

**BREAST
CANCER
NOW**

DELICIOUS RECIPES FOR YOUR AFTERNOON TEA



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If you have a homemade recipe that you'd like to share, we'd love to hear about it. Just drop us an email at afternoontea@breastcancernow.org





JOY'S LEMON POSSET

Joy has been holding Afternoon Teas for years. And her 4 ingredient lemon possets went down a storm with her guests last year!

What you'll need

Makes roughly 16 small portions

600ml double cream

200g golden caster sugar

Zest of 3 unwaxed lemons

75ml lemon juice

Raspberries (optional)

Joy's top tip:

"I used shot glasses and small glass dishes to serve the lemon possets for my Afternoon Tea. They're just the right size! They go perfectly with shortbread too."

Method

1. Pour the cream into a big saucepan with the sugar and gently heat, stirring until the sugar has melted.
2. Bring to a simmer and bubble for 1 minute.
3. Turn off the heat and stir in the lemon zest and juice.
4. Divide between pots or bowls and cool to room temperature.
5. Cover and chill for at least 3 hours.
6. Add a raspberry on top if you'd like to.



VICKY'S FLORENTINES

Vicky shares her tasty recipe for florentines. They add a delicious crunch to any Afternoon Tea!

What you'll need

- 60g butter
- 1 tablespoon golden syrup
- 60g demerara sugar
- 60g chopped glace cherries
- 30g chopped candied peel
- 30g chopped almonds
- 30g chopped walnuts
- 60g self-raising flour
- 180g milk or dark chocolate

Vicky's top tip:

"You can add whatever dried fruit you'd like. Or even crystallised ginger!"

Method

1. Preheat the oven to 170°C.
2. Line 2 trays with baking paper.
3. Melt the butter, syrup and sugar in a pan.
4. Remove from the heat and add in the flour, almonds, walnuts, cherries and candied peel.
5. Put teaspoons of the mixture onto the baking trays, about 3 inches apart.
6. Pop them in the oven for approximately 10 minutes.
7. Melt the chocolate in a dish over a pan of hot water or in a microwave.
8. Once the florentines have cooled, cover the base of each one with chocolate using a fork.
9. Leave them to set and enjoy!



KAREN'S LEMON DRIZZLE

Karen is an Afternoon Tea pro. She's shared her delicious homemade lemon drizzle recipe with us.

What you'll need

170g butter

170g caster sugar

170g self-raising flour

3 eggs

2 heaped tablespoons of
lemon curd

Karen's top tip:

"Sometimes I put icing on the cake too! I usually make up the icing as per the instructions on the packet and add a few drops of lemon flavouring."

Method

1. Start by preheating your oven to fan 180°C.
2. In a large mixing bowl, cream together the butter and sugar.
3. Once the butter and sugar has been creamed, add the eggs and then whisk in.
4. Add your flour and lemon curd to the same large mixing bowl and mix everything together.
5. Grease a 1lb loaf tin and spoon your mixture in, then cook in the oven for 30 to 40 minutes.
6. Once fully cooled, remove the cake from the tin.



JANE'S EASY TUTTI FRUTTI JAM

Jane shares her quick and easy tutti frutti jam recipe. It's a tasty addition to any Afternoon Tea. But should it go before or after the cream on a scone?

What you'll need

Makes around 5 jars

500g strawberries, halved or quartered

250g blackcurrants

250g raspberries

1kg granulated sugar

Juice of 1 lemon

Jane's top tip:

"Use redcurrants instead of blackcurrants for a red tutti frutti jam."

Method

1. Put blackcurrants in a large pan with a small amount of water and simmer for 10 minutes.
2. Add other fruit, sugar and lemon juice and stir over a low heat until the sugar dissolves.
3. Increase heat to high and fast boil for 10 minutes or until the jam has reached setting point.
4. Leave jam to settle for 5 to 10 minutes then ladle into warm sterilised jars and seal.
5. Leave to cool then label.



JAN'S BEETROOT AND CHOCOLATE BROWNIES

Jan shares her indulgent and delicious beetroot and chocolate brownies.

What you'll need

400g cooked beetroot (or use vacuum packed cooked beetroot, that doesn't contain vinegar)

100g unsalted butter, cubed

200g roughly chopped plain chocolate

1 teaspoon vanilla extract

250g caster sugar

3 eggs

100g plain flour

25g cocoa powder

White chocolate, melted (optional)

Method

1. Preheat the oven to 180°C.
2. Butter and line a 20cm by 30cm cake tin.
3. Chop the beetroot into quarters, and place in the microwave for up to a minute. You want it to be warm enough to melt the butter and chocolate.
4. Put the beetroot, butter, chocolate and vanilla into a food processor and mix until melted and smooth.
5. Place the sugar and eggs into a bowl and beat until thick and foamy.
6. Fold the beetroot mixture into the eggs.
7. Sift the flour and cocoa powder into the mixture and fold in gently, to make a smooth batter.
8. Pour the mixture into your lined tin and bake for 25 minutes.
9. Let the brownie cool completely before cutting into squares.
10. If you'd like a marbled effect, drizzle white chocolate over the cake before cutting into squares.



ANNA'S GLUTEN-FREE PISTACHIO COOKIES

Anna, who works at Breast Cancer Now, shares one of her favourite gluten-free bakes. They're the most delicious pistachio cookies.

What you'll need

Makes 14 cookies

4 egg whites

400g ground or whole pistachios

50g ground or whole almonds

Zest of 1 lemon

280g caster sugar

4 tablespoons icing sugar

Whole pistachios for decoration

Anna's top tip

"You can make these ahead of time and freeze them."

Method

1. Preheat the oven to 180°C and line a baking tray with baking paper.
2. Put the egg whites into a mixing bowl and whisk with an electric mixer until they form stiff peaks.
3. Add the sugar and lemon zest, and mix in using a low speed.
4. If you're using whole pistachios or almonds, grind these in a food processor until you get a flour-like consistency.
5. Gradually add the ground pistachios and ground almonds to the egg mixture, folding them in gently with a spoon. Once it's all mixed in, you should have a sticky dough.
6. Dust your hands with icing sugar and divide the mixture into 14 portions. Roll each portion into a ball, rolling in icing sugar as you do so. Then place on the prepared baking tray. Make sure you leave room between each ball as they will spread as they bake.
7. Using the palm of your hand or the back of a spoon, squash each ball into a disc shape. Place a whole pistachio on the top of each cookie, pushing it in gently.
8. Bake for 15 to 18 minutes, until they're starting to brown lightly on the top. Leave to cool on the baking tray.



KATY'S EGGLESS CHOCOLATE CAKE

Katy, who works in the Breast Cancer Now Sheffield office, shares her simple and delicious chocolate cake recipe. It's guaranteed to be a real crowd pleaser!

What you'll need

- 300g 0% fat Greek yogurt
- 300g granulated sugar
- 300g plain flour
- 2½ teaspoons baking powder
- 100g butter
- 50ml vegetable oil
- 200ml skimmed milk
- 30g dark cocoa powder

Method

1. Preheat your oven to 160°C and grease and line a loaf tin. Katy uses a 9½ inch by 5½ inch tin.
2. Melt the butter by microwaving in short bursts of around 15 to 30 seconds. Then add to the oil and whisk in the yogurt.
3. Add all of the dry ingredients, then the milk, and mix together.
4. When thoroughly mixed, put the mixture into the loaf tin and bake for 1 hour. You can cover with foil if the top starts to burn.
5. To check it's done, insert a knife into the centre. You'll know it's done if the knife comes out clean.



ZELMA'S CLOTTED CREAM

Zelma has shared her clotted cream recipe. It goes perfectly with a scone and some jam. Why not serve it with Jane's tutti frutti jam?

What you'll need

Makes roughly 500ml of clotted cream

1 litre of full fat double cream

Zelma's top tip:

"If the clotted cream is too thick you can stir through a little whey to loosen. But it should normally soften when brought out of the fridge for 10 minutes before using."

Method

1. Pour your double cream into a wide ceramic or glass ovenproof dish, so that it fills to a depth of 1.5 inches. Lots of surface area is key.
2. Heat your oven to 80°C and pop your uncovered dish of cream in the oven for about 12 hours.
3. After 12 hours remove the dish and leave the cream to cool to room temperature. Then place it in the fridge for around 8 hours.
4. After this use a large metal spoon to scoop off the solid top layer. This is the clotted cream and it often looks a little yellow on top. The whey underneath is great used in scones or other baking.

You can store in the fridge for up to 4 days, but avoid freezing as it goes grainy.



KATY'S VEGAN BLUEBERRY AND ALMOND TRAYBAKE

Our Breast Cancer Now colleague, Katy, has created this delicious vegan recipe just for us! We hope you enjoy making it for your Afternoon Tea.

What you'll need

- 400g ground almonds
- 400g plain flour
- 300g granulated sugar
- 3 teaspoons baking powder
- 500ml oat milk (or other plant-based milk)
- 170ml sunflower oil
- 150g blueberries

Method

1. Preheat oven to 180°C fan and grease a large baking dish. Katy uses a dish that's 13 by 10 inches.
2. Put the almonds, plain flour, sugar and baking powder in a bowl and combine.
3. Add the oat milk and sunflower oil. It will be a thick batter but that's what you want!
4. Put the batter in the baking dish and top with the blueberries. This stops them from sinking to the bottom, but you need to be careful that they don't burn. If they do look like they're starting to burn, cover the dish with some foil.
5. Bake for 1 hour to 1 hour 15 minutes. To check the traybake is done, insert a knife into the centre. You'll know it's done if the knife comes out clean.



BERRYWORLD'S BEAUTIFUL BERRY INFUSED WATER

BerryWorld have shared their refreshing [infused berry water recipe](#) with us. It's a tasty and healthy way to quench your thirst.

What you'll need

Handful of blueberries
Handful of strawberries
Handful of raspberries
Handful of blackberries
Sprig of mint
Chilled water

Method

1. Slice the strawberries, but keep the raspberries, blackberries and blueberries whole.
2. Separate the leaves of mint.
3. Place all berries and mint in glass bottle.
4. Press on fruit lightly with a spoon to release some of the flavours.
5. Add water and cover.
6. Place in the fridge and let sit for at least 30 minutes or overnight.



VALERIE'S CALLALOO AND LENTIL PASTIES

Why not try these callaloo and lentil pasties. Afternoon Tea supporter Valerie created them for her guests, and we think your guests will love them too!

What you'll need

Make 32 pasties

1 tablespoon cooking oil

1 onion, diced

1 pointed sweet pepper, deseeded and diced

1 tomato, deseeded and diced

1 tin of callaloo

1 tin of lentils

1 teaspoon thyme

½ teaspoon salt

4 level tablespoons curry sauce mix

4 packs of ready rolled puff pastry

1 egg, beaten for the egg wash

Method

1. Preheat the oven to 220°C fan.
2. Open, drain and rinse the lentils. Then open and drain the callaloo.
3. Place the cooking oil in a deep frying pan over a low heat and sauté the onions for 2 to 3 minutes.
4. Add the diced sweet pepper, diced tomato and thyme and cook gently for another 2 to 3 minutes.
5. Add the lentils and callaloo, then add the curry sauce mix and stir well. Once stirred through, remove from the heat and allow to cool.
6. Open the ready rolled puff pastry and use a large circular pastry cutter to cut 8 circles from each sheet of pastry. This will make 32 in total.
7. Place a spoon of the filling in the centre of each pastry circle.
8. Wet the edges of the pastry circles and fold in half, pinching them closed.
9. Place the pasties on a baking sheet and brush the beaten egg over them using a pastry brush. Then pierce each pasty a couple of times with a fork to allow steam to escape.
10. Place in the oven for 15 minutes.



BERRYWORLD'S 'GOODNESS TO GO STRAWBERRY SALAD'

BerryWorld have shared their delicious [salad recipe](#) with us. It's the perfect summery addition to any Afternoon Tea. The fresh black pepper and balsamic vinegar dressing complements the sweetness of the strawberries in the salad.

What you'll need

- 2 tablespoons balsamic vinegar
- 2 tablespoons olive oil
- 100g chickpeas rinsed and drained
- Handful of rocket
- 250g BerryWorld strawberries, hulled and quartered
- 100g feta cubed
- 1 tablespoon shredded mint
- Juice of half a lemon
- Salt and freshly ground black pepper
- 500g kilner jar or similar

Method

1. First pour the balsamic vinegar and olive oil into the jar, and season with a pinch of salt and a generous grind of black pepper. Shake the jar to mix ingredients.
2. Then, beginning with the chickpeas layer up the ingredients within the jar, finishing with the feta and mint. It is important not to have the salad leaves next to the dressing as the vinegar will cause the leaves to wilt. Squeeze the lemon over the top of the salad, and seal the jar.
3. When ready to eat, shake the jar to coat the salad with the dressing and enjoy!



GEORGIE'S BRIE AND CRANBERRY TARTS

Georgie in the Afternoon Tea team has shared her tasty recipe for brie and cranberry tarts.

What you'll need

Makes 24 tarts

150g salted butter at room temperature (plus a little extra for greasing)

300g plain flour (plus a little extra for rolling)

50ml lukewarm water

200g vegetarian brie, cut into slices

200g cranberry sauce

Georgie's top tip:

"If you don't need so many, you can half the recipe which will make around 12 tarts. Or if you end up with excess pastry, why not add raspberry jam and make some jam tarts too!"

Method

1. Preheat the oven to 200°C and lightly grease two bun tins.
2. Start by sieving the flour into a large bowl.
3. Next cut the butter into small cubes.
4. Add the butter to your bowl and using your fingertips rub the butter into the flour until it resembles breadcrumbs.
5. Add the water gradually and bring the pastry together to form a ball.
6. Wrap the pastry in clingfilm and pop in the fridge for 30-45 minutes to chill.
7. Cut the pastry in half as it's easier to work with one half at a time.
8. Sprinkle your work surface or a large chopping board with flour, add a little flour to your rolling pin and roll out the pastry. Aim for the thickness of around 2mm.
9. Using a circular cutter slightly larger than the holes in your bun tray, cut the pastry into circles.
10. Pop them into your bun tin. Then repeat the process for the second half of pastry.
11. Add a generous spoonful of cranberry sauce to each pastry case and top with a slice of brie.
12. Bake for 12 minutes or until the pastry is cooked through and golden.
13. Enjoy! These are delicious hot or cold.



JULIET'S CHEESE AND TOMATO TART

Juliet has created a delicious tart recipe just for her Afternoon Tea. The mediterranean flavours make us feel like we're on holiday! This recipe can be made vegan by using vegan cheese.

What you'll need

- 375g pack of ready rolled puff pastry
- 90g Emmental cheese, grated (or your choice of cheese)
- 3 large tomatoes
- 3 to 4 tablespoons wholegrain mustard (Dijon also works)
- Pinch of dried oregano
- Salt and pepper

Juliet's top tip:

"Sometimes if I'm feeling extra fancy, I'll pop some fresh herbs on top just before serving."

Method

1. Preheat the oven to 200°C fan.
2. Prepare the tomatoes by slicing each into 6 to 8 even slices. Place the sliced tomatoes on a few sheets of paper towel and sprinkle with salt to draw out the extra moisture. This will stop the tart from becoming soggy. Leave for 10 minutes.
3. To prepare the pastry, line a baking tray with greaseproof paper. Unroll the puff pastry sheet and lay it on top of the paper. Press the pastry into the edges of the tray and fold about 2cm of each edge over to create a crust. Prick the base all over with a fork.
4. Then, spread a layer of mustard onto the pastry while avoiding the crust. Follow with an even layer of the grated cheese.
5. Give your sliced tomatoes a final pat with a paper towel, and then place on top of the cheese and mustard. Avoid overlapping the slices too much. Sprinkle with dried oregano and a pinch of ground pepper.
6. Pop in the oven for 25 minutes or until the crust is a deep golden brown.



MAIREAD'S CAULIFLOWER BITES AND CHIPOTLE SPICED DIP

Mairead, who works at Breast Cancer Now, makes these scrumptious veggie-based savoury snacks.

What you'll need

Makes roughly 30 bites

For the bites

- 1 large cauliflower
- 150g plain flour
- 300ml of milk (or plant-based alternative)
- 2 teaspoons of paprika
- 1½ teaspoons of onion powder
- 1 teaspoon of garlic powder
- Salt and pepper
- 100g breadcrumbs

For the dip

- 3 teaspoons of chipotle hot sauce – or more if you like spice!
- A squeeze of lemon
- 120g natural yoghurt (or plant-based alternative)
- Parsley to garnish

Method

1. Pre-heat the oven to 180°C and line 2 baking trays.
2. Break the cauliflower into bite-sized pieces, then steam or boil until cooked.
3. Put the flour, milk, paprika, onion and garlic powder in a bowl and whisk into a batter. Add the salt and pepper and whisk again.
4. Pour the breadcrumbs into another bowl.
5. Tip the cauliflower into the bowl and coat in the batter, transfer each floret of cauliflower into the breadcrumbs and toss until they are completely coated.
6. Put the cauliflower pieces on the baking tray and bake for 40 minutes, or until golden brown.
7. For the dip, in a bowl add the natural yoghurt, chipotle hot sauce and a squeeze of lemon. Mix together well, taste and adjust the spice if needed!
8. Add the herb garnish and serve immediately while the cauliflower bites are still hot.



MEGAN'S CHEESE TWISTS

Megan, from the Afternoon Tea team, shares her simple cheese twist recipe with us. They'll satisfy anyone's cheese craving.

What you'll need

Makes roughly 10-12 cheese twists

320g pre-rolled puff pastry

65g cheddar cheese

65g Red Leicester cheese

1 egg

1 teaspoon of garlic powder

1 teaspoon of mixed herbs

A sprinkle of flour

Megan's top tip:

"This can easily be made gluten-free by swapping in some gluten-free flour and pastry!"

Method

1. Preheat the oven to 180°C and line a baking tray.
2. Roll out the puff pastry onto a floured surface and let sit for 10 mins. While it rests, grate the cheese.
3. Sprinkle most of the cheese over the bottom half of the pastry sheet and then fold it in half.
4. Use a rolling pin to roll the pastry out to about 3mm thickness.
5. Sprinkle the remainder of the cheese on top of the pastry and cut it into even strips – about an inch wide.
6. Grab the top and bottom of each strip and twist!
7. In a bowl, crack an egg, and mix in the garlic powder and mixed herbs. Cover each cheese twist with a light coating of the egg wash and pop in the oven to bake for 15 minutes.



MAIREAD'S SAVOURY FETA AND EGG MUFFINS

Mairead shares her tasty savoury muffins recipe. These can even work well as a breakfast treat.

What you'll need

Makes 6 large muffins

6 eggs

40g crumbled feta cheese

Handful of chopped spinach

½ red pepper, chopped

1 ripe tomato, chopped

Salt and pepper to season

Mairead's top tip:

“Why not use whatever is in your fridge to get creative with these muffins? You could add ingredients like red onion and fresh herbs. Or you could swap feta for another cheese, like cheddar or mozzarella.”

Method

1. Preheat the oven to 180 °C.
2. Break the eggs into a bowl. Then add the feta, spinach, red pepper and tomato.
3. Season with salt and pepper and give everything a good mix together.
4. Grease a 6-case muffin tray with oil or butter.
5. Spoon the mixture into the tray cases, making sure not to over fill them.
6. Bake for 20 minutes.



JULIET'S MELON AND FETA SALAD

Juliet has shared her delicious and refreshing salad recipe – perfect for a warm summer's day.

What you'll need

1 medium-sized cantaloupe or galia melon, cubed

200g feta, crumbled (swap with vegan feta to make this recipe dairy-free)

150g cherry or baby plum tomatoes, cut in half

20 to 30 basil leaves, torn or shredded

Olive oil

Method

1. Mix together the melon, feta and tomatoes in a big bowl.
2. Season the salad with a small pinch of salt and drizzle with olive oil.
3. Add the basil leaves and give a final toss before serving.