



Cookies and Cakes

“Where there’s tea, there’s hope” (Arthur Wing Pinero)

We at the EPT love baking so to get a flavour of the sort of things we like to make and share with our friends and family over a cup of tea, take a look at our collection of some of our favourite recipes.

If you feel inspired, please let us know how you get on and do share your pictures on our **Facebook page** or **Tweet us @TheEPT** and do use **#EPTea**.

We have **tulip-shaped cookie cutters** and **printable cake flags** available online:
ectopic.org.uk/epteparty

Easy Peasy EPT Chocolate Chip Cookies

Makes 30 cookies

INGREDIENTS

100g brown sugar

125g unsalted block butter

1 egg

1 $\frac{1}{2}$ tsp vanilla essence

$\frac{1}{2}$ tsp salt

225g self raising flour

200g chocolate chips

METHOD

Pre-heat oven to 200°C Place butter and sugar in large bowl and mix well. Add the egg and vanilla essence and mix. Sieve in flour and salt to mix and combine well. Add chocolate chips and mix then roll balls of mixture to about 2cm by 2cm and place on a baking tray with baking parchment a little apart. Place in preheated oven for 7-10 minutes. Repeat until all cookies are cooked. For double chocolate cookies, simply replace 50g flour with 75g chocolate powder.

Alex's Coconut Macaroons Creations

"I became interested in baking after I had suffered my missed miscarriage and then my ectopic pregnancy as I found it a useful distraction. It is simple to do but looks effective and is so forgiving if I'm in a rush and just throw the ingredients together as it always seems to work anyway. As they are supposed to look rugged it is easy to make them look good."

Makes: Approximately 18 depending on size

INGREDIENTS

200g shredded coconut

1 teaspoon vanilla extract

3 large egg whites

180g caster sugar

Pinch of salt

Rice paper sheets – optional

100g milk chocolate plus spare - optional

Greaseproof paper

METHOD

Preheat the oven to 180°C (350°F, gas mark 4) then line two baking sheets with greaseproof paper or rice paper sheets then set aside. Combine the coconut and vanilla extract into a mixing bowl and stir well. Put the egg whites and pinch of salt into another bowl and whisk until the mixture forms soft peaks. Sprinkle a table spoon of caster sugar over the egg whites and whisk until the peaks are glossy. Gently sprinkle the remaining caster sugar over the egg whites and carefully fold it in using a rubber spatula, then gently fold in the coconut until thoroughly mixed. Put dessert spoons of the batter onto the prepared baking sheets, approximately 2.5cm (1 inch) apart, and ease them into a circular shape. You can also use an ice cream scoop to make domes or teaspoons if you want to alter the size of your macaroons. Bake for 12-15 minutes until golden. If baked on rice paper, allow the macaroons to cool completely on the baking sheets, then remove and peel away the excess paper from the edges of each one. If using greaseproof paper, allow to cool for 2-3 minutes to firm up then remove them from the paper with a pallet knife, place them on a wire rack and leave them to cool completely.

Once cooled, stripes of melted chocolate or a chocolate base can be added to the macaroons to decorate if desired. How much chocolate you need for this part of the recipe will depend upon how you choose to decorate so keep spare chocolate to hand to melt more if required. To melt the chocolate, bring water to the boil in a pan and place a bowl with the chocolate broken into it over the top, making sure the water just touches the bottom of the bowl. Be careful that no water gets into the chocolate or it will become grainy. Alternatively, the chocolate can be melted in the microwave, stirring frequently. With either method, remove the chocolate from the heat source just before all the chocolate has completely melted and stir for a minute so the heat from the already melted chocolate melts the rest without over-cooking it.

Dip the bottoms of the macaroons into the melted chocolate and leave them to cool upside down while the chocolate sets and/or make stripes on the top by dipping a fork into the melted chocolate and using it to drizzle or by cutting a very small hole in the corner of a freezer bag to squeeze thin lines out in the same way you would an icing bag.

Jill's Tangy Lemon Drizzle Cake

"This cake is so easy to make and it has become my signature cake for when any of my friends need a hug and a cake this often appears on their doorsteps! This is especially tasty fresh out of the oven!"

INGREDIENTS

Cake

4oz soft butter

6oz caster sugar

6oz self-raising flour

4 tablespoons milk

2 large eggs

Zest of 2 lemons

1 teaspoon of vanilla extract

Syrup

3 rounded tablespoons icing sugar or caster sugar

3 tablespoons of lemon juice

METHOD

Grease and line a 2lb loaf tin. Set oven to 180°C. Cream butter and sugar until light and fluffy add eggs, sifted flour and the finely grated lemon zest, milk and vanilla. Mix well until a soft dropping consistency is formed. Pour into tin smooth top and bake for 40-50 minutes until firm. Mix together icing sugar and lemon juice and pour over hot cake. Allow cake to cool before serving.

Bonus tip: if making a Victoria sponge, weigh your eggs. Ever since a lady in a queue at a café told me this, my cakes have never failed! So if 3 eggs weigh 200g then you use 200g self raising flour, 200g butter and 200g caster sugar.

Sam's Delicious Carrot Cake

INGREDIENTS

2 eggs

4oz caster sugar

4oz butter

8oz plain flour

1 teaspoon bicarbonate of soda

8oz grated carrot

1 teaspoon cinnamon

8 oz raisins

METHOD

This recipe is made in your food processor.

Fit the metal chopping blade into your processor. Add the eggs, cinnamon, sugar and butter and process until smooth. Add the flour and bicarbonate of soda, process for 5 seconds. Add the remaining ingredients and process until well mixed.

Turn into a well-greased cake tin and bake in a pre-heated oven at Gas Mark 4, 180°C. Transfer to a wire rack to cool.



Munira's More-ish Chocolate and Cherry Cupcakes

Makes: 12 cupcakes

INGREDIENTS

Cupcakes

- 125 grams soft unsalted butter
- 100 grams dark chocolate (broken into pieces)
- 300 grams morello cherry jam
- 150 grams caster sugar
- 1 pinch of salt
- 2 large eggs (beaten)
- 150 grams self-raising flour

Icing

- 100 grams dark chocolate (broken in pieces)
- 100 millilitres double cream
- 12 natural-coloured glaze cherries

METHOD

Preheat the oven to 180°C/gas mark 4/350°F.

Melt the butter in a heavy-bottomed pan. When butter is nearly all melted, add the chocolate and leave for a moment to begin softening, then take the pan off the heat and stir until the butter and chocolate are both smooth and entirely melted. Now add the jam, sugar, salt and eggs into the pan. Stir to mix and then stir in the flour.

Pour into cupcake cases and bake for 25 minutes. Cool and then turn them out.

For the icing, when the cupcakes are cool, put cream and chocolate pieces in a saucepan. Bring to the boil, remove from heat and whisk until thick and smooth (by hand or electric mixer). Ice and place a cherry in the centre of each cupcake.