



Museum Development North West

Green Museums Recipe Book



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**ARTS COUNCIL
ENGLAND**

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Introduction

This little recipe book has come about because cake became a recurring theme during the Green Museums programme in 2014-15. Plenty of cake was eaten, alongside plenty of discussions about food miles and the availability of ingredients. As a result of all of this cake-eating and cake-talking, we gave the delegates the task of coming up with sustainable cake for their graduation day. They rose to the challenge! Local, seasonal, free range and Fairtrade ingredients were sought, food miles calculated, ice caps and polar bears were made and unconventional baking methods were tried out.

Here are some of the recipes, which show that there are always seasonal ingredients to hand to turn into sustainable, thought-provoking (and tasty!) cakes!

Seasonal fruit and vegetables available in the UK

	J	F	M	A	M	J	J	A	S	O	N	D
Sweet potato	■	■	■									
Rhubarb			■	■	■							
Carrots						■	■	■	■	■		
Courgettes						■	■	■	■			
Strawberries						■	■					
Cherries						■						
Raspberries						■	■					
Apricots						■	■					
Beetroot	■					■	■	■	■	■	■	■
Blackberries							■	■				
Peaches							■	■				
Nectarines							■	■				
Plums								■				
Pears									■	■	■	■
Apples										■	■	■
Quinces										■	■	
Cranberries											■	■

Carrot “flower pot” cupcakes

Sarah Stephenson, Lakeland Arts



Cake mixture:

375g light brown sugar (Fairtrade)

360ml vegetable oil

1 tsp vanilla extract

5 eggs (free range, local)

375g plain white flour

2 tsp baking powder

1 tsp bicarbonate of soda

1 tsp cinnamon

¼ tsp ground nutmeg

1 tsp salt

430g grated carrot (local)

75g desiccated coconut

Decoration:

Wafer ice cream cones

Fondant icing

Mix the sugar, vegetable oil, vanilla extract and eggs together, adding a little flour if the mixture curdles.

Stir in the flour, baking powder, bicarbonate of soda, spices and salt, then add the grated carrot and desiccated coconut until just combined.

Place a dessertspoon in each ice cream cone and place upright in a cupcake tin. Bake at gas mark 4 for 15-18 minutes until golden brown. When cool decorate with yellow fondant stars and green fondant leaves.

Gluten-free Victoria sponge

Mark Ratcliffe, The Atkinson, Southport



Winner of "Most Sustainable Cake" category



Cake mixture:

- 150g stone ground brown rice flour
- 150g British beet caster sugar
- 150g Stork spread
- 3 free range eggs
- 2 tbsp skimmed milk
- 1 tbsp gluten free baking powder

Buttercream icing:

- 250g unsalted organic butter
- 600g British beet Icing sugar
- 2 tbsp skimmed milk

Filling:

- Strawberry jam

Mixed using a manual, hand-powered mixer, and then cooked in two insulated biscuit tins with data logging temperature probes for monitoring - one located on the return manifold for Boilers 1-3 Average Temp 83.7 for 3½ hours, one located on return manifold for Boilers 4-6 Average Temp 76.9 for 4¼ hours. Alternatively, bake at gas mark 4 for 20-30 minutes until golden and springy to the touch.

Knowing where your ingredients come from – Mark's way

Stone ground brown rice flour

Supplier: Shipton Mill, Tetbury (176 miles) – A water powered mill that generates electricity as well from its water wheel to power the bagging machinery and shop.

www.shipton-mill.com/the-mill/about-shipton-mill/our-philosophy

British beet caster sugar

Supplier: British Sugar - Beet grown within 28 miles of the factory in Newark (140 miles). This factory generates electricity through its own CHP unit, and exports 3mW back to the grid. Recycles just about everything, including the earth clinging to the beet on arrival, also converts the husks and waste matter to good quality animal feed.

www.britishsugar.co.uk/Sustainability.aspx

Stork spread

Supplier: Unilever Foods, Trafford Park (39 miles + Source of Palm Oil - 60% probability that this is Indonesia @ 7,335 miles!) - 100% of palm oil from sustainable sources by end 2012: 97%†via GreenPalm certificates; and 3%‡ from certified, traceable sources (through a segregated supply chain). Certified Sustainable Palm Oil (CSPO) Scheme.

www.unilever.co.uk/sustainable-living-2014/sustainable-sourcing/ and <http://greenpalm.org/about-palm-oil/the-rspo-sustainable-palm-oil>

Free range eggs

Supplier: Stephen Rimmer Eggs Ltd, Formby. The ID Code on the eggs (1UK10160) confirms they were Free Range (1) and came from a farm (10160) in Preston (14 miles).

www.foodmiles.com/egg-miles.cfm

Skimmed milk

Supplier: Bates Farms and Dairy, Southport – All milk sourced from North West farms (Within 30 miles).

www.batesdairy.co.uk/index.html

Gluten-free baking powder

Supplier: Manufactured at home using:

2 parts cream of tartar

1 part baking soda

1 part corn starch

Unsalted organic butter

Supplier: Calon Wen Family Farmers Cooperative, Narberth (203 miles). The cows graze on clover rich organic pastures. They roam free, and are milked when ready.

<http://calonwen-cymru.com/about/>

British beet icing sugar

Supplier: British Sugar - Beet grown within 28 miles of the factory in Newark (140 miles). This factory generates electricity through its own CHP unit, and exports 3mW back to the grid. Recycles everything, including the earth clinging to the beet on arrival, also converts the husks and waste matter to good quality animal feed.

www.britishsugar.co.uk/Sustainability.aspx

Strawberry jam

Supplier: Reedy's Naturally, Blackburn (28 miles) – Use natural, additive-free ingredients sourced from farmers in Lancashire.

www.reedys.co.uk/about-reedys/

Chocolate and beetroot muffins

Lynsey Jones, Museum Development North West



Makes 12

200g self-raising flour

75g Fairtrade cocoa powder

225g caster sugar

2 free range eggs

200ml sunflower oil

250g pureed cooked beetroot (about 4 cooked beetroots)

12 reusable silicone baking cases

Sift the flour and cocoa powder into a bowl. Add the sugar and mix all of the dry ingredients together.

Break the eggs into a bowl and whisk in the sunflower oil. Add the beetroot to the beaten eggs and oil and mix well.

Add the beetroot mixture to the dry ingredients and combine until just mixed.

Bake at gas mark 5 for 20-25 minutes until muffins are well risen.

Victoria sponge polar bear cake

Nicola Smalley, Soul Sustainability



Nicola's inspiration:

" Here is the recipe I used - www.bbc.co.uk/food/recipes/victoriasponge_13555 - just a straightforward sponge – it's the icing which is the best bit!

Inspiration for the crazy Arctic animal characters came from this book, which is my favourite book at the moment! – "100 Fondant Animals for Cake Decorators: A Menagerie of Cute Creatures to Sit on Your Cakes" by Helen Penman (2012), find it in your local bookshop or library."

Beetroot and chocolate cake

Linda Ward, Congleton Museum



Serves 10

125g butter

200g sugar

3 free range eggs

225g self-raising flour

¼ tsp salt

50g cocoa

250g beetroot

"I had the idea from a lady who has grown her business with the help of Congleton Food and Drink Festival, of which I am part of the organising team. Laura has won awards for her marmalade and she now does many events and Farmers Markets in our area under the name of Purple Laura. I tried her chocolate and beetroot cake at the last festival and was surprised how nice it was. She uses all local produce where possible, her website is www.purplelauracreations.co.uk".

Wash your beets to get mud off them, place in a pan and cover with water, bring to the boil and simmer for 40 minutes or until soft inside when poked with a knife.

Run the beetroot under cold water and rub the skin off with your hands. Grate and put to one side.

Cream the butter and sugar together in a mixing bowl.

Slowly add the eggs, followed by sifted flour and cocoa.

Lastly add the grated beetroot. Pop in the oven at 180°C for 30 minutes.

Knowing where your ingredients come from – Linda's way

Ingredient	Where from	Cost	Mileage
Butter	Farm produce from a farm near Preston. Bought from local market	81p	51
Sugar	Silver Spoon, the only British grown sugar, from Bury St Edmunds	27p	179
Eggs	Free range, from a farm near home, bought from local greengrocers 0.2 miles away	60p	0.4
Self-raising flour	Doves Farm Organic, Hungerford. Bought from shop at the end of my street 	89p	152
Salt	Saxa Salt from Worksop	Neg	64
Cocoa	Cadbury Bourneville. Beans from Ghana 	46p	5,500
Beetroot	Local farm produce, bought from local greengrocers 0.2 miles away	89p	0.4

World Family of Friends chocolate cake

Sandra Rose Timson and staff at Quaker Tapestry Museum, Kendal



Serves 30, for a 25cm/10inch round tin or 23cm/9inch square tin

175g cocoa powder

550ml boiling water

400g plain chocolate – chopped

350g lightly salted butter – softened

750g light muscovado sugar

6 eggs – beaten

550g plain flour

1½ tsp bicarbonate of soda

2 tbsp vanilla extract

Put the cocoa in a heatproof bowl and gradually whisk in the boiling water until smooth. Immediately tip in the chocolate and leave to cool, stirring the mixture frequently until the chocolate melts.

Put the butter and sugar in a large mixing bowl and whisk with an electric mixer to soften. Add the eggs, flour, bicarbonate of soda and vanilla and beat until combined. Stir in the chocolate mixture until evenly mixed.

Baking time 160°C/325°F/Gas mark 3 for 2¾ hours. A white chocolate ganache was used to stick down the blue fondant icing and an edible earth image was used as decoration, along with a pretty gold coloured ribbon!

Knowing where your ingredients come from – Quaker Tapestry's way

- Our cake is made with Fairtrade chocolate and cocoa, grown on sustainable plantations
- We use local suppliers for all of our ingredients, so these are delivered with the minimum of food miles
- We have used English butter, and Matthews Cotswold flour, grown and milled at a family farm in Oxfordshire
- Our eggs are laid by happy free range hens at a nearby farm, and their egg trays are recycled along with other cardboard from our business
- Our milk is delivered by a local milkman and comes in returnable glass bottles
- Our oven was multi-tasking when the cake was baked, as it was in use at the same time producing food for our café
- We do hope you enjoy eating our cake!

“The edible image is a detail from the Quaker Tapestry panel ‘World Family of Friends’. The cake was lovingly made by Jane Petley-Jones (Café Manager), Audrey Nunn one of our volunteers and with ideas from the Quaker Tapestry staff team.”

Acknowledgements and credits

All images except page 11 © Simon Critchley 2015

Recipes credited where known – BBC Food pages 10 and 11,
<http://www.bbcgoodfood.com>

Page 2 – seasonal fruit and vegetables, adapted from Environment Agency table,
www.environment-agency.gov.uk

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