

## Recipe for Class C1 – Sticky Golden Ginger Cake

### Ingredients

#### For the cake

- 60g (2 ½ oz) butter, cubed
- 125g (4 ½ oz) golden syrup
- 100g (3 ½ oz) plain flour
- 25g (1oz) self-raising flour
- 1 teaspoon bicarbonate of soda
- 1 heaped teaspoon ground ginger
- ½ teaspoon mixed spice
- 100g (3 ½ oz) caster sugar
- a pinch of salt
- 125ml (½ cup) milk
- 1 egg, beaten

#### For the syrup

- 1 ball of stem ginger (sold in jars in syrup), very finely chopped
- 2 tablespoons of the ginger syrup from the stem ginger jar

### Instructions

1. Preheat the oven to 170°C/150°C Fan/325°F (gas mark 3). Line the loaf tin (900g (2lb) loaf tin (size 23 x 12cm)) with baking parchment.
2. Melt the butter and golden syrup - Add the butter and golden syrup to a small saucepan and melt over a low heat, stirring occasionally. Remove from the heat.
3. Combine the flours, bicarbonate of soda and the spices in a mixing bowl. Sieve any of the dry ingredients that may be a bit lumpy.
4. Stir in the caster sugar and salt.
5. Add the milk and egg and mix until smooth.
6. Gradually add the melted butter mixture, stirring until completely incorporated.
7. Pour the batter mixture into the loaf tin (it will be quite runny).
8. Bake for 45-50 minutes or until risen and firm to the touch.
9. Combine the finely chopped stem ginger with 2 tablespoons of ginger syrup from the jar. Once the cake is out of the oven and while it's still warm, gently pierce it all over with a skewer and pour over the prepared stem ginger syrup.
10. Leave to cool completely in the tin.

## Recipe for Class C6 – Vegetable Pasty

### Ingredients

#### Filling

- 10g butter
- 2 tablespoons olive oil
- 200g onion
- 150g diced potatoes
- 2 tsps ground coriander
- 1 tsps ground cumin
- 110g frozen peas
- Handful chopped mint leaves

#### Pastry

- 110g butter
- 1 tablespoon olive oil
- 1 small egg
- 5 fl oz natural yogurt
- 550g plain flour
- ¼ teaspoon bicarbonate of soda
- 1 teaspoon salt
- 1 egg yolk

Makes approximately 5 large pasties – **only one required for showing.**

### Instructions

Preheat the oven to 200°C/400°F (gas mark 6). Grease a baking tray.

**Filling:** Melt the butter and oil in a pan. Cook the onions for a few minutes, stirring until they are beginning to soften. Add the potatoes and cook until they are just softened (about 8 mins), stir in the spices and cook for another minute. Remove from heat, add frozen peas, season, add mint. Leave to cool.

**Pastry:** Melt the butter in the pan. Remove and leave to cool. Whisk the oil and egg in a bowl. Stir in the yogurt, using a wooden spoon. Stir in the melted butter a little at a time until blended. Sift flour, salt and bicarbonate of soda, then gradually stir into the yogurt mixture to form a soft dough – you may find you don't need all the flour. Turn onto a floured surface and knead lightly for a few minutes. Roll into a ¼ inch thickness and cut a circle using a saucer. Spoon in filling and fold edge to make semi circles. Brush with beaten egg yolk. Bake for 20 minutes (or until golden) and enjoy! Only one pasty on a plate required for judging!