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# FAIRTRADE FORTNIGHT RECIPE BOOK



FAIRTRADE FORTNIGHT

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YOUR LABEL



28 February – 13 March 2011



# BANANA & CHOCOLATE CHIP CUPCAKES

These delicious cakes combine the sweetness of ripe mashed bananas with Fairtrade chocolate giving a moist yet light sweet treat. These can be decorated with a swirl of vanilla butter ice and a dried banana chip made with Fairtrade icing sugar.

Makes 7-8 large muffins

## Ingredients

100g plain flour  
40g cornmeal  
1 tsp baking powder  
1 tsp bicarbonate of soda  
90g unrefined (golden) Fairtrade sugar  
40g melted butter  
1 egg, beaten  
2 ripe Fairtrade bananas, well mashed  
80ml buttermilk  
50g Fairtrade milk chocolate, chopped into small chunks  
12 hole muffin tray lined with paper muffin cases

## Method

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

# DIVINE DARK CHOCOLATE & AVOCADO CUPCAKES



This deliciously unique frosting for Tate & Lyle uses a Divine Dark Chocolate cake base. The creamy ripe avocados and toasted walnut topping combined with the rich dark chocolate cake creates a gorgeous melt-in-the-mouth taste. Avocado replaces butter in this cupcake's frosting, making it a slightly healthier option.

## Ingredients

For the cake mixture  
200g Divine dark chocolate  
200g unsalted butter, very soft  
200g Fairtrade caster sugar  
4 large free range eggs, at room temperature  
100ml sour cream  
200g self-raising flour

## For the topping

2 cups very ripe avocado flesh (use the ripest you can find before the flesh has turned brown - cut out any brown bits)  
1½ cups Tate & Lyle Fairtrade Icing Sugar  
1½ tsp lemon juice  
12 hole muffin tray lined with paper muffin cases

## Method

1. Preheat the oven to 180C/350F/Gas 4
2. Break up the chocolate bars and melt gently. Remove the bowl from the heat and leave to cool. Put the butter and sugar into a food mixer and beat until light and creamy.
3. Beat in the eggs one at a time, beating well after each addition. Stir in the sour cream on low speed, followed by the flour and finally the melted chocolate, mixing gently until thoroughly combined.
4. Spoon the mixture into the muffin cases and bake for 25mins until firm to the touch.
5. Remove the muffins from the tin and leave to cool on a wire rack
6. Meanwhile make the topping: using a hand mixer, blend the avocado with the lemon juice until you achieve a smooth consistency, working out any lumps. Slowly blend in the sugar, increasing the speed of the mixer as you go (feel free to add more or less sugar to achieve a consistency & taste you like).
7. Spread over the cooled cakes. Using a zester, create some dark chocolate shavings and sprinkle some onto the frosting and top with a cooled toasted walnut.

# HONEY AND LAVENDER CUP CAKES



The aromatic sharpness of lavender combined with soft honey flavours and toasted almonds give these cupcakes an intensity of flavour that is luxuriously decadent and festive.

## Ingredients

For the vanilla cupcakes

280g plain flour, sifted

1 tsp baking powder

Pinch of salt

113g unsalted butter, softened

205g Fairtrade caster sugar

2 large eggs, at room temperature

120ml whole milk

½ tsp good vanilla extract

## For the frosting:

50g soft butter

450g Fairtrade icing sugar (approx – depending on the consistency you want to achieve)

90ml lavender milk (see below)

30ml double cream

1 tsp honey

Flaked almonds, lavender and edible silver glitter to decorate

## Method

1. Preheat oven to 180°C
2. Sift together flour, salt and baking powder in a small bowl.
3. In a large mixing bowl, beat the butter with an electric mixer until smooth. Add caster sugar and beat for 5 minutes until very light and fluffy.
4. Add the eggs, one at a time, beating to combine after each addition. Add the flour mixture in three parts, alternating with the milk and vanilla, beginning and ending with the flour. Be careful not to over mix.
5. Using an ice cream scoop, spoon the batter into cupcake liners - about 3/4 full.
6. Bake for 20 mins or until a toothpick inserted into the centre comes out clean. Cool the cupcakes in the pan for a few minutes then transfer to a wire rack and allow to cool completely.
7. Toast flaked almonds on a baking sheet in a hot oven for approx 5 mins – until lightly browned - and allow to cool.

8. Whisk butter in a metal bowl until smooth, then add 300g icing sugar, milk, honey & double cream. Blend until smooth and slowly add remaining icing sugar until you have the consistency you want.
9. Ice cupcakes and dust with a sprinkling of lavender buds, cooled toasted almonds and silver glitter.

## To make the lavender milk:

1. Measure out around 1.5 times the milk your recipe requires (to allow for evaporation) and add lavender buds at a ratio of 2tbsp buds to 1 cup milk to a small pan.
2. Heat ingredients to a scald stage (just before boiling), then turn off heat and leave to cool completely.
3. Strain the flowers with a sieve and re-measure milk before adding to your recipe.

# MANGO & AVOCADO LAYERED SALAD WITH BALSAMIC VINEGAR



Serves 4

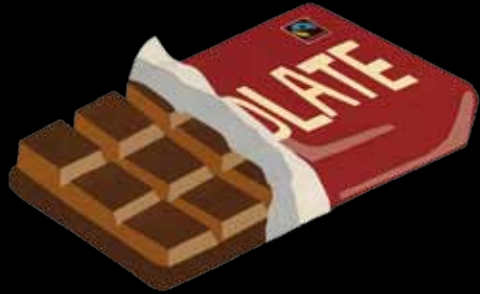
## Ingredients

Mixed leave lettuce  
Generous handful of pine nuts  
Olive oil for toasting  
2 small Fairtrade avocados (not too ripe)  
3 small or medium, ripe Fairtrade mangoes  
1 ripe Fairtrade lime  
balsamic vinegar

## Method

1. Mix the pine nuts with a little olive oil and place in the oven on a baking tray to toast for five minutes, or until nicely golden.
2. Meanwhile, peel the avocados and mangoes and slice them lengthways into generous pieces. Mix and arrange them on a plate – but avoid damaging the delicate fruit.
3. Add a generous squeeze of lime juice, a drizzle of that balsamic vinegar, and scatter the toasted pine nuts on the top.
4. Half fill a 375ml hinged salad pot with mixed leaves and top with rest of ingredients

# CHOCOLATE CAKE



## Ingredients for the chocolate cake mixture

150g/6 oz butter  
150g/6 oz caster sugar, plus another 50g/2 oz for meringue  
7 eggs, separated  
175g/7 oz dark Fairtrade chocolate, melted  
125g/5 oz self-raising flour, sifted

## Ingredients for the buttercream

100g/4 oz butter, softened  
175g/7 oz icing sugar, sifted  
1 tablespoon of Fairtrade ground coffee, or 1½ teaspoons of Fairtrade instant coffee

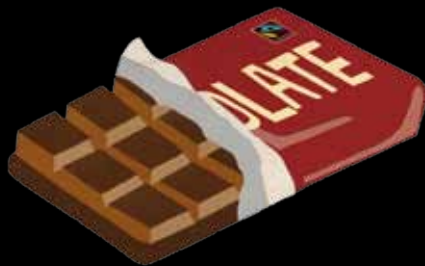
## Method for the chocolate cake

1. Preheat oven to 190°C / 375°F / Gas Mark 5.
2. Grease and line the base of a deep 23cm/9 inch round cake tin.
3. Cream butter and sugar until light and fluffy, then beat in egg yolks one at a time, and then stir in the melted Maya Gold chocolate.
4. Whisk egg whites until stiff, then fold in sugar to make meringue.
5. Alternately fold in flour and meringue to the chocolate mix.
6. Transfer mix to tin and bake for 45-55 minutes, or until the cake is firm to touch and a skewer can be withdrawn cleanly.
7. Leave to cool in the tin, then transfer to a cooling rack until cold.
8. Split cake in half and fill with Fairtrade coffee buttercream.

## Method for the buttercream

1. Infuse the ground coffee in a tablespoon of boiled water, then strain; or dissolve the instant coffee in half a teaspoon of boiling water.
2. Beat the butter until light and fluffy.
3. Add the icing sugar to the mix a little at the time, beating well in between.
4. Gradually beat in the coffee.

# NUTTY CHOCOLATE & COFFEE BROWNIES



Makes about 12 brownies

## Ingredients

50g dark Fairtrade chocolate, roughly broken up  
110g butter  
2 eggs, beaten  
225g unrefined (golden) Fairtrade sugar  
50g plain flour  
1 teaspoon baking powder  
pinch of salt  
100g hazelnuts (chopped in half)

## For the frosting

100g butter, softened to room temperature  
100g icing sugar  
100g cream cheese  
1 tablespoon strong black Fairtrade coffee

## Method

1. Pre-heat oven to 180°C/350°F/gas mark 4. Grease a tin measuring approximately 27cm x 18cm and line with baking parchment, allowing paper to rise 3cm above the tin.
2. Toast hazelnuts in oven for 10 minutes (maximum) until lightly browned. Melt chocolate and butter in a bowl over a pan of simmering water. Sieve flour, baking powder and salt into a bowl.
3. Stir in sugar. Beat in eggs and chocolate mixture until well-mixed. Stir in hazelnuts. Pour mixture into the tin and bake for 30-40 minutes until centre springs back when lightly pressed. 4. Remove from oven and allow to cool completely in tin. To make frosting, beat butter and icing sugar together until pale and fluffy.
5. Beat in cream cheese and coffee. Spread frosting on cooled Brownies.
6. Chill in fridge for 30 minutes, then cut into squares.



# BANANA FRITTERS WITH BITTER CHOCOLATE SAUCE BY GARY RHODES

Serves 4

## Ingredients

300ml (10floz) sweet cider  
100g (4oz) plain flour plus a little extra for coating  
25g (1oz) Fairtrade caster sugar  
4 Fairtrade bananas, peeled  
vegetable oil for deep frying

## Bitter chocolate sauce ingredients

300g (10oz) Fairtrade bitter dark chocolate, chopped  
150g (5oz) unsalted butter  
75ml (3fl oz) double cream

## Method

1. To make the fritter batter, mix the cider, flour and sugar together.
2. Cut each of the bananas horizontally into 4 lengths and lightly flour each piece. Dip them in the batter and deep fry in hot oil for about 5 minutes until golden and crispy. Drain well.
3. To make the sauce, place all of the ingredients together in a bowl over simmering water until the chocolate has completely melted. This sauce must be served warm.
4. To serve, place the fritters on a plate and pour the chocolate sauce next to them.
5. Alternatively serve the chocolate sauce separately and decorate the fritters with a sprig of mint.





# TIRAMISU

## Ingredients

100 ml Greek yogurt  
10 sugared sponge biscuits  
75g/3 oz icing sugar  
300g/12 oz Cream cheese  
125ml/5 fl oz double strength Fairtrade ground coffee  
75g/3 oz Fairtrade chocolate  
Aerosol can of whipped cream

## Method

1. Place the cream cheese, Greek yogurt and a little sugar in a mixing bowl and beat until well mixed.
2. Whip egg whites until stiff, then add the rest of the sugar. Fold into the cream mixture.
3. Pour some double strength filter coffee into a bowl, and dissolve a couple of teaspoons of icing sugar into it.
4. Dunk five of the sponge fingers into the coffee, soaking thoroughly before placing them in a serving bowl or basin. Make sure they don't get too soggy.
5. Grate half the chocolate over the mixture.
6. Create the second layer by repeating steps 4 - 6.
7. Finally, decorate with cream.



# CRUMBLY BANANA SQUARES



## Ingredients

175g Fairtrade sugar  
175g margarine  
225g self raising flour  
100g porridge oats  
2 medium Fairtrade bananas, mashed  
25g Fairtrade sultanas (or similar)  
Caster sugar

## Method

1. Warm your oven to 200°C
2. Cream the sugar and margarine together
3. Cut in the flour and oats to make a crumbly mixture
4. Sprinkle half into a baking tray (12 by 8 inch) and press down lightly
5. Spread over the bananas and sprinkle the dried fruit
6. Sprinkle the rest of the mixture over and again press down lightly Bake it for 25 to 30 mins until golden
7. Sprinkle with caster sugar.
8. Wait until it cools (if you can) and cut into appropriately-sized chunks

**Tip:** To save on soaking time, put raisins and orange juice in a bowl and microwave on high for 1 minute then stand for 10 minutes.