

Food Stories

A collection of
tasty, thrifty
recipes from the
Scalby School
community.





Nen's Coconut Cake

Ingredients:

2 oz (50 g) desiccated coconut
4 oz (100 g) soft margarine
8 oz (200 g) caster sugar
2 eggs, beaten
8 oz (200 g) self-raising flour
¼ pint (150 ml) milk

Method:

- 1) Preheat the oven to 180 degrees and line a 7 inch loaf tin.
- 2) Soak the coconut in the milk for 2 hrs (less is OK!)
- 3) Meanwhile, mix the margarine and sugar together until it is paler in colour and fluffy.
- 4) Beat the eggs into the mixture
- 5) Fold in the flour (the mixture should be a bit stiff).
- 6) Stir in the milk and coconut.
- 7) Turn into the tin and bake for 40 mins-1 hr

For the icing, juice one lemon and add enough icing sugar to make a runny icing. Pour over the cake and serve.



Grandma Ann's chocolate cake

7 oz self raising flour
8 oz sugar
pinch of salt
2 tbsp cocoa powder
4 oz Margarine
(Rub these ingredient in together)

2 medium eggs
1tbsp vanilla essence
5 tbsp cold water
5tbsp milk
(Stir these up together then add to the other bowl)

Foil rectangle trays (about 30cm x 19cm minimum)

Pour into tray. Place on the middle shelf of the oven 30-35 min at 150 degrees -check after 15min, if it needs turning down slightly.

Chocolate butter cream

8oz icing sugar
4oz margarine
Full spoon cocoa powder

Once the icing is spread, run a fork up and down for decoration - cut into little squares and place a small piece of chocolate on top of each slice.



Mars bar crispy squares

Ingredients:

- 55g butter
- 2 tbsp golden syrup
- 8 mars bars
- 3 cups rice krispies
- 250g bar milk chocolate
- Any sprinkles to decorate

Method:

1. Chop mars bars in chunks and put in a saucepan with syrup and melted butter
2. Melt together until chocolatey goop
3. Once melted, add rice krispies. Mix until all are coated in chocolatey goop
4. Transfer mixture into baking tin and flatten with a spoon
5. Melt the milk chocolate and pour over the top
6. When almost set, add desired sprinkles to decorate



Caramel Shortbread (Squidgy Squadgies)

Ingredients for the Shortbread:

250g Plain Flour

75g Caster Sugar

175g Butter

For the caramel:

100g Butter

100g Light Muscovado Sugar

397g Can Condensed Milk

Topping:

200g Plain or Milk Chocolate

Method:

Step 1

Heat Oven to 180c / 160 Fan / Gas 4. Lightly grease and line 20-22cm square or rectangular baking tin with a lip of 3cm

Step 2

To make a shortbread, mix 250g plain flour and 75g caster sugar in a bowl. Rub in 175g softened butter until the mixture resembles fine bread crumbs.

Step 3

Knead the mixture together until it forms dough. Then press it into the base of the tin.

Step 4

Bake for 20 minutes and very lightly brown. Leave to cool in the tin.

Step 5

Place the butter, sugar and the condensed milk. Stir continuously for 5-10 Minutes then pour over the shortbread and leave to cool.

Step 6

Melt the chocolate slowly in a bowl over a pan of hot water. Pour over the cold caramel and leave to set. Cut into squares or bars with a sharp knife.

Step 7

Enjoy.



Pavlova

Ingredients:

4 egg whites
A pinch of salt
250g caster sugar
2 teaspoons cornflour
1 teaspoon white-wine vinegar
Few drops of pure vanilla
300ml cream, firmly whipped
Pulp of 10 passionfruit (optional)

Method:

1. Preheat the oven to 180 degrees celsius. Next line a baking tray with baking paper and draw a 20cm circle on the paper.
2. Beat the egg whites and salt together until satiny peaks form. Beat in sugar, a third at a time, until meringue is stiff and shiny.
3. Sprinkle over cornflour, vinegar and vanilla and fold in lightly. Mound onto the paper-lined baking tray within the circle, flatten the top and smooth the sides.
4. Place in the oven and immediately reduce heat to 150 degrees celsius and cook for 30 minutes. Reduce temperature to 120 degrees and cook for a further 45 minutes.
5. Turn off the oven and leave pavlova to cool completely. Invert it onto a platter, pile on the cream and add your toppings of choice.



Raspberry Cheesecake Muffins

Ingredients:

250g plain flour
2tsp baking powder
110g light brown soft sugar
100ml sunflower oil
125ml milk
2 eggs beaten
175g fresh raspberries
110g cream cheese

Method:

Preheat oven to 180 degrees
Line a muffin tin with paper cases
Sift flour and baking powder into a bowl and add the sugar
Combine the oil, milk and egg and mix into flour mix
Reserve nine whole raspberries and stir the remainder into the mix
Pour mixture into cases and push a spoonful of cream cheese into the centre
Bake for 25 mins until they are well risen, golden and firm



Scalby School canteen's flapjack

Food story: This one is always popular with our students. Be warned though, this recipe does make between 20/24 portions. If you want to make fewer portions, you might have to do a little maths.

Ingredients:

Syrup	200g
Margarine	350g
Oats	570g
Demerara Sugar	230g
Plain Flour	60g
Baking Powder	2g

Method:

Put the oats, demerara sugar, flour and baking powder into a bowl and mix together.

In a pan melt the syrup and margarine, once melted pour over the other ingredients and mix thoroughly together.

Put mixture into a greased baking tin and spread out evenly.

Bake in the oven at 165 for 15 minutes.

Allow to cool slightly then whilst still in the tin cut to desired portion size then allow to cool completely before lifting out.

For extra yumminess, melt some chocolate then dip and cover half the flapjack in the chocolate. Allow the chocolate to set.

If you want your flapjack fruity add a handful of your favourite dried fruit (cranberries, raisons, apricots) into the mixture.



Scalby School canteen's Rocky Road

Food story: This is another Scalby School favourite and is very popular at break and lunchtime. Again, this recipe makes 20/24 portions.

Ingredients:

Syrup	350g
Margarine	175g
Coco Powder	50g
Drinking Chocolate	50g
Mallows	250g
Rich Tea Biscuits	600g

Method:

Using a bag and rolling pin break up the Rich Tea Biscuits into small bits and put into a mixing bowl.

In a pan melt the Syrup, Margarine, Coco Powder and Drinking Chocolate (do not allow to boil).

Pour over biscuits and mix thoroughly, make sure mixture isn't too hot then mix in the mallows.

Put mixture into a baking tin and spread out evenly.

Put into the fridge to chill.

Cut into desired portion size and serve.