

Cardiomyopathy<sup>UK</sup> 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

