



About the Author



I am Vaishali Parekh, a resident of Kolkata, India and a Graduate Nutritionist. My passion for health and nutrition and a natural love for cooking drove me to come up with the website www.indian-cooking.info in the year 2007.

I perpetually keep on searching for new ideas and information related to cooking, health and nutrition. Wherever I go and whatever I do, my antennas are always alert for any whiff of something new and interesting. As soon as I get hold of an interesting piece of info, I process it and deliver it to my readers with the help of my site.

Most of the times I deliver info for free. But at times when the cost of acquiring specialized info is quite high, I am left with no other option but to charge my readers.

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Vaishali Parekh



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Almond Apple Cake with Apple Sauce

Ingredients :

<ul style="list-style-type: none">✓ Eggs – 2✓ Sugar – 150 gms✓ Plain flour – 140 gms✓ Baking powder – 1 ½ tsp✓ Orange juice – 60 ml✓ Slivered almonds – 30 gms✓ Apple sauce – 350 gms✓ Orange marmalade – 2 tsp	<ul style="list-style-type: none">✓ For the filling:✓ Apple – 1✓ Blanched almond, roasted and chopped – 130 gms✓ Orange marmalade – 4 tbsp✓ Egg white - 1
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Method :

Method for the filling:

- ❖ Grate unpeeled apple.
- ❖ Mix apple, almonds and marmalade together.
- ❖ Lightly beat egg white and mix into apple mixture. Keep aside.



Method for the cake:

- ❖ Line the base of a 20 cm round cake tin with parchment paper.
- ❖ Beat eggs and sugar together until light and thick. Sift flour and baking



powder together.

- ❖ Fold into egg mixture, alternately with orange juice. Spoon half the mixture into tin.
- ❖ Spoon over filling, spreading to cover cake mixture.
- ❖ Spread remaining cake mixture over the filling.
- ❖ Sprinkle with slivered almonds.
- ❖ Bake at 180° C for 45 minutes or until an inserted skewer comes out clean.
- ❖ Mix apple sauce and orange marmalade together.
- ❖ Serve cake warm or cold with apple sauce.

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Apple Cake

Ingredients :

✓ Butter – 175 gms, plus extra for greasing	✓ Apples – 3 medium
✓ Eggs - 3	✓ Dates, halved, stoned and finely chopped – 100 gms
✓ Self raising flour – 350 gms	✓ Blanched hazelnuts, roughly chopped – 100 gms
✓ Ground Cinnamon – 2 tsp	
✓ Sugar – 175 gms	

Method :

- ❖ Heat oven to 180°C. Lightly butter a deep 20cm loose-based or spring form round cake in, then line the base with baking parchment.
- ❖ Melt the butter by heating it and then cool it for 5 minutes. Crack the eggs into the butter and beat well. Mix the flour with the cinnamon and the sugar.
- ❖ Core and cut two apples (unpeeled) into bite-size chunks. Mix the apples into the flour along with the dates and half of the chopped hazelnuts.
- ❖ Pour the egg and butter mixture into the flour mixture and gently stir together. Spoon into the tin, smooth the top.
- ❖ Thinly slice the remaining apple (unpeeled) into circles, discard the pips, and then arrange over the top of the cake. Sprinkle over the remaining





hazelnuts.

- ❖ Bake for 50 mins-1 hr until the cake is cooked and risen. Check if it is done by pushing a skewer into the centre – it should come out clean.
- ❖ Remove the cake from the tin, peel off the paper and transfer the cake to a wire rack. Cool completely. Keeps for up to 3 days.

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Banana and Walnut Tea Loaf

Ingredients :

<ul style="list-style-type: none"> ✓ Butter, softened – 100 gms, plus extra for greasing ✓ Sugar 140 gms ✓ Eggs, lightly beaten – 2 	<ul style="list-style-type: none"> ✓ Walnuts – 100 gms ✓ Bananas, mashed – 2 ✓ Milk – 2 tbsp ✓ Self-raising flour – 225 gms
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Method :

- ❖ Heat oven to 180°C/Gas 4. Grease and line a 900g loaf tin.
- ❖ Cream the butter and sugar, and then add the eggs.
- ❖ Set aside 25g walnuts, then fold the rest into the creamed mixture with the bananas and milk.
- ❖ Fold in the flour. Spoon into the tin and sprinkle over the reserved walnuts.
- ❖ Bake for 55 mins-1hr until risen. Let stand for 10 minutes, then turn out, remove the paper and leave to cool.



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Black Forest Cake

Ingredients :

- ✓ Refined flour – 60 gms
- ✓ Cocoa powder – 60 gms
- ✓ Baking powder – ¼ tsp
- ✓ Soda bi-carb – a pinch
- ✓ Sugar – 120 gms
- ✓ Eggs – 4
- ✓ Melted butter – 120 gms
- ✓ Vanilla essence – 2 drops

For decoration:

- ✓ Whipped cream – 200 gms
- ✓ Grated chocolate – 15 gms
- ✓ Walnuts or broken cashew nuts or cherries – 50 gms

Method :

- ❖ Line and grease two 175 mm diameter cake tins.
- ❖ Sift flour, cocoa, soda bicarb and baking powder together twice.
- ❖ Beat eggs and sugar over hot water till thick like custard sauce. Add vanilla essence.
- ❖ Fold in lightly the sieved flour and melted butter, adding a little water to get pouring consistency.
- ❖ Put the mixture in the tins and bake at 400° F for about 20 minutes.
- ❖ Cool and sandwich together with the fresh cream and put a thick layer of cream on top.





- ❖ Finish off the decoration with chopped nuts on the sides and grated chocolate on top.

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Carrot, Orange and Banana Semolina Cake

Ingredients :

✓ Oranges- 2	✓ Vegetable oil – 125 ml
✓ Plain flour -125 g	✓ Carrots, grated – 275 g
✓ Baking Powder – 1tsp	✓ Banana, mashed – 225 g
✓ Baking soda – 1 tsp	✓ Egg whites – 3
✓ Castor sugar – 250 g	✓ Dried cranberries – 60 g

Method :

- ❖ Line the base of a 20cm round tin with a parchment paper.
- ❖ Place oranges in a saucepan and cover with water.
- ❖ Bring to the boil and simmer for 20 minutes or until oranges are soft. Drain, cool then cut into chunks removing pips. Mash with a potato masher until very fine.
- ❖ Mix flour, baking powder, soda, sugar and semolina together in a bowl.
- ❖ Mix orange, oil, carrot and banana into dry ingredients until combined.
- ❖ Beat egg whites until stiff. Fold into cake mixture.
- ❖ Pour the cake mixture into the tin. Sprinkle over dried cranberries.





- ❖ Bake at 180°C for 1 ½ – 1 ½ hours or until the cake springs back when lightly touched.
- ❖ Cool it in for 10 minutes before turning into a cooling rack.
- ❖ Cut into slices and serve.

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Cherry and Almond Cake

Ingredients :

<ul style="list-style-type: none"> ✓ Butter, at room temperature – 200 gms ✓ Golden caster sugar – 200 gms ✓ Eggs, beaten – 4 ✓ Self raising flour – 200 gms ✓ Glaze cherries, chopped – 200 gms 	<ul style="list-style-type: none"> ✓ Ground Almonds – 100 gms ✓ Almond extract/ essence – 2-3 drops ✓ Marzipan – 250 gms ✓ Blanched Almonds, halved lengthways – 50 gms ✓ Icing Sugar – for dusting
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Method :

- ❖ Heat oven to 160°C. Grease a deep 20cm round cake tin and line the base and sides with greaseproof paper.
- ❖ Put the butter and sugar in a bowl and beat until light and creamy, 2-3 minutes. Pour in the eggs a little at a time and beat well after each addition. Mix in the flour one third at a time.
- ❖ Fold in the cherries, ground almonds and almond extract until evenly mixed. Spoon half the mixture into the tin.
- ❖ Roll out the marzipan into 19cm circle. Lay this on top of the cake mixture in the tin, and then cover with the rest of the mixture. Level with the back of the spoon and scatter the almonds on top.
- ❖ Bake for 1 ½ hours, covering with foil after 1 hour if it shows the signs of





burning.

- ❖ The cake is done when it shrinks away from the sides of the tin and a skewer inserted in the centre comes out clean.
- ❖ Cool in the tin for 20 minutes then turn out on a wire rack and leave to cool completely.

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Chocolate Cake (Eggless) with Milk

Ingredients :

<ul style="list-style-type: none">✓ Condensed Milk – 200 gms✓ Baking Powder – 1 level tsp✓ Soda bi-carb – 1 tsp✓ Self raising flour – 125 gms✓ Cocoa – 1 tsp✓ Chocolate powder – 1 tbsp	<ul style="list-style-type: none">✓ Melted butter or margarine – 60 ml✓ Vanilla essence – 1 tsp✓ Chocolate butter icing✓ Chocolate glaze icing✓ Walnuts, cherries and silver balls for decoration
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Method :

- ❖ Sieve the flour, cocoa, chocolate powder, baking powder and soda bi-carb together.
- ❖ Mix the condensed milk, flour, water, vanilla essence and melted butter thoroughly.
- ❖ Grease and dust the tin mould of your choice.
- ❖ Pour the cake mixture into the prepared tin.
- ❖ Bake in a hot oven at 400°F for 10 minutes. Then reduce the temperature to 350° F and bake for another 15 minutes.
- ❖ Cool the cake and divide it into horizontal halves.
- ❖ Apply the chocolate butter icing to top of one of the half piece and place the second piece on top.





- ❖ Spread the glace icing on all sides of the cake and the top.
- ❖ Decorate with walnuts, cherries and silver balls.

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Chocolate Cake (Eggless) with Curd

Ingredients :

✓ Refined flour – 2 cups	✓ Baking Powder – 1 tsp
✓ Melted Butter – 6 tbsp	✓ Baking Soda – 1 tsp
✓ Powdered Sugar – 1 tea cup	✓ Milk – ½ - ¾ cup
✓ Curd – 1 cup	✓ Vanilla Essence – a few drops
✓ Cocoa Powder – 2 tbsp	

Method :

- ❖ Preheat oven at 325°F.
- ❖ Grease and dust 8" mould.
- ❖ Sieve flour, baking powder, baking soda, cocoa powder altogether twice.
- ❖ Take melted butter, add powdered sugar, mix curd, essence and a pinch of salt, and then gradually add flour and milk.
- ❖ Make a smooth batter.
- ❖ Pour the mixture in a preheated mould and bake for 30 – 35 minutes till done.
- ❖ Cool and take out and leave to cool completely.
- ❖ Decorate it with the icing of your choice.



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Chocolate Dipped Cherry Cake

Ingredients :

<ul style="list-style-type: none"> ✓ Soft, slightly salted butter – 140 gms plus extra for greasing ✓ Milk Chocolate – 140 gms ✓ Self-raising flour – 175 gms ✓ Baking powder – 1 tsp ✓ Golden Caster Sugar – 140 gms ✓ Eggs – 3 ✓ Banana, mashed – 1 medium 	<p>For Filling and Topping :</p> <ul style="list-style-type: none"> ✓ White Chocolate, broken in pieces – 200 gms ✓ Cherries – 450 gms ✓ Fresh Cream – 150 ml
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Method :

- ❖ Heat oven to 180°C. Butter and line the base of two 20cm sandwich tins.
- ❖ Coarsely grate two-thirds of the milk chocolate and chop the rest. Set aside.
- ❖ Put the flour, baking powder and sugar into a large mixing bowl. Make a well in the centre; add the butter, eggs and milk. Beat with an electric hand whisk for about 2 minutes until light and fluffy. Lightly fold in the grated and chopped chocolate and banana.
- ❖ Divide the mix between the tins then level the tops. Bake for 25-30 minutes until springy to touch and beginning to shrink away from the sides.





- ❖ Remove from the oven, cool in the tins for 5 minutes. Turn out in a wire rack, take off the lining paper and cool for about 1 hour.
- ❖ For the icing and filling, melt the white chocolate in a bowl over gently simmering water or in the microwave. Remove and set aside for 5-6 minutes.
- ❖ Cover a baking sheet with foil or waxed paper. Dip half the cherries one by one, into the chocolate and half coat. Place them on the baking sheet to set.
- ❖ Stir in the fresh cream into the remaining melted chocolate until smooth and shiny. Cool and thicken (5 minutes or so). Transfer half of this mix to another bowl. Pit the rest of the cherries, cut in half.
- ❖ Put one sponge cake on a plate and spread the top with the cherry mix, then sandwich with the other cake. Spread the rest of the chocolate mix over the top and decorate with dipped cherries.

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Christmas Cake

Ingredients :

✓ Refined flour – 170 gms	✓ Cherries – 115 gms
✓ Butter – 140 gms	✓ Mixed peel - 85 gms
✓ Castor sugar – 140 gms	✓ Lemon rind of 1 lemon
✓ Currants – 140 gms	✓ Caramel – 1 tsp
✓ Sultanas – 140 gms	✓ Eggs – 4
✓ Raisins – 140 gms	✓ Mixed spice – ½ tsp

Method :

- ❖ Cream butter and sugar till light and fluffy.
- ❖ Add the eggs gradually and beat well.
- ❖ Stir in the flour.
- ❖ Add the prepared fruit, treacle (syrup of the canned fruit), lemon rind, peel and spice.
- ❖ Put into a 7" cake tin lined with paper.
- ❖ Cook in a moderate oven 300°-325° F (150°-160° C) for about 3 hours.
- ❖ Keep in airtight tin 6 – 8 weeks before serving.



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Christmas Cake with Semolina

Ingredients :

<ul style="list-style-type: none">✓ Semolina – 450 gms✓ Refined flour – 55 gms✓ Soft sugar – 900 gms✓ Butter – 450 gms✓ Rosewater – 150 ml✓ Honey – 150 ml✓ Brandy – 150 ml✓ Ginger – 225 gms✓ Candied peel – 225 gms✓ Raisins – 450 gms✓ Sultanas – 450 gms✓ Currants – 225 gms✓ Egg yolks – 25✓ Egg whites – 10✓ Cashew nuts – 225 gms	<ul style="list-style-type: none">✓ Cardamom powder – ½ tsp✓ Cloves powder – ½ tsp✓ Nutmeg, grated – ½ <p>For Almond paste:-</p> <ul style="list-style-type: none">✓ Icing sugar – 225 gms✓ Ground blanched almond – 225 gms✓ Egg -1✓ Lime juice of ½ lemon✓ Vanilla essences – few drops <p>For royal icing</p> <ul style="list-style-type: none">✓ Icing sugar – 450 gms✓ Egg whites –✓ Lemon juice of 1/2 lemon
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Method :

Method for almond paste:

- ❖ Sift sugar and put in a bowl with ground almonds.
- ❖ Add lightly beaten eggs and the remaining ingredients.



- ❖ Stir and mix together to a stiff paste and form into a ball.
- ❖ Work by kneading thoroughly.
- ❖ Roll out using a very slight dusting of corn flour to prevent sticking to roller and board.
- ❖ Always paint cake with a little warm and sieved apricot jam before putting on paste.

Method for royal icing

- ❖ Sift icing sugar twice to make quite sure that it is free from lumps.
- ❖ Beat the egg whites slightly. Add lime juice and add the sugar gradually, beating all the time.
- ❖ Beat until the icing is of a beatable but a stiff consistency. It should stand up in peaks.
- ❖ Cover with a wet cloth and use as required.
- ❖ Use a palette knife, dipped in warm water to smoothen icing when on cake or other surface. Let the base dry well before putting g on decorations.

Method for cake:

- ❖ Prepare the fruits and mix with the flour.
- ❖ Cream butter and sugar till light and fluffy.
- ❖ Add beaten yolk of egg. Keep beating.
- ❖ Mix in the semolina gradually then add the fruits, chopped nuts and



spices.

- ❖ Add brandy, rosewater and honey.
- ❖ Fold in stiffly beaten whites of eggs.
- ❖ Pour mixture into lined tin and bake at 325 F for 4-5 hours. When the cake begins to brown cover it with double fold of paper to prevent burning on top.
- ❖ When ready, remove. Leave cake in tin for a few minutes. Turn out and allow it cool. Keep in an air tight tin for at least a week.
- ❖ Cover the cake with almond paste, then coat with royal icing.
- ❖ Allow it to dry and then decorate.

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Coffee and Walnut Cake

Ingredients :

<ul style="list-style-type: none"> ✓ Butter, softened – 200 gms ✓ Golden castor sugar – 200 gms ✓ Eggs, beaten - 4 ✓ Self raising flour -200 gms ✓ Chopped walnuts – 50 gms ✓ Coffee essence (may use some strong instant coffee) – 1 tbsp 	<p>For filling</p> <ul style="list-style-type: none"> ✓ Icing sugar – 200 gms ✓ Butter, softened – 85 gms ✓ Coffee essence – 2 tsp ✓ Single cream or milk – 1 tbsp <p>For icing:</p> <ul style="list-style-type: none"> ✓ Icing sugar – 300 gms ✓ Coffee essence – 1 tsp ✓ Cold water – 2-3 tbsp ✓ Walnut halves- 9
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Method :

- ❖ Heat oven to 180° C.
- ❖ Grease two deep 20 cm sandwich cake tins. Line the bases with grease proof paper.
- ❖ Beat the butter and sugar and together until light and fluffy. Add the eggs a bit at a time sprinkling in a little of the flour to stop the mixture from curdling.
- ❖ Sift and fold in the remaining flour, then fold in the walnuts.





- ❖ Mix the coffee essence in 1 tsp water and fold this in, then divide the mixture equally between the prepared cake tins and level the tops.
- ❖ Bake for 20 -25 minutes or until the cake springs back when lightly pressed in the center with your finger.
- ❖ Leave the cakes in the tins for 5 minutes, then turn out on to a wire rack and leave until cold.
- ❖ Make the filling: Beat all the ingredients in a bowl until smooth and fluffy, then used to sandwich the two cakes together.
- ❖ Make the icing: Sift the icing sugar in to a bowl, and then mix in the coffee essence and water to smooth icing. Pour the icing onto the top of the cake and quickly spread it over the tops and the sides, then arrange 8 walnut halves around the outside and 1 in the middle.
- ❖ Leave to set before serving.

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Gingery Christmas Cake

Ingredients :

✓ Raisins – 350 gms	✓ Eggs – 4
✓ Currants – 125 gms	✓ Plain Flour – 200 gms
✓ Sultanas – 125 gms	✓ Ground Almonds – 50 gms
✓ Ginger Wine – 200 ml, plus 4 tbsp	✓ Mixed Spice – ½ tsp
✓ Butter, softened – 200 gms, plus extra for greasing	✓ Ground Ginger – 1 tsp
✓ Dark sugar – 200 gms	✓ Fresh Root Ginger, finely grated – 1 tbsp
	✓ Treacle – 1 tbsp

Method :

- ❖ Tip the raisins, currants and sultanas into a bowl. Pour over 200ml ginger wine, then cover and leave to sit at room temperature overnight so that the fruit plumps up.
- ❖ Heat oven to 160°C. Using the bottom of a 20cm, loose-bottomed cake tin as a template, cut out 2 circles of baking parchment. Then cut 2 thick strips (about 2cm deeper than the tin) that will fit around the inside of tin. Make small cuts along one of the edges, about 2cm apart.
- ❖ Grease the tin, then place one parchment circle at the bottom. Place one strip inside the tin, making sure the cut side is at the bottom, as this will help you to fit inside. Do the same with the remaining strip, then place the second circle on top.
- ❖ Put the butter and sugar into a mixing bowl and whisk with an electric



beater until creamy and light, about 5 minutes. Add the eggs, one at a time, making sure you stir well after each addition, and then mix through the flour, ground almonds and spices.

- ❖ Stir in the soaked fruits, and any liquid leftover, with the fresh root ginger and treacle until everything is well combined.
- ❖ Spoon in the mixture and smooth the top, then use a spoon to make a slight dip in the centre. This will ensure the cake has an even surface when finished.
- ❖ Bake for 30 minutes, then lower the oven to 150°C and bake for another 2 hrs until a skewer inserted in the middle comes out clean. Skewer the cake all over, and then drizzle over the remaining 4 tbsp ginger wine.
- ❖ Leave the cake to cool in the tin, and then peel off the lining paper.
- ❖ To store wrap first in baking parchment and then in tin foil.
- ❖ The cake will be kept in a cupboard for up to 3 months or can be frozen for up to 6 months.

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Hot Bananas with Rum & Raisin

Ingredients :

✓ Seedless Raisins – 40 gms	✓ Nutmeg, grated – ½ tsp
✓ Dark Rum – 75 ml	✓ Ground Cinnamon – ½ tsp
✓ Unsalted (sweet) Butter – 50 gms	✓ Slivered Almonds, toasted – 2 tbsp
✓ Soft light brown Sugar – 4 tbsp	✓ Chilled Cream or Vanilla Ice
✓ Ripe Bananas, peeled, halved lengthways - 4	✓ Cream, to serve (optional)

Method :

- ❖ Put the raisins in a bowl with the rum. Leave them to soak for about 30 minutes to plump up.
- ❖ Melt the butter in a frying pan, add the sugar and stir until the sugar has dissolved.
- ❖ Add the bananas and cook for a few minutes until they are tender.
- ❖ Sprinkle the nutmeg and cinnamon over the bananas, and then pour in the rum and raisins.
- ❖ Carefully set alight using a long taper and stir gently to mix.
- ❖ Scatter with the almonds and serve immediately with chilled cream or vanilla ice cream, if you like.





Tips & Variations :-

- ❖ Choose almost-ripe bananas with evenly colored skins, either all yellow or just green at the tips. Over-ripe bananas will not hold their shape so well when cooked.
- ❖ Setting light to the rum, known as flambéing, dispels most of the alcohol content but imparts to the bananas an intense flavour. You must, of course, take great care when lighting the rum and it is essential that you use a long taper.

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Lemon Drizzle Cake Squares

Ingredients :

<ul style="list-style-type: none">✓ Softened butter – 100 gms✓ Self-raising flour – 175 gms✓ Baking powder – 1 tsp✓ Golden caster sugar – 175 gms✓ Milk – 6 tbsp✓ Finely Grated Zest – of 1 lemon	<ul style="list-style-type: none">✓ For the Icing and Decoration:✓ Lemon Juice – 3 tbsp (about 1 large lemon)✓ Golden Castor Sugar – 100 gms✓ Few Black Raisins
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Method :

- ❖ Heat oven to 180°C. Butter and line the base of an 18 × 28cm tin with baking parchment.
- ❖ Tip the cake ingredients into a large bowl and beat for 2-3 minutes, until the mixture drops easily off the spoon.
- ❖ Spoon the mixture into the tin and smooth the surface with the back of a spoon.
- ❖ Bake for 30-40 minutes, until golden brown and firm to touch.
- ❖ Meanwhile make the icing:
- ❖ Beat together the lemon juice and sugar, pour the mixture evenly over the cake while it is still hot, then leave to cool.
- ❖ Cut the cake into 15 squares. Top each with black raisins.



Mocha Dessert Cake with Fresh Blueberry Sauce

Ingredients :

<p>For the cake:</p> <ul style="list-style-type: none"> ✓ Boiling water – 250 ml ✓ Ground coffee – 20 gms ✓ Butter – 150 gms ✓ Dark chocolate – 100 gms ✓ Sugar - 150 gms ✓ Eggs – 3 ✓ Vanilla essence – 2 tsp ✓ Plain flour – 250 gms 	<ul style="list-style-type: none"> ✓ Cocoa powder – 25 gms ✓ Baking soda – 1 tsp ✓ Baking powder – 2 tsp ✓ ✓ For fresh blueberry sauce ✓ Fresh blueberry – 300 gms ✓ Blueberry jam – 90 gms ✓ Water – 3 tsp
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Method :

Method for the sauce:

- ❖ Place blueberries, jam and water in blender or food processor. Blend or process until berries are lightly crushed. Keep aside.

Method for the cake:

- ❖ Liner the base of a deep 20 cm round cake tin with parchment paper.
- ❖ Pour water over coffee ground in a plunger or jug. Leave for 5 minutes to





steep.

- ❖ Plunge or strain coffee.
- ❖ Melt butter in a sauce pan large enough to mix all the ingredients. Remove from the heat.
- ❖ Mix in chocolate and coffee and stir to melt chocolate.
- ❖ Add sugar, eggs and vanilla essence. Beat well with a wooden spoon until combined.
- ❖ Sift in flour baking powder, baking soda and cocoa. Mix to combine.
- ❖ Pour the mixture into cake tin. Bake at 180° C for 45 minutes, or until cake springs back when lightly touched.
- ❖ Leave in tin for 10 minutes before turning on to a cooling rack.
- ❖ Serve with fresh blueberry sauce.

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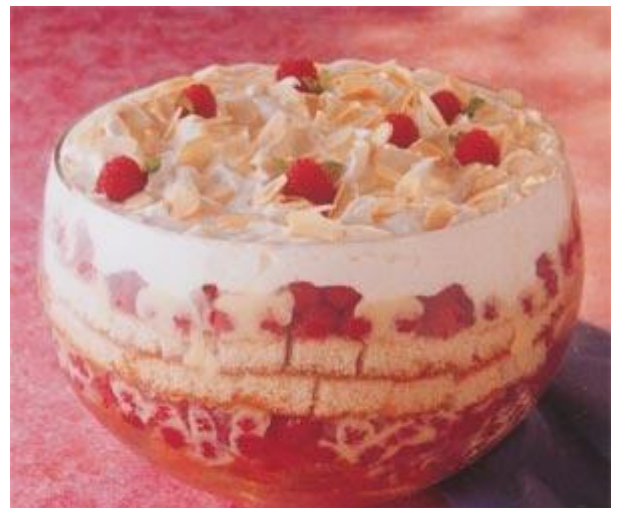
Raspberry Trifle

Ingredients :

<ul style="list-style-type: none"> ✓ Trifle Sponges or Cubes of plain Victoria sponge or coarsely crumbled sponge fingers – 175 gms ✓ Medium Sherry – 4 tbsp ✓ Raspberry Jam – 115 gms ✓ Raspberries – 275 gms 	<ul style="list-style-type: none"> ✓ Custard – 2 cups, flavoured with 2 tbsp medium or sweet sherry ✓ Whipping Cream – ¼ cup ✓ Icing (confectioners') Sugar – 1 tbsp ✓ Toasted flaked (sliced) Almonds and Mint Leaves - to decorate
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Method :

- ❖ Spread half of the sponges, cake cubes or sponge fingers over the bottom of a large serving bowl. (A glass bowl is best for presentation.)
- ❖ Sprinkle half of the sherry over the cake to moisten it.
- ❖ Spoon over half of the jam, dotting it evenly over the cake cubes.
- ❖ Reserve a few raspberries for decoration. Make a layer of half of the remaining raspberries on top.
- ❖ Pour over half of the custard, covering the fruit and cake. Repeat the layers. Cover and chill for at least 2 hours.
- ❖ Before serving, whip the cream with the icing sugar until it forms soft





peaks.

- ❖ Spoon the sweetened whipped cream evenly over the top of the custard.
- ❖ To decorate, sprinkle with toasted flaked almonds and arrange the reserved raspberries and the mint leaves on top. Serve as soon as possible.

Tips & Variations :-

- ❖ Use other ripe summer fruit such as apricots, peaches, nectarines and strawberries in the trifle, with jam and liqueur to complement the fruit.

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Rich Fruit Cake

Ingredients :

✓ Refined flour – 225 gms	✓ Sultanas – 50 gms
✓ Sugar – 225 gms	✓ Cashew nuts – 50 gms
✓ Butter or margarine – 170 gms	✓ Candied peel 50 gms
✓ Eggs – 4	✓ Baking powder – ½ tsp
✓ Black raisins – 200 gms	

Method :

- ❖ Chop nuts and candied peel.
- ❖ Cream the butter and powdered sugar very well.
- ❖ Sift flour with baking powder.
- ❖ Beat and add each egg separately with one tbsp flour, beating mixture all the time.
- ❖ Add prepared fruits, which are readily available in market and nuts.
- ❖ Fold in rest of flour.
- ❖ Put into lined tin and bake at 300° F (250°C) till done.
- ❖ Cool and cut into slices and serve when still warm or cold.

Note :

- ❖ Prepared foods are those that are soaked in rum for at least 6 months.

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Steamed Christmas Pudding

Ingredients :

✓ Butter – 3 tbsp	✓ Chopped dates – 50 gms
✓ Powdered sugar – 3 tbsp	✓ Chopped mixed peel – 50 gms
✓ Eggs 2	✓ Raisins – 50 gms
✓ Dry bread crumbs – 3 tbsp	✓ Finely chopped cashew nuts – 50 gms
✓ Vanilla essence – 1 tsp	✓ Baking powder – 1 level tsp
✓ Ginger powder – 1 tsp	✓ Granulated sugar – 3 tsp
✓ Cinnamon powder – 1 tsp	✓ Vanilla ice-cream or sweetened fresh cream to serve

Method :

- ❖ Separate the eggs.
- ❖ Cream the butter and powdered sugar very well.
- ❖ Add the egg-yolks, one at a time and beat very well.
- ❖ Mix all the dry fruits and peel. Sprinkle a little flour over them.
- ❖ Add the fruit and peel the mixtures, spices and vanilla essence to the pudding mixture.
- ❖ In a small vessel, mix 3 tsp of granulates sugar and 3 tsp of water.
- ❖ Melt until the liquid becomes dark brown and add to the pudding mixture.
- ❖ Grease a 175 mm diameter baking tin and spread the mixture in it. Cover and cook in a pressure cooker for 15 – 20 minutes.



- ❖ Serve warm or cold with custard or vanilla ice-cream.

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Strawberry & Apple Loaf

Ingredients :

✓ Self raising flour – 250 gms	✓ Strawberries – 225 gms
✓ Butter – 175 gms	✓ Eggs, beaten -2
✓ Sugar – 175 gms	✓ Orange zest, finally grated of 1 orange
✓ Cinnamon - ½ tsp	✓ Baking powder – 1 tsp
✓ Castor sugar – 2 tbsp	
✓ Apple – 1 medium	

Method :

- ❖ Heat oven to 180° C
- ❖ Butter and line the bottom of a 9 x 20 x 13 cm loaf tin.
- ❖ In a large bowl, rub the flour, butter and sugar together with your fingers to make fine crumb.
- ❖ Measure out 5 level tbsp of this mixture into a small bowl for the topping, and mix into the cinnamon and castor sugar. Set aside.
- ❖ Coarsely grate the apple down to the core and mix in with the eggs and the zest.
- ❖ Stir the baking powder into the rubbed-in mixture in the large bowl, and then quickly and lightly stir in the egg mixture until it drops lightly from





the spoon. Don't over mix.

- ❖ Gently fold in 3 quarters of the berries with the metal spoon trying not to break them up.
- ❖ Spoon into the tin and level.
- ❖ Scatter the rest of the berries on top. Sprinkle over the topping and bake for 75-80 minutes. Check after 50 minutes and cover loosely with foil if it is browning too much. When done, the cake will feel firm, but test with a skewer to make sure.
- ❖ Leave in the tin for 30 minutes before turning out, and then cool completely on a wire rack.
- ❖ Peel off the paper before cutting. Will keep wrap in foil or in a tin for upto 2 days.

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Tropical Fruit Gratin

Ingredients :

✓ Tamarillos - 2	✓ Sparkling White Wine – 120 ml
✓ Sweet Pineapple – ½	✓ Caster (superfine) Sugar – 115 gms
✓ Ripe Mango - 1	✓ Egg Yolks - 6
✓ Blackberries – 175 gms	

Method :

- ❖ Cut each tamarillo in half lengthways and then into thick slices.
- ❖ Cut the rind and core from the pineapple and take spiral slices off the outside to remove the eyes.
- ❖ Cut the flesh into chunks. Peel the mango, cut it in half and cut the flesh from the stone (pit) in slices.
- ❖ Divide all the fruit, including the blackberries, among four 14 cm gratin dishes placed on a baking sheet and set aside.
- ❖ Heat the wine and sugar in a pan until the sugar has dissolved. Bring to the boil and cook for 5 minutes.
- ❖ Put the egg yolks in a large heatproof bowl. Place the bowl over a pan of simmering water and whisk until pale.
- ❖ Slowly pour on the hot sugar syrup, whisking all the time, until the mixture thickens.
- ❖ Preheat the grill (broiler).
- ❖ Spoon the mixture over the fruit, Place the baking sheet holding the



dishes on a low shelf under the hot grill until the topping is golden.

- ❖ Serve hot.

Tips & Variations :-

- ❖ Although boiling drives off alcohol in the wine, children do not always appreciate the flavour; so substitute orange juice if making the gratin for them. White grape juice or pineapple would also work well.

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Victoria Sponge Cake

Ingredients :

✓ Powdered sugar – 170 gms	✓ Eggs – 3
✓ Butter or margarine – 170 gms	✓ Vanilla essence – 1 tsp
✓ Self –raising flour – 170 gms or plain flour with 1 ½ tsp baking powder	✓ Milk – ½ cup

Method :

- ❖ Sieve the flour.
- ❖ Take out the butter from the refrigerator 1 hour in advance
- ❖ Cream the butter and sugar very well.
- ❖ When the mixture is light and creamy, add the eggs, one at a time, beating each time thoroughly.
- ❖ If the mixture curdles while adding the eggs, add a little flour before adding the next egg.
- ❖ Finally, fold in the flour and add milk until the mixture forms a dropping consistency.
- ❖ Add the vanilla essence.
- ❖ Grease and dust two 175 mm diameter sandwich tins.
- ❖ Pour half the mixture into each of the two prepared tins.





- ❖ Bake in a hot oven at 400° F for 20 minutes.

Tips & Variations :-

- ❖ Orange Sandwich: Add finely grated rind of 2 oranges when creaming the margarine and sugar. Fill with orange butter icing and top with orange glaze icing.
- ❖ Chocolate Sandwich: Instead of 170 gms of self raising flour, use 140 gms of the flour and 30 gms of cocoa. Fill with chocolate butter icing and top with chocolate glaze icing.

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Nature & Us

In ancient times man was completely at the mercy of nature. Sometimes nature was extremely harsh on him, but at the same time it also took care of him by providing him with all the resources that he needed to survive.

It provided him with all the foods and medicines for him to stay healthy and active. In due course, man prospered and developed in every way possible – intellectually, financially and physically.

Slowly and surely man started drifting away from his roots and today things have come to such a head that he has almost forgotten where his roots are. He has begun considering himself as the Supreme Being who can control everything. In his pursuit of material possessions, he has become blind to the fact that nature has its own way of striking back. And when it does, all his acquired power will not be able to save him, as we have seen so many times in the past.

So, why not try to reconnect with our roots?

Why not try some simple and natural home remedies whenever you are down with some common ailment, instead of running to the doctor?

I have developed an e-book on such remedies with painstaking effort, for you to go through. It shall be your asset throughout life.

Check it out.

<http://www.indian-cooking.info/HomeRemedies/ebook.htm>