

MAKES  
1 ROLL

EXPRESS

225g/8oz soft butter  
200g/7oz brown sugar  
175g/6oz caster sugar  
2 eggs, beaten  
1 tsp orange juice  
½ tsp vanilla extract  
350g/12oz plain white flour  
1 level tsp bicarbonate of soda  
Pinch salt  
Grated rind of 1–2 oranges  
110g/4oz chocolate chips/bits  
A few raisins, chopped

## House Fridge Chocolate-Chip Cookies

Slice up the dough and bake now or chill in the fridge for quick cookies anytime you want or when mates drop in.

1. Tip butter and sugars into a bowl. Cream till white and fluffy (pg 10).
2. Beat the eggs in, a bit at time. Add a pinch of flour if mixture splits. Add juice, vanilla. Fold in flour, bicarb, salt, rind. Add choc chips and raisins.
3. Sit dough on a lightly floured board. Roll into a thick sausage the diameter of a cookie. Lay the roll on baking paper. Wrap round to enclose and seal like a cracker. Chill for at least 1 hour.
4. Slice number of cookies you want off the roll, 1cm/½in thick. Remove paper. Place well apart on greased trays – they will spread. Bake at 180°C/350°F/gas 4 for 10 minutes or until golden brown.
5. Remove. Cool on the tray for 4 minutes to crisp. Dough lasts 2 weeks.

### YOU CAN

\* add chopped sour or glacé cherries, cinnamon, nuts, white chocolate chips



## Ginger Chilli Hits

Seem to be the only thing my sister Poll ever cooks when she's at home, but I still love them.

1. Preheat oven to 190°C/375°F/gas 5.
2. Sift flour, bicarbonate, ginger into bowl. Add chilli and butter.
3. Rub lightly together between your fingertips to amalgamate. Fork in sugar, syrup, and mix to a soft dough. Roll into 14 balls.
4. Sit well apart on greased trays (they spread). Flatten slightly.
5. Bake 15–20 minutes till golden (watch – they burn easily). Crisp and cool on trays. Remove with a spatula.

### YOU CAN

- \* use caster sugar for a softer finish, add grated orange rind
- \* top cooled biscuits with melted chocolate

## Top Chocolate Biscuits

Taste as good as they look. Perfect for a tea party.

1. Preheat oven to 190°C/375°F/gas 5. Cream butter and sugar together till light, white (pg 10). Beat the egg in gradually. Add vanilla.
2. Add sifted flour and semolina. Mix with a fork. Pull dough into a smooth ball. Roll it out thinly (3mm/one-eighth in) on a lightly floured surface. Cut into rounds with a cutter/glass.
3. Bake on a greased tray for 10 minutes or till just coloured. Cool for 3 minutes. Use a spatula to slide onto a rack. Melt chocolate (pg 12) or mix icing. Top using a teaspoon. Eat when set.

MAKES  
14VEGAN  
OPT.

EXPRESS

110g/4oz self-raising flour  
1 tsp bicarbonate of soda  
2 tsps ground ginger  
A very few chilli flakes  
50g/2oz butter, in bits  
40g/1½oz demerara sugar  
2 tbsps golden syrup

MAKES  
10

110g/4oz soft butter  
110g/4oz caster sugar  
1 medium egg, well beaten  
5 drops vanilla extract  
250g/9oz plain white flour, sifted  
25g/1oz semolina/polenta

### Choc top

200g/7oz chocolate

### Icing top

200g/7oz icing sugar (sifted)  
Lemon juice

MAKES  
8-10

200g/7oz plain white flour  
25g/1oz cocoa  
2 tsps baking powder  
½ tsp bicarbonate of soda  
2 eggs  
75g/3oz caster sugar  
2 tbsps sunflower oil  
Grated rind of ½-1 orange  
150ml/5fl oz milk  
1 tbsp orange juice  
110g/4oz choc chips/bits

## Chocolate Muffins

You can't beat one of these with a cup of coffee, American-style.

1. Preheat oven to 200°C/400°F/gas 6. Grease holes in tray or line with muffin cases. Sift flour, cocoa, baking powder, bicarb into a bowl.
2. Beat eggs, sugar, oil, rind, milk, juice together. Mix into flour with a fork for a lumpy batter. Add chocolate bits. Spoon into cases.
3. Bake 15-20 minutes till risen, cooked through.

### YOU CAN

\* top with crumble. Rub 40g/1½oz flour, 20g/¾oz granulated sugar, 25g/1oz butter together. Sprinkle on muffin tops and bake.

\* make Blueberry Muffins. Use 225g/8oz flour, lemon rind and juice, 2 tbsps poppy seeds and 110g/4oz fresh blueberries. Skip cocoa and choc chips.



## Brunch Muffins

Bake a muffin or two from the basic mix whenever you fancy. It lasts a fortnight in the fridge. Customize to suit your mood.

1. Beat eggs, oil, vanilla, sugar, milk in a bowl.
2. Sift flours, salt, bicarb into another, adding oatmeal or bran, dates, dried fruit.
3. Beat liquid ingredients into dry ones, leaving lumps. Tip into plastic container with lid.
4. Preheat oven to 180°C/350°F/gas 4. Customize: put a little mix into a small bowl and add some extras. Or leave as is.
6. Spoon into muffin cases. Bake 15-20 minutes.

## Cinnamon Apple Muffins

Best Autumn option. Keep the batter lumpy for a better texture.

1. Preheat oven to 200°C/400°F/gas 6. Grease holes in muffin tin or line with cases.
2. Sift flour into a bowl. Add the dry ingredients and lemon rind. Make a well in the centre.
3. Mix milk, oil, eggs and essence. Tip, with apple, into well. Stir roughly for a lumpy batter. Fill almost to top of holes/cases. Sprinkle sugar.
4. Bake 20-25 minutes.

### YOU CAN

- \* add fresh berries, dates, muesli
- \* spoon jam/marmalade into centre
- \* top with lemon icing (pg 87) or cream-cheese icing (pg 89). Add crumble.

MAKES  
12

2 large eggs  
125ml/4fl oz sunflower/vegetable oil  
1 tsp vanilla extract  
175g/6oz dark brown sugar  
500ml/17fl oz milk  
110g/4oz plain wholemeal flour  
175g/6oz plain white flour  
Pinch salt  
2 tsps bicarbonate of soda  
110g/4oz medium oatmeal with bran (Mornflake) or wheat bran  
110g/4oz dates, snipped  
110g/4oz raisins/mixed fruit

### Extras

Blueberries, diced apple, mashed banana, choc chips, cinnamon, nuts, seeds, fresh berries, cheese, grated carrot/courgette

MAKES  
12

275g/10oz plain flour  
1 tbsp baking powder  
½ tsp cinnamon  
½ tsp salt  
175g/6oz polenta  
150g/5oz caster sugar  
Grated rind of 1 lemon  
350ml/12fl oz milk  
175ml/6oz sunflower oil  
4 eggs, beaten  
½ tsp almond/vanilla extract  
1 large eating apple, diced  
Demerara/granulated sugar

MAKES  
8-10

EXPRESS

225g/8oz self-raising flour  
1 tsp baking powder  
Pinch salt  
50g/2oz butter, cubed  
25g/1oz caster sugar  
150ml/5fl oz milk  
Beaten egg to brush (optional)  
Granulated sugar to top

## Sweet Scones

Want light scones?  
Handle dough lightly.

1. Preheat oven to 220°C/425°F/gas 7. Grease a baking tray.
2. Sift flour, baking powder, salt into a bowl.
3. Add bits of butter. Amalgamate by rubbing into flour, using your fingertips. Keep it light.
4. Add sugar. Add milk gradually, mixing in with a fork.
5. Gather dough into a ball. Place on a floured surface. Roll out very gently until 2.5cm/1in thick. Cut into 5cm/2in rounds with a cutter/glass, or into triangles. Repeat.
6. Sit well apart on a baking tray. Brush with egg. Sprinkle sugar.
7. Bake for 12–15 minutes till risen, golden. Cool on a rack. Eat with butter, jam, whipped cream. Enjoy with a cuppa.

### YOU CAN

- \* add chopped dates, grated lemon or orange rind, sultanas
- \* make Cheese Scones. At step 2 increase quantity of baking powder to 4 tps. At step 3, omit sugar, add a bit of mustard, cayenne, chilli powder, 50g/2oz grated Cheddar. Bake 10–12 minutes.



## Cheese Fat Rascals

Think cheese straw meets scone – designed for those who don't have a sweet tooth but want to join in with something delicious. A substantial tea item and perfect for picnics.

1. Preheat oven to 200°C/400°F/gas 6. Grease a baking tray.
2. Mix dry ingredients in a bowl – saving half the olives and tomatoes, a bit of cheese for topping. Beat in milk and mustard.
3. Place dough on a lightly floured surface. Knead gently for 1 minute.
4. Roll out lightly. Cut into 6 triangles or circles. Brush tops with a little oil. Scatter olives, tomatoes, cheese. Bake 20 minutes or till cooked through. Cool. Split and eat warm or cold with butter/cream cheese. Good with celery, chutney in a veggie Ploughman's.

### YOU CAN

- \* sub spring onion with 1 onion, finely chopped and fried in butter

## Drop Scones

Everyone loves these and they're pretty foolproof. Enjoy with lemon curd, honey or jam and butter.

1. Sift flour, salt, sugar into a bowl. Add eggs and a bit of milk. Beat well.
2. Whisk in remaining milk, bit by bit, till smooth. Put a frying pan on to medium heat. Brush with melted butter.
3. Drop single tablespoonfuls of batter onto pan, well apart. Cook 1–2 minutes till browned on the base, bubbling on top. Flip and repeat. Keep warm in a tea towel.

MAKES  
6

225g/8oz plain bread flour  
225g/8oz wholemeal bread flour  
½–1 tsp salt  
2 pinches chilli or cayenne powder  
2 tps bicarbonate of soda  
2 tps cream of tartar  
225g/8oz strong Cheddar, grated  
6–8 spring onions, chopped  
A few black olives, chopped and whole  
A few sundried tomatoes, chopped  
300ml/½ pint milk  
1 tsp strong mustard

MAKES  
12

EXPRESS

225g/8oz self-raising flour  
Pinch salt  
1 tbsp caster sugar  
2 eggs  
300ml/½ pint milk  
25–50g/1–2oz butter, melted, for frying