

BANANA BREAD.

grease a 9x5x3" PAN.

combine: (process).

- 2 cups FLOUR
- 1 TBSP doubleacting BAKING POWD
- 4 TBSP BUTTER
- 1/2 CUP SUGAR

peel 2 very ripe bananas.

+ mash into mixture (process)

add: - 2 eggs.

- 1/4 cup milk

- 1/2 cup *sunflower seeds.

place pan with batter on cookie sheet lined with foil

BAKE 350° for about 60 min.

until well set + nicely brown.

cool for a few minutes before unmoulding.

* subst - walnuts

- cranola.

MAKE 2 of them.

JUMMY BANANNA BREAD

① - SOAK: 100 gr SULTANAS IN RUM
& BOIL OFF ALK. 3 1/2 oz

② - Mix: 175 gr flour 6 oz
2 ~~TSP~~ TSP BAKING POWDER
1/2 TSP BAKING SODA
1/2 TSP SALT

4 1/2 oz Mix: 125 gr BUTTER UNSALTED.
5 oz 150 gr SUGAR.
Beat in 2 LARGE EGGS.
4 RIPE BANANAS.

STIR IN: 60 GR WALNUTS. 2 1/4 oz
1 TSP VANILLA.
SULTANAS 1

ADD FLOUR MIXTURE 1/3 @ A TIME
MIX THOROUGHLY.

COOK IN GREASED LOAF PAN.

1 - 1 1/2 HR @ 325°
(1 HR 40 min Bucc?) (170C)

~~WELLA~~

NAWAIMO EADS

9" x 9"

bottom layer:

- 1/2 cup butter.
- 1/4 " sugar
- 1/3 cup cocoa powder (alkalized?)
- 1 egg beaten
- 1 3/4 cup Graham wafer crumbs.
- 2/3 cup walnuts
- 1 cup coconut

middle layer:

- 1/2 cup butter.
- 3 + 1/2 tsp 10% cream
- 2 + 1/2 tsp custard powder.
- 2 cups icing sugar.

Top layer:

- 4 oz semi sweet choc
- 2 + 1/2 tsp butter.

bottom: double boiler - butter melt - add sugar. cocoa. then egg.
cook gently till thick - add crumbs.
nuts & coco. - press into pan.

mid whisk together - custard powder, cream, butter & icing sugar
spread over base.

top - melt semi sweet choc - butt. whisk & cool & pour & spread

Chill several hours.

"TITANIC" BUNS.

Mix:- $\frac{1}{4}$ CUP WARM WATER
- 1 TBSP SUGAR
- 1 PK yeast.

add:- 3 CUPS FLOUR
- $\frac{1}{2}$ CUP SUGAR
- $\frac{1}{2}$ TSP SALT
- $\frac{3}{4}$ CUP WARM MILK
- $\frac{1}{4}$ CUP MELTED BUTTER
- 2 WHOLE EGGS.

Knead for at least 10 mins
USING MORE FLOUR. ($\frac{1}{2}$ CUP)
- LET RISE IN GREASE BOWL 1 HR.

Knead in $\frac{1}{2}$ CUP CURRANTS
make bun-like balls.
- COVER + RISE $\frac{1}{2}$ HR

COOK FOR 15 MINS @ 400°

brush on mixture:

- 2 TBSP ICING SUGAR or HONEY
in 1 TBSP WATER

for sticky icing

BLUEBERRY OATMEAL MUFFINS

PREHEAT TO 350°

place paper cupcake liners in muffin tray or lightly oil.

In a mixing bowl combine:

- 2 CUPS ROLLED OATS
- 2 CUPS FRESH ORANGE JUICE
- GRATED ZEST OF 1 ORANGE

on a sheet of wax paper combine:

- 2 CUPS WHOLE WHEAT FLOUR
- 1/2 CUP ALL PURPOSE "
- 2 TSP BAKING SODA.
- 2 TSP BAKING POWDER
- 1 TBS SP SALT.

in a bowl mix thoroughly with mixer

- 10 TBS (1 1/4 STICKS) BUTTER ^{ROOM TEMP}
- 1 CUP LIGHT BROWN SUGAR

add - 2 EGGS mix well

add - OAT MIXTURE & mix.

gradually add dry mixture

beat in:

- 2 TSP VANILLA ext
- 1/4 CUP MOLASSES

gently fold in - 2 CUPS FROZE or
FRESH BLUEBERRIES

divide batter into muffin cups 3/4 full

BAKE 25 mins @ 350°

tooth pick in center should come out dry.

UNIVERSAL

JELLY ROLL/SPONGE CAKE

2x8" PANS BUTTRD. PRE 375°

BOWL #1:

- 3/4 CUP SUGAR.
- 4 EGG YOLKS
- 1 TSP VANILLA

ADD - 3/4 CUP CAKE FLOUR
+ 1/2 TSP SALT
+ 3/4 TSP BAKING POWDER.

BOWL #2: - 4 EGG WHITES BEATEN (PEAK)

FOLD BOWL 2 INTO BOWL 1

10-12 MINS @ 375°

"PEANUT BUTTER AND BANANA
FRENCH TOASTED BRIOCHE"

(with HONEY ICE CREAM)

TARTE TATIN

PRE 375-400°

IN A ~~G/I~~ FRY PAN;

MELT 4 OZ BUTTER

ADD 5 OZ (150g) SUGAR

WHEN IT FOAMS ADD;

(#PEARS) 1 KG APPLES - 1/4" + CORED

HUMP SIDE DOWN IN THE PAN.

COOK OVER HIGH HEAT TILL BUTTERY
SUGARY JUICES TURN CARAMEL COLOR
+ FRUIT SOFT.

LET STAND 10 MINS

ROLL PUFF PASTRY OVER TOP TUCKING
IN EDGES.

TRANSFER TO COOKIE SHEET IN
OVEN + COOK FOR 20-30 MIN
TILL PASTRY BROWN + CARAMEL

TAKE OUT OF OVEN BUBBLY
+ CAREFULLY FLIP ONTO PLATE.

PRE 375°

Super Muffins - dont over stir!

makes 12

dry { 1 cup ww flour.
1/2 cup brown sugar
1 tsp baking soda
1 tsp cinnamon

wet { 1/2 mash banana
2 eggs
1/2 cup oil
1 tsp vanilla

OPTIONALS

1 cup grated carrot

1/6 cup sunflower seed

1/6 cup chock chip

Subs - 1/4 cup
corn meal; oat bran;
wheat germ for flour

apples for carrots
dried apricots; coconut
add - opts.

mix dry in bowl #1

mix wet in bowl #2

stir wet & dry together until just
moistened & Spoon into tray.

15-20 mins @ 375°

NIGELLA'S MOTHER-IN-LAW'S
MADEIRA CAKE

PRE
325-350

CREAM: 8 oz ~~SUGAR~~ UNSALTED BUTTER

- 7 oz SUGAR

+ 1 LEMON ZEST

ADD 1 at a time!

→ 3 large eggs with 1 TBSP Flour

gently mix the rest of 10 oz FLOUR

+ 1 LEMON'S JUICE

sprinkle with sugar as it goes into
oven.

1 HR @ 325-350