



Butterfly cakes

Prettily presented small cakes made from a basic creamed sponge mixture

TEA-TIME Makes 12–15

Overall timing 1½ hours

Equipment Mixing bowl, paper cases, deep bun tray

Freezing Not recommended

INGREDIENTS

Cakes		
4oz	Softened butter	125g
4oz	Caster sugar	125g
2	Large eggs	2
2oz	Cornflour	50g
4oz	Plain flour	125g
1½ teasps	Baking powder	7.5ml
2 tbsp	Milk	2×15ml
Filling		
	Strawberry jam or lemon curd	
	Whipped cream	
	Icing sugar	

METHOD

- 1 Preheat oven to 400F (200C) Gas 6. Place paper cases in deep bun tray.
- 2 In a bowl, cream butter and sugar till light and fluffy, then beat in eggs one at a time. Sift in dry ingredients, then add milk and beat to a good consistency.
- 3 Half-fill paper cases. Bake just above centre of oven for 10–15 minutes, then place cakes on wire rack to cool.
- 4 Cut out small “v”-shaped piece from each cake and reserve pieces. Place a little jam or lemon curd in each, then some whipped cream. Halve reserved pieces and arrange as wings on top. Dust with sifted icing sugar.

Creamy liqueur mould

The added liqueur gives a touch of class to this simple dessert made from storecupboard ingredients

DESSERT Serves 4

Overall timing 10 minutes plus chilling

Equipment Bowl, saucepan, 1 pint (560ml) mould

Freezing Not recommended

INGREDIENTS

3 tbsp	Cornflour	3×15ml
4 tbsp	Water	4×15ml
1	Large can of evaporated milk	1
2 tbsp	Grand Marnier or Curaçao	2×15ml
	Caster sugar	

METHOD

- 1 Mix the cornflour and water in a bowl until smooth.
- 2 In a saucepan heat the evaporated milk and stir in the cornflour mixture. Bring to the boil and cook, stirring, until thickened. Remove from heat, add liqueur and sweeten to taste with caster sugar.
- 3 Rinse the mould with cold water, then pour in the mixture and when cool place in fridge. Chill till set.
- 4 To unmould, dip up to rim in hot water for a few seconds, then invert on to a serving plate.

Left: Creamy liqueur mould ready to serve. Accompany with fresh or stewed fruit such as plums, raspberries or blackcurrants

Blackcurrant blancmange

An evergreen favourite, blancmange which literally means “white food”, can have many different flavourings

DESSERT Serves 4

Overall timing 10 minutes plus cooling

Equipment Bowl, saucepan, 1 pint (560ml) mould or 4 small moulds

Freezing Not recommended

INGREDIENTS

3 tbsp	Cornflour	3×15ml
1oz	Caster sugar	25g
	Pinch of salt	
1 pint	Milk	560ml
3 tbsp	Concentrated blackcurrant drink	3×15ml
½oz	Butter or margarine	15g

METHOD

- 1 Blend cornflour, sugar and salt to a smooth paste, with a little of the milk in a large bowl.
- 2 Bring remaining milk to boiling point in a saucepan. Gradually pour on to cornflour paste, stirring all the time to prevent lumps forming.
- 3 Return to pan and stir till mixture thickens. Simmer, stirring, for 5–8 minutes over a very low heat.
- 4 Stir in blackcurrant concentrate and butter or margarine. Stir till the butter or margarine has melted.
- 5 Rinse mould or moulds with cold water, shaking out excess. Pour in the blancmange. Allow to cool completely, then chill. To unmould, run knife round mould, dip up to rim in hot water for a few seconds, then invert on to a serving plate or saucers.

VARIATIONS

You can vary this basic recipe by changing the flavouring. Add a little almond or vanilla essence and chopped canned fruit to the mixture. Or, add cocoa and sugar or instant coffee and a little vanilla essence. For a lemon or orange blancmange, add finely grated rind. For a delicate summer dessert, add a few drops of rose water to the mixture instead of blackcurrant concentrate.