



Children's Hospices Across Scotland

Empire Biscuits

Ingredients

For the biscuits:

- 130g caster sugar
- 250g butter or margarine
- 1 egg
- 500g plain flour
- Strawberry or raspberry jam
- 200g icing sugar
- Few tablespoons boiled water
- Glace cherries or gummy sweets to decorate



Method

1. Pre-heat your oven to 180°C (or 160°C for a fan assisted oven) and line a couple of baking trays with greaseproof paper.
2. Cream your butter & sugar until light & fluffy.
3. Add the egg and mix until combined.
4. Sift in the flour and mix to form a dough – you may need to use your hands to help the dough come together.
5. Roll the dough on a floured surface to around 1cm thick.
6. Using a round cutter, cut your biscuits & transfer to your baking tray.
The number of biscuits you will get will vary depending on the size of cutter you choose to use.

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Method continued

6. Bake for around 10 minutes until the edges of the biscuit are just golden. Again, depending on the size of your biscuits, you may need to bake them a little bit longer.
7. When still warm but cool enough to touch, add the jam to the underside of half your biscuits and pop the other half on top of these to sandwich together.
8. When completely cool, make your icing by mixing icing sugar & gradually adding the boiling water until you're happy with the consistency – “gloopy” is a great way to describe it!
9. Gently dip the top of your biscuits into the icing to cover and top with your decoration of choice!



**Don't forget to share your bakes on social media
#AfternoonTeaforCHAS**





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Fiona's Rolo Slice

Ingredients

- 225g margarine
- 600g milk chocolate
- 6 tbsp golden syrup
- 450g Rolos (9-10 packets)
- 450g digestive biscuits, crushed



Method

1. Melt the margarine, 300g milk chocolate and the golden syrup in a pan over a medium heat. Keep stirring to ensure that it doesn't stick or burn.
2. Add the crushed biscuits and Rolos and stir through.
3. Press into 3 greased 20cm cake tins and chill in the fridge.
4. Meanwhile, melt the remaining 300g of milk chocolate and spread evenly over the top of the three traybakes.
5. Chill and slice into 8 slices each.

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Granny Meg's Marmalade Buttermilk Scones

Ingredients

- 225g self-raising flour
- 55g cold butter
- 55g caster sugar
- 1 tsp baking powder
- 140ml buttermilk
- 55g marmalade

Method

1. Preheat oven to 220°C.
2. Mix flour, sugar, butter and baking powder until breadcrumb consistency.
3. Add in marmalade and buttermilk to form a soft dough.
4. Roll out to 0.5 cm thickness.
5. Cut into desired size and brush top with egg wash or milk.
6. Place on a tray with greaseproof paper and bake for 12-15 minutes.

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Mini Victoria Sponges

Ingredients

For the sponge:

- 200g caster sugar
- 200g softened butter
- 200g self-raising flour
- 4 eggs (beaten)
- 1 tsp baking powder
- 2 tbsp milk

For the filling:

- 100g butter (softened)
- 140g icing sugar (sifted)
- Drop of vanilla extract
- 160g strawberry jam
- Icing sugar to decorate



Method

1. Pre-heat the oven to 190°C/fan 170°C/gas 5.
2. Grease two 20cm sandwich tins with butter and line them with baking paper.
3. In a large bowl, beat the caster sugar, butter, eggs, flour, baking powder and milk together until you have a smooth, soft batter.
4. Divide the mixture between the two tins, smooth the surface with a spatula or the back of a spoon.

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Method continued

4. Bake for about 20 mins until golden and the cake springs back when pressed.
5. Leave the cakes to cool completely on a cooling rack.
6. Once cooled, use a round cookie cutter to cut the sponges into smaller portions.
7. To make the filling, beat the 100g softened butter until smooth and creamy, then gradually beat in 140g sifted icing sugar and a drop of vanilla extract (if you're using it).
8. Spread the buttercream over the bottom of one of the sponges. Top it with 170g strawberry jam and sandwich the second sponge on top.
9. Dust with a little icing sugar before serving.
10. Keep in an airtight container and eat within 2 days.



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No Churn Ice Cream

Ingredients

- 397g sweetened condensed milk
- 1200ml double cream
- 2 tsp vanilla extract



Method

1. Put the condensed milk, cream and vanilla into a large bowl.
2. Beat with an electric whisk until thick and quite stiff, a bit like clotted cream.
3. Scrape into a freezer-safe container or a large loaf tin, cover with cling film and freeze until solid.

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Sarah's White Chocolate Cardamom Macarons

Ingredients

- 150g egg whites (4-5 days old)
- 100g caster sugar
- 180g ground almonds
- 270g icing sugar
- 180ml double cream
- 200g white chocolate
- 10 cardamom pods
- Powder or gel colouring of choice



Method

1. In a bowl, whisk egg whites to glossy, firm peaks, adding sugar gradually. If adding colour, add a very small amount near end of mixing. This is your meringue mix.
2. Sift ground almonds and icing sugar into the meringue mix and mix well. Work the mix well, pushing against the sides of the bowl to press air bubbles out, until you get a smooth, ribbon texture.
3. Transfer to a piping bag with a 1cm round tip and pipe out approx 3cm sized rounds onto greased baking trays. Leaving good space between the rounds.
4. Leave for 30 minutes to set. This helps produce the "feet" of the macaron. They will be ready to go in the oven once the top feels slightly hard to the touch.

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Method continued

5. Cook in a preheated 160°C oven, 1 tray at a time on the middle shelf for 10-12 minutes. Test after 8 minutes - if the top wobbles when touched cook for a further 3-4 minutes until firm. Leave to cool completely.
6. To make the ganache, crush cardamom pods into the cream.
7. Heat over a low heat until just below boiling point. Leave to infuse for a few minutes.
8. Break the chocolate into small pieces then pour the hot cream through a sieve to discard the pods. Mix thoroughly to melt the chocolate and set aside to cool
9. Put ganache into a piping bag and lay out macaron shells and pair sizes. Pipe a small amount of ganache and sandwich shells together.
10. Set in fridge for 24 hours to allow ganache to infuse into shells.



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