

FIVE DELICIOUS & EASY RECIPES TO  
TRY AT HOME, FOR

# *World Baking Day*

==COURTESY OF CHEF ALEX==



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# VEGETABLE QUICHE WITH SHORT CRUST PASTRY

## World Baking Day



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### THE CRUST

#### Ingredients

250g cake flour \* 30g castor sugar \* Pinch of salt \* 125g cold, cubed butter\*  
30ml ice water

#### Method

Sieve the flour into a food mixer. Add the castor sugar and salt. Add the butter and mix till the mixture start to form a coarse breadcrumb consistency. Add the ice water and mix until the dough start to come together. Remove from the mixer and cover the pastry with cling wrap. Leave in the refrigerator to rest for 30 minutes before rolling the pastry.

### THE FILLING

#### Ingredients

1 small onion diced \* 1 small punnet of mushrooms chopped \* 4 large eggs  
100g cocktail tomatoes cut in half \* 100g baby marrow chopped \*  
100g mozzarella cheese finely grated \* 125ml cream\* Salt & pepper

Pre heat the oven to 180°C

#### Method

Grease muffin tray with spray and cook. Line muffin tray with the short crust pastry and set in the fridge until filling is ready. Fry off your vegetables in a pan & let it cool down, add your cream to your egg and beat mix all the ingredients together & fill your pastry cups. Bake for 25 to 30min until egg & pasty is cocked & golden brown

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# BANANA AND CINNAMON MUFFIN PEANUT BUTTER MUFFIN

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## BANANA AND CINNAMON MUFFIN RECIPE

### Ingredients

280g flour \* 5ml bicarbonate of soda \* 5ml baking powder \* 5ml cinnamon \*  
2ml salt \* 150g sugar \* 1 egg \* 80g butter, melted  
3 large ripe bananas

### Method

Mix all ingredients together and bake at 180 ° for 20 minutes

## PEANUT BUTTER MUFFIN RECIPE

### Ingredients

240g Cake Flour \* 15ml Baking Powder \* 1ml Salt \* 140g Sugar \* 1 egg \*  
2ml Vanilla Essence \* 225ml Milk \* 50ml Melted Butter \* 60ml Peanut Butter

### Method

Sieve all the dry ingredients together in a mixing bowl.

Then mix the egg, vanilla, milk, butter and Peanut Butter together.

Make a well in the dry Ingredients and add the "Nutella" mixture to the flour.

Mix well and spoon into a non stick muffin pan. Bake at a 180 degrees for 20 minutes and serve straight away.



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# CHOCOLATE BROWNIES

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### CHOCOLATE BROWNIES RECIPE

#### Ingredients

250g butter, melted

520g Castor Sugar

90g Good quality Cocoa

5 Eggs

136g Cake flour, sifted

5ml Baking Powder

105g Nuts, Roasted

105g Good quality Chocolate, melted

#### Method

Mix the melted butter and the castor sugar in a mixer.

Add the cocoa. Add the five eggs one at a time until they are all incorporated. Add the flour. Lastly add the nuts and melted chocolate.

Spray and line a small sized baking tray.

Pour mixture in the tray and bake for 40min in a 165 °C oven.

The inside should still be moist.

This dessert is best served the next day with berries and a vanilla cream.



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# CHOCOLATE CINNAMON PINWHEELS

## World Baking Day

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### CHOCOLATE CINNAMON PINWHEELS

#### Ingredients

375g Self raising flour

30g castor sugar

A Pinch of Salt

160ml Full Cream Milk

30g Butter, softened and cubed

1 Egg, lightly beaten

5ml Cinnamon Powder

5ml Cocoa Powder

100g Brown Sugar

50g Butter, melted

#### Method

Preheat the oven to 180°C/350°F.

Brush an 18 × 28 cm shallow tin with oil or melted butter.

Sift the flour and salt into a mixing bowl. Add the butter and rub it in with your fingers. Add the sugar and stir it through. Transfer the mixture into a mixer. Add the milk and egg mixture to the flour mixture and mix till a dough is formed. Knead briefly on a lightly floured surface. Roll out to form a rectangle about 1 cm thick. Mix cinnamon, brown sugar, coco powder and butter together and spread over the dough. Roll up from long side as for a Swiss roll. Cut into 2cm lengths. Bake for 25 to 30min

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