



March 2018



[www.sister-mag.com](http://www.sister-mag.com)

---

# Recipes

Mary Poppins Issue

---

Show us your results on instagram  
**#SISTERMAGFOOD**

Nº 35



## KITE COOKIES

CONTRIBUTOR | **BEA LUBAS**

### INGREDIENTS

160	g unsalted butter, chopped and softened
60	g coconut sugar or brown sugar
230	g plain flour
60	g mixed nuts, chopped roughly (pecans and hazelnuts are always my favourites)

### ICING:

1	tablespoon of hot water + around 8-9 tablespoons of icing sugar
---	---

### ADDITIONALLY:

a kite shape cookie cutter (9 cm x 6 cm across the arms), you can also cut out a kite shape out of the cardboard and cut out the shape of cookies by placing the cardboard kite shape on the top of the cookie dough and cutting around it with the knife.

### PREPARATION

1. Preheat the oven to 180 C
2. Place the butter and sugar in the electric mixer's bowl and beat until pale and creamy, around 8 minutes. Add the flour and beat until combined and reassembles coarse crumble. Add the nuts and knead the dough with your hand until well combined. Divide the dough into two parts and roll each one between two sheets of baking paper to about 4-5mm thick. Refrigerate for around 30 minutes – 1 hour.
3. Take the pastry out the fridge and cut out the kite shapes. Make a little hole at the bottom of each kite (see the final photo) using a wooden skewer, make sure it's not too small for the ribbon, but not too big to break the dough
4. Bake for around 10-13 minutes or until golden brown.
5. When the cookies cool completely, prepare the icing. Mix 1 tablespoon of hot water with icing sugar to the consistency you prefer. If it's too thick, add a splash of hot water, or add more icing sugar if it's not thick enough. Fill the clear icing bag with the icing, snip the end off and decorate the cookies.
6. Once the icing hardens, decorate the cookies with the ribbons, carefully tying them so that the cookies don't break
7. Enjoy!



## SWEET HAND PIES

CONTRIBUTOR | **BEA LUBAS**

### INGREDIENTS

#### PASTRY INGREDIENTS:

300	g plain flour
2	tablespoons icing sugar
200	g unsalted butter (refrigerated),chopped
1	egg
2	ts vanilla bean paste
1-2	ts cold water

#### ADDITIONALLY:

1 egg yolk mixed with a splash of milk for brushing

#### FILLING:

around 8 tablespoons raspberry (or any of your favourite!) jam

#### YOU'LL ALSO NEED:

6,5 cm round crimped pastry/cookie cutter (you can also use a glass or a jar to cut out the circles)

small cookie cutters (heart shapes or letters for example)

a wooden skewer to press the edges together or a fork

### PREPARATION

1. Sift the flour and icing sugar into a bowl, add chopped butter and rub it into the flour with your fingertips until the mixture resembles coarse breadcrumbs. Add the egg, vanilla and 1tbsp of cold water and knead until the pastry comes together. If it's still quite dry, add more cold water, and if it's too sticky add a little bit more flour. Form the dough into 2 balls, flatten them into discs using a palm of your hand (they will roll out easier), wrap in cling film and cool in the fridge for 30 minutes - 1 hour.
2. Preheat the oven to 190C.
3. Roll out the first part of the pastry on a previously floured surface to about 3-4 mm thickness and cut it out with a 6,5 cm round, crimped pastry cutter(or use a similar size glass or a jar ), you will need 32 circles for 16 pie pops.
4. Leave 16 circles plain (that's the bottom of the pies).Place ½ teaspoon of jam in the middle of each circle, leaving the edges empty. Brush the edges with water. Cut out the smaller shapes (hearts or letters for example) in the middle of the circles that will go on the top of the pies. Place these on top of the filling, pressing the edges together. You can use the edge of the wooden skewer to press the pastry edges, leaving just about 1mm space between the presses. You can also use a fork to press the edges together.
5. Brush each pie with egg mixture, and Transfer onto a baking tray, previously lined with a baking paper .Bake for around 15-20 minutes or until golden brown.
6. Repeat with the second part of the pastry.
7. Enjoy!



## A VERY ENGLISH ETON MESS PAVLOVA

CONTRIBUTOR | **BEA LUBAS**

### INGREDIENTS

#### FOR MERINGUE:

3 egg whites

150 g caster sugar

½ teaspoon apple cider vinegar (you won't even taste it but acid does help hold the air whisked into the meringue)

additionally: icing sugar

#### FOR PAVLOVA

300g double cream

1 tablespoon sugar

1 teaspoon vanilla bean paste

400 g strawberries

### PREPARATION

1. Preheat the oven to 150°C. Prepare a clean bowl and wipe it with a lemon slice to remove any traces of oil. Place the egg whites in a bowl and whisk them at a medium speed until they start to form nice firm peaks.
2. With your mixer still running, gradually add the sugar, one tablespoon at a time. Then turn the mixer up to the highest setting and whisk for 7 to 8 minutes more until the meringue is white, glossy and smooth. Add the vinegar, mix just until incorporated, and switch the mixer off.
3. Line a tray with a baking paper, then draw a 20 cm circle, sprinkle it generously with icing sugar (it will prevent the meringue from sticking) and spread the meringue mixture evenly, forming a nest.
4. Put a meringue in the oven and turn the temperature down immediately to 130°C. Bake for around 1 hour and 15 minutes. Turn off the oven and leave a meringue in there to cool completely with the door slightly ajar.
5. Using a hand blender, blend 200 g strawberries and chop the rest of the fruit.
6. Usually when strawberries are in season they should be sweet enough but if they are not very sweet you can sweeten blended strawberries with 1 tablespoon of sugar and sprinkle couple of pinches of sugar on top of the chopped strawberries too.
7. Whip the cream with the sugar and vanilla bean paste until it forms soft peaks.
8. Spoon the cream on top of the meringue and smooth it out. Pour over the strawberry puree and decorate with chopped strawberries
9. Enjoy.

**FIND MORE  
RECIPES HERE**



# Recines