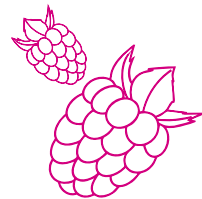




Recipes

Raspberry Ripple Shortbread



Ingredients:

For the shortbread

- 1 cup (225g) unsalted butter, softened
- 1/2 cup (100g) granulated sugar
- 2 cups (250g) all-purpose flour
- 1/4 cup (30g) cornflour
- pinch of salt

For the raspberry ripple

- 1/2 cup (120g) fresh or frozen raspberries
- 2 tbsp granulated sugar
- 1 tsp lemon juice

NOTES:

"This twist on traditional Scottish shortbread adds a bright, fruity ripple for a perfect balance of richness and tanginess. Enjoy with tea or as a sweet treat any time of day!"

RECIPE BY: Mearns After School Care
Crookfur Primary School, East Renfrewshire

Instructions:

- 1. Make the Raspberry Ripple Sauce** – in a small saucepan, combine the raspberries, sugar, and lemon juice. Cook over medium heat, stirring occasionally, until the raspberries break down and the mixture thickens (about 5–7 minutes). Strain the mixture through a fine-mesh sieve to remove seeds (optional). Let the sauce cool completely.
- 2. Prepare the Shortbread Dough** – preheat your oven to 150C/ 130C (fan). Line a baking sheet with parchment paper. In a large mixing bowl, cream the softened butter and sugar together until light and fluffy. Sift in the flour, cornstarch, and salt. Mix until the dough comes together. It will be crumbly at first but should form a soft dough when pressed.
- 3. Incorporate the Raspberry Ripple** – divide the dough into two portions. Spread one portion on a clean surface or parchment paper. Drizzle about half the cooled raspberry sauce over this layer, then gently press the second dough portion on top. Drizzle the remaining raspberry sauce over the top layer, and use a butter knife or skewer to swirl the sauce gently into the dough for a marbled effect.
- 4. Shape and Bake** – lightly flour a surface and roll out the dough to about 1/2-inch (1.25 cm) thickness. Cut the dough into classic shortbread shapes, such as rectangles or rounds, using a cookie cutter or knife. Transfer to the prepared baking sheet. Chill the shaped dough in the refrigerator for 15 minutes to help retain the shape. Bake in the preheated oven for 25–30 minutes, or until the edges are just lightly golden.
- 5. Cool and Serve** – allow the shortbread to cool on the baking sheet for 5 minutes before transferring it to a wire rack to cool completely.



Isle of Rum Rainbow Trifle

Ingredients:

- shortbread
- raspberries
- peaches
- tangerines
- jelly
- Scottish honey
- pink whipped cream
- Scottish tablet pieces
- marshmallows
- sprinkles
- dash of whisky (optional)

NOTES:

"Children will enjoy creating their own layers, while the Scottish shortbread touch adds tradition that everyone can appreciate. This trifle is easy, fun and brings a festive, tartan-inspired look to any gathering."

RECIPE BY: Edwin Lewis & Zak Murphy,
Rum Primary School & Nursery

Instructions:

1. Layer crumbled shortbread and tablet with whipped cream, fruit and a swirl of honey.
2. Repeat layers, topping with marshmallow and sprinkles.
3. For extra flair, you can substitute the marshmallows and sprinkles for another drizzle of honey. A small amount of whisky can be added to one of the cream layers.



Banana Cinnamon Loaf

Ingredients:

- 200g plain flour
- 1 tsp bicarbonate of soda
- 1/2 tsp of salt
- 1/2 tsp baking powder
- 3 large bananas
- 150g caster sugar
- 1 egg
- 75g melted butter
- 1-2 tsp cinnamon

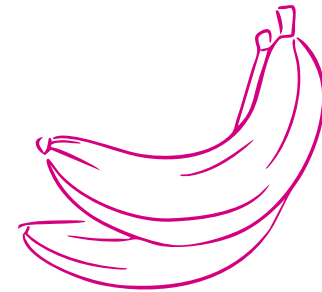
NOTES:

"It's a comforting slice of yumminess! You can have it for breakfast or as a sweet treat. It is easy to make and plus it gets you to use your old bananas and not throw them out."

RECIPE BY: Max Tibbs,
St. Roch's Secondary School, Glasgow

Instructions:

1. **Bowl 1** – put flour, baking powder, bicarbonate of soda, salt, and cinnamon into one bowl and stir together.
2. **Bowl 2** – mash the bananas together with a fork, add in the sugar, eggs and melted butter.
3. **Mix bowl 1** – Add the dry mixture into bowl 2 and stir until all the ingredients are mixed together.
4. Line a loaf baking tray with grease proof paper and pour in the mixture.
5. Place in the oven at 180C/ 160C (fan) for 50-55 minutes. Test with a tooth pick and make sure the stick comes out clean.
6. Bring out and let cool before decorating.
7. We use icing sugar mixed with a little water to make an icing. Drizzle over the cooled cake and grate some orange zest over the top. But you can decorate using anything you prefer.
8. If you would prefer banana muffins – then spoon the mixture into muffin cases and bake at 180 degrees for 25-30 minutes.



Little pittas and butterbean dip

Ingredients:

For the pittas

- 200g strong white flour
- 200g plain white flour
- 7g (1 teaspoon) salt
- 7g sachet fast-action yeast (make sure it's in date!)
- 270g tepid water
- More flour, for dusting

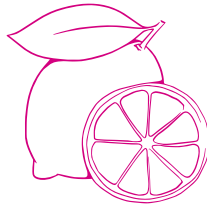
For the dip

- 1 tin of butter beans (or cannellini beans, chickpeas)
- 2 Tbsp extra virgin olive oil
- 2 garlic cloves
- Juice from half a lemon
- Some parsley or coriander to sprinkle (optional)
- Fresh chilli (optional)
- More oil, for drizzling
- Salt and pepper, to taste

NOTES:

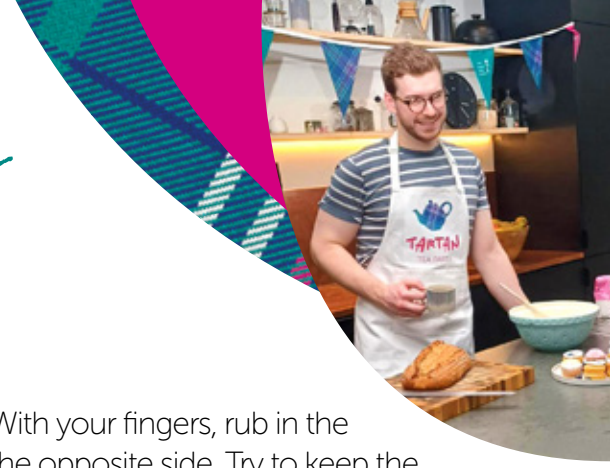
"This is a great introduction to the 'no knead' method of making bread"

RECIPE BY: Dr James Morton



Instructions:

1. Start by making your pittas. In a large bowl, weigh both flours. With your fingers, rub in the salt at one edge of the bowl, and the sachet of dried yeast on the opposite side. Try to keep the yeast and salt apart, as the salt can stop the yeast working.
2. Add the water to your dry ingredients, and mix everything together until it forms a dough (use your dough to mop up any flour sticking to the side of the bowl). Cover your bowl with a plate or a damp tea towel and rest in a warm place for about 30–40 minutes, or until a bit puffy.
3. Wet the fingertips of one hand, and forcefully grab one side of the dough and fold it in half inside the bowl. Don't worry about it sticking. Turn the bowl a quarter turn, and repeat until you have removed most of the air. Cover your bowl again, preheat your oven to 220°C/gas 7 and rest the dough for another 40 minutes to an hour. If you want to do this the day before, you can even stick it in the fridge and leave it overnight.
4. Turn your dough out onto a lightly floured surface and, using floured hands, roll into a long sausage. Chop the dough into eight equal pieces. Take each piece and, using a rolling pin, roll them out with more flour until they are about half a centimetre thick. You should be able to fit all eight pittas on two large baking trays – no need to grease or line them!
5. Bake the pittas for 5–10 minutes depending on how soft or crisp you like them, or until they have puffed up into balls and are just blushing with a light golden colour. As they cool, you can make your dip. If you want to keep them and warm them up later on, I recommend using the toaster or wrapping all of them, stacked, in some crumpled, damp greaseproof paper and sticking them in a hot oven for 10 minutes.
6. The dip is easy. First, crush or chop your garlic and put it in a frying pan with your oil. Heat over a low heat for about 2–3 minutes until the garlic starts to bubble but doesn't brown. Turn off the heat.
7. Drain your tin of butter beans and reserve the liquid. Stick the beans in a food processor, along with half the liquid, the oil and garlic and lemon. Blitz until smooth. Be generous with salt to season, and add more of the bean juice if it's too thick for you. Sprinkle with chopped herbs, chilli and more olive oil to serve.



Carb free Savoury muffins

Ingredients:

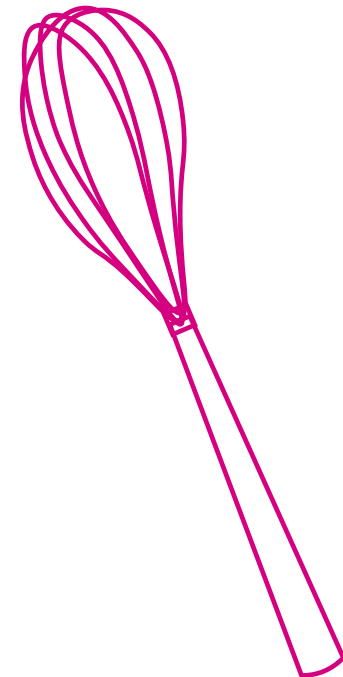
- 6 eggs
- 200g ground almonds
- 60g porridge oats
- 60ml milk
- 50g butter (melted and cooled)
- 0.5 tsp baking powder
- 0.5 tsp bicarbonate of soda
- 0.5 tsp dried chilli flakes
- 1 tsp cayenne pepper (or more if you like a kick)
- 1 red pepper (finely diced)
- 5 spring onions (finely sliced)
- large handful of garden peas (or a finely diced courgette)
- 1 pack of feta (crumbled)

NOTES:

"Delicious on their own, with soup, for breakfast, lunch or a snack. I've not found a single person who doesn't love them! And all carb free."

Instructions:

1. Pre-heat the oven to 200°C /180°C (fan).
2. Fill a muffin tin with 12 muffin cases.
3. Break eggs into a large bowl and mix with a fork or whisk.
4. Add ground almonds, oats, milk, cooled butter, baking powder, bicarbonate of soda, chilli and cayenne. Season with salt and pepper. Mix well.
5. Lightly mix in the diced veg and feta. Gently combine well.
6. Divide across the muffin cases, sprinkle pumpkin and sunflower seeds on top and bake for 15 mins.



RECIPE BY: Anonymous

Gingernuts



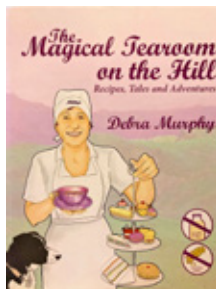
Ingredients:

- 250g Stork block
- 150g golden syrup
- 700g gluten free self-raising flour
- 2 pinches of salt
- 1 tsp xanthan gum
- 400g caster sugar
- 4 tbsp ground ginger
- 2 tsp bicarbonate of soda
- 2 free range eggs

NOTES:

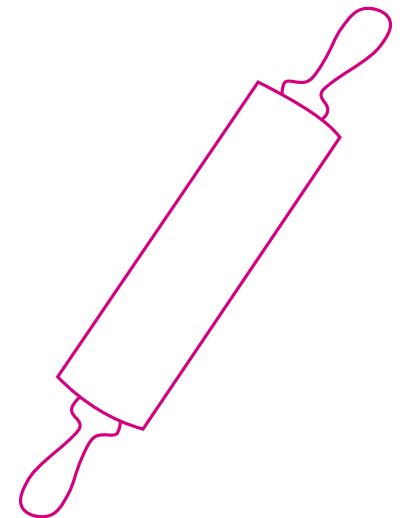
Gluten Free & Dairy Free
Makes around 60 biscuits

RECIPE BY: Debra Murphy,
author, former tea room
owner and baker



Instructions:

1. Put the Stork and golden syrup in a pan and gently melt on a low heat on the hob. Allow to cool slightly.
2. Put the flour, xanthan gum, salt, sugar, bicarbonate of soda and ginger into a large bowl and mix until well combined.
3. Add the slightly cooled golden syrup mixture and the beaten eggs. Mix until you have a soft dough.
4. Empty the dough onto your worktop and divide into four equal portions (around 400g each).
5. Shape each portion into a roll about 15 cm long and wrap in cling film. Pop the dough rolls into the freezer for about half an hour to firm up.
6. Pre-heat oven to 180°C/160°C fan oven and line several baking trays with parchment paper.
7. Take the dough from the freezer and remove the cling film.
8. Slice each roll into 1cm portions and place on the baking trays, pressing down gently. Remember to leave space between them as they will grow in the oven.
9. Bake in the pre-heated oven for 15 minutes for a chewy biscuit or 20 minutes for a crunchy biscuit.
10. Remove from the oven and transfer carefully to a wire rack to cool completely.
11. Take a seat, relax and enjoy one or two with a steaming cup of tea.



Vegan Chocolate Traybakes

Ingredients:

- 170g coconut oil
- 4 tbsp golden syrup
- 1 pack biscoff biscuits
- 3 bars Lindt vegan milk chocolate

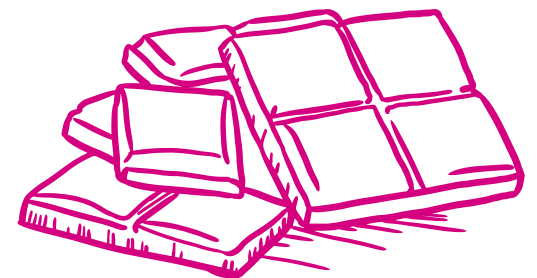
Instructions:

1. Melt coconut oil and combine with golden syrup.
2. Crush up the biscoff and combine with coconut oil and golden syrup.
3. Grease a tray with coconut oil and press the mixture to create the base.
4. Leave to cool in the fridge for a few hours.
5. Melt chocolate to cover the top.
6. Once the base has become more solid, pour the chocolate over the base and spread evenly.
7. Return to the fridge to cool.
8. Once cool, cut into bite size pieces.

NOTES:

Dairy Free

RECIPE BY: Mark Rose (CHSS Staff)



Cranberry and white chocolate flapjacks

Ingredients:

- 250g butter
- 100g demerara sugar
- 200g golden syrup
- 250g rolled oats
- 75g plain flour
- 100g dried cranberries
- 100g white chocolate (chopped)

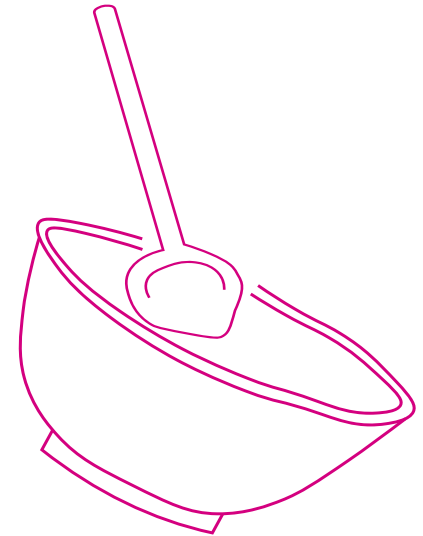
NOTES:

Makes 16 squares.

'It's delicious - with a few healthy ingredients mixed with some treats! Always very popular.'

Instructions:

1. Pre-heat oven to 170C/150C (fan). Line a 23cm/9" square tin with greaseproof paper.
2. Melt the butter, sugar and golden syrup in a large pan over a low heat until the butter and sugar are completely melted.
3. Add the rolled oats, flour and cranberries to the pan and stir together well.
4. Spread the mixture evenly into the prepared tin. Bake for 30-35 minutes until golden. Leave to cool for a few minutes then mark into 16 squares - but don't cut all the way through. Allow to cool in the tin completely.
5. Melt chocolate in a bowl (set over a pan of gently simmering water and leave until melted, stirring frequently).
6. Drizzle the chocolate over the flapjacks and chill.
7. Once cool, cut into bite size pieces.



Mint Aero Brownies

Ingredients:

- 200g dark chocolate
- 200g unsalted butter
- 3 large eggs
- 275g caster sugar
- 100g plain flour
- 50g cocoa powder
- 1 tsp peppermint extract
- 200g chocolate chips
- 200-300g Mint Aero (freeze for 1 hr if possible)

Optional decoration

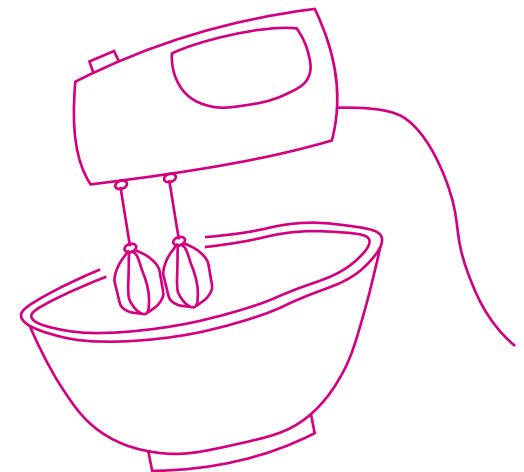
- 50g milk chocolate
- 50-100g Mint Aero chopped

NOTES:

"My boys love Mint Aeros and brownies! This combination is a big hit in my house."

Instructions:

1. Preheat your oven to 180C/160C (fan) and line a 9x9" baking tin with parchment paper.
2. Melt together your dark chocolate and unsalted butter until smooth in the microwave or in a bowl over a pan of simmering water.
3. Leave to cool for a few minutes
4. Using an electric whisk/stand mixer, whisk your eggs and sugar together for 5 minutes or so on high speed, or until the mixture has doubled in volume, is a lot paler, and leaves a trail for a few seconds when you lift the whisk out.
5. Pour in the chocolate/butter mix and peppermint extract and fold through very carefully. Add in the flour and cocoa powder and fold through carefully again. Add in the Mint Aero and chocolate chips and fold in. Pour the mixture into the tin!
6. Bake in the oven for 25-30+ minutes. Sometimes it can take longer. Leave to cool in the tin!
7. **To decorate your brownies if you fancy it...** melt your chocolate and drizzle over the brownies, and add sprinkle over chopped pieces of Mint Aero! Then, if you want, put them in the fridge for a couple of hours to help 'set' them, and then enjoy!



Empire Biscuits

Ingredients:

- 250g butter (room temperature)
- 100g caster sugar
- 1 free range egg
- 1/2 tsp vanilla extract
- 450g plain flour (plus extra for dusting)

For the topping

- 250g icing sugar
- 3 tbsp full-fat milk (optional)
- Scottish raspberry jam, for spreading
- glacé cherries, halved, or sugared gem sweets

NOTES:

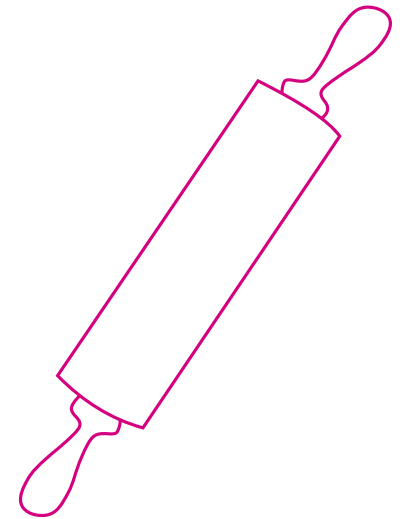
Residents at Murrayside Care Home made these delicious 'Murrayside Empire Biscuits' as a fun baking activity for their Tartan Tea Party. "We loved doing the Tartan Tea Party."

RECIPE BY:

Murrayside Care Home - Care UK

Instructions:

1. Place the butter and caster sugar in a large bowl and cream together until smooth and light in colour. Mix in the egg and vanilla extract. Sift in the flour in small batches and mix well until combined.
2. Lightly flour a work surface and roll out the dough to a 1cm/1/2in thickness. Use a round plain or fluted biscuit cutter to cut out the biscuits – the smaller the cutter, the more biscuits you will have, just make sure you cut out an even amount. Roll any offcuts of dough back together and cut out some more biscuits. Place the rounds on baking trays, leaving at least 3cm/1 1/2in space between biscuits as they will spread in the oven. Pop in the fridge for at least 1 hour to firm up.
3. Preheat the oven to 180C/160C. Fan/Gas 4 and bake for 10–15 minutes or until baked through but not bronzed. Leave to cool on a wire rack completely.
4. To make the topping, place the icing sugar in a bowl and gradually mix in the milk, if using, or a few tablespoons of water to make a thick glossy icing. Spread the icing on half of the biscuits and spread 1 tablespoon of jam on each of the remaining biscuits. Place the iced biscuits on top of the biscuits with jam. Top each biscuit with half a glacé cherry or a gem sweet.





TARTAN

TEA PARTY

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Heart &
Stroke
Scotland



Chest Heart & Stroke Scotland

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