

Tea-Morning Treats



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To help you raise as much money as possible during your Tea For MND tea morning on Sunday June 21st, we here at MummyPages.ie have created a Tea-Morning Treats ebook featuring some of the most delicious recipes. From blackberry and apple loaf to coffee and walnut cake, we have included the kind of treats that will make your tea-morning a very memorable one.

If you make any of our recipes, don't forget to show us your good work! You can find MummyPages.ie on Facebook, Twitter, and Instagram, so when you post your picture, just tag us!

Enjoy x

The MummyPages.ie team

Raspberry, Pistachio and Rose Cake

Serves 8

Ingredients

Cake

6 large eggs
180g caster sugar
180g plain flour, sieved

Filling

500ml cream
1-2 tbsp good quality rose water
75g shelled pistachios, roughly
chopped
4 heaped tbsp raspberry jam
500g raspberries
Dried rose petals (Steenberg's
organic rose petals)

Method

1. Preheat the oven to 170°C/325°F/Gas mark 3.
2. Grease three 22cm/9in cake tins and line the bottoms with a disc of greaseproof paper.
3. Break the eggs into a very clean bowl and whisk briefly.
4. Then add the caster sugar and whisk quickly until the 'thick ribbon' stage is reached. This means the mixture will be light, have increased substantially in volume and be of a mousse like consistency. When you lift the whisk, the mixture should fall slowly in thick ribbons.
5. Add the sieved flour and fold in gently to fully incorporate without knocking the air out of the mixture. Pour the mixture evenly into the three cake tins and place in the oven for 15-20 minutes, turning two thirds of the way through the cooking time.
6. Remove from the oven when golden brown and coming away slightly from the edges of the tins. Leave to cool in their tins for 10 minutes before carefully turning out and leaving to cool completely on a wire rack.
7. Whisk the cream, taking care not to over-whisk it, until it reaches the soft peak stage and is full of volume. Add the rose water a little at a time.
8. When the sponge is completely cooled, remove the greaseproof paper from the undersides and place the first sponge on the stand which you intend using to serve the cake upon.
9. Spread the sponge with a thin layer of raspberry jam and then generously spoon on about a third of the rose water cream.
10. Arrange raspberries on top and sprinkle a third of the chopped pistachios over them.
11. Place the second layer of sponge on top and repeat with the jam, cream, raspberries and pistachios, and then add the final layer of sponge.
12. Cover the top of the cake with cream, raspberries and pistachios and sprinkle the dried rose petals over it.

note

The sponge layers of this cake are very light as they do not contain fat or raising agents. The rise is achieved purely by the whipping of air into the eggs. This is a very quick and simple cake to make and its merit is directly proportional to the quality of ingredients you use to make it. Ensure you use the freshest possible organic eggs, or duck eggs if you can get them.

With thanks to Kate
Packwood for this recipe.



Mini Banoffee Pies

Makes 24

Ingredients

Biscuit Base

85g unsalted butter, melted
8 digestive biscuits, crushed

Toffee

20g butter
120g brown sugar
100ml double cream

Banana Purée

2 ripe bananas
4 tbsp icing sugar
250ml double cream
60g dark chocolate, to decorate

Method

1. Line two 12-hole mini muffin tins with paper cases.
2. Mix the melted butter with the crushed biscuits, ensuring that it is well combined. Add one teaspoon of the mixture into each case and press down with your fingertips. Place in the fridge to chill.
3. Make the toffee by melting the butter and sugar in a pan together with the cream. Bring to the boil and then simmer gently until the sugar has been completely dissolved. Transfer into a bowl, cover with clingfilm and place in the fridge for 15 minutes to chill.
4. Remove the biscuit bases from the fridge and add a teaspoon of the chilled toffee to cover each base.
5. Mash the bananas together with the icing sugar.
6. In a separate bowl, whip the cream and then fold in the banana puree.
7. Pipe (or spoon) the banana mixture over the toffee. Grate a little dark chocolate over the top of each pie and place in the fridge for 1-2 hours to chill before serving.

note

These mini banoffee pies are so easy to make. The base and toffee can be prepared the day before they are being used. They are best eaten on the same day that the banana cream purée is made.

With thanks to Grace O'Sullivan for this recipe.



Custard Creams

Makes 8-10

Ingredients

Biscuits

100g unsalted butter, softened
50g caster sugar
100g plain flour
30g custard powder
25g cornflour

Custard Cream Filling

50g unsalted butter, room temperature
150g icing sugar
20g custard powder
2 tsp milk

Method

1. Preheat the oven to 170°C/325°F/Gas mark 3.
2. Line a baking tray with greaseproof paper.
3. To make the biscuits, beat the sugar and butter together until the mixture is pale and fluffy.
4. Sieve the flour, custard powder and cornflour into the bowl and mix until you have smooth dough. Cover the dough in clingfilm and chill in the fridge for 30 minutes.
5. Sprinkle flour generously on the work surface and roll the dough out until it is 3-4mm thick. Using a square cutter, cut out 16-20 biscuits and place them on the lined baking tray.
6. Bake in the oven for 10-12 minutes until the biscuits are pale golden in colour. Transfer to a wire rack to cool.
7. To make the custard cream filling, combine all the ingredients in a bowl and whisk until smooth.
8. Spoon the filling into a piping bag, pipe the filling onto half of the biscuits and sandwich them together with the remaining halves.

note

When making these biscuits with the children, use a variety of cookie cutter shapes. The end result is always the same though, melt in the mouth custard cream biscuits.

With thanks to Claire Louise Dreyer for this recipe.



Blackberry and Apple Loaf Cake

Serves 8

Ingredients

Cake

170g self-raising flour
170g unsalted butter, softened
170g caster sugar
3 large eggs, beaten
170g eating apples, peeled,
cored and diced
75g blackberries, halved

Topping

80g plain flour
2 heaped tbsp demerara sugar
60g unsalted butter, chilled and
cut into cubes

Method

1. Preheat the oven to 180°C/350°F/Gas mark 4.
2. Grease and line a 900g/2lb loaf tin with greaseproof paper.
3. To make the topping, mix the flour and sugar together in a bowl and rub in the butter using the tips of your fingers. Once the mixture is crumbly in texture, leave to one side while you make the batter for the cake.
4. To make the cake, combine the flour, butter, sugar and eggs together and mix well until you have a light and fluffy batter.
5. Fold the apples and blackberries into the batter using a large metal spoon.
6. Transfer the mixture into the tin and spread evenly to ensure it is level before sprinkling the crumble topping over it.
7. Bake for approximately 1 hour or until a skewer inserted into the centre of the cake comes out clean.
8. Leave to cool in the tin for 5 minutes before transferring to a wire rack to cool fully before serving.

note

This fruity and moist cake is a great way to get kids to eat fruit, although you might have trouble stopping them! It is a great cake to keep, so make two and keep one on standby for visitors.

With thanks to Claire Garvey
for this recipe.



Baked Blueberry Cheesecake

Serves 10-12

Ingredients

75g butter, melted
175g digestive biscuits
175g blueberries, with a few extra for decoration
450g cream cheese
150g caster sugar
1 tsp vanilla extract
4 eggs, lightly beaten
Icing sugar to dust

Method

1. Preheat the oven to 180°C/350°F/Gas mark 4.
2. Grease the sides and base of a 25cm/10in loose-bottomed tin.
3. Crush the biscuits into fine crumbs in a bag with a rolling pin.
4. Mix the biscuits and butter together and press evenly into the base of the tin.
5. Sprinkle the blueberries over the base and leave to chill in the fridge while you make the filling.
6. Next, beat together the cream cheese, sugar, vanilla extract and eggs until smooth and pour over the base.
7. Bake for 40 minutes or until pale golden in colour. When you shake the tin gently it should wobble slightly.
8. Allow to cool for 10 minutes, then run a flat knife around the edge to loosen before removing the cheesecake from the tin and transferring to a serving dish.
9. Sprinkle with the remaining blueberries and lightly dust with icing sugar.

note

This is a fail-safe dessert for entertaining. It is so easy to make that it leaves plenty of time to concentrate on preparing the main course.

With thanks to Mandy O'Donohue for this recipe.



Carrot Cake Cupcakes

Makes 12

Ingredients

Cupcakes

2 eggs
140ml vegetable oil
200g soft brown sugar
300g grated carrots
100g raisins
75g pecans, chopped (optional)
180g self-raising flour
Pinch of salt
½ tsp bicarbonate of soda
1 tsp ground cinnamon
½ tsp freshly grated nutmeg
½ tsp mixed spice

Orange Cream Cheese Icing

250g cream cheese
50g butter, softened
1 tsp vanilla extract,
275g icing sugar, sifted
Finely grated zest of 1 orange

Method

1. Preheat the oven to 170°C/325°F/Gas mark 3.
2. Line a cupcake tray with paper cases.
3. Beat the eggs in a large bowl and then add the oil, brown sugar, grated carrot, raisins and pecans and mix well.
4. Sift in the remaining dry ingredients and bring the mixture together with a large metal spoon.
5. Spoon the mixture into the paper cases using an ice cream scoop to get an even amount in each case. Fill each one to about two-thirds full.
6. Bake in the oven for about 25-30 minutes or until a skewer inserted in the middle comes out clean.
7. Allow to cool in the tin for about 5 minutes before removing to rest on a wire rack.
8. To make the icing, beat together the cream cheese and butter in a bowl until well combined. Add the vanilla extract, icing sugar and orange zest and beat for a few more minutes to get a smooth mixture.
9. Use a palette knife to cover each cupcake with a generous amount of icing and leave to set before serving.

note

Decorate each cupcake with a little orange zest.

With thanks to Janice Donlon for this recipe.



Chocolate and Ginger Muffins

Makes 12

Ingredients

Muffins

2 eggs
120ml crème fraiche
80ml sunflower oil
1 tbsp black treacle
20g butter, melted
120g light muscovado sugar
120g plain flour
40g cocoa powder
1 tsp baking powder
½ tsp bicarbonate soda
40g ground almonds
20g crystallised ginger/stem
ginger, finely chopped

Chocolate Ganache Icing

140ml whipping cream
40g butter
170g dark chocolate (70% cocoa
solids), chopped into chunks
1 tbsp cream liqueur (optional)

Method

1. Preheat the oven to 170°C/325°F/Gas mark 3.
2. Line a 12 hole muffin tray with paper cases.
3. First, make the chocolate icing. Heat the cream and butter in a pan over a gentle heat and once it is barely simmering pour over the chocolate in a glass bowl. Stir gently until the chocolate has melted.
4. Add the cream liqueur if desired and stir well. Leave the icing to one side, until the muffins have cooled and the icing has thickened.
5. Next, make the muffins by beating together the eggs, crème fraiche, sunflower oil, treacle, butter and muscovado sugar until just combined. Be careful not to overbeat the ingredients.
6. Sift in the flour, cocoa powder, baking powder and bicarbonate soda and add to the mixture.
7. Tip in the almonds and chopped ginger and gently mix.
8. Spoon the mixture into the paper cases until two thirds full.
9. Bake for 20-25 minutes then remove from the oven and leave to cool on a wire rack.
10. Spread the icing over the top of the muffins with a palette knife and leave aside to cool before serving.

note

For special occasions, sprinkle a little gold edible glitter on top of each iced muffin.

With thanks to Sarah Nolan
for this recipe.



Bramley Apple and Frangipane Tart

Serves 10-12

Ingredients

Pastry

100g cold butter, cubed
200g plain flour
2 tbsp caster sugar
2 egg yolks
1 tbsp milk, if required
A pinch of salt

Filling

300g Bramley apples, peeled and cored
Juice of 1 lemon

Frangipane

200g butter, softened
200g golden caster sugar
2 large eggs, beaten
100g ground almonds
130g self-raising flour

Method

1. Preheat the oven to 180°C/350°F/Gas mark 4.
2. Grease a 25cm/10in round, loose-bottomed, fluted tart tin.
3. To make the pastry, rub the butter into the flour until it resembles fine breadcrumbs. Add the sugar and salt and mix well.
4. Next add the egg yolks and stir together with a knife. If the pastry feels dry, add a little milk but try and avoid adding milk as the pastry will be lighter without it.
5. Bring the mixture together to form a ball, wrap in clingfilm and place in the fridge to rest for 30 minutes.
6. After 30 minutes, remove the pastry from the fridge and let it warm up a little.
7. Roll out the pastry to fit the base and sides of the prepared tin.
8. Trim the excess pastry using the back of a knife and prick all over with a fork. Return to the fridge and chill for 10 minutes.
9. When chilled, place greaseproof paper on top of the pastry, scatter baking beans over it and bake for 15 minutes.
10. Slice the peeled apples evenly into thin slices. Place in a bowl of lemon juice and ensure they are well coated to prevent them from going brown.
11. To make the frangipane; beat the butter and sugar together in a medium bowl, until pale and fluffy.
12. Beat in the eggs and then gently fold in the ground almonds and flour.
13. Spread the mixture over the pastry base and arrange the apple slices on top in a circular pattern.
14. Bake in the oven for 30-35 minutes until golden.

note

This tart is a great year-round recipe, delicious in winter served warm with whipped cream or in the summer with crème fraîche.

With thanks to Neasa Ní Bhrosnacháin for this recipe.



Jam Shortbreads

Makes 24

Ingredients

95g icing sugar, plus extra for dusting
185g plain flour, plus extra for dusting
30g ground almonds
60g cornflour
250g butter, cubed
½ tsp almond essence
Strawberry or raspberry jam
Icing sugar, to decorate

Method

1. Preheat the oven to 180°C/350°F/Gas mark 4.
2. Grease a baking tray lightly with butter.
3. Sift the icing sugar together with the flour, ground almonds and cornflour into a bowl and mix well.
4. Tip the butter into the flour mixture and using your fingertips, rub the butter into the flour until it resembles fine breadcrumbs.
5. Add the almond essence and stir well.
6. Transfer the mixture onto a lightly floured surface and gently knead until a smooth dough is formed.
7. Using a floured rolling pin, roll the dough out and cut the dough using a 6cm cookie cutter. Transfer to the baking tray and flatten the centre of each cookie a little with your finger tips.
8. Bake in the oven for 8-12 minutes until light golden in colour.
9. Remove from the oven and leave on the baking tray to cool for a 15 minutes.
10. Once cooled, dust with icing sugar and using a teaspoon, fill the small hollow centre with jam.

note

This is a great recipe to bake with the children. The cutting of the biscuits and spooning of the jam will keep them busy for hours.

With thanks to Jackie Carvill for this recipe.



Lemon Drizzle and Berry Cake

Serves 10

Ingredients

Cake

225g unsalted butter
225g caster sugar
4 medium eggs, lightly beaten
225g self-raising flour
½ tsp baking powder
Finely grated zest and juice of 3 lemons
230g fresh mixed berries, halved

Lemon Drizzle Syrup

Finely grated zest and juice of 1 lemon
180g caster sugar

Method

1. Preheat the oven to 150°C/ 300°F/Gas mark 2.
2. Grease and line a 21 cm/9in spring form tin with greaseproof paper.
3. Beat the butter and sugar together in a large bowl until pale and fluffy.
4. Add in the eggs, one at a time, beating as you go and then gently fold in the flour and baking powder.
5. Fold in the zest and juice of 3 lemons and roughly half of the mixed berries.
6. Pour the mixture into the tin and scatter over the remainder of the mixed berries.
7. Bake in the oven for an hour, then remove from the tin and leave to cool on a wire rack.
8. To make the syrup, mix the zest and juice of 1 lemon with the sugar and heat gently in a small saucepan until the sugar is dissolved.
9. Pour over the cake while it is still warm.
10. When the cake has cooled, decorate with mixed fruit if desired.

note

The mixed berries add a delicious burst of flavour to the classic lemon drizzle cake recipe.

With thanks to Paula Lonergan for this recipe.



Simply Gorgeous Gluten-Free Cookies

Makes 18-20

Ingredients

225g butter, softened to room temperature
130g sugar
2 eggs
1 tsp vanilla extract
255g gluten-free flour
150g icing sugar
Food colouring

Method

1. Preheat the oven to 180°C/350°F/Gas mark 4.
2. Line two baking trays with greaseproof paper.
3. Cream the butter and sugar together until light and fluffy. Next add the eggs, vanilla extract and flour, mixing well until a dough is formed.
4. Cover with clingfilm and place in the fridge for at least an hour or preferably overnight.
5. Generously dust the work surface with flour and then roll out the dough until it is about 1cm thick.
6. Using a cookie cutter cut the cookies out and place on the lined baking trays.
7. Bake for 8-10 minutes until they are beginning to turn lightly golden. Leave to cool on the baking tray for 15 minutes, and then remove to cool completely on a wire rack.
8. To make the icing, put a couple of tablespoons of almost boiling water into a bowl and sieve in the icing sugar. Mix well until thick and glossy. Add a few drops of food colouring, if desired.
9. Place the cookies on a large sheet of greaseproof paper laid out on a work surface.
10. Drizzle the icing over the cookies using a spoon.
11. Leave to rest on the greaseproof paper until the icing has set.

note

These cookies are easy to whip up and the children will love helping with the decorations. They are best eaten on the day made when they are at their crispiest.

With thanks to Hillary
Doyle-Batt for this recipe.



Coffee and Walnut Cake

Serves 8-10

Ingredients

Cake

175g butter
175g light muscovado sugar
3 large eggs, beaten
3 tbsp strong black or espresso coffee
175g self-raising flour
1½ tsp baking powder
110g walnuts, finely chopped

Coffee Icing

500g icing sugar
250g unsalted butter
2 tbsp black or espresso coffee
1 tsp vanilla extract
Walnut halves, to decorate

Method

1. Preheat the oven to 180°C/350°F/Gas mark 4.
2. Grease and line the base and sides of two 20cm/8in sandwich tins with greaseproof paper.
3. Cream together the butter and muscovado sugar until the mixture is pale and fluffy.
4. Add the eggs a little at a time and beat well after each addition. Mix in the coffee.
5. Sift the flour and the baking powder into the mixture and gently fold in using a metal spoon.
6. Fold in the walnut pieces.
7. Evenly divide the batter between the tins and place in the oven to bake for 20-25 minutes until light golden and springy to the touch.
8. Remove from the tins and transfer to a wire rack to cool completely before icing.
9. To make the icing, whisk the icing sugar, butter, coffee and vanilla together until light and fluffy.
10. Spread half of the icing on top of one half of the cake and then sandwich them together.
11. Spread the remaining icing over the top of the cake and decorate with the halved walnuts.

note

This veteran of every day cakes tastes deliciously good and yet is ridiculously easy to make.

With thanks to Jennie Doran for this recipe.



Apple and Toffee Muffins

Makes 12

Ingredients

250g self-raising flour, sieved
½ tsp salt
30g caster sugar
1 egg, lightly beaten
240ml milk
60g butter, melted
2 eating apples peeled, cored
and finely chopped
140g toffee, chopped into small
pieces

Method

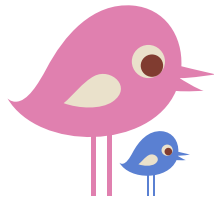
1. Preheat the oven to 180°C/350°F/Gas mark 4.
2. Place paper cases into a 12-hole muffin tin.
3. Mix the flour, salt and sugar in bowl.
4. Add the beaten egg, milk and butter, stirring only enough to dampen the flour; the batter should not be smooth.
5. Add the chopped apple to the mixture and lightly fold until covered.
6. Spoon the mixture to fill half of the muffin cases.
7. Add a few pieces of the chopped toffee to each muffin case.
8. Spoon in the remaining mixture to the muffin cases until three-quarters full.
9. Bake in the oven for 20-25 minutes until golden brown in colour.
10. Place on a wire rack to cool slightly before serving.

With thanks to Annmarie
Judge for this recipe.

note

These muffins are even more delicious when served warm,
with a dollop of vanilla ice-cream.





Enjoy your tea morning!

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