

## SUN-BLUSHED TOMATO AND BASIL TAPENADE

*The sun-blushed tomatoes give this tapenade a wonderfully intense flavour. Great to have in the fridge to use on a canapé or as a spread or dip - you name it!*

**MAKES 250G (9OZ)**

**PREP TIME: 5 MINUTES**

200g (7oz) sun-blushed tomatoes (see tip on page 170)  
1 handful of basil leaves  
1 garlic clove, peeled  
2 tbsp good olive oil (see tip)  
50g (2oz) pine nuts

Put all the ingredients into a food processor and whizz until smooth. Use straight away or store in an airtight container in the fridge.

### PREPARE AHEAD

*Will keep in the fridge for up to a week.*

### MARY'S EVERYDAY TIP

*For extra flavour, replace the olive oil with some of the oil from the tub of sun-blushed tomatoes.*

## OLIVE TAPENADE

*Like the Sun-blushed Tomato and Basil Tapenade on page 38, this is great to have in the fridge to use as a dip or spread on a canapé. Buy the best olives you can afford, preferably in oil, rather than brine, as they have more flavour.*

**MAKES 230G (8OZ)**

**PREP TIME: 5 MINUTES**

100g (4oz) pitted black olives (drained weight)  
100g (4oz) pitted green olives (drained weight)  
2 tbsp olive oil (reserved from the jar if using olives in oil)  
2 anchovies in oil, drained  
½ garlic clove, peeled (see tip)  
Freshly ground black pepper

1. Put all the ingredients into a food processor, seasoning with black pepper (the olives and anchovies provide enough salt). Whizz until as smooth as possible, stopping every now and then to scrape down the sides of the processor bowl with a spatula so that all the mixture is incorporated.
2. Use straight away or store in an airtight container in the fridge (see tip).

### PREPARE AHEAD

*Will keep in the fridge for 1-2 weeks.*

### MARY'S EVERYDAY TIPS

*Crush the garlic clove with the back of a knife to make it easier to peel.  
Cover the tapenade with a layer of oil to store and to help prevent air getting to it.*

8/20/11  
Dina J.  
Alice  
28 MAR

## ARTICHOKE AND GARLIC DIP

*This is so delicious and quick to make that it will become a real favourite. It's great for entertaining - serve with toasted sourdough, tortilla crisps or crudités. Once you start eating, you'll find it hard to stop!*

**SERVES 20 AS A DIP**

**PREP TIME:**  
5-10 MINUTES

200g (7oz) low-fat  
mayonnaise  
150g (5oz) soured cream  
100g (4oz) mature Cheddar  
cheese, finely grated  
25g (1oz) Parmesan cheese,  
finely grated  
¼ small onion, roughly  
chopped  
1-2 garlic cloves, grated  
1 x 400g tin of artichoke  
hearts (see tip), drained  
Salt and freshly ground  
black pepper  
Snipped chives, to garnish

1. Measure the mayonnaise and soured cream into a food processor, then add the two cheeses with the onion, garlic and artichokes. Season with salt and pepper and whizz until blended.
2. Check the seasoning, adding more salt and pepper if needed, and spoon into a bowl. Sprinkle with a few snipped chives to serve.

### PREPARE AHEAD

*Can be made up to 2 days ahead and kept in the fridge, but bear in mind that the garlic flavour will get stronger the longer it infuses.*

### MARY'S EVERYDAY TIP

*Artichoke hearts preserved in oil would do just as well here. Whether from a tin or a jar, they need to be well drained before using; if they are too wet, they will make the dip runny and watery. After draining the artichokes, empty into a bowl and give each one an extra squeeze to release the liquid inside.*

## BETROOT HOUMOUS

*Bright in both colour and flavour, this is wonderful served as a dip with crudités or on small slices of toasted bread as crostini. If you prefer less garlic, just put in two cloves instead of three. Use a vacuum pack of ready-cooked beetroot if you haven't got fresh.*

**SERVES 20 AS  
A DIP OR SPREAD**

**PREP TIME: 10 MINUTES**

300g (11oz) cooked beetroot,  
peeled  
1 x 400g tin of chickpeas,  
drained and rinsed (see tip)  
3 garlic cloves, sliced  
1 tbsp ground cumin  
Juice of 1 lemon  
120ml (4fl oz) good  
olive oil (see tip)  
Salt and freshly ground  
black pepper

- Place all the ingredients in a food processor, season with salt and pepper and whizz until smooth. Check the seasoning and transfer to a bowl for serving.

### PREPARE AHEAD

*Can be made up to a day ahead.*

### MARY'S EVERYDAY TIPS

*The chickpeas need to be well drained so that they don't add extra liquid to the blended mix.*

*Use good olive oil to add to the flavour of this dip. Sunflower or vegetable oil will not have a strong enough taste.*

## GINGER AND CHILLI TIGER PRAWNS WITH DIPPING SAUCE

*These are great to serve as a canapé, to hand around for your guests to pick up and dip into the sweet sauce. Good as a starter too - serve three sticks per person with rocket leaves.*

**MAKES 12 CANAPÉS /  
SERVES 4 AS A STARTER**

**PREP TIME:**  
10 MINUTES, PLUS  
MARINATING

24 cooked tiger prawns (1 x  
200g packet), peeled  
Salt and freshly ground  
black pepper

### FOR THE MARINADE AND DIPPING SAUCE

Juice of 1 lime (see tip)  
2 tbsp good olive oil  
1 tsp finely grated fresh root  
ginger (see tip on page 61)  
1 tbsp finely chopped  
coriander  
3 tbsp sweet chilli sauce  
1 tbsp soy sauce

1. You will need 12 cocktail sticks (see tip).

2. To make the marinade, measure the ingredients into a bowl and mix together to combine. Add the prawns, season with salt and pepper and leave to marinate for a minimum of 30 minutes.

3. Thread two marinated prawns on each cocktail stick. Arrange on a plate or dish and drizzle over some of the marinade. Pour the remainder into a small dipping dish and place next to the prawns to serve.

### PREPARE AHEAD

*The prawns can be left to marinate up to a day ahead.  
The sauce can be made up to 4 days ahead.*

### MARY'S EVERYDAY TIPS

*To get the most juice out of a hard lime, roll it between your hands, or on a work surface, for a minute before juicing. The lime will become softer and it'll be easier to squeeze out its juice.*

*The dish is as much about presentation as it is about flavour, and the cocktail sticks are an integral part of this. Many very attractive kinds are available to buy and will help make these canapés look extra-special.*

8. When the meat is tender, remove from the oven and increase the temperature to 220°C/200°C fan/Gas 7. Remove the lid from the casserole and arrange the dumplings, spiral side up and spaced apart, on top of the stew. Return to the oven and cook, uncovered, for about 25 minutes or until the dumplings are golden and puffed up.

9. Remove the bay leaves and serve piping hot with buttered cabbage.

#### PREPARE AHEAD

*The stew can be made up to a day ahead and reheated with the freshly made dumplings on top. Bring to the boil on the hob before putting into the hot oven.*

#### FREEZE

*Freezes well without the dumplings.*

*The raw dumpling roulade can be frozen. Defrost, then slice as in step 7 and place on top when reheating the stew.*

#### MARY'S EVERYDAY TIPS

*Cut up the beef into pieces that are all the same size so they cook at the same rate.*

*A wetter dough is better as it will be less tough when cooked.*

*A serrated knife will help when slicing the dumplings to prevent squashing the dough and losing the spiral effect.*

## CHILLI CON CARNE

*This is a great everyday supper dish for the family. The long slow cooking makes all the difference, so don't try and rush it! The meat softens in the oven and the flavours combine together properly.*

#### SERVES 6

#### COOK TIME: 1 HOUR 40 MINUTES

2 tbsp olive oil  
3 banana shallots, finely chopped  
3 garlic cloves, crushed  
2 fresh red chillies, deseeded and finely chopped  
900g (2lb) minced beef  
1 tbsp sweet smoked paprika  
1 tbsp ground coriander  
½ tsp chilli powder  
2 tbsp tomato purée  
2 x 400g tins of chopped tomatoes  
150ml (5fl oz) beef stock or water  
1 x 400g tin of kidney beans, drained and rinsed (see tip)  
1 tsp sugar  
Salt and freshly ground black pepper

1. Heat the oil in a large deep pan, add the shallots, garlic and chillies and fry over a high heat for 4-5 minutes. Add the mince and toss in the pan until browned all over.

2. Sprinkle in the spices and fry for a further minute, then add the tomato purée, tinned tomatoes, stock or water, kidney beans and sugar. Give everything a good stir and season with salt and pepper.

3. Bring to the boil, then reduce the heat, cover with a lid and simmer for about 1½ hours or until tender. Make sure the pan is properly covered as it simmers or it will dry out. If your pan doesn't have a lid, cover it with a sheet of foil and scrunch it down well around the edges to seal in the steam.

4. Serve hot with rice or in taco shells with grated Cheddar and a dollop of soured cream on top (see also tip).

#### PREPARE AHEAD

*Can be made up to a day ahead and reheated.*

**FREEZE** *The cooked dish freezes well.*

#### MARY'S EVERYDAY TIPS

*Drain the kidney beans and rinse them well under running water to remove all the liquid they have been canned in.*

*If this dish is too hot for anyone, serve their portion with a spoonful of soured cream or crème fraîche/Greek yoghurt on top. Once stirred in, this will tone down the effect of the chilli, while the rest of the diners can enjoy the heat.*

## CHICKEN STIR-FRY WITH TERIYAKI SAUCE

*Stir-fries are a family favourite as they are so quick and easy to knock up, using any vegetables you have to hand. This one has plenty of flavour, spicy from the soy and ginger but not hot, making it ideal for younger children.*

**SERVES 4-6**

**COOK TIME:**  
10-15 MINUTES,  
PLUS MARINATING

2 skinless and boneless  
chicken breasts, sliced  
into thin strips

200g (7oz) fine egg  
noodles (see tip)

2 tbsp olive oil

150g (5oz) baby corn,  
sliced in half lengthways

200g (7oz) mangetout,  
sliced in half lengthways

4 spring onions, chopped

100g (4oz) bean  
sprouts, rinsed

**FOR THE TERIYAKI  
SAUCE**

90ml (3fl oz) soy sauce

4 tbsp sesame oil

4 tbsp sweet sherry

4cm (1½in) knob of fresh root  
ginger, peeled and grated  
(see tip on page 61)

1 garlic clove, crushed

Salt and freshly ground  
black pepper

1. Place all the ingredients for the sauce in a bowl and stir to combine. Add the chicken strips, season with salt and pepper and toss together. Set aside to marinate for a minimum of 30 minutes.

2. Cook the noodles in boiling salted water according to the packet instructions. Drain well and rinse in cold water.

3. Heat 1 tablespoon of the oil in a wok or deep frying pan. Remove the chicken from the marinade and fry over a high heat for 3-4 minutes on each side until golden all over and just cooked through. Remove with a slotted spoon and set aside.

4. Add the remaining tablespoon of oil to the pan, tip in the baby corn, mangetout, spring onions and bean sprouts and fry over a high heat for 3-4 minutes.

5. Return the noodles and chicken to the pan, pour in the sauce and toss to combine over the heat until piping hot. Tip into a warmed platter to serve.

### PREPARE AHEAD

*The chicken can be marinated in the sauce up to a day ahead. It can be pan-fried up to 3 hours ahead and reheated with the freshly cooked noodles and vegetables to serve.*

### MARY'S EVERYDAY TIP

*Different brands of noodles have different cooking times, so do check the packet before cooking, and look out for wholewheat noodles for a healthier option.*



8 Nov

Anna J.

Emily



## SQUASH AND BLACK BEAN CHILLI

*This is very similar to a meat chilli but using tender cubes of butternut squash and black beans, which are readily available in cans. Use canned black eyed beans if not. Serve with boiled rice, guacamole (see page 50), soured cream and grated cheese, or with tortillas, or as a filling for burritos.*

**SERVES 6-8**

**COOK TIME: 1 HOUR**

1 small butternut squash  
(about 1kg/1lb 12oz),  
peeled, deseeded and  
cut into cubes  
3 tbsp olive oil  
2 red onions, chopped  
2 garlic cloves, crushed  
1 fresh red chilli, deseeded  
and finely chopped  
1 tbsp ground cumin  
1 tbsp ground coriander  
3 x 400g tins of chopped  
tomatoes  
150ml (5fl oz) white wine  
1 tbsp light muscovado sugar  
2 x 400g tins of black beans  
(see tip), drained and rinsed  
Salt and freshly ground  
black pepper  
sprigs of coriander, to serve

1. Preheat the oven for 220°C/200°C fan/Gas 7.

2. Arrange the cubes of squash in a single layer a baking tray and drizzle over 2 tablespoons of the olive oil. Season with salt and pepper and toss together. Roast in the oven for 25-35 minutes or until golden and tender but still with a little bite.

3. Heat the remaining oil in a large, wide deep frying pan. Add the onions, garlic and chilli and fry over a high heat for 2-3 minutes. Sprinkle in the spices and fry for another minute. Add the tomatoes (see tip), wine and sugar, season with salt and pepper and bring to the boil, stirring. Cover with a lid, then reduce the heat and simmer for about 10 minutes.

4. Give the mixture a stir, add the beans and the roasted cubes of squash, then cover again with the lid and simmer for a further 10 minutes.

5. Check the seasoning and serve piping hot with the coriander.

### PREPARE AHEAD

*Can be made up to a day ahead and reheated.*

**FREEZE** *Freezes well.*

### MARY'S EVERYDAY TIPS

*Black beans are readily available, but you could use kidney beans if you prefer.*

*Rinse the tins of tomatoes with a little of the wine (or a drop of water) before adding to the pan. This helps clean the tins and means there is no waste!*

8 may

Lucia J.

Emily



## POTATO SALAD WITH CELERY AND APPLE

*This is an old favourite of mine – rather like a cross between potato and Waldorf salad without the nuts! The vinaigrette dressing lightens the mayonnaise, so that the potatoes are soft and creamy, rather than cloyingly stodgy, with added crunch from the apples and celery. You could use other types of new potatoes instead of Jersey Royals. They are the king of new potatoes, but their season is fairly short. Try Charlotte, Nicola or Maris Piper – sometimes they are sold as salad potatoes.*

### SERVES 6–8

#### COOK TIME: 15 MINUTES, PLUS COOLING

1kg (2lb 3oz) Jersey Royal  
or baby new potatoes  
(unpeeled), halved  
2 small shallots, thinly sliced  
1 red eating apple  
Juice of ½ lemon  
3 celery sticks, thinly sliced  
6–8 tbsp full-fat mayonnaise  
Salt and freshly ground  
black pepper  
2 tbsp snipped chives,  
to garnish

#### FOR THE DRESSING

1½ tbsp Dijon mustard  
3 tbsp white wine vinegar  
5 tbsp good olive oil  
½ tsp sugar

1. Cook the potatoes in boiling salted water for about 15 minutes or until tender.
2. While the potatoes are cooking, measure the dressing ingredients into a bowl and whisk to combine, seasoning with salt and pepper. Stir in the shallots.
3. Core the apple, leaving it unpeeled, and cut into very small cubes before mixing with the lemon juice in a separate bowl.
4. Drain the potatoes and, while they're still hot, tip into the dressing (see tip). Carefully mix together with a spatula to stop the potatoes breaking up and leave to cool for 10 minutes. Add the apple and celery and season with salt and pepper.
5. Add the mayonnaise to the potato mixture and stir until coated. Spoon into a serving dish and sprinkle with the chives.

#### PREPARE AHEAD

*Can be made up to a day ahead. Store in the fridge and bring up to room temperature to serve.*

#### MARY'S EVERYDAY TIP

*Adding the potatoes to the dressing while they are still hot is important, as the potatoes soak up the liquid more easily and absorb the flavour.*

8 May

Smiley

Smiley

## CHICKEN SATAY SALAD

*Light and fresh and a bit different, this is a great salad for a summer evening. The dressing has an Asian twist and is distinctly moreish. The chicken can be served warm, if you prefer.*

### SERVES 6 AS A MAIN DISH

### COOK TIME: 20-25 MINUTES

1 tbsp good olive oil  
2 large skinless and boneless chicken breasts (about 200g/7oz each) (see tip)  
4 Little Gem lettuces  
3 spring onions, thinly sliced  
100g (4oz) bean sprouts, rinsed  
1 ripe avocado, peeled and sliced  
1 tbsp chopped coriander  
25g (1oz) salted peanuts, finely chopped  
Salt and freshly ground black pepper

### FOR THE DRESSING

1 garlic clove, crushed  
½ fresh red chilli, deseeded and finely chopped  
1 tbsp soy sauce  
1 tbsp lime juice  
3 tbsp peanut butter (smooth or crunchy - see tip)  
3 tbsp good olive oil

1. Heat the oil in a griddle pan (see tip) and fry the chicken breasts for 10-12 minutes on each side until chargrilled and cooked through. Cook on a high heat initially, to brown the chicken, then lower the heat to ensure it cooks through. Test with a knife to check there are no pink juices. Remove from the pan and set aside to cool.
2. Meanwhile, remove any outer leaves from the Little Gem lettuces, trimming the root but keeping it intact, and cut lengthways into long thin strips through the root (effectively dividing each lettuce into eighths).
3. To make the dressing, measure all the ingredients into a bowl or small jug, add 4 tablespoons of water and whisk to combine (or place in a jar, screw on the lid and give a good shake).
4. To assemble the salad, arrange the strips of lettuce on a wide platter. Scatter with the spring onions, bean sprouts, avocado slices and coriander, then season with salt and pepper. Slice the chicken breasts into thick strips (ideally 12 in total, giving two per person) and scatter on top of the salad. Drizzle the dressing over the chicken and sprinkle with the peanuts.
5. Serve with any extra dressing on the side.

### PREPARE AHEAD

*Assemble up to 4 hours ahead, adding the avocado and dressing to serve.  
The dressing can be made up to 3 days ahead.*

### MARY'S EVERYDAY TIPS

*To help the chicken breasts cook quickly and evenly, place between sheets of greaseproof paper and bash with a rolling pin to make them an even thickness.*

*The dressing is fairly thick and the peanut butter helps to emulsify it. Smooth peanut butter will emulsify and thicken it more; crunchy will give more texture. It depends on preference and what you have to hand; either will work well. If you are using a sugar-free variety, add 1 tablespoon of honey to the dressing.*

*You can use a frying pan instead for this dish but a griddle pan gives lovely black chargrilled lines.*



Smiley

Smiley



## WHITE CHOCOLATE AND RASPBERRY CHEESECAKE

*This smooth and creamy cheesecake is delicious: the digestive biscuits and white chocolate give sweetness, while the raspberry coulis provides a lovely sharp contrast, in colour as well as taste. Filling the holes in the middle of the topping with the coulis means there is a lovely surprise when you cut into it - creating a two-tone effect but a bit different from a rippled cheesecake.*

**SERVES 6-8**

**PREP TIME: 30  
MINUTES, PLUS  
CHILLING**

### FOR THE BASE

150g (5oz) digestive biscuits  
60g (2 1/2oz) butter, plus  
extra for greasing  
1 tbsp demerara sugar

### FOR THE TOPPING

200g (7oz) white chocolate  
1 x 250g tub of full-fat  
mascarpone cheese  
300ml (10fl oz) pouring  
double cream  
1 tsp vanilla extract  
500g (15oz) fresh raspberries  
1 tbsp icing sugar

1. You will need a 20cm (8in) round spring-form tin with deep sides, and a piping bag fitted with a plain nozzle (optional). Butter the base of the tin and line with a disc of baking paper.
2. To make the base, measure the biscuits into a resealable freezer bag and use a rolling pin, or the base of a saucepan, to crush into fine crumbs, but still with a bit of texture.
3. Heat the butter in a small saucepan over a low heat until just melted. Add the crushed biscuits and sugar and stir until combined. Spoon into the base of the prepared tin and press with the back of a spoon until level. Chill in the fridge while you make the topping.
4. Break the chocolate into a separate bowl (see tip), and sit it on top of a pan of simmering water. Stir until melted but not hot, then leave to cool down for 5-10 minutes until cool but still liquid.
5. Meanwhile, tip the mascarpone into a bowl, and mix with a spatula to loosen so it is soft. Stir in the cream and vanilla extract, stirring with the spatula until smooth.
6. To make a coulis for the top of the cheesecake, place half the raspberries into a small blender or food processor. Add the icing sugar and whizz until runny, then pour through a sieve to remove the seeds.
7. Pour the melted chocolate into the bowl with the mascarpone mixture and stir to combine, taking care not to over-mix.
8. Spoon half the white chocolate mixture on to the biscuit base in the tin. Use the handle of a teaspoon to make a few small holes in the white chocolate mixture, pushing right down to the top of the biscuit base.

*Recipe continues overleaf*





## MOJITO CHEESECAKES

*This elegant-looking, light cheesecake served in cocktail glasses has a lovely almond-flavoured crunch from the amaretti biscuits and a nice boozy kick! Quick and easy to prepare, it is ideal for rounding off a meal.*

### SERVES 6

#### PREP TIME: 20 MINUTES, PLUS CHILLING

25g (1oz) butter  
60g (2½oz) amaretti biscuits  
100g (4oz) full-fat  
cream cheese  
150ml (5fl oz) double cream  
Scant 2 tbsp white rum  
25g (1oz) icing sugar, sifted  
Juice and finely grated zest  
of 1 large lime  
Mint, lemon verbena or  
lemon balm leaves,  
to decorate

1. You will need six glasses or ramekins, each around 100ml (3fl oz) in capacity. I like to use Martini-style glasses as they give a nice shape.
2. Melt the butter in a saucepan and remove from the heat. Place the amaretti in a resealable freezer bag and bash with a rolling pin, or with the base of another saucepan, to finely crush. Reserve 2 tablespoons to decorate, then tip the rest into the pan with the melted butter and stir to combine. Divide the coated biscuit crumbs between the glasses or ramekins (about 1 tablespoon per glass) and press down slightly.
3. To make the filling, soften the cream cheese in a bowl and mix in the cream until smooth and well combined. Add the rum and icing sugar and most of the lime zest, reserving some for decoration, and mix well. Add the lime juice and mix again. The mixture will thicken instantly. Spoon this on top of the biscuit bases in the glasses.
4. Sprinkle the remaining biscuit crumbs and lime zest over each and garnish with a sprig of mint, lemon verbena or lemon balm. Chill in the fridge until ready to serve.

#### PREPARE AHEAD

*The cheesecake can be made up to 2 days ahead and kept in the fridge, but serve at room temperature or it will be too firm. Decorate with the crushed biscuits and herb sprigs just before serving.*

#### MARY'S EVERYDAY TIP

*'Scant' means just under 2 tablespoons here, but add a little more rum (just enough to avoid making the mixture sloppy) if you like it fiery!*



## ORANGE OAT COOKIES

*Great for that everyday cup of coffee! Adding the egg gives the cookies a softer, more cake-like texture, rather than crisp like shortbread. The icing makes them a bit more special too, and they have a lovely fresh orange flavour.*

### MAKES 12 COOKIES

#### COOK TIME: 12-15 MINUTES, PLUS COOLING

100g (4oz) butter, softened  
200g (7oz) self-raising flour,  
plus extra for dusting  
25g (1oz) rolled oats  
100g (4oz) caster sugar  
1 egg  
Finely grated zest of  
2 oranges  
100g (4oz) icing sugar  
1-2 tbsp orange juice

1. Preheat the oven to 180°C/160°C fan/Gas 4 and line two baking sheets with baking paper.
2. Measure the butter into a large bowl with the flour, oats and sugar and add the egg. Add three-quarters of the orange zest and mix to combine. On a work surface lightly dusted with flour, roll into 12 equal-sized balls.
3. Sit the balls on the prepared baking sheets, spaced well apart from each other (they will spread during cooking), and flatten slightly with the palm of your hand to about 1cm (½in) thick.
4. Bake in the oven for 12-15 minutes or until lightly golden and firm (they will crisp up once cooled). Leave to cool for 5 minutes on the baking sheets, then use a fish slice to transfer them to a wire rack to cool down completely.
5. Sift the icing sugar into a bowl, then gradually mix in enough of the orange juice to make a smooth icing with a drizzling consistency.
6. Drizzle the icing in zigzags over the cold cookies (see tip) and while the icing is still wet, scatter with the remaining orange zest.

#### PREPARE AHEAD

*Can be made up to a day ahead and kept in an airtight container.*

#### FREEZE

*The cookies freeze well. Once defrosted, crisp up in a low oven to serve.*

#### MARY'S EVERYDAY TIP

*Leave the cookies on the wire rack while you drizzle over the icing, and put a baking sheet underneath to catch any drips.*

## HUMMINGBIRD CAKE

*The addition of fresh-tasting pineapple in this Southern US classic takes banana cake up a notch. It makes for a moist, substantial cake, beautifully offset by the tangy cream cheese icing.*

**SERVES 8-10**

**COOK TIME:**  
25-30 MINUTES, PLUS  
COOLING + CHILLING

### FOR THE SPONGE

250g (9oz) self-raising flour  
250g (9oz) caster sugar  
1 tsp baking powder  
1 tsp ground cinnamon  
50g (2oz) walnut pieces, chopped  
2 large ripe bananas, peeled (200-250g/7-9oz peeled weight) and mashed  
1 x 432g tin of pineapple chunks, drained and finely chopped (see tip)  
2 eggs, beaten  
1 tsp vanilla extract  
175ml (6fl oz) sunflower oil, plus extra for greasing

### FOR THE ICING

100g (4oz) butter, softened  
175g (6oz) full-fat cream cheese (see tip)  
300g (11oz) icing sugar, sifted  
1 tsp vanilla extract

1. You will need two 20cm (8in) round, loose-bottomed sandwich tins. Preheat the oven to 200°C/180°C fan/Gas 6, then grease the tins with a little sunflower oil and line each of the bases with a disc of baking paper.
2. Measure the flour, sugar, baking powder and cinnamon into a large bowl, add the chopped walnut pieces and stir together. In a separate bowl, mix together the mashed bananas and chopped pineapple with the eggs, vanilla extract and sunflower oil. Add the banana/pineapple mixture to the dry ingredients and stir with a wooden spoon to combine, taking care not to over-mix.
3. Divide the batter evenly between the prepared tins, smoothing the tops with your spoon, and bake in the oven for about 25-30 minutes or until golden, well risen and springy to the touch. Set aside to cool down completely before turning out of the tins and peeling off the baking paper.
4. To make the icing, place the butter in a bowl with the cream cheese, icing sugar and vanilla extract and beat together with an electric hand whisk until smooth. It is best to beat in the icing sugar a little at a time so that it doesn't fly everywhere. Chill the icing for 30 minutes before assembling the cake.
5. To assemble the cake, place one cold sponge on a plate or cake stand and spread with half the icing, then sit the other sponge on top and spread with the remaining icing.

### PREPARE AHEAD

*This cake will keep for a day or two at a cool room temperature.*

**FREEZE** *The sponges freeze well.*

### MARY'S EVERYDAY TIPS

*To save time, use a mini food processor to chop the pineapples. Take the cream cheese out of the fridge to soften before making the icing, or beat to soften first.*



Dorcas L.



## ORANGE DRIZZLE CAKE

*A simple, but perfect treat for everyday, this is a cross between a drizzle cake and a Victoria sandwich - a winning combination! The crunchy drizzle topping always goes down well.*

### SERVES 8

**COOK TIME:**  
25 MINUTES, PLUS  
COOLING

### FOR THE SPONGE

4 eggs  
225g (8oz) caster sugar  
225g (8oz) self-raising flour  
225g (8oz) baking spread,  
plus extra for greasing  
1 tsp baking powder  
Finely grated zest of 1 orange

### FOR THE DRIZZLE ICING

Juice of ½ orange  
100g (4oz) caster sugar  
Grated zest of ½ orange  
(grated using a zester),  
to decorate

### FOR THE BUTTERCREAM FILLING

100g (4oz) unsalted  
butter, softened  
Finely grated zest  
of ½ orange  
2 tbsp orange juice  
150g (5oz) icing  
sugar, sifted

1. You will need two 20cm (8in) round, loose-bottomed sandwich tins. Preheat the oven to 180°C/160°C fan/Gas 4, then grease the tins with baking spread and line each of the bases with a disc of baking paper.
2. To make the icing, mix the orange juice and sugar together in a bowl.
3. To make the sponges, place all the ingredients for the batter in a bowl and whisk together with an electric hand whisk until combined. Divide the mixture evenly between the prepared tins and level the tops.
4. Bake in the oven for about 25 minutes until golden brown and springy to the touch. After 5 minutes turn out of the tins, remove the baking paper and transfer to a wire rack. Immediately pour the drizzle icing on top of one sponge (see tip), all the way to the edge. Sprinkle with the orange zest (see tip) and set aside to cool down completely.
5. To make the filling, place the butter in a bowl with the orange zest and juice. Adding the icing sugar a little at a time, whisk with an electric hand whisk until smooth.
6. Sit the plain, non-iced sponge on a plate and spread over the buttercream, right to the edges. Place the drizzle-iced sponge on top to sandwich the cakes together. Cut into wedges to serve.

### PREPARE AHEAD

*Cake can be assembled up to 8 hours ahead.*

### FREEZE

*The sponges freeze well - remember to wrap in cling film then tin foil.*

### MARY'S EVERYDAY TIPS

*It is important to pour the drizzle icing on top of the warm cake so the juices run into the sponge, keeping it moist. Stand the cake over a baking sheet to catch the drips or pour the syrup over the sponge while it is still in the tin, so none is lost.*

*It's also important to sprinkle the orange zest over the top of the sponge immediately after the drizzle icing, or the zest will dry out as the cake stands. Alternatively, decorate with zest just before serving.*