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Lenny Henry



Family Favourite Fairtrade Pudding Recipes



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Family Favourite Fairtrade Pudding Recipes

I hope this booklet will stimulate you to use more Fairtrade ingredients in your cooking.

The recipes are very much family favourites of friends & family and although I have attempted to acknowledge the source of the recipe this is not always possible. In my own case especially they have just been handed on through the family and adopted to use Fairtrade product

If I have infringed any copyright I apologise but trust that readers will accept my desire to share great recipes with the aim of increasing Fairtrade use. Any errors are entirely mine but I do thank everyone who has given time and thought to this venture. Especially my husband Duncan who has produced the booklet. Please enjoy and share with others wherever you can the pleasure of Fairtrade.

Audrey Miller
November 2006

Shopping for Fairtrade in Birmingham.

The ingredients used in these recipes can be obtained from most of the major supermarket stores who now sell Fairtrade goods. In addition Traidcraft foods are on sale each month from Sally and Luke Daniel's Selly Oak Church stall or from Carr's Lane Church Centre in the city. This is open Tuesday to Friday from 10.30 until 2.30 pm. Cotteridge Church Centre also has a Traidcraft stall which is open most days. These can supply you with a wide range of rice, pasta, tea, coffee, confectionery and the sugars, baking items etc mentioned in each recipe.

The Coop store in Stirchley has the biggest range of fresh fruit, confectionery and spirits on sale in our area, these include:- Avocados, plums, grapes, citrus fruit. Wines, Bumble Bee ale, Rum and fruit juices. Confectionery includes chocolate cake, fruit cake, sultanas loaf, mini flapjack, Yule log, Easter ring, chocolate brownies, chocolate mini rolls, jaffa mini rolls, chocolate chip shortbread as well as apple and cranberry sauces.

Smaller shops such as Sage in Moseley High St, Friends of the Earth in Digbeth, Branches of Holland & Barrett, and Oxfam also sell Fairtrade food. If you know of other shops do give the names to FAB(Fairtrade Association of Birmingham) who keep a list of Fairtrade shops and business which use Fairtrade goods. See www.fairtradebirmingham.org.uk

Sift flour, salt & sugar. Rub in butter. Bind to a dough with egg yolk and water. Roll out and line a 9" flan tin. Prick and chill for 20 minutes. Bake blind at Gas Mark 5 (190C, 375F) for 20 minutes. Cool in tin.

Mix together apricots and mincemeat and spoon into flan case. Sift together ground almonds and caster sugar. Whisk egg whites until stiff, then fold in the almond mixture with the essence. Using a large star vegetable nozzle, pipe the mixture onto the mincemeat mixture leaving a star shaped uncovered in the centre. Bake at Gas Mark 4 (180C, 350F) for 30 – 40 minutes. Dust with icing sugar, decorate with glacé cherries and angelica while hot. Serve slightly warm or cold.

Sugar Free Mincemeat

4 oz. (110 gms.) currants
4 oz. (110 gms.) Fairtrade sultanas
4 oz. (110 gms.) Fairtrade raisins
2 oz (50 gms.) chopped Fairtrade dates
2 oz (50 gms.) peeled or dried mango
1 oz glacé cherries or Fairtrade dried apricots
½ lb (225 gms.) grated cooking apples
2 oz (50 gms.) shredded vegetable suet
1 oz (25 gms.) Fairtrade chopped nuts
½ teaspoon Cinnamon
¼ teaspoon ground nutmeg
¼ teaspoon mixed spice
juice & grated rind of ½ lemon
and a dash of brandy

Mincemeat can be used to stuff baked apples as well as the traditional mince pies and flans.

Place all the ingredients in a large bowl and stir well. Then place into sterile jars or for a sweeter softer texture pass the mixture through a mincer before placing into containers.

Leave for two weeks before use to allow flavour to develop.

This is adapted from my all time favourite book called Festivals Family and Food by Diana Carey and Judy Large published by Hawthorne Press in 1982

This wickedly delicious Jewish Passover cake comes from Spain and is the favourite pudding of Elspeth Mendies de Costa
(Slightly modified recipe from Claudia Roden, The Book of Jewish Food.)

8 Eggs separated
7 oz (200 gms.) Fairtrade sugar
Grated zest of 2 Fairtrade oranges (save juice)
2 teaspoons cinnamon
4 oz (110 gms.) ground almonds
4 oz (110 gms.) almonds finely chopped

Syrup
¾ pint (450 ml) Fairtrade orange juice + juice from the oranges above.
5 oz. (150 gms.) Fairtrade sugar.

Mix the egg yolk, sugar, orange zest and all the almonds and stir well. Beat the egg whites until stiff but not dry and fold into the mix gently. Pour into 10-inch cake tin with removable base and bake at Gas 4, (180C, 350F) for about one hour.
Make syrup by bringing the orange juice and sugar to the boil, take off the heat and stir to dissolve the sugar.

Put the cooled cake on a big dish that will contain juices and prick it all over the top with a fork. Pour the syrup over the top and leave to soak for a few hours.
Serve with fromage fraise and sliced Fairtrade oranges.

Stewed Plums, family favourite of Valerie and David Edden

1lb-2 oz (500 gms.) Cooking Plums, stoned
1-2 tablespoon Fairtrade honey
2 tablespoon fruit juice (apple or orange)
2 tablespoon Fairtrade raisins
2 Fairtrade bananas, peeled and sliced
½ teaspoon freshly grated ginger root OR 1 teaspoon powdered ginger
Mix plum fruit with ginger and honey; add fruit juice. Gently stew fruit over a low heat for about 10 minutes, until just softened. Good with yoghurt or crème fraiche.

Heat the oven to Gas Mark 4 (180C, 350F)
Butter a 2-pint (1 litre) oblong baking dish. Cut each buttered slice of bread in half diagonally. Put a layer of bread over the base of the dish, sprinkle the peel and half the currants over, and then cover with the rest of the bread and currants.

In a bowl mix the milk, cream, caster sugar, and lemon peel. Whisk the eggs on their own, then mix into the milk mixture. Pour over the bread, sprinkle with nutmeg, and bake for 30-40 minutes. Serve with more cream or custard!

Marmalade Bread and Butter Pudding A childhood favourite, and one of the first things I was allowed to cook! Audrey Miller

Two tablespoons of Fairtrade Marmalade.
Three slices of bread and butter
Two large free-range eggs
¾ pint of milk (425 mls)
One tablespoon of Fairtrade Demerara sugar and Fairtrade cinnamon or nutmeg

Fairtrade Marmalade spread thickly on to three slices of bread & butter cut into triangles and placed into a buttered shallow dish. To this add two large beaten eggs with three quarters of pint (425 mls) of milk and leave to stand for about thirty minutes. Sprinkle with Demerara sugar and spice then bake in moderate oven Mark 3 (170C, 325F) for about three quarters of an hour to one hour.

Banana Custard, a firm favourite of Joye Beckett

1 pint (570 mls.) of full cream milk
One packet of custard powder
2 tablespoons of Fairtrade sugar
2-3 Fairtrade bananas depending on size
And 1 teaspoon of Fairtrade ground cinnamon
Make up 1 pint (570 ml.) of custard using the Fairtrade sugar. Allow to cool but stirring at intervals.
Peel 2 or 3 Fairtrade bananas and slice into the custard mixture. Then chill and

Whisk cream until thick. Spoon fruit and cream into a glass dish in thin layers. Start with apricots, then sultanas, then cream and so on, ending with a sprinkling of sultanas. The mixture should be thick enough to build up a luscious layered mountain within the glass dish. Chill in the fridge until ready to eat.

When very cold, decorate the pudding with Fairtrade Dried Fruit and Fairtrade Grated Chocolate.

From Jocelyn Dimbleby: Favourite Food

Banana and Coconut Pudding, favourite of Judy & Andrew Coulson
(Source given is "Cook with Nigeria," published by the Federal Ministry of Information Nigeria)

Ingredients

1 small fair trade coconut
½ pint (275 ml.) coconut milk
1-tablespoon Fairtrade sugar
2 ripe Fairtrade bananas
2 eggs

Method

Grate coconut, beat eggs and add sugar and coconut milk.
Peel and mash bananas and mix with mixture above.
Pour into a pie dish and bake till set in a moderately hot oven, gas mark 5 (190C, 375 F) for about 45 minutes.
Serve hot or cold.

Bread & Butter Pudding, favourite of Jean Allen & Gareth Jones

½-pint milk (275 ml)
1/8-pint double cream (70 ml)
Grated rind of half a small Fairtrade lemon
2 oz (50 gms.) Fairtrade caster sugar or Fairtrade brown sugar
3 eggs
8 slices of buttered bread - sometimes I use a fruit loaf - leave crusts on
½ oz (10 gms.) finely chopped mixed peel
2 oz (50 gms.) Currants
Freshly grated Fairtrade nutmeg

Lynne Jones, MP favourite puddings are Fairtrade fresh pineapple closely followed by Fairtrade bananas

A favourite pudding of Merryn Hellier is Malvern Pudding.

Ingredients: -

1-tablespoon plain flour
1 beaten egg
1-pint (570 ml.) milk
Butter
Fairtrade Demerara sugar
Fairtrade cinnamon
English cooking apples from farm shop or farmers' market

To make: -

Cook a bowlful of stewed apple sweetened with Fairtrade sugar then cover it with the following.

Mix a good tablespoon of plain flour with a pint of milk, stir while bringing to the boil to make a fairly thick white sauce. Add the amount of sugar you like and the beaten egg. Pour it over the apple then mix a tablespoon of Demerara sugar with a good teaspoon of cinnamon. Sprinkle this over the top, add some knobs of butter then grill gently until it is brown and beginning to sizzle.

More or less of all the ingredients can be used according to needs of size and taste - it's not an exact art but tastes wonderful.

Deluxe Fairtrade Fruit Crumble, another favourite of the Miller family

Be creative and use any fruits you have to hand but apples, pears and hard fruits may need cooking first. Cook them with Fairtrade orange juice, a little Fairtrade spice and Fairtrade brown sugar until soft. Place the mixture in a well buttered shallow ovenproof dish.

To make the crumble rub 3 oz (75 gms.) butter into 6 oz (150 gms.) of plain flour until you have fine breadcrumb texture. Stir in 2 oz (50 gms.) of Demerara sugar 1 oz (25 gms.) of ground almonds and one teaspoon of sesame seeds. Spoon the crumble mixture over the fruit. Cook for about 30 - 40 minutes in a hot oven Gas Mark 6 (200C, 400F) until brown.

Banana & Chocolate Vegan Trifle a favourite of Liz Hughes

- Leftover chocolate sponge cake
- Packet of vegetarian raspberry flavoured jelly
- One large Fairtrade banana sliced
- Custard powder
- Soya milk
- Fairtrade sugar
- 2 oz (50 gms.) dark Fairtrade chocolate
- Optional: Soya cream or tofu cream to serve

Place cake in bottom of a large deep bowl, add the bananas.

Mix jelly powder with a pint of boiling water, cool slightly then pour over the cake and fruit. Leave in fridge to set.

When the jelly is set, make a pint of custard according to the instructions on the packet. Pour over the jelly mixture, place back in fridge to set.

Serve topped with Fairtrade grated dark chocolate.

Blackberry Charlotte. A Vegan recipe from Liz Hughes

- 2½ oz (65 gms.) margarine
- 6 oz (175 gms.) fresh white breadcrumbs
- 2 oz (50 gms.) Fairtrade soft brown sugar
- 4 tablespoons golden syrup
- Finely grated rind and juice of two Fairtrade lemons
- 2 oz (50 gms.) Fairtrade walnuts, finely ground
- 1 lb (450 gms.) blackberries
- 1 lb (450 gms.) cooking apples peeled and finely sliced.

Preheat oven to Gas 4 (180C, 350F). Grease a pie dish. Melt margarine in a pan and add breadcrumbs, cook until crisp and golden, cool. Heat sugar, syrup, lemon rind and juice in a pan add the crumbs and walnuts. Put a layer of blackberries in the dish and top with crumb mixture repeat with apple. Continue layers finishing with a layer of crumbs. Bake for 30 mins.

Baked bananas another Vegan favourite of Liz Hughes

This serves one, increase as needed.

Skin one banana, and put in greased dish, sprinkle 1 oz (25 gms.) Fairtrade sugar over, and add 1 oz (25 gms.) margarine and the same of chocolate cut into small pieces.. Cook in a moderate oven Gas 4 (180C, 350F) for 10 minutes until soft.

Apple Rice Pudding ,this is a favourite recipe of Cynthia and Ken Gray

The Rice.

- 2 oz (50 gms.) Fairtrade Rice.
- 1 pint (470 ml.) Full cream milk.
- 1 knob Butter
- 2 oz (50 gms.) Fairtrade white Sugar.

Mix and cook in a double boiler until soft or put in a moderate oven on Shelf 2 or 3. Time 2 to 2 ½ hours. Add more milk if required. Liquidise when cool.

The Apples.

Cut the Apples and stew until soft, then liquidise and sieve them to make 1 pint (470 ml.) of thick Apple Puree. Sweeten with Fairtrade brown Sugar.

Mix the Rice and Apple Puree then chill.

Add Fairtrade Sultanas, 2 to 4 oz. (50—110 gms.), as liked and/ or decorate with Fairtrade chocolate.

Apricot Mountain, favourite pudding of Kerstin and Donald Eadie

- 8 oz (225 gms.) Fairtrade dried apricots.
- 2 oz (50 gms) candied peel
- 8 tablespoons Fairtrade soft pale brown sugar
- 12 oz (350g) Fairtrade sultanas
- Juice of 1 Fairtrade lemon
- 3 tablespoons rum or grated zest of 1 Fairtrade lemon
- 1/2 pint (300 ml) whipping cream

Put the apricots into one bowl and the sultanas into another. Soak both in water for at least 2 hours. Drain and put into separate saucepans. Add the candied peel, 4 oz. (100 gms.) of the sugar and the juice of half the lemon to the sultanas and add enough water almost to cover. Add the remaining sugar and lemon juice to the apricots and add water to cover. Cover saucepans, bring to boil and simmer for ¾ to 1 hour until the fruit has gone fairly thick and mushy - you may have to boil the sultana mixture fiercely at the end to thicken the syrup. Remove from the heat and stir 1 tablespoon of rum into the sultanas and 2 tablespoons into the apricots. Leave till completely cool. For an alcohol free version add grated lemon zest to each.