



THE
BIG
BAKE

FAIL-SAFE RECIPES FROM OUR COMMUNITY

Will you plait it, like Harriet? Make something moreish, like Morag? Or get busy, like Lizzie's loved ones?

THE
BRAIN
TUMOUR
CHARITY

MEET OUR STAR BAKERS...

Harriet Downing

Harriet says: "Since being diagnosed with a brain tumour in May 2017, I have been a huge supporter of The Brain Tumour Charity, along with the rest of my family. They have provided us with so much help and together we've raised over £170,000 for research and awareness of this terrible disease. My family, friends and even my company have taken part in The Big Bake, so I'm pleased to be providing a recipe that always goes down well. Happy Baking :)"



Morag Litton

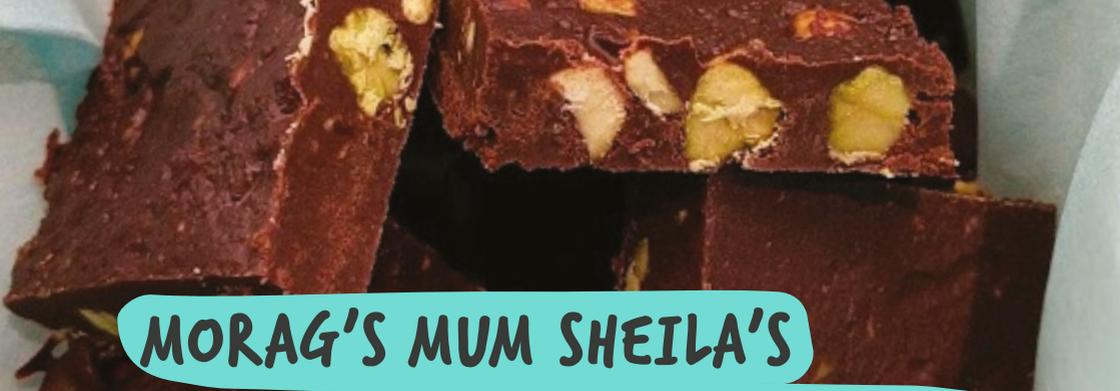
Morag says: "When my mum, Sheila, passed away twenty years ago from a brain tumour, there was no support, no information. Eleven years on, I met Community Fundraiser, Viv, at The Brain Tumour Charity stall at a local fayre. Knowing that there was a charity out there inspired me to become involved and I've been volunteering and fundraising ever since. Mum loved to bake and I loved to bake with her. This recipe isn't 'proper' fudge but it's so quick and simple – and it tastes amazing."



Lizzie Bramall

At just nine years of age, Lizzie was diagnosed with an inoperable brain tumour and baking became a great way for her to channel her positive energy. It was The Big Bake that first attracted her to The Brain Tumour Charity, leading her to set up Lizzie's Fund which has so far raised over £300,000 for research into childhood brain tumours. She even published her own recipe book, *Keep Baking*, from which this recipe is taken. Lizzie's family and friends will be baking – and fundraising – in her honour this March.





MORAG'S MUM SHEILA'S

CHOCOLATE PISTACHIO FUDGE

This one's no-bake, so there are really no excuses

Ingredients:

- 350g dark chocolate, roughly chopped (minimum 70% cocoa solids)
- 1 x 397g can of condensed milk
- 30g butter
- 1 pinch of salt
- 150g pistachios (without shells)

Method:

- Put the chopped chocolate, condensed milk, butter and salt into a saucepan on a low heat (remember, chocolate melts in your hand so it doesn't need to be too hot). Stir until all ingredients have melted together.
- Put the nuts into a freezer bag and bash them with a rolling pin, until broken up into both big and little pieces.
- Add the nuts to the melted chocolate mixture and stir well to mix.
- Line a baking tray with cling film or tin foil.
- Pour the mixture onto the tray, smoothing the top.
- Let the fudge cool, and then refrigerate until set.
- Cut into pieces – use generous chunks or bag up smaller pieces for your Big Bake.





LIZZIE'S RASPBERRY CUPCAKES

Full of fruity goodness... and optional* chocolate chips

Ingredients: (makes 12)

- 2 large eggs
- 200ml milk
- 100g melted unsalted butter
- 300g plain flour
- 1 tablespoon baking powder
- 100g caster sugar
- 150g fresh raspberries
- 100g white chocolate chips (if you want to add them)

Method:

- Line a 12-hole muffin tin with paper cases and preheat the oven to 180°C (gas mark 4).
- Whisk together the eggs and milk in a bowl. Add the melted butter.
- Sieve the flour and baking powder into a separate larger bowl, then add the sugar.
- Pour in the butter/eggs/milk mixture and stir gently to combine – take care not to over-mix.
- Add half the whole raspberries plus the white chocolate chips (if using) and stir until combined.
- Spoon the mix into the cupcake cases, adding the remaining raspberries to the top of each cupcake.
- Bake for 20 to 25 minutes until well risen, golden and a skewer comes out clean.
- Leave to cool on a rack.

* Strange as it may seem, we've heard some people don't like chocolate...





HARRIET'S CHICKEN, MUSHROOM AND LEEK PLAIT

You don't need a sweet tooth, to enjoy a bite of The Big Bake cherry

Ingredients:

- 100g butter
- A few tablespoons of flour
- 1-2 pints of milk
- ½ teaspoon nutmeg
- 1 egg
- A few mushrooms and 2 leeks
- 1 packet (350-500g) of ready-rolled puff pastry
- Roughly 200g or 4 chicken breasts/thighs (or leftovers from a roast chicken)

Method:

- Make a white sauce by melting the butter in a pan and adding flour. Slowly add the milk, stirring until the sauce thickens. Then gently simmer for at least a minute to get rid of any flour taste. Add salt, pepper and nutmeg.
- In a separate pan, cook the diced chicken in hot olive oil to seal (about 5 minutes). Put to one side, add the chopped mushrooms and leeks then cook on a medium-high heat. Add to the white sauce. Cool then refrigerate.
- Add the cooked chicken and the vegetables to the white sauce. Cool then refrigerate.
- When ready to get plaiting, heat the oven to 180°C (fan), roll out the puff pastry and place the cold filling in the centre. Make diagonal cuts down each side of the pastry and plait by placing a strip from each side over the centre, one at a time in a criss-cross pattern.
- Brush with the beaten egg and bake for 25 to 30 minutes, or until golden brown.
- Ideally serve warm at your Big Bake, but it's also pretty good cold.

Top tip: To adapt for vegans, substitute shop-bought vegan puff pastry, use an all-vegetable filling (such as roasted onions, squash and sage) and glaze with dairy-free milk.