

Sweet
Treat
Summer
Edition

THE MILLGATE FOODIE

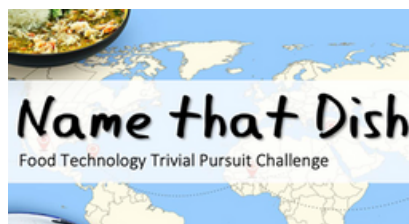
Recipes, news, ideas and thoughts on
food!



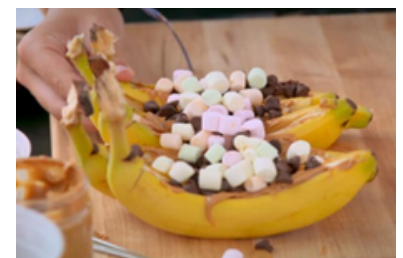
TRY THIS EASY
RECIPE FOR
DOUGHNUTS



NAME THAT
DISH!! FOOD
FROM AROUND
THE WORLD



TILLY RAMSEY
RECIPE...BANANAS
IN PYJAMAS



CANT GET TO THE BEACH..BRING IT
TO YOU WITH
SANDCASTLE CHEESECAKES!!!



What's the food and where does it come from?



Name the dish and tell me where does it come from?

Dish Name:

Country of Origin:



1



4



2



5



3



6

Sandcastle Cheesecake!

Ingredients

- 400g Digestive biscuits , roughly broken
- 175g butter
- 250g ,mascarpone cheese
- 250ml double cream
- 65g caster sugar
- 4tbsp lemon curd
- 1 finely grated lemon zest
- mini windmills, flags to decorate



Steps

- Put the biscuits in a food processor and blitz on the pulse setting into crumbs. Melt the butter in a small pan and pour into the food processor with the motor running. Blend until the biscuits and butter are thoroughly combined.
- Tip the crumb mixture into four or six clean, lightly oiled, plastic drinking beakers. Press well into the sides and base, keeping as evenly covered as possible. It doesn't matter if the crumbs don't reach as far as the rim. Put on a tray and chill in the freezer for 20 minutes while the filling is made
- To make the filling, beat the mascarpone, cream, sugar and lemon zest together in a very large bowl with electric beaters, or in a food mixer, until smooth and thick. Very gently stir in the lemon curd to make a marble effect.
- Spoon into the beaker 'buckets', smooth the surface with the back of a teaspoon, cover with cling film, and put in the fridge to set for at least 3 hours
- Blitz the biscuits for the sandy beach base and sprinkle over a large platter or cake stand.
- Very carefully, half fill a large heatproof bowl with just-boiled water. One at a time, dip the base of each beaker into the hot water and hold for 10-15 seconds. Turn over, and holding over the platter or cake stand, gently squeeze the sides, and tap the base if necessary, until the cheesecake drops gently onto the sandy beach base. If your cheesecakes are very cold, you may need to hold the bases in hot water for a few seconds longer. Decorate with windmill flags and serve.

DOUGHNUTS !!

INGREDIENTS

300G Strong bread flour
200g Self raising flour
25g butter cubed
100g butter, melted
25g Caster sugar
200g caster sugar(for the sugar coating)
7g fast action yeast
300ml semi skimmed milk
1/4 tsp salt
sunflower oil for brushing
165g seedless raspberry or strawberry jam



- Put the flours, 25g cubed butter, 25g sugar, yeast and salt in a large bowl and rub the butter into the flour with your fingertips until you almost can't feel it any more. Make a well in the centre.
- Put the milk in a saucepan and heat very gently until lukewarm. This will only take 1- 1 ½ minutes, so make sure you don't let it overheat. Carefully pour the warm milk mixture into the centre of the flour and stir with a wooden spoon and then your fingers until the dough comes together and forms a ball.
- Transfer to a lightly floured surface and knead for ten minutes. Put into a large lightly oiled bowl, cover with cling film and leave to rise in a warm place for about 1- 1 ½ hours, or until doubled in size. (The mixing and kneading process can also be done in an electric food mixer).
- Divide the dough into 12 portions and roll into balls. Place the balls on one very large baking tray (or two smaller trays) lined with non-stick baking paper. Cover loosely with lightly oiled cling film. Leave to rise at in a warm place for about an hour or until puffy and almost doubled in size.
- Preheat the oven to 200C/fan oven 180C/Gas 6. Bake the doughnuts, one tray at a time if necessary, for 13-15 minutes or until risen and pale golden brown.
- While the doughnuts are baking, melt the butter for the sugar coating in a saucepan and then carefully pour into a large heat-proof bowl. Divide the sugar between two more bowls.
- As soon as the doughnuts are ready, carefully take out of the oven and while still warm, place the first six doughnuts, one at a time in the melted butter. Using tongs, turn to coat thoroughly, then move to one of the bowls of sugar and toss well until nicely coated. Put on a clean tray.
- Use a skewer to make a hole in the side of each doughnut, wiggling around a bit to enlarge it slightly. Put the jam into a disposable piping bag and snip the corner. You can also put into a piping bag fitted with a small plain nozzle.
- Take one doughnut at a time and squeeze jam inside. Eat on the same day as they are made; ideally while still slightly warm.

Bananas in Pyjamas

Ingredients

Serves 6

6 bananas

6 tbsp crunchy peanut butter

175g chocolate chips

50g mini marshmallows



You will need

Barbecue
(or oven)

Tin foil

Method

1. Heat your oven to 200 C/180 C fan/gas mark 6 or light the barbecue.
2. Using a small knife, cut out a strip of the banana peel all along the top of one side, so you have a window into each one, then cut a slit in the banana inside.
3. Spread a tablespoon of peanut butter inside each banana then cram as many chocolate chips and mini marshmallows on top of the peanut butter inside the banana as you can.
4. Wrap each whole banana tightly in foil individually and oven cook or barbecue for 10 minutes until the chocolate and marshmallows have melted and become gooey. Open one up and have a peek to make sure the banana is soft and the toppings are melted.



CHEF OF THE MONTH Competition

This is the last month before the summer holidays for the chef competition. Make sure you send me pictures of things you have made from the Millgate Foodie this month!!



The winner will be announced on the Student Brief and prizes will be sent round to your house!!

Good Luck!