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We all know that middle-of-themorning moment when the hunger pangs strike. It's earlier Hello! for some than others - mine, embarrassingly, hit early and my stomach duly sings out its whalecall. What can I do? It's too late for breakfast yet too early for lunch.

As growing school-children, we enjoyed break or recess, and were served milk and biscuits. It appears adults also need that mid-morning kindness. Most cultures address this need by encouraging work breaks with tea, coffee and cake. In Sweden this is the famous fika, Columbia observes medias nueves, and in Poland they eat drugie śniadanie, literally meaning 'second breakfast'.

Elevenses are the British equivalent. Traditionally, it is a cup of coffee or tea and something sweet, maybe a biscuit, and nowadays we have expanded our baking repertoire to include even more tasty treats. This e-book includes 15 of my favourite recipes that are not only satisfying for a morning pick-me-up, but are also incredibly easy to whip up on a whim. All are perfect with a cup of tea or coffee, and will see you through until lunch!

If you are an experimental baker then some recipes roam into interesting territory such as the Jam Duffins - a cross between a doughnut and a muffin - or the cake with the unusual but delicious combination of apple and coconut, or the baked croissant cake studded with summer fruit.
There are also some classics - scones, shortbread, and a zesty tea loaf best served with thickly spread butter.

## How to Use this eBook

- Ingredients are measured in grams or millilitres so a set of weighing scales is essential.
- Teaspoon measures are indicated by 'tsp', and tablespoon measures by 'tbsp'.
- I strongly advise you to buy an oven thermometer then you can aim for the correct temperature and your bakes will cook evenly.
- Each recipe includes a banner at the top stating the cake size or number of servings, the overall cooking time, and the allergens.
- Feel free to personalise the recipes with different flavours and ingredients you have in your fridge or cupboards!
- And remember, you should always bake with room temperature ingredients.




## Black Tea \& Marmalade Fruit Loaf

Toasted fruit loaf with melted butter is an underappreciated thing of beauty. It is a bake of the British Isles, each region personalising their own with dried fruit and tea.
Speckled and chewy, this is a cross between a sweet bread and a cake, ideal for a morning snack, and one that appears more virtuous than the others!1 hr 20 mins
W) Makes 2lb/900g loaf contains gluten and egg

## Directions

1. Preheat the oven to $170^{\circ} \mathrm{C} / 150^{\circ} \mathrm{C}$ fan $/ 340^{\circ} \mathrm{F}$, and grease

## Ingredients

200g mixed dried fruit such as sultanas, raisins, and apricots, chopped into quarters 25 g mixed peel

100g soft light brown sugar 300ml strong English Breakfast tea made with 2 tea bags 275g self-raising flour 1 tsp baking powder Pinch of salt 2 tsp mixed spice 1 tbsp marmalade Zest of an orange and line a $2 \mathrm{lb} / 900 \mathrm{~g}$ loaf tin with baking parchment.
2. Tip the dried fruit and peel into a saucepan and add the sugar and tea. Put the saucepan on high heat and bring to the boil, stirring occasionally as the sugar dissolves.
3. In a mixing bowl combine the flour, baking powder, salt and mixed spice.
4. When the tea starts to simmer turn off the heat and stir in the marmalade which will slowly melt. Add the orange zest and leave to cool slightly.
5. Crack the egg into the flour and blend together slightly. Pour in the cooled tea and fruit, reserving a splash to use as a glaze once baked. Beat everything together with a wooden spoon until it is glossy, and all the patches of flour are gone.
6. Pour the batter into the tin, pop it in the oven and bake for 50-55 minutes, until the surface is golden brown and a skewer comes out clean. Brush the reserved tea mixture over the surface.
7.Leave to cool in the tin then slice and spread with salted butter.

## Chocolate Chunk \& Berry Mufficins

Muffins are the epitome of elevenses. They are sweet, perfect for that mid-morning sugar craving but not overly so, especially when studded with mixed berries and dark chocolate pieces. I used frozen mixed berries for convenience in the middle of winter and average muffin cases but, if you can, try those tulip liners that you see in coffee shops to make massive muffins!


45 mins

> Wif makes 14 Directions

Ingredients 175 g plain flour $50 g$ caster sugar 50g soft brown sugar

1 tsp baking powder Pinch of salt
$1 / 2$ banana
50 g Greek yoghurt 125g water

1 egg
100g unsalted butter, melted 120g frozen or fresh berries 100g dark chocolate, roughly

> chopped

Cinnamon sugar made with 50 g sugar and $1 / 2$ tsp cinnamon, to
sprinkle
Optional glaze: 2 tbsp icing sugar
with $1 / 2$ tsp water

1. Preheat the oven to $190^{\circ} \mathrm{C} / 170^{\circ} \mathrm{C}$ fan $/ 375^{\circ} \mathrm{F}$. Line a muffin tray with muffin cases.
2. Tip the flour, both sugars, baking powder and salt into a large mixing bowl and stir to combine.
3. In another bowl, mash the halved banana, add the yoghurt and stir in the water. Crack in the egg and add the melted butter then beat to combine.
4. Beat the dry and wet ingredients together until all the flour is mixed in, but don't over mix. Quickly fold in the frozen berries and the chopped chocolate - it should still be a bit lumpy.
5. Scoop the batter into the muffin cases to a little lower than the top of the paper (be less generous if you're using tulip liners!). Sprinkle the muffins with cinnamon sugar. Slide the tray into the oven and bake for 25 minutes until the muffins are well-risen and an inserted skewer comes out clean.
6. Remove the muffins from the tray to cool on a wire rack. Once cold, if you want, mix together the icing sugar and water to make a glaze and drizzle it over the muffins.



## Apple \& Coconut Cake

Behind the façade of its peculiar pairing, this cake is unexpectedly delicious. A fluffy coconut-speckled sponge is topped with apple slices laid like ladies' fans. As it bakes the fruit softens, its juice creating pockets of sweetness. Even coconut-phobes will love it.1 hour 15 mins


## Directions

1. Preheat the oven to $180^{\circ} \mathrm{C} / 160^{\circ} \mathrm{C}$ fan $/ 355^{\circ} \mathrm{F}$ and line 20 cm square cake tin with baking parchment.
2. Peel, core and halve the apples lengthways. Squeeze the lemon into a bowl of cold water and drop in the apples to prevent them from browning
3. Beat the softened butter and sugar until pale and creamy. Add the vanilla and beat in the eggs, one at a time. Tip in the flour, cinnamon and baking powder and gently fold until almost incorporated. Sprinkle with the desiccated coconut and pour in the 100 ml coconut milk. Fold together and pour into the tin, smoothing the surface. 4. On a chopping board, slice each apple half into thin wedges. Arrange the apple on top of the batter, fanning out the wedges, and lightly press them into the cake. Cover the whole surface of the cake so every portion has a morsel of apple.
4. Put the cake in the oven and bake for 30-40 mins until risen and golden, springy to the touch, and an inserted skewer comes out clean. Leave to cool then gently remove from the tin.
5. Mix together the icing sugar and remaining coconut milk. Spoon over the cake and sprinkle with extra desiccated coconut. Cut into squares and eat while the icing is still sticky.

## Pear. Chocolate \& Hazelnut Scones

Anyone who has a jar of Nutella in their cupboard truly appreciates chocolate and hazelnut as a combination. Add pear though and you have the holy triumvirate. These scones are so moreish you won't be able to resist eating one after the other. I ate one with clotted cream because... well, no reason other than I am terribly greedy.


## Directions

Ingredients
225 g self-raising flour
$1 / 2$ tsp baking powder 60 g cold unsalted butter, cubed

30 g caster sugar
1 ripe pear
50 g milk chocolate
$30 g$ hazelnuts, roasted 100-130ml full-fat milk + extra for
brushing
Optional: oats to sprinkle on top


1. Preheat the oven to $220^{\circ} \mathrm{C} / 200^{\circ} \mathrm{C}$ fan $/ 430^{\circ} \mathrm{F}$ and line a baking tray with baking parchment or grease with butter and sprinkle with a little flour.
2. Sift the flour and baking powder into a large mixing bowl and rub in the butter to create fine crumbs. Stir in the sugar.
3.Peel, core and dice the pear. Chop the chocolate into small chunks. Crush the hazelnuts with the flat side of a knife. Add everything to the buttery flour, and stir to combine.
3. Make a well in the centre and slowly pour in the milk, mixing as you go to form a dough. You probably won't need it all the milk. Once you have a soft dough tip it out onto a floured surface.
4. Flatten to around 3 cm thickness. Using a circular cutter or drinking glass, cut out scones, re-forming the dough until you have used it all. Spread them out on the lined baking tray.
5. Brush each scone with a little milk. Sprinkle with some oats, if using, and slide the tray into the oven. Bake for 15-20 minutes until the scones are golden and well-risen. Leave to cool on a wire rack.


## Nectarine \& Blackberry Croissant Cake

This is the 'Thank God It's Friday' elevenses. Not only does it combine croissants, naughty on their own, with jam and soft baked fruit, but it's covered in custard like a bread and butter pudding, because who can resist custard. This cake can be easily adapted depending on the season; swap the blackberries for blueberries, the nectarines for strawberries, as you wish.


## Directions

1. Preheat the oven to $175^{\circ} \mathrm{C} / 155^{\circ} \mathrm{C}$ fan $/ 350^{\circ} \mathrm{F}$. Grease
a 22 cm spring-form cake tin with butter, and line the base with baking parchment. Cover the outside of the tin with foil and place on a baking tray.
2. Slice the croissants in half and sandwich with spoonfuls of apricot jam. Squash them all into the tin. Chop the nectarines into wedges and arrange, along with the blackberries, in amongst the croissants, leaving some on the surface to blister in the oven.
3. Beat together the sugar, egg, egg yolks, cream and milk, and pour over the croissants. Leave to sit for 15 minutes to soak into the pastry then sprinkle with the demerara sugar.
4. Slide the baking tray into the oven and bake for 30 minutes, or until the surface is firm, crisp and golden. Leave the cake to cool in the tin, then gently ease a knife around the edge to release. It will be soft and fragile so slowly slide it onto a serving plate.

## Fruit \& Nut Chocolate Tiffin

As elvenses go, these chocolate tiffin bites are at the indulgent end of the spectrum. Crispy puffed rice is smothered in chocolate, and sprinkled with crunchy nuts and dried fruits, shining like jewels. There is an air of Christmas about them, and can be a delicious substitute for (who's kidding, I mean addition to) a mince pie.


30 mans + chilling time Ur makes 20 cm square tin $\qquad$ contains nuts, sesame, dairy, gluten

## Directions

1. Preheat the oven to $200^{\circ} \mathrm{C} / 180^{\circ} \mathrm{C}$ fan $/ 400^{\circ} \mathrm{F}$ and scatter a baking tray with the hazelnuts, flaked almonds and sesame seeds. Once the oven is hot, slide the tray inside. Toast them

## Ingredients

 40 g blanched hazelnuts 25 g flaked almonds 1 tbsp sesame seeds $150 g$ dark chocolate $150 g$ milk chocolate $80 g$ unsalted butter75 g golden syrup 60 g rice crispies 80 g dried cranberries $50 g$ glace cherries, halved




## Jam Doughnut Mufifins (Duffiins)

A duffin is the offspring of a doughnut and a muffin. It is just an easy muffin-mix, yet still full of molten jam and rolled in cinnamon-scented sugar. I tried at least seven different jams - yes, I own seven jams, I love jam - so feel free to experiment with flavourings!
40 mins

$$
\text { makes } 12
$$

ค๑ร contains gluten, dairy, egg

Directions

1. Preheat the oven to $180^{\circ} \mathrm{C} / 160^{\circ} \mathrm{C}$ fan $/ 355^{\circ} \mathrm{F}$.

Grease a 12 -hole muffin tray with butter.
2. Mix together the sugar, flour, bicarbonate of soda and salt until well combined. In a separate bowl whisk the yoghurt, eggs, vanilla and cooled melted butter. Pour the wet ingredients into the dry and fold together until there are no lumps. 3. Dollop a blob of mixture into each muffin hole. Top each with a teaspoon of jam - you may need to stir the jam to loosen it - then cover with another big spoonful of batter. Repeat with all the muffin holes.
4. Slide the tray into the oven and bake for 15-20 mins. Meanwhile mix the extra sugar with the cinnamon in a wide, shallow-sided bowl. Once the duffins are golden, smell delicious and an inserted skewer comes out clean they are ready.
5. While the duffins are still warm, remove them from the tin and toss them in the cinnamon sugar. Either leave to cool on a wire rack or rip into one while it's still hot.

# Peanut Butter \& Chocolate Chunk Cookies 

These cookies are gluten- and dairy-free, their fudgy texture granted by the mix of peanut butter, sugar and beaten eggs. Bitter chocolate shards offset the salty-sweet cookie dough.

Warning: this is one to lick from the bowl.

W) makes 8-10 同 contains egg and peanut

## Directions

1. In a large mixing bowl, whisk the sugar and eggs together until bubbly and moussey, around 3

Ingredients
170g soft light brown sugar
1 egg
1 tsp vanilla extract 225 g smooth peanut butter

50 g dark chocolate
Sea salt to sprinkle on top




## Cheese \& Fig Scones

Cheese scones are sold everywhere in New Zealand. It is a popular breakfast or snack, and my Head Chef made enormous batches of them everyday. This is his recipe with a few tweaks. The scones are spectacularly soft, big and hearty, so can be eaten as a light lunch.
(b) 45 mins

## Directions

1. Preheat the oven to $200^{\circ} \mathrm{C} / 180^{\circ} \mathrm{C}$ fan $/ 400^{\circ} \mathrm{F}$. Line a baking tray with baking parchment. Put the flour, baking powder, caster sugar and salt into a large

Ingredients 450g self-raising flour 3 tsp baking powder 10 g caster sugar

1 tsp salt
115 g cold unsalted butter, cubed
$125 g$ sharp Cheddar cheese, grated + extra to sprinkle on top

## 150 ml cream

165 ml milk
1 heaped tsp Dijon mustard 150 g fig confiture or chunky jam mixing bowl and stir to combine thoroughly. 2. Rub the cubed butter into the flour mixture until it has the texture of breadcrumbs. Stir in the grated cheese.
3. Mix the cream, milk and Dijon mustard in a jug and pour most of it into the bowl, bringing a rough dough together with a wooden spoon. Add the fig jam and knead it through, then add the rest of the milk to collect any dry flour at the bottom - you might not need it all.
4. Tip the dough onto a well-floured surface and quickly but gently knead it together. Flatten it into a rectangle. Cut the dough in half lengthwise then cut each half into four. Line the scones on the baking tray, brush with some leftover milk mixture and top with extra grated cheese.
5. Put the tray in the oven and bake for 20-25 minutes until the tops are golden brown, the scones are well-risen and sound hollow when tapped on the base. Best eaten warm with butter.



## Spiced Rhubarb Shortbread

When I was little, shortbread was my favourite biscuit. While the UK is the biscuit capital of the world, the choice can seem a bit sad and sorry for itself what with all the rich teas and stale gingernuts. Shortbread is a different beast, crisp yet buttery, and these are packed with tangy rhubarb, making them feel almost like a healthy mid-morning snack.

1 hour 50 ming

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\text { Wi f makes } 12
$$

$\square$ contains gluten and dairy

## Directions

1. Open the cardamom pods and, using a pestle and mortar,

## Ingredients

2 cardamom pods
$1 / 4$ tsp fennel seeds
225 g plain flour
150 g cold unsalted butter,
cubed
75 g caster sugar
100 g diced rhubarb
1 tsp vanilla extract
2 tbsp demerara sugar
 crush the seeds to a fine powder. Crush the fennel seeds so they break down (they won't powder like the cardamom). In a mixing bowl, combine the spices with the flour.
2. Rub the cubed butter into the flour until it resembles breadcrumbs and there are no big buttery lumps.
3. In a separate bowl, mix together the sugar and rhubarb, then add it to the floury buttery crumbs, along with the vanilla extract.
4. Start clumping all the shortbread mixture together. It will come together slowly, but feel free to add a splash of milk to help the process. Once it is all in a big lump, tip it onto the kitchen counter.
5. Roll the dough into a log and wrap in clingfilm, twisting the ends together. Roll the log over the counter to smooth the edges, then chill it in the fridge for an hour until firm.
6. Preheat the oven to $200^{\circ} \mathrm{C} / 180^{\circ} \mathrm{C}$ fan $/ 400^{\circ} \mathrm{F}$, and line a tray with baking parchment.
7. Spread the demerara sugar on a plate and unwrap the shortbread. Roll it in the sugar, then cut it into 1 cm -thick slices. Spread them out on the baking tray with a few inches in between as they will spread as they cook.
8. Bake for 20-25 minutes until golden around the edges yet pale in the centre.



## Peanui Butter Banana Bread with Chocolate \& Caramel

I was struggling to find a great banana cake recipe for this book, and then, as soon as I stopped looking, I stumbled upon the idea of this unbelievable banana bread: simply add peanut butter and Snickers. Something this delicious shouldn't be so easy to make.
(b) 45 mins U0 makes $2 \mathrm{lb} / 900 \mathrm{~g}$ cake .

Directions

Ingredients 2 ripe bananas
125 g unsalted butter, melted
140g soft brown sugar
60 g caster sugar
1 tsp vanilla extract
2 eggs
250 g plain flour
1 tsp baking powder
3 small or $1^{1 ⁄ 2}$ normal-sized
Snickers bars
2 tbsp smooth peanut butter
Demerara sugar to sprinkle

1. Preheat the oven to $180^{\circ} \mathrm{C} / 160^{\circ} \mathrm{C}$ fan $/ 355^{\circ} \mathrm{F}$ and grease and line a $2 \mathrm{lb} / 900 \mathrm{~g}$ loaf tin.
2. Mash the bananas until relatively smooth and pour in the melted butter. Beat to combine then add the sugars, vanilla and eggs. Whisk thoroughly to ensure the batter is well mixed.
3.Tip in the flour and baking powder and gently fold together. If the mixture seems a bit thick, feel free to add a splash of milk. Slice the Snickers bars into thin pieces and add to the mixture, folding carefully. 4. Pour the batter into the prepared tin and top with the peanut butter - spread the dollops out evenly across the surface. Using a skewer or fork, swirl the peanut butter into the batter and sprinkle with demerara sugar.
3. Pop the tin in the oven and bake for 45 minutes. Check the cake using a skewer - if liquid batter sticks to the skewer return it to the oven for 5 minutes. You want some crumbs on the skewer as it is a soft and moist cake.
4. Remove from the oven and leave to cool in its tin. Serve in slices, maybe spread with extra peanut butter!

## Raspberry. Strawberry \& Basil Roulade

On one summer evening in Paris, my boyfriend and I went for dinner at a local restaurant. The main course was delicious but forgettable, the reason I remember it at all was the extraordinary dessert - basil mousse with strawberry coulis. We scraped the bowl clean and vowed to recreate the flavours in a cake. Here it is!

# ( <br> 1 hour 

W0 serves 10 $\square$ contains gluten, dairy, egg

## Directions

1. Preheat the oven to $200^{\circ} \mathrm{C} / 180^{\circ} \mathrm{C}$ fan $/ 400^{\circ} \mathrm{F}$. Line a $23 \times 33 \mathrm{~cm}$ baking tray with baking parchment, making sure there is some paper
Ingredients overhanging the two ends.
6 eggs, separated
200g sugar 160 g plain flour 100 g fresh strawberries,
hulled
60 g fresh raspberries 100g mascarpone

1 tbsp sugar
4 basil leaves
100 ml double cream, for
garnish
2. Whisk the egg whites into stiff peaks. With electric beaters, beat the egg yolks with the sugar until pale and thick, around 5 minutes. 3. Fold half of the flour into the egg yolks and sugar then half the egg whites, then repeat. Pour it all gently over the lined baking tray and push it to the corners. Tap the tray against the kitchen counter to release any air, then put it in the oven to bake for 10 minutes. 4. Once risen and golden, remove from the oven and immediately turn the cake over onto a damp tea towel. Remove the tray and peel off the baking paper. Working quickly, gently roll up the roulade, wrapping the towel inside and around the roll. Leave to cool.
5.Chop the berries into small pieces. In a bowl, beat the mascarpone until smooth. Add the chopped berries, the sugar, and tear the basil leaves into small shreds and add them to the bowl. Fold it all together until the mascarpone is lightly pink.
Strawberries, raspberries and basil leaves, for garnish
6. Carefully unroll the cooled roulade, keeping it on the tea towel. Spread the filling over the surface, leaving a section at the furthest end of the roll clear so that it doesn't overflow when rolled up. Gently re-roll, taking care not to push the cream out the sides. Once back in a tight roll, the roulade is ready to garnish.
7. Whip the double cream into firm peaks. Either fill a piping bag or use a spoon to place dollops down the centre of the roulade. Top the cream with the raspberries, strawberries and basil.



## Brown Butter \& Nutella Cookies

These cookies were a lockdown discovery. I was holed up with six others in a cosy house in New Zealand, and we all took turns to bake. This was my contribution and came into being because of my limited ingredients. That said, they are chewy and have a molten Nutella core; everything a cookie needs!
\%) makes 12
ค๐) contains gluten, dairy, egg, nuts
Directions

1. Line a baking tray with baking parchment. Dollop 12 teaspoons
of Nutella on the tray and freeze them while you make the cookies.
2. Melt the butter in a saucepan - ideally a pan without a non-stick surface so you can clearly see the colour of the butter as it darkens. Keep your eye on it as it foams. Once it has a nutty aroma, the colour is deep gold, and flecks of milk solids turn brown take the pan off the heat. Be careful, you don't want the milk solids to burn. Pour it into a bowl and stir in the extra $20 g$ butter. Leave to melt and cool.
3. Mix the flour, salt and sugar in a mixing bowl. Beat the egg in a small bowl, pour into the cooled butter and mix. Pour the wet ingredients into the dry. Add the chocolate shards and stir all together, creating a soft dough. Shape it into 12 equal sized balls and flatten them.
4. Take the tray of Nutella blobs from the freezer and wrap each one in the cookie dough, sealing it snugly. Repeat with all the cookies and line them spaced apart on two lined baking trays. 5. Put the trays in the freezer and turn the oven to $190^{\circ} \mathrm{C} / 170^{\circ} \mathrm{C}$ fan $/ 375^{\circ} \mathrm{F}$.
5. After 15 minutes the oven should be hot so slide in the cookie trays. Bake for 10-13 minutes, until the cookies are golden, rotating the trays if the back receives more heat. Lift the trays out and eat a cookie immediately while still warm.
