

Beaver Road supports Fairtrade



Have you ever seen this label anywhere?
What does it mean?

Go to the Fairtrade website www.fairtrade.org.uk to find out more about Fairtrade.

Have a go at the online Fairtrade quiz

Sign up for the Go Bananas world record event on 6/7 March
www.fairtrade.org.uk/gobananas/ website

The local Coop store in Didsbury is taking 20% off the price of assorted Fairtrade products during Fairtrade Fortnight.

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Bravo and Mr How have been cooking up some Fairtrade specials in the Beaver Road kitchen

*Try them out with your Mum or Dad and **of course**, bring them in for Mr How to sample!*

Fairtrade Chocolate Cake

Ingredients for the chocolate cake mixture

150g/6 oz butter

150g/6 oz caster sugar, plus another 50g/2 oz for meringue

7 eggs, separated

175g/7 oz dark Fairtrade chocolate, melted

125g/5 oz self-raising flour, sifted

Ingredients for the buttercream

100g/4 oz butter, softened

175g/7 oz icing sugar, sifted

1 tablespoon of Fairtrade ground coffee, or 1½ teaspoons of Fairtrade instant coffee

Method for the chocolate cake

- Preheat oven to 190°C / 375°F / Gas Mark 5.
- Grease and line the base of a deep 23cm/9 inch round cake tin.
- Cream butter and sugar until light and fluffy, then beat in egg yolks one at a time, and then stir in the melted Maya Gold chocolate.
- Whisk egg whites until stiff, then fold in sugar to make meringue.
- Alternately fold in flour and meringue to the chocolate mix.
- Transfer mix to tin and bake for 45-55 minutes, or until the cake is firm to touch and a skewer can be withdrawn cleanly.
- Leave to cool in the tin, then transfer to a cooling rack until cold.
- Split cake in half and fill with Fairtrade coffee buttercream.

Method for the buttercream

- Dissolve the instant coffee in half a teaspoon of boiling water.
- Beat the butter until light and fluffy.
- Add the icing sugar to the mix a little at the time, beating well in between.
- Gradually beat in the coffee.

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Fairtrade Banana Celeste

Serves 4-6.

Preparation time: 5 minutes

Cooking time: 30 minutes

Equipment needed: Ovenproof dish or 6-8 ramekins, frying pan, mixing bowl, wooden spoon, teaspoon, tablespoon, scraper, saucepan, fish slice, chopping board and a knife.

Ingredients

200g pack soft cheese

50g light brown Fairtrade sugar

1 level tsp ground Fairtrade cinnamon

50g unsalted butter

6 large firm but ripe Fairtrade bananas

3 tbsp double cream

Method

- Preheat the oven to 180OC, gas mark 4. Cream the cheese, sugar and half the cinnamon together in a mixing bowl using a wooden spoon.
- Melt the butter over a low heat in the frying pan.
- Either slice the peeled bananas lengthways for the ovenproof dish or slice them thinly for individual ramekins.
- Add the cut bananas to the melted butter and fry gently until golden brown on both sides. Distribute the browned bananas evenly, either in a large shallow ovenproof dish or ramekins.
- Spread the cream cheese mixture over the bananas. Drizzle the double cream over the top and sprinkle with the remaining cinnamon.
- Place the banana dish in the oven and bake for 15-20 minutes until the cheese is bubbling and golden brown. Serve immediately.



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Fairtrade Coffee, Pecan & Raisin Whirls

Makes about 9 whirls.

Ingredients

250g bought puff pastry

60g Fairtrade raisins

finely grated zest and juice of 1 Fairtrade orange

60g unrefined (golden) Fairtrade sugar

$\frac{1}{2}$ teaspoon ground Fairtrade cinnamon

40g pecans

15g melted butter

1 egg, beaten

1 tablespoon warmed runny Fairtrade honey

For the icing

75g icing sugar

1 teaspoon instant Fairtrade coffee granules, dissolved in 1 tablespoon boiling water (or use 1 tablespoon made-up strong Fairtrade espresso coffee)

Method

- First put raisins in a bowl with the orange juice and leave to soak for 1 hour.
- Preheat oven to 220°C/425°F/gas mark 7.
- Roll out the puff pastry to a square, measuring about 24cm. Brush with melted butter, leaving a 2cm gap down 2 parallel edges.
- Mix sugar well with the cinnamon and orange zest. Break pecans into pieces about the same size as the raisins and mix into the sugar.
- Drain the raisins and add to the sugar mixture.
- Spread onto pastry, avoiding the gap along the 2 edges. Brush the gaps with beaten egg. Starting with one of these edges, roll up tightly like a Swiss roll. Seal the edge as tightly as possible, using more beaten egg. With a sharp knife, slice the roll into 2cm wide rounds.
- Place on a baking tray and brush top and sides with more beaten egg. Bake for 25-30 minutes until golden brown.
- Brush tops with warmed honey straight from the oven. Transfer to a wire rack to cool.
- Make up icing by beating the coffee into the icing sugar until smooth. When pastries are cool, drizzle with icing.

Tip: To save on soaking time, put raisins and orange juice in a bowl and microwave on high for 1 minute then stand for 10 minutes.