



All recipes have been submitted by members of the public.
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Episode One, Family Favourites:

Aida's Baking Kit

This is the recipe kit Aida was challenged to put together by Dave and Si in Episode One, Family Favourites. They asked her to produce a baking kit plus the ingredients for as little as £25. She said she could do it for £20. Here it is:

Equipment

Mixing bowl, (with side grip)	£0.99
Bun tray	£1.50
Sandwich tins (2, 7inch)	£1.76
Wooden spoon	£0.31
Oven tray	£0.88
Cake papers	£0.65
Scales	£4.00

I have not spent very much time shopping around, only a local supermarket and discount store as but we've had flour for as little as 15p for 3lb so I think you could do even better than this!!!

Ingredients

2 lb granulated sugar	£1.69
½ Tin condensed milk	£0.50
1 pint milk	£0.40
22 og butter/margarine	£2.00
1 orange	£0.25
Bag of sultanas	£0.65
3 lb self raising flour	£0.43
6 large eggs	£1.20
1 kg caster sugar	£1.19
1 mug of bran	£0.25 (from health food shop)
1 mug of soft brown sugar	£0.20 (at 95p per 500g)
1 jam jar	£1.00
GRAND TOTAL:	£19.85

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Episode One, Family Favourites:

Aida's Recipes

Bran Loaf

Ingredients

- 1 mug bran
- 1 mug soft brown sugar
- 1 mug self raising flour
- 1 mug dried fruit (any you like)
- 1 mug milk

Method

1. Add above ingredients (except flour) to bowl.
2. Mix with wooden spoon.
3. Leave over night.
4. Mix in one mug of flour and put into either greased, lined 11b tin or 12 small cake papers and bake at moderate heat until firm to touch.

This loaf will keep in a tin for a week to ten days, ideal if baking for one!!

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Episode One, Family Favourites:

Aida's Recipes

Butterfly Cakes

Ingredients

Cakes

- 4 oz self raising flour
- 4 oz baking margarine
- 4 oz caster sugar
- 2 large eggs

Cream

- 4 oz butter
- 4 oz icing sugar

Method

1. Cream margarine and sugar until light in colour, gradually add beaten eggs.
2. Fold in the flour.
3. Spoon into a dozen cake cases and bake at 350F gas mark 5 for about 12-15 minutes.
4. Leave to cool.
5. Remove the top of each cake and place to the side.
6. Mix 4oz butter with 4oz icing sugar and the juice of a fresh orange and share equally between the cakes.
7. Cut the tops in half to make butterfly wing shapes and put back on top of cakes.
8. Dust with icing sugar. For special birthdays and parties sprinkle with a little edible glitter.

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Episode One, Family Favourites:

Aida's Recipes

Scone

Ingredients

8 oz self raising flour
Pinch of salt
1½oz margarine
1 oz caster sugar
1 egg
4 table spoons milk

Method

1. Add flour to bowl, rub in butter, add caster sugar and an egg, slowly mix in milk until you have a soft dough.
2. Divide mixture into two equal portions and pat out into circular shapes onto a greased oven tray and score with a knife into four portions each.
3. Bake at 450F for around 15-20 minutes.

Remember the secret of good scones is not to mix or handle the dough any more than you have to. Enjoy with a nice cup of tea and remember your clotted cream and jam when you have special visitors!!

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Episode One, Family Favourites:

Aida's Recipes

Tablet

Ingredients

- 2 lb granulated sugar
- ½ can of condensed milk
- Tea cup of milk
- 4 oz baking margarine or butter

Method

1. Add all ingredients to heavy based pot.
2. Bring to boil and boil slowly for 20 minutes using your wooden spoon to stir from time to time. Never leave unattended.
3. Remove from heat; beat for 5 minutes with wooden spoon and pour into greased oven tray.
4. Leave aside for 40 minutes and then score with a knife into squares before putting into the fridge to set.
5. Looks great wrapped in clear plastic bags with a nice ribbon. Ideal Christmas gift or a treat for Halloween!

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Episode One, Family Favourites:

Aida's Recipes

Victoria Sponge

Ingredients

- 4 oz self raising flour
- 4 oz baking margarine or butter
- 4 oz caster sugar
- 2 large eggs

Method

1. Cream margarine and sugar until light in colour, gradually add beaten eggs.
2. Fold in the flour.
3. Pour into greased lined 7inch sandwich tin and bake at 350F gas mark 5 for about 20 minutes.
4. Leave to cool.
5. Spread with jam and sandwich together.
6. Sprinkle a little caster or icing sugar on top to decorate.

For special occasions this cake looks wonderful filled with whipped double cream and fresh fruit. Go exotic and try one filled with fresh mango and passion fruit!!

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Mums know best!
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In the programme Aida mentioned in passing Millionaire's Shortbread and Lemon Fudge Biscuit but didn't bake either of them. It was not part of her £20 baking kit challenge. However because of the interest it has generated we present both recipes here.

Aida's Recipes

Millionaire's Shortbread

Ingredients

2oz butter
4oz plain flour
2oz caster sugar
4oz butter
1 tin condensed milk
2oz caster sugar
1 large bar of chocolate

Method

1. Rub the sugar, butter and flour together and press the mix into a greased tin.
2. Bake in a moderate oven or an Aga baking oven for 20 minutes.
3. Put condensed milk, butter and sugar in a pot and boil for 10 minutes until it becomes thicker and golden in colour.
4. Pour over biscuit base and leave to set.
5. Melt a bar of your favourite chocolate and pour over. Can use milk, dark or even white!

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Aida's Recipes

Lemon Fudge Biscuit

Ingredients

The base:

8oz of digestive biscuits
4oz Butter
2oz Desiccated coconut
7oz condensed milk (A can is usually 7oz or 15oz)
Grated rind of lemon

The icing:

6oz icing sugar
1 ½ tbsp lemon juice
Couple of drops of yellow food colouring

Method

6. Crush the Biscuits
7. Add the coconut and lemon rind
8. Melt the butter and add the milk
9. Mix together all ingredients
10. Press into Swiss roll tin
11. Leave in fridge for 2 hours
12. Prepare icing by combining ingredients with a drop of water at a time until you have a spreading consistency and a lovely primrose colour.
13. Spread icing over the base and leave to cool
14. Cut into squares
15. Enjoy with a cup of tea!!

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Due to popular demand here's another recipe from Aida & Victoria.

Aida's Recipes

Rocky Road

Ingredients

3oz Butter

3 bars of your favourite confectionary (we use Mars bars).

3oz dry ingredients (anything can be used here: fruit, nuts etc. I use a mix of marshmallows, broken shortbread and puffed rice).

A dash of syrup if you want it extra chewy

The icing:

6oz icing sugar

1 ½ tbsp lemon juice

Couple of drops of yellow food colouring

Method

1. Melt the butter and the chocolate bars together then add to dry ingredients.
2. Tumble into a 6 inch tin. Its better that the tin is smaller and deeper so you have a nice hunk of rocky road when you cut it up.
3. Leave to set in the fridge, cut into squares and cover the top in icing sugar.

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Episode One, Family Favourites: Aida & Victoria's

Red Button Recipes

Cupcakes

Ingredients (for 12)

8oz caster sugar
8oz of self raising flour
8oz butter
8oz eggs weighed in their shells
A dash of Baking powder (optional)
A dash of Vanilla (optional)

Icing:

Butter
Icing sugar

Method

1. Whisk all the ingredients in a mixing bowl until a creamy texture emerges.
2. Use a spoon or ice cream scoop to place the mixture in a baking tray.
3. Place in oven at 180°C for 10-12 mins.
4. For the icing mix an equal amount of butter and icing sugar in a bowl.
5. Squeeze the mixture onto the cupcakes using an icing bag.
6. Alternative toppings are numerous: our favourites include orange curd and butter icing, orange liqueur, and ginger topped with a touch of whisky.

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Episode One, Family Favourites: Aida & Victoria's

Red Button Recipes

Empire Biscuits

Ingredients (for about 12 biscuits)

6oz butter
6oz plain flour
2oz icing sugar
2oz corn flour
Strawberry or raspberry jam
24 glacé cherries

Icing:

Icing sugar
Water

Method

1. Mix the ingredients into a bowl until you have a ball of dough in your hand.
2. Roll the dough with a floured rolling pin and create a circle about $\frac{1}{4}$ inch thick.
3. Use a cooking cutter to prise out 24 circular shapes.
4. Place the 24 pieces on a baking tray.
5. Place in oven at 180°C for 10-12 mins.
6. Remove from oven before golden brown.
7. Leave to cool.
8. To ice the biscuits mix icing sugar and water in a bowl.
9. Put strawberry or raspberry jam on 12 of the pieces and top with the other 12 pieces.
10. Ice the biscuits, using an icing bag.
11. Pop a glacé cherry on the top of each biscuit for decoration.

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Episode One, Family Favourites: Aida & Victoria's

Red Button Recipes

Port Poached Pears (contains alcohol)

Ingredients

4 pears
½ bottle of red wine
¼ bottle of port
½ cup of sugar
1 vanilla pod
Water
Lemon juice (optional)

Method

1. Peel the pears, slicing the bottom so they can sit upright on a plate.
2. Place in a small pot.
3. Add the red wine, port and sugar to the pot.
4. Slice the vanilla pod and empty its contents into the pot.
5. Add what water is necessary to completely cover the pears.
6. Add lemon juice if you think the mix too sweet.
7. Put on a medium heat on the hob for 30 mins to poach.
8. Remove the pears from the pot.
9. Put the pot back on the hob for between 60 and 90 mins so the mixture reduces to a syrup.
10. Serve pear with vanilla ice cream, pouring the syrup over the pear. Serves 4. Yum!

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