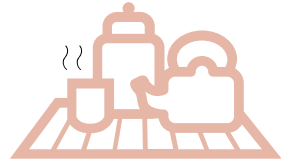




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# RECIPE



RECIPE TITLE

**Bailey's Bundt with white chocolate icing**

For a 9 inch Bundt pan

FROM THE FEATURE

TeeGenuss

CONTRIBUTOR

Frau Herzblut

[www.frauerzblut.de](http://www.frauerzblut.de)

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## INGREDIENTS

### For the dough

5 eggs

150g cane sugar

1 tsp vanilla (ground)

250ml cream based liquor (like "Baileys

Original Irish Cream")

250ml mild vegetable oil

400g spelt flour (type 630) or wheat flour (type 550)

1 cream of tartar baking powder

1 pinch of salt

Butter and breadcrumbs for the baking pan

### For the icing

50g white chocolate

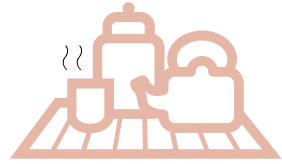
5g butter

### For decoration

fresh, untreated rose petals

## STEPS

1. Preheat the oven to 160°C/320°F. Beat eggs, sugar and vanilla in a bowl for several minutes using your blender's highest setting until a fluffy white mass begins to form. Keep stirring while adding the cream based liquor and vegetable oil bit by bit. Sieve spelt flour and blend with cream of tartar and salt. Little by little, add the flour mixture to the egg paste and give it a quick whisk to get smooth dough.
2. Generously butter the Bundt pan, sprinkle in breadcrumbs and add the dough. Bake Bundt cake on middle rail for 60 to 70 minutes. Insert a wooden pick to see if it's done adding baking time if necessary. Let the cake cool in the pan and only remove the mould once it has cooled to avoid breaking.
3. Melt chocolate and butter in a bain-marie on medium heat and frost the cake. When the icing has set, add rose petals for decoration.



# RECIPE



RECIPE TITLE

**Cherry Cupcakes with rose-cherry frosting** Makes 12 about cupcakes

FROM THE FEATURE

TeeGenuss

CONTRIBUTOR

Frau Herzblut

[www.frauerzblut.de](http://www.frauerzblut.de)

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## INGREDIENTS

### For the dough

75g soft butter

75g cane sugar

1 tsp vanilla (ground)

3 eggs

150g pickled, unsweetened organic sour cherries

120g spelt flour (type 630)

30g almonds (ground)

1½ tsp cream of tartar baking powder

75ml milk

1 pinch of salt

Flour for dusting

### For the frosting

200ml cherry juice from the pickled organic sour cherries

## STEPS

1. Preheat oven to 175°C/345°F. Beat butter, sugar and vanilla in a bowl until they form a fluffy white mass. One after the other, stir in the eggs. Drain cherries well and toss in some spelt flour.
2. Blend spelt flour, almonds, cream of tartar and salt and add to the dough also stirring in the milk. Place paper muffin moulds into the muffin tin and fill each of them to the top with dough. Pre-bake on middle rail for about five minutes. Remove tray from the oven and divide the cherries between the moulds. This way the cherries won't sink to the bottom. Bake for another 12 to 14 minutes. Insert a wooden pick to check if they are done. Remove cupcakes from tin mould and let them cool on a grill.
3. For the frosting stir custard powder into 50ml cherry juice. Bring the remaining cherry juice to the boil in a pot. Stir in the powder mix and return to a boil while stirring. Pour



CONT.

22g custard powder

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150g soft butter

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2 tbsp icing sugar

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2 tsp rosewater (pharmacy)

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#### For decoration

candied petals, tufted pansy, violet etc.

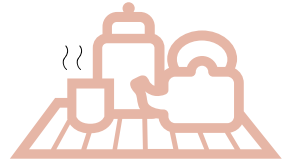
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cherry custard into a container and immediately cover with cling film to prevent a skin from forming. Let cool down to room temperature.

4. Strain custard through a sieve. Beat butter and icing sugar for several minutes until fluffy and almost white. Spoon by spoon add cherry custard and rose water to the butter, continuing to stir throughout. Blend on high until fluffy custard butter has formed. Place cherry frosting in the fridge for 30 minutes. Transfer to icing bag with petal nozzle (like Wilton #2D) and starting from the centre form a rose on each cupcake and top it with candied petals.



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## RECIPE



RECIPE TITLE

### Bananen Walnut Bread

For a small loaf  
(20cm/7.8inch loaf pan)

FROM THE FEATURE

TeeGenuss

CONTRIBUTOR

Frau Herzblut

[www.frauerzblut.de](http://www.frauerzblut.de)

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### INGREDIENTS

#### For the dough

50g walnuts

3 ripe bananas

75g butter

2 tbsp acacia honey

2 eggs

100ml buttermilk

130g spelt flour (type 630)

100g wholemeal spelt flour

1 tsp cinnamon

½ tsp vanilla (ground)

2 tsp cream of tartar baking powder

¼ tsp baking soda

1 pinch of salt

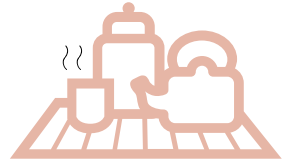
Butter and spelt flour for the mould

### STEPS

1. Preheat the oven to 180°C/355°F. Lightly toast the walnuts in a pan without oil until they start to smell. Let cool then chop roughly. Peel bananas and squash them in a bowl with a fork.
2. In another bowl beat butter and honey until fluffy. One by one, add the eggs. Then add bananas and buttermilk.
3. Blend both types of flour, cinnamon, vanilla, cream of tartar, baking soda and salt then add to the bananas mixture and incorporate into a smooth dough. Fold in walnuts. Butter a loaf pan, dust with flour and add the dough. Bake banana bread on medium rail for about 50 minutes. Insert a wooden pick t check if it's done. Let the loaf cool in the pan for 5 minutes then remove mould and let loaf cool down completely on a grill.
4. Serve with butter, jam, chocolate spread or peanut butter, or anything else that tickles your fancy to accompany your tea.



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## RECIPE



RECIPE TITLE

### Apple hazelnut scones with cinnamon

Makes around 8 (Ø 6cm/2.4inch)

FROM THE FEATURE

TeeGenuss

CONTRIBUTOR

Frau Herzblut

[www.frauerzblut.de](http://www.frauerzblut.de)

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### INGREDIENTS

#### For the dough

50g hazelnuts, whole

200g spelt flour (Type 630)

1½ tsp cream of tartar baking powder

1 pinch of salt

1 tbsp vanilla sugar (made from cane sugar)

60g cold butter

140g buttermilk

1 tsp cinnamon

50g finely slices pieces of apple (like Belle de Boskoop)

1 egg yolk and some milk, blended for brushing

### STEPS

1. Pre-heat oven to 220°C/428°F. Lightly toast the hazelnut sin a pan without oil until they start to smell. Let cool and chop.
2. In a bowl, blend flour, cream of tartar, vanilla sugar, cinnamon and salt. Add butter and rub with your fingers to make a crumbly mass. Add buttermilk and press – don't knead – into a dough ball. Add flour if the mass is too moist. Carefully incorporate the apple pieces and chopped hazelnuts. On a four-dusted surface roll the dough into a sheet two centimetres (0.8") thick, cut circles (Ø 6cm/2.4") and put tem of a parchment lined baking tray. Brush scone tops with milk-egg-yolk-mixture and bake on the second rail from the top for 9 to 12 minutes until golden.
3. Scones are best served fresh from the oven or still warm with clotted cream, jam and a strong cup of Earl Grey.