

Cardiomyopathy^{UK} the heart muscle charity On Season 6 of the Great British Bake Off, Sandy Docherty wowed judges Paul Hollywood and Mary Berry with her brilliant baking. We have worked with Sandy to provide 4 tasty recipes from her cookbooks – Sandy's Great Northern Cookbook and Sandy D Bakes. Whether you're a beginner or you're a probaker, these recipes will be perfect to share with friends, family, and colleagues for your Bake a Difference.

"Cooking and baking are the very essences of who I am. They share a universal language that crosses worlds. In all cultures, food speaks. Whether it is about making the best of what's available or creating abundance, universally it says 'please share'." Sandy Docherty.



Recipes:

Loaded Brownies

Oaties

Vegan Millionaire Shortbread

Coffee and Walnut Cake

Loaded Brownies

Ingredients: 150g good quality dark chocolate 125g butter 125g dark brown sugar 2 medium eggs (beaten) 125g plain flour 25g cocoa powder 1tsp baking powder Optional: nuts, fruit, chocolate chips



Method:

- 1. Pre-heat the oven to 170c/ gas3-4/ 325f and line a square cake tin
- 2. Break the chocolate and add to a pan with the butter and sugar on a medium heat. Stir very gently until melted and then leave to cool for 10 minutes
- 3. Mix in the eggs until you have a glossy mixture
- 4. Sift the flour, cocoa powder and baking powder
- 5. If you have chosen to use nuts, fruit and/or chocolate chips, fold these into the mixture at this stage
- 6. Pour the thick batter into a prepared tin and bake for 30-35 minutes until just firm to the touch
- 7. Once the tin has cooled, cut into squared and leave to cool completely on a wire rack

Oaties

Ingredients:

150g Self Raising wholemeal flour

Pinch of salt

200g Rolled Oats

50g dark brown sugar

150g honey (or golden syrup, black treacle, molasses)

200g margarine

Fillings: 150g combination of; sultanas, coconut, raisins, chocolate chips, coco nibs, chopped Apricots, Chopped Walputs, Almonds or Hazelput



Apricots, Chopped Walnuts, Almonds or Hazelnuts – the possibilities are endless.

Optional: melted chocolate to spread on top

Method:

- 1. Place flour oats and salt in a baking bowl; add the fruit or other ingredients mix well.
- 2. In a pan melt the margarine, sugar and honey/syrup.
- 3. Once melted but not boiling pour over the oats and flour, mix well to combine.
- 4. Press the mixture into the prepared tin, place the tin on a baking sheet and bake for 20 25 minutes until the top is golden brown.
- 5. Leave to cool in the tin for 10 minutes then turn out onto a wire rack and cool completely.
- 6. Using a sharp knife cut into fingers.

Vegan Millionaire shortbread

Ingredients:

<u>For the base</u>: 250g plain flour, 75g caster sugar, 175g plant butter

<u>For the caramel</u>: 100g plant butter, 100g soft brown sugar, 400g vegan condensed milk

For the topping: 200g vegan chocolate, 1 table spoon golden syrup



Method

- 1. Pre heat the oven to 180c 160c fan or gas 4
- 2. Lightly grease and line a 20 x 22cm baking tin with a height of about 3cm.
- 3. Knead the base ingredients together, until it all becomes to a soft smooth ball, this is best if the butter is room temperature.
- 4. Press this mixture into the base of the tin. Take a little time to get it nice and even, prick the base with a fork and let it rest for 30 minutes before baking in the oven for 20-25 minutes until it's a light golden brown. Once cooked leave this base to cool completely.
- 5. Combine all caramel ingredients in a pan and leave over a low heat until the sugar and butter have melted, then bring to the boil and stir frequently
- 6. Let the mixture boil for 5 -10 minutes keep stirring and watching the mixture to avoid it burning
- 7. Remove the caramel mixture from the heat and carefully pour it over the shortbread base
- 8. Leave to cool and harden this will take a couple of hours
- 9. Set a bowl over a pan of simmering water and add the chocolate and syrup to the bowl to melt (don't let the bowl touch the water)
- 10. Once melted, spread the chocolate over the caramel and smooth evenly over the top, then leave to cool
- 11. Cut into squares using a warm knife just before the chocolate completely sets hard

Coffee and Walnut cake

Ingredients

200g soft margarine

150g caster sugar

250g Self raising flour

4 eggs

100g finely chopped walnuts

2-3 teaspoons instant espresso coffee powder dissolved in 3 teaspoons of hot water from the kettle

Topping

100g icing sugar

1-2 teaspoons instant espresso coffee powder dissolved in 2 – 3 teaspoons hot water from the kettle

12 Half walnuts to decorate

Method

- 1. Place the margarine, sugar, eggs, flour and dissolved coffee into a large mixing bowl and beat using a wood spoon
- 2. Once combined, continue to beat for at least 2 minutes. Do not use a mixer, as this can over mix the mixture and cause the top of the finished cake to appear flaky
- 3. When the mixture is fully combined fold in the finely chopped walnuts
- 4. Spoon the mixture into the prepared tin, level the top and bake in the pre heated oven for 25 -30 minutes, then leave to cool
- 5. To make the the icing, place the dissolved coffee in the bottom of a bowl and adding the icing sugar, mix with a knife
- 6. Gently spread the coffee icing onto the cake, then arrange your walnut halves on top

