



Thank you for spreading the word that higher-welfare cakes are both good for the animals and taste great too!



# Recipes for success



## KATE FORD'S Compassionate Banana & Walnut Loaf

Kate Ford, actress and friend of Compassion in World Farming, gives her support to Bake with Compassion and donates her very compassionate recipe for a Banana and Walnut Loaf.

### Ingredients

90g (3oz) — organic butter  
1/3 cup — Fairtrade sugar  
1 — free-range egg  
1 — large Fairtrade banana  
1 — teaspoon lemon juice  
1 1/4 cups — self-raising flour  
pinch of salt  
1/3 cup — plain organic yoghurt  
2 tablespoons — finely chopped walnuts

### Method

Beat organic butter and sugar until light and creamy. Add lightly beaten free-range egg, beat well. Stir in combined mashed banana and lemon juice. Fold in sifted flour and salt alternately with organic yoghurt. Stir in half the chopped walnuts, mix until smooth. Spoon mixture into a greased and greased paper-lined 25cm x 8cm (10in x 3in) bar tin, sprinkle with remaining walnuts.

Bake in a moderate oven for 40 minutes or until cooked when tested. Allow cake to cool 5 minutes in tin, turn out and cool on wire rack. When cold, cut into slices, serve with organic butter.



Kate Ford, actress

## PAUL MERRETT'S Warm Baked Lemon Ricotta Cheesecake

"This is part-cake and part-pudding depending on your mood! It is at its best about an hour after removing from the oven – the lemon aroma is incredible. I like to serve it with copious amounts of whipped cream – and a few raspberries – just to keep it healthy!"

### Ingredients

3 — free-range eggs separated  
175g (6oz) — organic butter  
175g (6oz) — Fairtrade golden caster sugar  
Zest 3 lemons  
250g (9oz) — organic ricotta  
125g (4.5oz) — self raising flour  
1tsp — baking powder

### Method

Preheat oven to gas mark 3 / 160°C / 320°F.

Place the butter and sugar in a bowl and beat well until light and fluffy (this is a quick and simple job if you have a food processor). Beat in the zest of lemon, then add the yolks and ricotta, and beat this in well.

Separately whisk the egg whites until they produce a stiff glossy meringue-like look, then fold these into the main mixture. Fold in the flour and the baking powder.

Spoon mixture into a 7" cake tin (greased & floured) and bake for 35 minutes – it will rise and turn golden in colour, allow to cool for an hour.



Paul Merrett, TV chef

## ZAC GOLDSMITH'S Pancakes

"I am supporting Bake with Compassion to help educate fellow baking fans about using eggs that have been sourced from happy hens kept in ethically sound systems. Gather your friends and family, bake them a cake and raise some money to help Compassion continue its fight for better welfare for billions of farm animals across the globe."

### Ingredients

1 — organic egg  
½ pint — organic milk  
Plain flour  
Pinch of salt

### Method

Mix all the ingredients together until smooth.

Leave the mixture to sit for at least 10 minutes, ideally longer.

Pour thin layer of the mixture into a hot, non-stick pan and when set, flip the pancake. When both sides are golden, you're done!

Add sugar and lemon – or maple syrup.



Zac Goldsmith, MP

## JOHNNIE MOUNTAIN'S Saffron Crème Brûlée

A classic Vanilla Crème Brûlée is always a real treat, but infusing other fragrances adds another exciting dimension. As well as saffron, lavender, pine nuts, rhubarb, liquorice and many other ingredients work very well with the classic dish.

### Ingredients

8 — medium free-range egg yolks  
250 ml/½ pint — organic double cream  
95g (3oz) — Fairtrade caster sugar  
1 — vanilla pod (Madagascan luxury min 22cm)  
1g (0.8oz) — saffron threads

### Method

Place double cream, saffron, vanilla seeds and scraped pod into a 1 litre or 2pt saucepan. In a large (20cm) stainless steel bowl, put yolks and sugar. Whisk yolks (gently) until mixture is smooth.

Scorch cream mix on a high heat (allowing small bubbles to appear around the edge of the pan). Pour cream onto eggs and 'cook' for 3-4 mins, stirring gently.

Return mixture to the stove and place on a medium heat. Using a heat resistant spatula, stir and cook for a further 8-12 mins or until mixture coats the back of a spoon, or with a probe reaches a steady 68-70°C. Remove from the heat and pour into suitable ceramic containers (small moulds approx 60/70ml).

Place on a tray and refrigerate over night. When refrigerated, remove and sprinkle with an even coating of caster sugar (approx 5g). With a cook's blow torch, caramelize the top of the crème brûlée.



Johnnie Mountain,  
Chef

## JOANNA LUMLEY'S Orange & Chocolate Cake

"I am delighted to send you my favorite scrumptious cake recipe. As you can see, I always use free-range eggs. By using the combined power of all our shopping trolleys I know we can all help to change the market. I admire Compassion's dedicated campaign to free hens from their dire, distressing cages. Let's all work together for a free-range future for hens – and all farm animals!"

### Ingredients

1— small orange  
4oz (100g) — self raising flour  
1 tsp — baking powder  
1 tsp — cinnamon  
1 tsp — ground coriander  
2 tbsp — Fairtrade cocoa powder  
100g (4 oz) — ground almonds  
175g (6oz) — softened butter  
175g (6oz) — Fairtrade light muscovado sugar  
4 — free-range eggs, separated

### Method

Pre-heat the oven to 180°C/ 356°F/gas mark 4. Butter and line the base of a 22-23cm round cake tin with baking parchment. Put the orange in a smallish pan and cover with water. Bring to the boil, simmer partly covered for one hour, then drain and leave to cool. Halve the orange, remove the pips, then chop the whole fruit. Put into a food processor and work to a rough puree. Sift together the flour, baking powder, spices and cocoa. Stir in the ground almonds. Whisk together the butter and sugar until light and fluffy, beat in the egg yolks and the orange, then fold in the flour mix. Using a clean whisk, beat the egg whites until stiff, then fold into the cake mix in two batches, gently cutting through the mixture to preserve as much air as possible. Pour into the prepared tin, then bake for 40-45 minutes until firm to the touch. Cool for five minutes in the tin, then turn out and cool on a wire rack. To serve, set on an ovenproof serving plate and wrap in foil. Reheat in a moderate oven for 10-15 minutes. Serve warm, cut into thin wedges. Can be served with cream or ice cream for pudding.



Joanna Lumley, actress  
and Compassion patron

## KATY ASHWORTH'S Nana's Famous Chocolate Cake

Katy Ashworth is the host of CBeebies 'I can cook' programme, encouraging young children to cook. Why not try Katy's delicious Nana's Famous Chocolate Cake at your Bake with Compassion event?

### Ingredients

Cake:  
113g (4oz) — flour  
113g (4oz) — Fairtrade sugar  
113g (4oz) — organic butter or margarine  
2 — free-range eggs  
1 level tbsp cocoa powder  
Filling:  
85g/3oz — organic butter or margarine  
85g/3oz — Fairtrade icing sugar  
1 — level tbsp cocoa  
Icing:  
4oz — Fairtrade icing sugar  
1 — level tbsp cocoa

### Method

Pre-heat oven to Gas Mark 4 —5 / 170°C / 338°F. To make the cake mixture, cream the butter and sugar together with a food mixer or very strong hand and spoon. Beat the eggs and add gradually to the mixture. Sift the flour and cocoa into the mixture and fold together. Pour even amounts into two 6" lined cake tins and bake in the oven for 20 minutes. Whilst the cakes are baking you can make the filling. To do this sieve the icing sugar and the cocoa together, add the butter and whisk until light and fluffy. Once the cake is ready and cooled, you can place the filling on one part of the cake and then place the other cake on top. To make the icing for the cake, sieve together the icing sugar and cocoa, then add small amounts of boiling water until you have a smooth paste. Spread this over the top of your cake.



Katy Ashworth,  
TV presenter



## NATHALIE COX'S All-In-One Chocolate Cake

Actress and model Nathalie Cox shares her delicious All-In-One Chocolate Cake to help celebrate Bake with Compassion.

### Ingredients

200g (7oz) — plain flour  
30ml (2tbsp) — cocoa powder  
5ml (1tsp) — bicarbonate of soda  
5ml (1tsp) — baking powder  
150g (5oz) — Fairtrade caster sugar  
30 ml (2tbsp) — Fairtrade golden syrup  
2 — free-range eggs, lightly beaten  
150ml/ ¼pt — oil  
150ml/ ¼pt — organic milk



Nathalie Cox, actress and model

### Method

Pre-heat the oven to 160°C/325°F/gas mark 3.

Beat all the ingredients into a smooth batter.

Pour into two greased and lined 20cm/8in cake tins and bake for 35 minutes until springy to the touch.

Let the cake cool and then ice with your favourite icing (also yummy when served slightly warm with ice cream!).

*"Compassion in World Farming is doing such a fantastic job and I am 100% on board!" - Nathalie Cox*

## JO PRATT'S Pistachio & Raspberry Macaroons

These are perfect to serve as an afternoon tea delight, as an impressive petit four after a posh dinner party or when you are in the mood for a slightly naughty but nice sweet treat.

### Ingredients

100g (3 ½oz) — shelled unsalted pistachios  
175g (6oz) — Fairtrade icing sugar  
2 — free-range egg whites  
green food colouring (optional)  
4 — tablespoons organic good-quality raspberry jam  
2 — tablespoons organic clotted cream

You will also need a piping bag with a 1cm nozzle and a couple of baking trays lined with non-stick parchment paper and lightly brushed with oil.

### Method

Preheat the oven to gas mark 3/170°C. Place all but about 15g of the pistachios in a food processor, sift in half of the icing sugar and blitz to fine crumbs. The rest of the pistachios can be chopped fairly finely and kept to one side. In a large mixing bowl, whisk the egg whites until they form stiff peaks. Sieve in the remaining icing sugar and continue to whisk until the meringue becomes glossy. A minute should be fine. Using a large metal spoon, fold the ground pistachios into the meringue with a few drops of green food colouring, if you are using it. Spoon into the piping bag and pipe twenty-four round blobs (about 4cm in diameter) on to a lined baking tray, leaving a small space between each. Add a little sprinkling of pistachios on top of half of the meringues. Now leave to stand for about 10 minutes to allow a 'skin' to form on top and prevent them from spreading too much in the oven. Place in the oven and cook for 15 minutes, or until they are firm but not coloured. Remove from the oven and leave to cool. When cold, sandwich the macaroons in pairs with a little raspberry jam on one side and clotted cream on the other, making sure each pair has a pistachio-sprinkled top. Serve in little cake cases or on a plate. They will keep for a day or two once made.



Jo Pratt, food stylist, writer, presenter and home economist

## EGG AND DAIRY-FREE Chocolate and Orange Cupcakes

### Ingredients

225g (8oz) flour  
75g (2 ½ oz) cocoa powder  
150g (5oz) Fairtrade sugar  
1 teaspoon baking powder  
½ teaspoon bicarb of soda  
4.2 fl oz/125ml rapeseed oil  
1 — teaspoon vanilla extract  
9 — tablespoons orange juice  
Zest of 1 orange

### Icing

75g non – dairy butter  
175g Fairtrade icing sugar

### Method

Pre heat oven to 180°C.  
Mix dry ingredients together.

In a separate bowl, combine wet ingredients with the orange zest. Keep aside 2-3 spoons of orange juice. Slowly add the wet to the dry mixture. If the mixture seems a little dry, add small amounts of non dairy milk (rice or oat milk is best). Using an ice-cream scoop, distribute the mixture into cupcake cases, until they are about ¾ full.

Cook for about 12-18 minutes, until a sharp knife inserted comes out clean and the cakes bounce back after being gently pressed down. Leave to cool.

To make the icing, beat non-dairy butter and add in icing sugar. Add slowly to this, the orange juice you saved, until the consistency is thick enough to spread on the cakes. Grate orange and dark chocolate over the cupcakes as the icing hardens.



Chocolate and orange  
cupcake

## EGG AND DAIRY FREE Lemon Sherbet Cupcakes

### Ingredients

1 tablespoon of apple cider vinegar  
8.1 fl oz/240ml of non-dairy milk  
(either rice or oat)  
345g/12 oz of self raising flour  
2 — teaspoon of baking powder,  
½ teaspoon bicarbonate of soda  
200g/7oz Fairtrade sugar.  
Zest of 2 lemons.  
104 fl oz/20 ml vegetable oil  
1—teaspoon of vanilla extract.

### Icing

75g non – dairy butter  
175g Fairtrade icing sugar  
Juice of one lemon  
50g lemon sherbet

### Method

Pre-heat the oven to 160°C.  
Add the apple cider vinegar to the milk and leave to one side to allow it to 'curdle.' Combine the dry ingredients together.

Combine the vegetable oil and vanilla extract with the milk and vinegar mixture. Slowly add the wet ingredients to the dry mixture until you achieve a thick, but pourable cake mixture.

Using an ice-cream scoop and teaspoon, divide the mixture into 18 paper cases. Bake for about 12-15 minutes until the cupcakes are browning slightly, or bouncy to the touch.

### Icing

To make the icing, beat non—dairy butter and add in icing sugar. Add the lemon juice and lemon sherbet. Wait until the cupcakes have cooled before icing them.



Lemon sherbet cupcake