocolate in a microwaveable bowl in 30 second bursts until it is liquid and there are no lumps.

9) Drizzle the chocolate using a tea spoon over the cream. Use your artistic skills and make it look pretty.

Refrigerate until you are ready to eat.

This can be covered and stored in the fridge for 2 days after it has been made.

Brioche Banana Splits

Makes 4

By Jack Lesslar

Ingredients:

Chocolate Sauce:

75g Fairtrade Plain Chocolate (70% cocoa)
25ml whipping cream
25g unsalted butter cubes
25g Fairtrade golden syrup.

Banana Splits

2 small Fairtrade Bananas
25g Fairtrade golden caster sugar
4 brioche finger rolls
1 tbsp flaked almonds
Fairtrade icing (to dust)
4 scoops vanilla icecream

Method

- 1) Melt the chocolate.
- 2) Add the cream and butter and gently stir.
- 3) Add the syrup and gently stir until mixed into a thick chocolate sauce.

Banana Brioche:

- 1) Cut banana in half lengthways.
- 2) Place on a baking tray and sprinkle with sugar.
- 3) Grill the bananas for 3-4 mins to caramalise the sugar.
- 4) Warm the brioche buns.
- 5) Cut through the buns (like a hot dog bun)
- 6) Place a banana slice in the brioche.
- 7) Sprinkle on roasted almonds.
- 8) Pour on chocolate sauce and sprinkle with icing sugar.
- 9) Serve with ice cream and leftover chocolate sauce.

Banana Split Pancakes

By William Coombs

Serves 4

Ingredients

125g of Fairtrade plain flour
1 tablespoon of Fairtrade soft brown sugar
2 teaspoons baking powder
1/4 teaspoon salt
2 ripe Fairtrade banana
250 ml milk
1 egg
2 tablespoons rapeseed oil
1 teaspoon Fairtrade vanilla extract
100g of Fairtrade dark chocolate
325g sliced fresh strawberries
200ml whipped cream

Method

- 1) Mix flour; brown sugar, baking powder and salt together in a large bowl.
- 2) Mash bananas in a large bowl using a fork. Add milk, egg, oil and vanilla extract mix well.
- 3) Stir banana mixture and chocolate chips into the flour mixture until pancake batter is blended but still slightly lumpy
- 4) Heat a lightly oiled pan or griddle over medium heat. Drop a ladle of pancake batter onto the pan and cook until bubbles form and the edges are dry, 2 to 3 minutes. Flip and cook until browned on the other side 1-2 minutes. Repeat with the remaining pancake batter.
- 5) Top pancakes with strawberries and whipped cream and eat!

Banana Cake Recipe

By Shannon Merritt

Ingredients

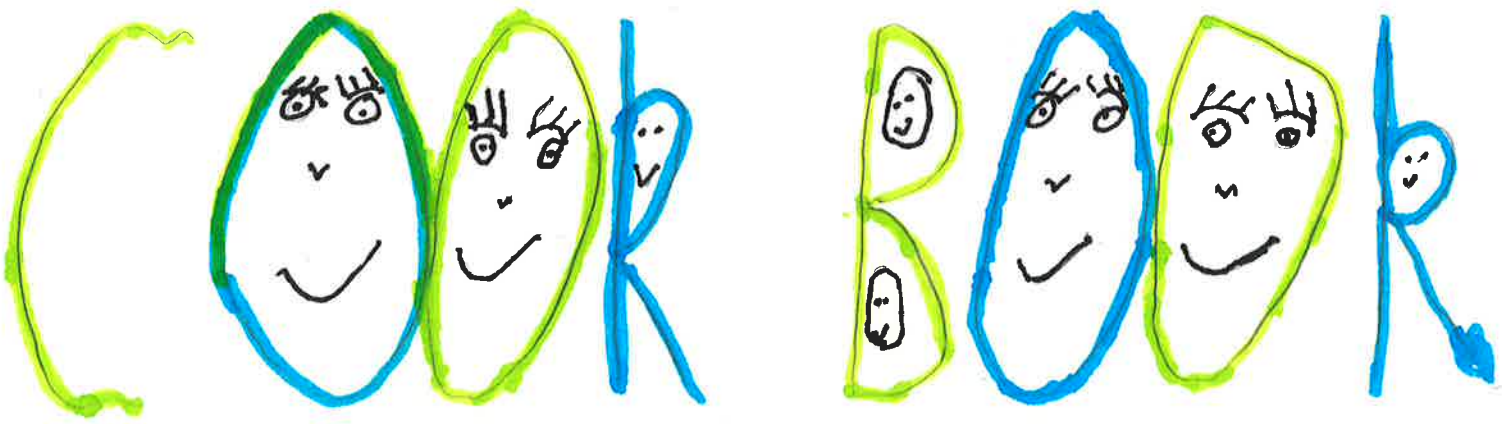
200g of self-raising flour
150g of margarine
150g of Fairtrade caster sugar
2 large ripe Fairtrade bananas
10ml of vanilla essence
3 hens eggs

Method

- 1) Mash the bananas with a fork and mix in the sugar.
- 2) Add the margarine, eggs, vanilla essence and half of the flour and mix.
- 3) Blend this mixture into the remaining flour.
- 4) Line a 15cm cake tin with brown paper.
- 5) Pour in the cake mix and bake for 45 minutes at gas mark 3 (165C /325F).

TASTE + SFIELD

FAIRTRADE



Tempting tasty nutritious Recipes Made with Fairtrade
goods that taste fabulous and are delicious!!!
Haydon Roberts

Banana Cake

By Elliott Browne

Ingredients

125g butter

150g Fairtrade sugar

1 tsp Fairtrade vanilla extract

2 Fairtrade bananas

190g self-raising flour

50 ml milk

Method

- 1) Wipe a little bit of butter round a cake tin.
- 2) Put the oven on to Gas Mark 3.
- 3) Melt the butter and sugar together in a saucepan over a medium heat.
- 4) Take the saucepan off the heat and mash in the bananas.
- 5) Then add the egg and vanilla.
- 6) Stir in the flour and milk.
- 7) Pour the mixture into the tin and cook in the oven for about 30 minutes.

Banana Chocolate Treasure BBQ Delight

By Ashton Roberts



Serves 4

Ingredients

4 ripe Fairtrade bananas

4 tablespoons of Fairtrade organic golden syrup

100g of plain Fairtrade chocolate (roughly chopped)

½ teaspoon cinnamon

Fairtrade Ben & Jerry's vanilla ice cream

Method

- 1) Slit each banana in half along its length. Place each banana half on a piece of aluminium foil large enough to wrap it up.
- 2) Before you wrap, drizzle each length of banana with ½ tablespoon of the golden syrup, then scatter each with a little of the chopped chocolate. Finish with a sprinkle of the cinnamon.
- 3) Wrap up the banana lengths, scrunching up the foil and leaving a small air pocket at the top of each parcel to let out the steam.
- 4) Place the foil-wrapped bananas on a wire rack over the hot coals and cook for 10-12 minutes until the bananas are soft and the sauce is hot.
- 5) Serve with a spoonful of vanilla ice cream (if using).



Fairtrade Banana Cake

Submitted by Jack Smith-Creed, Elsie Cole and Harry Holden.

Give a good home to old bananas and fight poverty with every delicious mouthful!

Over the years, this Fairtrade banana cake recipe has apparently been downloaded thousands of times, by people across the planet. It is my Uncle Philip's favourite cake! Elsie.

Serves 6 people

Ingredients

250g organic white self-raising flour
¼ of a Fairtrade nutmeg
1 tsp Fairtrade cinnamon
125g butter
125g Fairtrade caster sugar
125g margarine
Grated rind of an organic lemon
2 free range eggs
3 medium Fairtrade bananas, mashed with a fork
1 handful of sultanas
6 heaped tablespoons of Fairtrade set honey
1 whole firm Fairtrade banana

Method

- 1) Heat the oven to 180C.
- 2) Sieve the flour, nutmeg and cinnamon in a bowl and rub in the margarine.
- 3) Fold in the sugar, eggs, lemon rind, sultanas, mashed banana and honey.

- 4) Pour half of the mixture in the tin, drop in the whole, firm banana and add the rest of the mixture.
- 5) Bake for 1 – 1 ¼ hours or until a skewer pushed into the cake comes out clean (avoid pushing into the whole banana!).
- 6) Leave it to cool in the tin for 10 minutes before turning out onto a rack to cool.
- 7) Spread with butter and eat!

Banana Loaf

By Erin Iliffe

Ingredients

100g softened butter
175g Fairtrade caster sugar
2 large eggs
2 ripe Fairtrade bananas (mashed)
225g self-raising flour
1 tsp baking powder
2 tbsp milk

Method

- 1) Preheat the oven to 180C / Fan 160C / Gas 4.
- 2) Lightly grease a 2lb loaf tin, then line the base and sides with baking parchment.
- 3) Measure all ingredients into a mixing bowl and beat for about 2 minutes, until well blended.
- 4) Spoon the mixture into the tin and level the surface.
- 5) Bake in the pre-heated oven for about 1 hour, until well risen and golden brown. A fine skewer inserted in the centre should come out clean if the loaf is ready.
- 6) Leave to cool in the tin for a few minutes, then turn out, peel of the parchment and finish cooling on a wire rack.

Banana Loaf

I have chosen Banana loaf as my recipe as my auntie Missa makes this all the time, so she gave me a copy of her recipe.

By Tillie Brown

Ingredients

100g softened butter
175g Fairtrade caster sugar
225g Self Raising flour
2 eggs
2 ripe Fairtrade bananas
1 tsp baking soda
2 tbsp milk

Method

- 1) Preheat the oven to 180C/350F/Gas Mark 4.
- 2) Sift the flour and baking soda into a large mixing bowl.
- 3) In a separate bowl, cream the butter and sugar together until light and fluffy.
- 4) Add the eggs, bananas to the butter and sugar mixture and mix well. Fold in the flour mixture.
- 5) Grease a 20cm x 12.5cm/8in x 5in loaf tin and pour the cake mixture into the tin.
- 6) Transfer to the oven and bake for about an hour, or until well-risen and golden-brown.
- 7) Remove from the oven and cool in the tin for a few minutes, then turn out onto a wire rack to cool completely before serving.

Serves about 6 people.

Special Fairtrade Chocolate and Banana Bread

by Imogen Hilditch

Serves 8

Ingredients

75g (3oz) Fairtrade milk chocolate
250g (9oz) self-raising flour,
2 medium eggs
1 tsp Fairtrade vanilla extract
Pinch of salt
1 level teaspoon baking powder
150g (5oz) Fairtrade caster sugar
100g (3.5oz) Softened Butter and extra to serve
475g (17oz) small Fairtrade bananas,

Optional:

50g (2oz) Chopped walnuts or pecans
1 finely grated zest of one Fairtrade orange
Extra Fairtrade milk chocolate
Fairtrade Ben & Jerry's Vanilla Ice-cream

Serving Suggestions:

Serve warm with butter
Drizzle with melted Fairtrade Chocolate
Serve with Fairtrade Ben & Jerry's Vanilla Ice-cream

13 x 25 cm (5 x 9 inch) loaf tin.

Method:

- 1) Preheat oven to 170 °C (325 F). gas Mark 3. Lightly oil and line loaf tin with parchment paper.
- 2) Sift flour, salt and baking powder into a large bowl. Add the caster sugar, butter and chopped nuts (if using) and with your fingertips rub together until it looks like coarse breadcrumbs.

- 3) Whisk eggs, vanilla extract and orange zest (if using) in another bowl. Add the bananas and mash very well with a potato masher. Then melt the chocolate and fold it into the banana mixture.
- 4) Make a well in the centre of the dry ingredients and pour in the banana mixture. Gently but thoroughly bring all the ingredients together with a wooden spoon, then pour into the prepared loaf tin. Smooth the top and bake in the oven for 1 to 1.25 hours or until a skewer inserted into the middle comes out clean.
- 5) Allow to cool for 5 minutes before removing the cake from the tin. Serve sliced and buttered. Alternatively look at other serving suggestions above.

Store in an airtight container and consume within 5 days.



Fairtrade Banana Bread

Submitted by Theo Garry and Harry Kells

Ingredients

225g self-raising flour

100g butter

150g Fairtrade caster sugar

450g Fairtrade bananas

½ tsp salt

175g Fairtrade dried fruit

Method

- 1) Heat the oven to 180C.
- 2) Mash the bananas and mix all the ingredients together.
- 3) Pour the mixture into a loaf tin.
- 4) Bake for 1 ½ hours.
- 5) Allow to cool.

Fairtrade Banana Bread

Submitted by Katelyn Kelleher and Isabelle Webb

Ingredients

225g self-raising flour

100g butter

150g Fairtrade caster sugar

450g Fairtrade bananas (the softer the better) peeled and mashed

½ tsp salt

2 eggs

175g Fairtrade mixed, dried fruit

Method

- 1) Pre-heat the oven to 80C/350F/Gas Mark 4.
- 2) Mix all of the ingredients together, except the dried fruit. You can do this by hand or in a food processor.
- 3) When the ingredients are all thoroughly combined, fold in the dried fruit.
- 4) Spoon the batter mixture into a 1kg non-stick loaf tin. Spread it out evenly and bake for 1 ½ hours.
- 5) When the banana bread has risen, is golden and cooked through, remove it from the oven and cool.

Stevie's Banana Bread

By Stevie Ruggins

Ingredients

2 oz butter
4 oz Fairtrade sugar
3oz flour
2 Fairtrade bananas
1 teaspoon baking powder
2 oz icing sugar
2 eggs

Method

- 1) Heat the oven.
- 2) Butter a loaf tin.
- 3) Cream the butter, sugar and add the rest of the ingredients.
- 4) Stir well.
- 5) Pour into the tin and cook for 40 minutes.
- 6) Add a little water to the icing sugar to make icing of a pouring consistency.
- 7) Drizzle the icing over the cake.

Fairtrade Banana Bread

By Kiera Nelhams

Ingredients

225g/8oz self-raising flour

100g/4oz butter

150g/5oz Fairtrade caster sugar

450g/1lb Fairtrade bananas (the softer the better), peeled and mashed

½ tsp salt

2 eggs

175g/6oz mixed dried fruit to make Banana bread

Method

- 1) Pre-heat the oven to 180C/350F/Gas 4.
- 2) Mix all the of the ingredients except the dried fruit together. You can do this in a food processor or by hand in a mixing bowl.
- 3) When the ingredients are all thoroughly combined, fold in the dried fruit.
- 4) Spoon the batter mixture into a 1kg/2lb non-stick loaf tin, spread it out evenly and bake it for one and a half hours.
- 5) When the banana bread has risen, golden-brown on top and cooked through, remove it from the oven and set aside to cool on a wire rack. Slice before serving



Banana and Chocolate Chip Cupcakes

By Toby

Ingredients

100g plain flour

40g cornmeal

1 tsp baking powder

1 tsp bicarbonate of soda

90g Fairtrade sugar

40g melted butter

1 egg, beaten

2 ripe Fairtrade bananas, well mashed

50ml buttermilk

50g Fairtrade chocolate, chopped into small chunks

Method

- 1) Preheat the oven to 200C/400F/Gas Mark 6.
- 2) Sieve the flour, cornmeal, baking powder and bicarbonate of soda together into a large bowl. Stir in the sugar.
- 3) Add the wet ingredients to the dry and mix gently (do not over mix).
- 4) Fold in the chocolate chips.
- 5) Fill a muffin tin lined with muffin cases to just under the rim.
- 6) Bake for about 30 minutes until golden brown and firm to the touch.
- 7) Allow to cool in the tin.

Banana and Chocolate Fairtrade Muffins

By Lyndon Aslett



Servings

Up to 12 people

Ingredients

225g plain flour

1 x 15ml spoon baking powder

100g Fairtrade caster sugar

1 egg

150ml milk

90ml vegetable oil

1 small Fairtrade banana, mashed

50g Fairtrade chocolate, chopped

Topping – 15ml spoon Fairtrade brown sugar

Method

- 1) Set the oven to 180C/Gas Mark 4 and prepare a muffin tin with 12 cases.
- 2) In a large bowl sift together the flour, baking powder and sugar.
- 3) In a separate bowl, beat the egg with a fork, add the milk and oil and whisk well.
- 4) Stir in the mashed banana and chopped chocolate.
- 5) Pour all the above wet mixture into the dry ingredients and fold mixture until combined.
- 6) Spoon the mixture into the cases and sprinkle with the sugar.
- 7) Bake for 20 minutes until the muffins are lightly browned and spring back when pressed gently.
- 8) Store in an airtight container to keep fresh.

Banana Muffins

By Zach King

Ingredients

75g butter
250g self-raising flour
1tsp baking powder
1/2tsp bicarb of soda
pinch of salt
1/2tsp Fairtrade cinnamon
115g Fairtrade caster sugar
1tsp Fairtrade vanilla extract
2 Fairtrade bananas
2 eggs
125ml milk

Method

- 1) Heat the oven to 190C/375F/Gas 5.
- 2) Melt the butter and allow to cool.
- 3) Mash the bananas well.
- 4) Sift the flour, baking powder, bicarbonate of soda, salt and cinnamon together in a large bowl, and add the caster sugar and stir thoroughly
- 5) With a fork beat together the eggs, vanilla extract, melted butter and milk. Add the mashed bananas and mix well.
- 6) Make a well in the centre of the dry ingredients and add the egg mixture gradually, stirring roughly until it is a thick paste.
- 7) Place paper cases in the muffin tray and spoon in the mixture until almost full.
- 8) Bake for 20-25 minutes. Rest the muffin tray on a wire rack for 5 minutes then remove the muffins to the wire rack and leave for 5 minutes.

Banana Muffins

by Amanda Staveley

Ingredients

3 Fairtrade bananas
6 tbsp oil
½ cup Fairtrade sugar
½ tsp salt
1 egg
1 tsp Fairtrade Vanilla
1 ½ cup flour
1 tsp bicarbonate of soda
1 tsp baking powder
Butter to grease the tin

Method

- 1) Wash your hands.
- 2) Take the peel off the bananas and mash until mushy with your fork. Put the banana to the side.
- 3) Next get your bowl. Add six table-spoons of oil into the bowl then add half a cup of sugar with it.
- 4) After that add half a teaspoon of salt, one egg and a teaspoon of vanilla. Mix well with your spoon.
- 5) Add one and a half cups of flour, one teaspoon of baking soda and one teaspoon of baking powder. Mix well.
- 6) Add the mashed bananas into the bowl and mix well.
- 7) Get your muffin tin and grease the tin with butter. Put the mixture into your muffin tin. Put it in the oven for fifteen to twenty minutes at 350°F.
- 8) Take it out of the oven and let cool.

You have made your Fairtrade banana muffins!!

Fairtrade Banana, Honey and Chocolate Chip Muffins

By Darcy Miller

Ingredients

1 cup/2 ripe Fairtrade bananas, mashed
2 tablespoons Fairtrade honey
½ cup/75g Fairtrade chocolate chips
2 cups/300g self-raising flour
1 teaspoon baking powder
½ teaspoon bicarbonate of soda
pinch of salt
½ cup of light brown sugar
75g butter, melted
½ cup /125ml milk
2 eggs
1 teaspoon vanilla essence

1) Method

- Preheat the oven to 180°C. Place the paper muffin liners onto the muffin tray.
- 2) Sieve the flour, baking powder, bicarbonate of soda and salt into a large bowl. Stir in the brown sugar and set to one side.
- 3) In another large bowl, put the melted butter, milk, honey, vanilla essence, eggs and mashed banana and whisk until well mixed.
- 4) Make a well in the middle of the dry ingredients and pour the egg mixture into it. Stir gently until combined and then add the chocolate chips. Take care not to overmix.
- 5) Spoon the mixture into the muffin cases and bake for 20 minutes.
- 6) Place baked muffins on a wire rack to cool.

Banana and Ginger Biscuits

By Harry Pinder

Ingredients

250g ginger biscuits, crushed
100g butter, melted
397g can Carnation Caramel
4 small Fairtrade bananas
300ml carton whipping cream, whipped
Grated Fairtrade chocolate to decorate

Method

- 1) Crush biscuits into a bowl of melted butter.
- 2) Press into base of 23cm tart tin.
- 3) Chill for 10 minutes.
- 4) Spread caramel over the base.
- 5) Slice bananas and scatter on top.
- 6) Put whipped cream on top.
- 7) Decorate with grated chocolate.

Toasted Chocolate Bananas

by Ellis Jones

1)

Ingredients

1 lemon

4 large Fairtrade bananas

1 bar dark Fairtrade chocolate and a sprinkling of Fairtrade cane sugar.

Serves 4

Method

1) Peel bananas and split them in middle lengthwise.

2) Break the chocolate into portions.

3) Put the chocolate pieces into the banana.

4) Put some foil on an oven dish.

5) Juice lemon and sprinkle over with sugar.

6) Fold foil over the top of the bananas.

7) Bake at gas mark 6 for 20 minutes.

8) Serve with Fairtrade ice cream.

Also fun to cook on the fire pit whilst roasting marshmallows on fireworks night.



Lucky Love Potion



Special Valentine's Day drink for two

By Lily Taylor

Ingredients



- 2 Fairtrade apples
- 1 Fairtrade orange
- 1 punnet of raspberries
- ½ a Fairtrade banana
- 5 strawberries
- 1 dessertspoon of rose water
- 1 scoop of Fairtrade vanilla ice cream

Method:

Cut the apples into wedges, put them through the juicer and pour the juice into the blender.

Squeeze the juice from the orange.

Add the orange juice to the blender, along with the raspberries, banana, strawberries, vanilla ice cream and rose water.

Whizz, wave a magic wand and blow a kiss!



Lemonade

By Lilah Jones

Ingredients

6 Lemons

1 cup of Fairtrade sugar

6 cups of cold water

Method

- 1) Juice lemons to make a cup of juice.
- 2) Pour juice, water and sugar into a jug.
- 3) Stir then chill. 4. Serve with ice and slice of lemon.

