Support for today and hope for the future

From research to care, our charity has people affected by breast cancer at its heart – providing support for today and hope for the future.

We carry out more world-class research, provide more life-changing support and campaign even more effectively for better services and care.

Your kind support means we can help more people affected by breast cancer.

Tag us on social media and use #AfternoonTea – we’d love to see your photos!

Breast Cancer Care is a working name of Breast Cancer Care and Breast Cancer Now, a charity registered in England and Wales (1160558) and Scotland (SC045584).
Afternoon Tea Lady’s Victoria Sponge

‘You can’t beat a classic like a Victoria sponge! If you want to make in advance, you can freeze the cooked sponges. Top tip: for best results weigh your eggs and use this amount of flour, margarine and caster sugar!’

You’ll need

For the sponge

• 3 eggs
• 150g (or eggs’ weight) self-raising flour, sifted
• 150g (or eggs’ weight) caster sugar
• 150g (or eggs’ weight) margarine (Stork is good)
• 1 tsp baking powder, sifted
• Few drops of vanilla essence

For the filling

• 100g butter
• 250g icing sugar, sifted
• A little milk
• Few drops of vanilla essence
• Raspberry jam
• Extra icing sugar for dusting

What to do

1. Preheat the oven to 180°C fan/200°C/gas 6.
2. Grease two sandwich tins and line with greaseproof paper.
3. Crack the eggs into a bowl and note down the combined weight of the eggs.
4. Measure the same amount each of flour, margarine and caster sugar and add to the bowl. Add baking powder and vanilla essence.
5. Use an electric whisk to beat mixture until smooth.
6. Pour half of the mixture into each tin.
7. Bake in the oven for about 15 minutes or until a skewer comes out clean and the cake springs back when lightly pressed.
8. Meanwhile, make the buttercream by mixing the butter, icing sugar and vanilla essence together in a bowl.
9. Use an electric whisk and add just a little milk to bind mixture together so it’s spreadable.
10. Take the sponges out of the oven, remove the baking paper and leave to cool on a wire rack.
11. When cool spread one with plenty of raspberry jam and the other with a generous layer of the buttercream. Sandwich together.
12. Sieve a little icing sugar over the top for a finishing touch.
13. Store in an airtight container and eat within two days.
**Alison’s Raspberry and Almond Meringue Cake**

**You’ll need**

**For the cake**
- 200g margarine
- 200g caster sugar
- 200g self raising flour
- 50g ground almonds
- 2 eggs and 2 egg yolks
- 2 tbsp milk
- One punnet of raspberries

**For the meringue**
- 2 egg whites
- 100g caster sugar
- Sprinkle of flaked almonds

**To finish**
- Lemon or lime curd
- Whipped cream

**What to do**

1. Place all cake ingredients in bowl (except raspberries) and mix. Stir in raspberries.
2. Whisk egg whites quickly, adding sugar gradually until thick and glossy.
3. Share cake ingredients between two 8inch cake tins then spread meringue on top of one of the cakes (tip: use a high-sided tin for the meringue half).
4. Sprinkle the almonds on the meringue and bake at 140°C fan/160°C for 40 minutes.
5. Bake the meringue-topped half for a further 30 minutes.
6. Allow to cool then join the two cakes together using lemon or lime curd and whipped cream.

Thanks to Alison from Wakefield for this recipe.
Fay Ripley’s
Smoky Cheese and Onion Tart

You can, of course, use any grated hard cheese, but it’s the smoke that makes grown-ups rip the last piece out of their kids’ hands. This is homemade pizza without the pressure.

You’ll need

- A splash of olive oil
- 1 onion, peeled and finely sliced
- 1 tbsp fresh thyme leaves, roughly chopped
- 180g smoked cheddar, such as Applewood, grated
- 200ml half-fat crème fraîche
- 320g pack ready rolled shortcrust pastry (or make it)
- 10 cherry tomatoes, halved

What to do

2. Heat the olive oil in a frying pan and fry the sliced onion till soft and starting to go golden at the edges, about 10 minutes. Throw in the thyme leaves and transfer to a large bowl along with the grated cheese and crème fraîche. Add some black pepper and mix well.
3. Unroll the pastry onto a lined baking tray. Fold over the edges of the pastry, 1cm in, all the way around to give the tart an edge. Use a fork to press it into place and mark the border.
4. Spread the cheesy mix over the base of the tart and scatter with the tomato halves. Bake for 30 minutes till golden and bubbling.

To serve
Allow to cool slightly and serve on a big wooden board with a crisp green salad.
Laura’s Malteser Tiffin

‘We sold five batches of Malteser Tiffin at my Afternoon Tea last year, so I hope it can be a firm favourite for more Afternoon Teas this year!’

You’ll need

• 90g butter
• 250g your favourite milk chocolate
• 80g golden syrup
• 230g crushed digestive biscuits
• 200g Maltesers plus a handful to decorate the top
• 20g melted white chocolate to drizzle on top (optional)

What to do

1. Line a brownie tin with baking paper and set aside for later.

2. Place the butter, milk chocolate and golden syrup into a large bowl and melt (short bursts in the microwave is quickest) then add the crushed biscuits and Maltesers and stir well until all ingredients are combined.

3. Pour into your prepared baking tin evenly and press out so that the mixture is flat. Press your leftover Maltesers evenly across your mixture to decorate the top. Optional – drizzle your melted white chocolate on top.
   Now cover and place in the fridge to set.

4. Your mixture will need a minimum of 4 hours to set (you can eat any leftover Maltesers whilst you wait) but is best left overnight.

5. Once set, you can slice into squares ready to sell at your Afternoon Tea!

Thanks to Laura from Gloucester for this recipe.
Dianne’s Cream Cheese and Smoked Salmon Rolls

You’ll need

• Wholemeal tortilla wraps
• Cream cheese
• Slices of smoked salmon

What to do

1. Spread the wraps with cream cheese and cover with slices of smoked salmon.
2. Roll them up and wrap in cling film
3. Chill in fridge until ready for use.
4. Then unwrap and cut into bite-sized pieces.

Thanks to Dianne from Barnsley for this recipe.
Scones: Sweet or Savoury
(Afternoon Tea Lady’s Recipe)

‘Just swap the sugar for 25g grated mature cheddar cheese if you want to make savoury scones. For the sweet ones you can add 25g of sultanas if you like with the sugar and milk.’

You’ll need
• 225g self-raising flour (sifted)
• 1 tsp baking powder (sifted)
• Pinch of salt
• 50g butter
• 25g caster sugar (sweet) or 25g grated mature cheddar cheese (savoury)
• 125ml milk
• A little extra flour
• A little extra milk

For sweet scones
• Strawberry jam
• Clotted cream

For savoury scones
• Butter
• Grated cheese (any type)
• Pickle or caramelised onion chutney

What to do
1. Preheat oven to 180°C/fan 200°C/gas 6 and grease two baking trays.
2. Put flour, baking powder and a pinch of salt into a bowl.
3. Cut the butter into small pieces. Rub into flour until breadcrumb consistency.
4. Add the sugar or cheese (depending on whether you’re making sweet or savoury scones) and milk. Use a blunt knife to make a soft dough.
5. Mould until smooth. Sprinkle surface with flour and roll out the dough until 1cm thick.
6. Cut circles from the dough using a round cutter (make more scones with a smaller cutter or fewer larger scones with a bigger cutter).
7. Lay them out on the trays and brush with a little milk.
8. Bake for 7–10 minutes until risen and golden brown. Leave to cool.
9. Cut scones in half and enjoy topped with jam and clotted cream, or if savoury why not spread with butter and fill with grated cheese and pickle or caramelised onion chutney?
Strawberry Fruit Kebabs with Strawberry Milk

Kids can join in the fun by helping to make them too.

You’ll need

- 200g BerryWorld strawberries, sliced
- 1 mango, peeled and sliced
- 2 tangerines, segmented
- 100g green grapes

For the milk

- 200g BerryWorld strawberries
- 300ml milk

What to do

1. On wooden skewers, thread on the sliced fruit, alternating the strawberries with the mango, tangerines and grapes.
2. To make the milk, blitz together the strawberries and milk until smooth.

Thanks to BerryWorld for this recipe
www.berryworld.com
Mixed Berry Cheesecake

This beautiful cheesecake is the perfect centre piece to impress guests. With its pale pink colour and a bounty of berries on top it’s delicious too. Add edible flowers for an extra touch.

You’ll need

• 125g digestive biscuits
• 75g ginger biscuits
• 100g melted butter
• 100g BerryWorld strawberries
• 100g BerryWorld raspberries
• 100g BerryWorld blueberries
• 150g icing sugar
• 600g cream cheese
• Extra BerryWorld berries to decorate

What to do

1. Line the bottom of a 23cm springform cake tin with greaseproof paper. Put both of the biscuits into a food processor and blitz into crumbs. Pour in the melted butter and whizz until combined, then tip into the cake tin. Use the bottom of a glass or back of a spoon to press down evenly, to create the base, then refrigerate to set while you make the topping.

2. Heat the berries with the icing sugar until the natural juices are released, stir continually whilst the berries break down, crushing them as you go. Stirring occasionally on a low heat, simmer gently for 10 minutes or until the mixture thicken and forms a jam-like texture. Remove from the heat and allow to cool for a few minutes, then sieve into a bowl and leave to go cold. Discard contents of the sieve.

3. With an electric whisk, beat the cream cheese until it takes on a lighter, whipped consistency then beat in the cold berry juice until well combined.

4. Spoon the mixture over the biscuit base, level the top and return to the fridge to set for at least 4 hours or overnight.

5. To serve, carefully remove the sides of the cake tin. Use a pallet knife to separate the greaseproof paper from the base. Slide onto a serving plate and top with extra berries.

Thanks to BerryWorld for this recipe www.berryworld.com
Drinks: Strawberry Mint Ice Cubes and Virgin-Pimm’s

**Strawberry Mint Ice Cubes**
These colourful ice cubes not only look gorgeous but add colour and flavour to any summer drink.

**You’ll need**
- 100g small BerryWorld strawberries, hulled and quartered
- Small handful fresh mint leaves
- 3cm length cucumber, cut into small chunks
- Cold water

**Makes** 12  
**Prep Time** 10 Mins  
**Allow time for freezing**

**What to do**
1. Divide the strawberry slices between a 12–hole ice cube tray.
2. Add a couple of mint leaves and some cubed cucumber to the strawberries. Cover with cold water and freeze until solid.
3. Transfer the ice cubes to a freezer bag. Seal, label and freeze for up to 6 months.

**Virgin-Pimm’s**
The balsamic vinegar in this non-alcoholic Pimm’s adds an interesting twist.

**Serves** 4  
**Prep Time** 2 Mins

**You’ll need**
- 150ml tonic water
- 450ml lemonade
- 5ml balsamic vinegar
- BerryWorld strawberries and raspberries
- Orange, cucumber and mint to decorate
- Ice to serve

**What to do**
Combine the tonic, lemonade and balsamic in a large jug and mix well. Add the fruit and ice and serve.

Thanks to BerryWorld for these recipes [www.berryworld.com](http://www.berryworld.com)
You’ll need

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

What to do

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

Thanks to BerryWorld for this recipe
www.berryworld.com
'This is my mother's recipe and my son Antony made these, with only a little advice, as part of his Cubs cookery badge. So these are definitely something children could do. (Antony added point 8 the first time he baked them.) If you like, you could add some water icing and sprinkles but they are very good just as they are.

You’ll need

- 75g self-raising flour
- 50g soft margarine
- 50g caster sugar
- 50g glace cherries (chopped into quarters)
- 1 egg
- Vanilla essence (a few drops)

What to do

1. Pre-heat the oven to 180°C fan/200°C/gas 6.
2. Put 9 fairy cake cases into spaces on a 12-hole baking tray.
3. Sieve flour into bowl.
4. Add rest of ingredients.
5. Beat till mixed well.
6. Using two teaspoons, carefully share mixture out between the cake cases.
7. Put tray in oven.
8. Bake 10–17 minutes. Check while baking. When ready cakes should be light golden brown and firm to touch.
9. EAT CAKES!! Yum Yum!

Thanks to Hilary from Gravesend for this recipe.
Grace’s Vegan Chocolate Brownies

‘Honestly, it’s so easy – you can’t go wrong! I added raisins, cherries and dark chocolate pieces to it too.’

Makes 16
Prep Time 5 Mins
Cook Time 30 Mins

You’ll need

- 250g plain flour
- 350g demerara sugar
- 65g plain cocoa powder
- 1 tsp baking powder
- 1 tsp salt
- 350ml water
- 150ml vegetable oil
- 1 tsp vanilla extract
- Raisins, cherries and dark chocolate broken into pieces (optional)

What to do

1. Preheat the oven to 180°C/gas 4.
2. In a large bowl, stir together the flour, sugar, cocoa powder, baking powder and salt.
3. Pour in water, vegetable oil and vanilla. Add the raisins, cherries and dark chocolate if using. Mix until well blended. Spread evenly in a 23cm x 33cm (baking tin).
4. Bake for 25 to 30 minutes in the preheated oven, until the top is no longer shiny. Let cool for at least 10 minutes before cutting into squares.

Thanks to Grace from London for this recipe.
You’ll need

For the base

• 900g cauliflower, prepared into florets
• 1 small onion, finely chopped
• 1 medium egg, beaten
• 40g 3% fat cream cheese, such as Philadelphia lightest cream cheese or low-fat natural yogurt
• 2 tbsp wholemeal flour
• ¼ tsp freshly ground black pepper
• 1 tsp olive oil

For the toppings

• 1 tsp olive oil
• 300g Quorn, meat-free mince
• 2 tsp smoked paprika
• 1 tsp ground cumin
• 1 tsp ground coriander
• ½ tsp dried oregano
• 1 cucumber, half grated, half finely diced
• 175g cherry tomatoes, quartered
• 2 tbsp flat-leaf parsley, chopped
• 200g low-fat natural yogurt

What to do

1. For the base: Preheat the oven to 200°C/180° fan/gas 6. Grease and line a large round baking tray with greaseproof paper.
2. Place the cauliflower florets in a food processor and pulse until rice-like in texture. Bring a large saucepan of water to the boil and cook the cauliflower, covered, for 4–5 minutes until tender.
3. Drain well and gather the cauliflower in a large square of muslin or cheesecloth; you can also use a clean tea towel. Wrap the muslin around the cauliflower in a ball-shape and twist well to wring out as much excess water as possible.
4. Tip the dried cauliflower into a bowl and add the egg, cream cheese, flour, and freshly ground black pepper. Mix well until a rough dough comes together.
5. Transfer the cauliflower dough onto the lined tray and roll out into a large round. Brush the top with olive oil.
6. Bake for 25–35 minutes until dry to the touch and golden-brown all over.
7. For the toppings, In the meantime heat the olive oil in a sauté pan set over a medium heat until hot.
8. Add the onion and sweat until softened, about 5 minutes. Stir in the Quorn and cook over a slightly increased heat until browned all over, breaking it up with a wooden spoon.
9. Stir in the spices and oregano, cooking for a further 2 minutes. Remove from the heat and cover to keep warm.
10. Remove the cauliflower base from the oven when ready. Top with the Quorn, diced cucumber, cherry tomatoes, and chopped parsley.
11. Stir the grated cucumber into the yogurt in a small mixing bowl. Spoon dollops on top of the pizza and serve the remainder on the side.

Cauliflower makes a healthier, low-carb alternative to a traditional pizza base. Top tip: you can replace the Quorn mince in this recipe with slices of grilled pepper or aubergine to increase your veg intake.

Thank you to Diabetes UK Diabetes.org.uk for this recipe. Photo copyright: Diabetes UK.
Gluten-Free Peanut Butter Cookies

‘This recipe is gluten-free and delicious! Pecans are great in these, but feel free to use peanuts or any other nut you choose.’

You’ll need

- 500g peanut butter
- 300g caster sugar
- 4 eggs, beaten
- 300g chocolate chips (optional)
- 180g chopped pecans (optional)

What to do

1. Preheat oven to 180°C/gas 4. Line a baking tray with parchment.
2. Combine peanut butter, eggs and sugar and mix until smooth. Mix in chocolate chips and nuts, if desired. Spoon mixture by tablespoons onto tray.
3. Bake for 10–12 minutes or until lightly browned. Let the cookies cool on the tray for 5–10 minutes before removing.

Makes 15

Prep Time 10 Mins

Cook Time 12 Mins

Thank you to Jackie and allrecipes.co.uk for this recipe.
If you have any questions about Afternoon Tea call 0300 100 4442 or email afternoontea@breastcancercare.org.uk.

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