

Perky's Help

STRIVE, THRIVE AND UNVEIL BEST OF SELF



Apple Crumble
Yield 12
Cook time: 67 mins

Caster sugar	15g
Chilled butter	140g (chilled, cut into pieces)
Cox apples	8 apples (cut into wedges)
Demerara sugar	100g
Ground cinnamon	2 level tsp
Plain flour	225g

Nom.	Step	Difficulty	ETA (MINS)
1	Preheat the oven to 180°C (or 160°C for a fan-assisted oven) or Gas Mark 4	EASY	5
2	In a large mixing bowl, sift the flour and cinnamon together	EASY	1
3	Add 125g of butter to the bowl and rub it into the flour mixture until it resembles fine breadcrumbs. Alternatively, you can use a food processor to achieve this step	EASY	5-7
4	Stir in the demerara sugar until it is evenly distributed throughout the mixture	EASY	1-2
5	In a large pan, melt the remaining butter and caster sugar together over low heat	EASY	2-3
6	Add the apples to the pan and gently toss them in the melted butter and sugar mixture	EASY	2
7	Continue to cook the apples over a gentle heat, tossing them occasionally until they begin to soften	EASY	8-10
8	Once the apples have softened, transfer the entire mixture into an ovenproof dish. The dish's dimensions should be approximately 23cm x 18cm	EASY	1-2
9	Sprinkle the crumble over the fruit, put the dish on a baking tray and cook for 30-35 mins	EASY	30-35

Banana Bread
Yield 8-10
Cook time: 90 mins

Softened butter	140g
Large eggs	2, beaten
Self-raising flour	140g
Baking powder	1tsp
Bananas	2, mashed
Icing sugar	50g
Banana chips	Optional

Nom.	Step	Difficulty	ETA (MINS)
1	Heat oven to 180C/160C fan/gas 4	EASY	10-15
2	Butter a 2lb loaf tin and line the base and sides with baking parchment	EASY	5-10
3	Cream 140g softened butter and 140g caster sugar until light and fluffy, then slowly add 2 beaten large eggs with a little of the 140g flour	MODERATE	6-10
4	Fold in the remaining flour, 1 tsp baking powder and 2 mashed bananas	MODERATE	4-8
5	Pour the mixture into the prepared tin and bake for about 50 mins, or until cooked through. Check the loaf at 5-min intervals from around 30-40 mins in the oven by testing it with a skewer (it should be able to be inserted and removed cleanly), as the time may vary depending on the shape of the loaf tin	MODERATE	50-60
6	Cool in the tin for 10 minutes, then remove to a wire rack	EASY	11-12
7	Mix 50g icing sugar with 2-3 tsp water to make a runny icing	EASY	2-3
8	Drizzle the icing across the top of the cake and decorate with a handful of banana chips and serve	EASY	3-5

Chocolate Orange Brownies

Yield 12

Cook time: 2 hours, 35 minutes

Dark chocolate	150g
Terry's chocolate orange	150g
Unsalted butter	300g
Eggs	4, medium
Caster sugar	275g
Plain flour	90g
Cocoa powder	35g
Zest of orange (extract)	1tsp

Nom.	Step	Difficulty	ETA (MINS)
1	Preheat the oven to 180°C (350°F) and line a baking tray or brownie pan with parchment paper	EASY	10
2	Break the dark chocolate and Terry's Chocolate Orange into pieces. Add chopped unsalted butter. Melt together using a double boiler. Remove and cool slightly	MODERATE	15
3	Whisk eggs and caster sugar until pale and frothy. Gradually add the melted chocolate mixture, stirring continuously	EASY	10
4	Sift plain flour and cocoa powder into the chocolate mixture. Gently fold until combined without overmixing	MODERATE	5
5	Add orange zest or extract to the batter and mix well	MODERATE	5
6	Pour the batter into the baking tray and spread evenly	EASY	5
7	Bake for 25-30 minutes until the top is set and a toothpick comes out with moist crumbs	EASY	25
8	Let the brownies cool in the pan, then transfer to a wire rack to cool completely	EASY	25-30
9	Once cooled, cut into squares or rectangles and serve	EASY	60

Lemon Drizzle Cake
Yield 10
Cook time: 3 hours, 30 minutes

Unsalted butter, softened	225g
Caster sugar	225g
Eggs	4
Self-raising flour	225g
Juice of lemons	1½
Additional caster sugar (for topping)	85g

Nom.	Step	Difficulty	ETA (MINS)
1	Preheat the oven to 180°C/160°C fan/or Gas Mark 4	EASY	5
2	Beat together the butter and caster sugar until pale and creamy, then add the eggs, one at a time, slowly mixing through	MODERATE	10-15
3	Sift in the self-raising flour, then add the lemon zest and mix until well combined	EASY	5
4	Line a loaf tin (8 x 21cm) with greaseproof paper, then spoon in the mixture and level the top with a spoon	MODERATE	5
5	Bake for 45-50 mins until a thin skewer inserted into the centre of the cake comes out clean	MODERATE	45-50
6	While the cake is cooling in its tin, mix together the lemon juice and caster sugar to make the drizzle	EASY	2-3
7	Prick the warm cake all over with a skewer or fork, then pour over the drizzle. The juice will sink in and the sugar will form a lovely, crisp topping	EASY	5
8	Leave in the tin until completely cool, then remove and serve	EASY	60-120

Strawberry Jelly
Yield 4
Cook time: 26 mins

1 sachet of jelly powder
Boiling water
Cold water
Squirty cream

23g
½ pint (285 ml)
½ pint (285 ml)
to serve

Nom.	Step	Difficulty	ETA (MINS)
1	Open the sachet of jelly powder and pour its contents into a jug or bowl	EASY	1
2	Add the boiling water to the jug or bowl and stir thoroughly	EASY	2
3	Add the cold water with the dissolved jelly mixture and stir until well combined	EASY	1
4	Now carefully pour the jelly mixture into the chosen moulds or serving dish	EASY	1
5	Allow the jelly to cool down to room temperature	EASY	10-30
6	Once cooled, place the moulds or serving dish in the refrigerator	EASY	1
7	Allow the jelly to set	EASY	Overnight
8	Serve with squirty cream	EASY	1