
Jennifer Barnard
STOMACH ACHE
RECIPES THAT I'VE COLLECTED TO SOOTHE
MY ANXIOUS BODY

For the Bean, who makes my tummy hurt a little less.

JENNIFER
BARNARD

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MORNING TREATS

01

WHAT ARE THE TWO THINGS YOU CAN'T HAVE FOR BREAKFAST?

Lunch and dinner.

I have always been someone who eats breakfast. I live around the corner from my old secondary school, and thanks to my two-minute commute, I pushed the boundaries of a "lie-in" to the extreme. School started at 8.45, I would get out of bed at 8.30. Sometimes it was 8.40, and everyone called me out for living the closest to school but somehow being late (rightly so). I'm not even usually a late sleeper, but school wasn't exactly an enticing pull.

Regardless of when I made it downstairs dressed in my school uniform, I always grabbed something to eat on the walk. Toast, an apple, banana or a granola bar were staples in the roster. There have definitely been days without breakfast, but I'm the sort of person who is ravenous at 11AM, regardless of whether I've eaten that morning, so imagine that appetite without breakfast.

The same routine followed me to University, but this time toast and peanut butter became a staple. I would prepare two slices of really tiny seeded bread (the loaf I always bought was so cute and small) and spread peanut butter on them before sandwiching them together: it was faster to eat, and less messy. I told you I was a pro.

Nowadays, yoghurt is something I eat a lot for breakfast. If I have baked bread or rolls, I might have one of those instead. I'll have iced coffee and bring my food upstairs to my room to eat in peace and quiet while I get ready for the day. I love my Homemade Granola on yoghurt with some strawberries or diced apple and honey. Making granola at home permits a lot of flexibility with flavourings and mix-ins, which is useful for fussy eaters (who, me?). On special days I'll indulge my Millenial self in avocado toast or make pancakes for my family to enjoy together. Though getting them up and at the table before noon on the weekend is rather difficult.

HOMEMADE GRANOLA

Granola is one of my favourite breakfast foods, but I've found that it can be expensive and is full of sugar, palm oil and other preservatives I can't pronounce. What I love about this recipe is that the spices and mix-ins are customisable, which is perfect for me because you will usually find me picking out the raisins which got soggy in the cereal milk.

MAKES A LOT OF GRANOLA (TO FILL TWO LARGE TUPPERWARE)

INGREDIENTS:

FOR THE GRANOLA:

4.5 CUPS ROLLED OATS
1 CUP MIXED NUTS
2 TSP CINNAMON
2 TSP VANILLA EXTRACT
2 TBSP VEGETABLE OIL
2 TBSP NATURAL BUT BUTTER
3-4 TBSP MAPLE SYRUP
1 EGG WHITE, WHISKED

MIX-INS:

1/2 CUP DRIED FRUIT
1/4 CUP SEEDS

METHOD:

Chop the mixed nuts into smaller chunks and whisk the egg white in a separate bowl until foamy.

Whisk the wet ingredients with the foamy egg white until smooth and combined. With a spatula, mix the dry ingredients into the wet and spread on a large lined baking tray in an even, thin layer.

Bake for 25 minutes, then turn off the oven and let the granola cool completely inside.

Crumble the granola into smaller chunks and stir through any of the optional mix-ins. If using chocolate, stir this in once the granola has fully cooled.

MUM'S FAVOURITE PANCAKES

For as long as I can remember, we have had this children's cookbook at home. It's full of ten year olds wearing agressivey bright shirts in the primary colours, baking muffins. There is, however, this recipe for fluffy American pancakes hidden in this book and I am certain that it's the reason we have kept it for so long. Mum has made these so often she must know the recipe by heart, but when she gets the book out, that's the sign of a good morning.

SERVES 4 FOR BREAKFAST

INGREDIENTS:

200G SELF-RAISING FLOUR
25G CASTER SUGAR
1 TSP BAKING POWDER
1 TSP VANILLA EXTRACT
2 EGGS
250ML MILK
VEGETABLE OIL/SPRAY/MELTED BUTTER FOR COOKING

METHOD:

Mix the dry ingredients together in a bowl.

Gradually whisk in the milk and eggs until smooth. Whip the mixture vigorously for 30 seconds until very silky, but thick.

Heat a non-stick frying pan to medium heat and coat with a little oil.

Add large spoonfuls of the pancake mixture - about one cookie scoop (2 tbsp).

Cook the pancakes on the first side until bubbles appear and start to pop on the top of each pancake. Flip the pancakes with a fish slice and cook on the other side until golden (check by lifting the side up and peeking underneath).

Serve the pancakes warm with desired toppings. I love Nutella and strawberries.



LEMON SUGAR DUTCH BABY WITH MACERATED STRAWBERRIES

The 'Dutch Baby' is a hybrid breakfast food that lands somewhere between a pancake and a Yorkshire pudding. This giant skillet breakfast looks incredibly impressive on the table and requires little hands-on time which makes it the perfect option for a brunch with friends. I have tried scaling this down and using a smaller pan - it did work, just make sure the pan is completely oven safe (mine was not...).

SERVES 3-4 FOR BREAKFAST | PREHEAT THE OVEN TO 220ºC

INGREDIENTS:

FOR THE LEMON SUGAR:
6 TBSP CASTER SUGAR
ZEST OF 1 LEMON

FOR THE MACERATED STRAWBERRIES:
150G STRAWBERRIES
2 TBSP LEMON SUGAR (ABOVE)

FOR THE BATTER:
4 TBSP ROOM TEMP. SALTED BUTTER
4 LARGE EGGS AT ROOM TEMPERATURE
2/3 CUPS ROOM TEMP. MILK
2/3 CUP PLAIN FLOUR
2 TBSP LEMON SUGAR (ABOVE)
1/2 TSP SALT
1 TSP VANILLA EXTRACT

THE PUFF OF THIS DUTCH BABY COMES FROM THE CONTRAST BETWEEN THE ROOM TEMPERATURE INGREDIENTS AND THE HOT PAN AND OVEN. DO NOT MAKE THIS WITH REFRIGERATED INGREDIENTS!

YOU CAN QUICKLY WARM UP EGGS IN A BOWL OF WARM WATER AND THE MILK AND BUTTER IN THE MICROWAVE.

METHOD:

Preheat the oven to 220ºC.

While the oven preheats, make the lemon sugar by combining 5 tbsp caster sugar and the zest from one lemon. Cut the strawberries into slices, toss with 2 tbsp lemon sugar and set aside in a bowl.

Place 2 tbsp butter in a 10-12 inch non stick pan (that's safe to go in the oven) and brown on stove. The pan needs to be very hot and the butter should be cooked to brown butter.

While the pan is heating, in a blender cup combine the eggs, milk, flour, vanilla, salt, 2 tbsp lemon sugar, and 2 tbsp melted butter. Blend on high for 30 seconds until the batter is completely smooth.

When blended, pour the batter into the hot pan. Place the skillet in the centre of the oven and bake for 20-25 minutes or until the pancake is fully puffed and browned on top.

DO NOT open the oven during the first 15 minutes of cooking or you might deflate your pancake.

Remove the Dutch Baby from the oven and top with yoghurt, the rest of the fresh lemon sugar and macerated strawberries.

02

SAVOURY SNACKS

02

WHAT'S A SEA MONSTER'S FAVOURITE SNACK?

Chips and dips.

Anyone who knows me in my personal life will confirm that when it comes to snacking, I will always pick something sweet over savoury. I love to cook, but baking has my heart, and I do love a bag of tortilla chips and dip but a soft cookie would be my usual choice. That being said, I do have some favourites when it comes to savoury snacks.

My criteria for an ideal savoury snack is basically anything salty: I adore goat's cheese on anything, love parma ham, vegetable crisps are my favourite, love licking the salt off Pringles (I know I'm not the only one) and I know the salty feta in a Greek salad is the best part. Naturally, the recipes that I have included in this section are the salt to balance the sweet of the rest of the book. These recipes are excellent if made for a picnic-style lunch, in particular.

It took a long time for me to notice that other families didn't have the same kind of lunches that we did. Our array of coleslaws, veggies, meats, cheeses and bread couldn't be further from the sandwiches I had at my friends' homes. A classic "picnic lunch" in the Barnard household involves raiding the fridge for anything that sounds sort of tasty and bunging it all on a plate. We eat lunch like this every day we're at home and honestly having tasty food prepped in the fridge makes the meal so much easier and more enjoyable.

The orzo salad is delicious whether fresh or a few days old, which makes it a great item to prep and keep on hand for lunches. This would be so yummy at a BBQ, too! Imagine the grilled meats and the fresh Summery salad: divine. The little sausage rolls and other savoury snacks take little time to prepare but will definitely pack lots of flavour into your picnic lunch.

HTIPITI : SPICY FETA DIP

I first tried this dip in a greek restaurant in London, and immediately fell in love with the tangy, salty flavour and subtle heat. After craving the dip whilst at university (and miles away from that restaurant), I decided to recreate it on my own. This is incredible in flatbreads and frankly, by the forkful. This dip is best when it's still chunky and the finished texture should have little white nuggets of feta throughout.

SERVES 6

INGREDIENTS:

400G FETA CHEESE
300G ROASTED PEPPERS IN OIL
2 RED CHILLIES
2 TBSP OIL FROM PEPPER JAR

METHOD:

Pulse peppers and deseeded chillies in the food processor for a few seconds.

Add chunks of feta cheese into the processor and pulse again.

Loosen with oil and season with salt and pepper. The dip should be loose but slightly chunky.

"CHRISTMAS STUFFING" SAUSAGE ROLLS

Taking the basic recipe from my Luxury Sausage Rolls, the addition of cranberry sauce, sage and apple elevates this snack to new heights. Despite the Christmas stuffing flavours, they are tasty year-round and will definitely impress as finger-food for a picnic or casual drinks alike.

MAKES 16 SAUSAGE ROLLS | PREHEAT THE OVEN TO 180ºC

INGREDIENTS:

FOR THE FILLING:

400G PORK AND APPLE SAUSAGES
4 MEDIUM SHALLOTS OR 1 WHITE ONION
60G GRATED STRONG CHEDDAR CHEESE
7 SAGE LEAVES
1 BAY LEAF
50G BREADCRUMBS (I BLENDED STALE BREAD MYSELF)
1 GRATED APPLE
SALT, PEPPER AND OIL

FOR THE ROLLS:

375G READY ROLLED PUFF PASTRY
1 BEATEN EGG
6 TBSP CRANBERRY SAUCE OR LINGONBERRY JAM
2 TBSP SESAME SEEDS

METHOD:

Preheat the oven and line a baking tray.

Finely chop sage and onion/shallots and add to a pan with oil and the bay leaf. Cook until the onions are softened.

Add the onion mixture to a bowl. Squeeze the meat out of the sausages into the bowl.

Grate an apple and squeeze the excess water out and add to the bowl. Add the grated cheddar, breadcrumbs and salt and pepper. Mix thoroughly with your hands.

Roll out the puff pastry and use a rolling pin to roll it a little bigger in size. Cut the rectangle lengthways to make two rectangles.

Spread the cranberry sauce over the rectangles and top with the meat filling, divided equally. Make sure you leave a 1cm border.

Brush the top of borders with beaten egg and roll the pastry over the sausage to encase it. Crimp the sides together with a fork.

Cut into 8 pieces for each log (16 in total). Brush the remaining egg over the sausage rolls and sprinkle the sesame seeds over.

Bake for 30 minutes until a deep golden brown.

04

BREAD

04

WHAT IS A SEA TURTLE'S FAVOURITE SANDWICH?

Peanut butter and jellyfish.

When I was younger, maybe 7 or 8, my Mum got a bread machine. I remember thinking it looked rather like an ice-cream machine, and there was a turning paddle with a purpose I didn't really understand. She would make white sandwich loaves, but to be honest the bread was not particularly memorable. Besides, I would always chose a crusty funky-shaped loaf over square sandwich bread.

After a few house moves, a divorce and several different jobs, baking bread was sort of put on the back burner (understandable). The bread machine, like several other novelty baking items (slush puppy machine, eek), was forgotten about and we transitioned to dessert baking during my teenage years.

In recent months, the hunger pang I got from seeing cinnamon rolls on Pinterest blogs basically forced me to buy yeast and attempt to bake bread. I was sceptical that they would work, because surely something baked with yeast is destined to be a disaster - what if it never rises? Isn't yeast, like, alive? But they were puffy, soft and delicious. I ate every bite with a massive smile on my face because they tasted like they were from a shop!

Perhaps making something homemade and immediately reviewing as shop-bought is not a result that many bakers would aspire to. I, however, was absolutely thrilled by this astonishing surprise. I had baked something that actually worked with yeast, and what's more, I would have paid money to buy the same quality item from a hipster artisanal bakery!

The overwhelming joy of a yeast project's success has motivated me to try all sorts of delicious and different breads and helped me learn all about bread making during the process.

TROUBLESHOOTING FOR YOUR BREAD PROJECTS

SOME FAST TIPS TO HELP YOU GET THE BEST FROM YOUR BREAD BAKING

MY DOUGH WAS TOO STICKY

Double check the recipe and ensure you used the right amount of flour. Weighing the flour rather than using volume (cup) measures is more accurate - you can use my cup to weight conversions chart. Check the flour is fresh, too.

During the kneading process, certain doughs like ciabatta or sourdough are incredibly sticky and notoriously tricky to work with. I find that using wet or oiled hands when I'm doing the stretch and folds makes a huge difference.

You could have over kneaded the dough. In this instance, the dough will change from elastic and stretchy to sticky.

HOW DO I KNOW WHEN MY DOUGH IS PROPERLY KNEADED?

Hand kneading dough should take between 7-12 minutes, as a general rule.

When properly kneaded, the dough will be completely smooth and slightly tacky to the touch.

The dough should hold it's shape in your hand - lift the ball of dough in the air for a second, if it stays in a ball that's perfect, but if the dough starts to sag between your fingers, it needs more kneading.

Give the ball of dough a firm poke with your finger. If the indentation fills back quickly, you're good to go. If it stays looking like a deep dimple, continue kneading.

You can use the windowpane test to assess whether the dough is ready. Pull off a little ball of dough and stretch it into a thin sheet between your fingers. If the gluten is well-developed it will stretch into a paper thin film and you will be able to see light through it. If it breaks, knead some more.

WHAT IS A PREFERMENT?

A preferment is a mixture of dough that is combined separately from the bread dough and left to ferment on it's own, before being added into the final dough. It uses the same ingredients as the dough, but the added ingredient of time makes a big difference to the final product.

The preferment strengthens the structure of the dough. All preferments share the same characteristic: acidity is developed as a result of fermentation activity. This acidity has a strengthening effect on the gluten structure. Preferments are also used for their superior flavour (usually a slight tang from the ferment) and improved keeping quality of the bread.

There are many varieties of preferments, differing in the yeast that they use (commercial or wild aka sourdough), inclusion of salt, and most importantly: ratio of flour to water. The following are all types of preferments: chef, pâte fermentée, levain, sponge, madre bianca, mother, biga, poolish and sourdough starter.

The main preferments used in European breads are biga and poolish. Poolish is very liquid and has a 100% hydration level, meaning the ratio of flour:water is 1:1.

Poolish tends to be used for firmer doughs like baguettes and crusty breads, and it can generally be used when sourdough starter is unavailable, as they have a similar texture (though additional commercial yeast will need to be added to the dough).

Biga is a stiffer preferment and is often used in breads with a higher hydration, such as focaccia and ciabatta. The ratio of flour:water is 1:0.6, meaning that with 100% of the flour in the biga, there is 60% as much water used. Understanding baker's percentages is super tricky, but recipes will have all those worked out for you.

HOW CAN I CHECK THE RISE?

I swear by this easy trick to help with your rising dough. I always cover my dough with cling film as it is a better barrier to the environment than a tea towel. With a permanent marker, I write the time I started the prove on the cling film. That way, when I've forgotten how long it's been going, I can always check the time it started. This makes it so much easier to keep track of your timings and you won't need a timer either.

WHY IS MY BREAD DENSE?

The oven temperature could be too hot. This will cause the crust to bake too soon, not allowing the dough to reach it's full volume. Under-proofed dough will be dense and gummy even after baking 'properly' (the right time and until golden).

If you cut the bread straight from the oven, the crumb will not have properly set, resulting in a gummier texture. Leave the bread to properly cool, particularly sourdough bread.

HOW CAN I TELL MY DOUGH IS PROOFED?

To tell the first prove is done: the dough will have doubled in size (using a measuring jug to prove is ideal, as you can properly measure the rise), large bubbles will be visible through the side of the bowl (best to use a transparent bowl/jug, if you can).

The top of the dough will be smooth and when poked, the dough should spring back slowly and incompletely. If it springs back immediately and entirely, it needs more time. If it doesn't spring back at all it is over-proved.

For the second prove: look for 50% increase in volume (that doesn't mean it doubles, it's just fuller by half the amount) and repeat the poke test.

MY DOUGH DID NOT RISE/ROSE TOO SLOWLY

Check the date of your yeast, it may be expired. If you're using more sugar to flour than 1:8 (1/2 cup sugar:4 cups flour), you will need an additional packet of yeast. Excessive sugar slows down yeast fermentation.

Temperature is so important for yeast to rise properly. The liquid you used in the mix could have been too hot, this will destroy the yeast enzymes. Conversely, if the liquid or other ingredients were too cold, this will slow down the yeast activity. You want the ingredients to be room temperature and the water slightly warm.

The rise temperature needs to be warm - not too warm or too cold - as this will be detrimental to the rise. A little warmer than room temperature is perfect.

Too much salt will inhibit or slow yeast activity, too. Check the recipe and when mixing, do not let the yeast come in direct contact with the salt (aka do not pour the salt right onto the yeast!).

SWEET AND SAVOURY BABKA

The brioche dough used in this recipe lends itself to both sweet and savoury fillings, making it the perfect half-and-half baking project, as this will make two loaves - one for sweet food and one for salty food lovers. Babka is a Jewish braided bread which originated in Poland. The best thing about these babkas is that the twisted style looks much more impressive than the effort it requires, meaning less work for you and more praise for your bake.

MAKES 2 LOAVES | PREHEAT THE OVEN TO 160°C

INGREDIENTS:

FOR THE DOUGH:

90G VERY SOFT BUTTER
200ML WARM WHOLE MILK
2 TBSP CASTER SUGAR
2 1/4 TSP YEAST (ONE SACHET)
4 CUPS PLAIN FLOUR
1 TSP FINE SALT
2 EGGS
1 EGG, WHISKED FOR EGG WASH

FOR THE FILLING:

SWEET:

1/2 JAR NUTELLA (150G)
100G CHOPPED CHOCOLATE
30G CHOPPED PECANS

SAVOURY:

3/4 JAR PESTO
30G GRATED SHARP CHEDDAR
20G CHOPPED PINE NUTS/WALNUTS

ALTERNATIVE FILLINGS:

BISCOFF SPREAD AND WHITE CHOCOLATE
PIZZA STYLE BABKA (TOMATO SAUCE AND CHEESE)
CARAMEL SAUCE AND PECANS

METHOD:

In a measuring jug, whisk together warm milk, 1 tbsp sugar and yeast. Let bloom for 10 minutes.

Add flour, remaining sugar, salt and eggs to a large bowl and mix in the wet mixture until combined. Finally, mix in very soft butter to the dough. Knead the dough for at least 10 minutes until it is smooth and shiny. Place in an oiled bowl, cover with a damp tea towel and let it prove in a warm place for 1 1/2 hours.

After proving, turn out onto a liberally floured surface. If the dough is too difficult to work with, refrigerate for 30 minutes.

Roll the dough out into a large rectangle that is 1/2" thick, larger than a sheet tray. If making two babkas of the same flavour, spread filling over the rectangle evenly. If making two different babkas, spread different fillings over each half.

Roll up the dough on the long edge and pinch the long seam closed (leave the ends open). Cut the babka roll into two, making sure to cut along the line of the different fillings. 2cm from the end of each roll, cut lengthwise to expose the layers and filling. Twist the two sides over each other, keeping the exposed sides facing upwards.

Place each twist in a lined loaf pan, cover with cling film and leave to prove for 30-40 minutes.

Brush with egg wash and bake them in a preheated oven for 35-40 minutes until golden. Cover with foil if browning too quickly.



SMALL-BATCH CINNAMON BUN BABKA WITH STREUSEL TOPPING

At first glance, babka loaves look nothing like their cinnamon roll cousins. However, the process of rolling filling inside a sheet of fluffy dough is exactly the same. Think of this loaf as the 'easy to cut' sliced cinnamon roll. The crumbly streusel topping adds dimension to an otherwise simple yet delicious loaf, and looks beautifully rustic sprinkled on the top. Complete this loaf with an icing glaze using vanilla syrup and icing sugar to further emphasise the cinnamon roll look.

MAKES ONE LOAF | PREHEAT THE OVEN TO 160ºC

INGREDIENTS:

FOR THE DOUGH:

45G SOFT BUTTER
100ML MILK
1 TBSP SUGAR
1 1/4 TSP YEAST
2 CUPS PLAIN FLOUR
2 TBSP CORNFLOUR
1 EGG
1/2 TSP SALT

FOR THE FILLING:

3 TBSP SOFTENED BUTTER
1/2 CUP LIGHT BROWN SUGAR
1 TBSP CINNAMON

FOR THE STREUSEL TOPPING:

1 TBSP BUTTER
2 TBSP PLAIN FLOUR
2 TBSP BROWN SUGAR
1/2 TSP VANILLA
PINCH SALT
PINCH CINNAMON

FOR THE SYRUP:

3 TBSP VANILLA SYRUP
TO MAKE YOUR OWN: 2 TBSP WHITE SUGAR, 2 TBSP WATER, 1 TSP VANILLA

METHOD:

Add the milk and butter into a large bowl then microwave for 30 seconds until warm. Add the sugar and yeast and stir together.

Add flours, salt and egg into the bowl and mix until combined. Knead the dough for at least 10 minutes until it is smooth and shiny. Place in an oiled bowl, cover with cling film and let it prove in a warm place for 1 1/2 hours.

After proving, turn out onto a liberally floured surface. Roll the dough out into a large rectangle that is 1/2" thick. Mix the filling and spread over the rectangle evenly.

Roll up the dough on the short edge and pinch the seam closed (leave the ends open). 2cm from the end of the roll, cut lengthwise to expose the layers and filling. Twist the two sides over each other, keeping the exposed sides facing upwards.

Place twist in a lined loaf pan, cover with cling film and leave to prove for 45 minutes.

Make streusel topping by mixing the ingredients together until it ressembles crumbs.

Sprinkle the dough with the streusel and bake in a preheated oven for 35-40 minutes until golden.

After removing from the oven, brush with the vanilla syrup (I used a coffee syrup from a bottle, but you can easily make your own).





FLUFFY CINNAMON ROLLS

One moment from my childhood baking experiments stands out in particular: impatiently checking on a pizza dough in the airing cupboard waiting for it to rise (spoiler alert: it never did). I became convinced that yeasted projects were too tricky to attempt, despite longing to bake and eat a large quantity of enormous American-style cinnamon buns with cream cheese frosting. But these rolls are so easy and delicious they've made me a bread-making convert.

MAKES 16 ROLLS | PREHEAT THE OVEN TO 160ºC

INGREDIENTS:

FOR THE DOUGH:

1/2 CUP BUTTER, MELTED (115G)
2 CUPS WARM WHOLE MILK (480ML)
1/2 CUP CASTER SUGAR (100G)
2 1/4 TSP YEAST (ONE SACHET)
5 1/4 CUPS PLAIN FLOUR (625G)
1 TSP BAKING POWDER
2 TSP FINE SALT

FOR THE FILLING:

180G SOFTENED BUTTER
3/4 CUP LIGHT BROWN SUGAR (165G)
2 1/2 TBSP CINNAMON

FOR THE ICING:

55G SOFTENED CREAM CHEESE
2 TBSP SOFTENED BUTTER
2 TBSP WHOLE MILK
1 TSP VANILLA EXTRACT
1 CUP ICING SUGAR (120G)

YOU CAN MAKE THESE VEGAN BY SUBSTITUTING THE BUTTER FOR VEGAN SPREAD AND MILK FOR A NON-DAIRY OPTION.

METHOD:

In a measuring jug, whisk together warm milk, melted butter and sugar. Sprinkle the yeast over evenly and let it sit and bloom for 2 minutes.

Add 4 1/2 cups of the flour to a large bowl and mix in the wet mixture until just combined. You will not be kneading anything at this point! Cover with a damp tea towel and let it prove in a warm place for 1 hour.

After 1 hour, remove the towel and add an additional 3/4 cup flour, baking powder and salt. Mix well and turn out onto a very liberally floured surface. Knead the dough lightly until it loses its stickiness.

Roll the dough out into a large rectangle that is 1/2" thick, larger than a sheet tray. Spread the softened butter evenly over the dough and sprinkle with brown sugar and cinnamon.

Roll up the dough on the long edge and pinch the long seam closed (leave the ends open). Cut the log into 16 rolls by halving it 4 times.

This recipe fills one 9x9" pan plus one round 8" cake tin of rolls. Place 9 rolls filling side up in rows of 3 in the square pan and arrange the rolls around a central roll. Do not overfill the pan, as they will not bake properly! Cover with cling film and prove in a warm place for 30-40 minutes. Bake them in a preheated oven for 25-30 minutes until golden.

To make the frosting, whisk together the ingredients until smooth. Loosen with more milk to get a pourable consistency.

While still warm, drizzle the rolls evenly with the frosting and leave to cool slightly and set.



05

SOURDOUGH

05

WHEN DOES SOURDOUGH BREAD RISE?

When you yeast expect it.

I don't remember when exactly I first tried sourdough bread, but I do remember that I didn't like it. It was so chewy and really sour. Did the chef make a mistake? I couldn't understand why it was hyped as a boujie brunch bread when it tasted so weird. I never tried it again.

Then Coronavirus took hold, and we were quarantined to our homes for literally five months. What was that bread called again - the one that takes ages to make? Sourdough seemed like a genius way to pass the time baking. I convinced my boyfriend to make a sourdough starter at the same time as me, and we fed our little yeastie babies every day for a week until they were ripe. I didn't tell him that I wasn't certain I would even actually like the sourdough, because it didn't matter to me. I wanted a project to dedicate my time to, and this fit the bill.

So Doughlene was born, and after making the first boule I was sure I had made a mistake. It was chewy and a little dense, but it didn't taste too sour at all. Sat at the dining table on Google, I searched and discovered that this was what it was supposed to be like all along. Good, classic sourdough bread is chewier and denser than a regular soft white loaf, and the crumb is sort of stretchy. It should be tangy but not full-on sour.

I think I got it right.

The boule was crunchy and chewy and tangy and tasted incredible with soft, salted butter slathered all over it. Inspired by my attempt at sourdough (and the realisiation that it was actually quite nice), I have tried many other recipes that use sourdough as the leavener or the offcuts for flavour, all with great results.

TROUBLESHOOTING FOR YOUR SOURDOUGH

SOME FAST TIPS TO HELP YOU GET THE BEST FROM YOUR SOURDOUGH BAKING

ESSENTIAL TOOLS

GLASS JAR WITH LOOSER LID

I store my sourdough starter in a glass jar with a lid that is not completely airtight to allow air to circulate slightly. A clear jar is essential in viewing how the sourdough rises and falls and the bubbles it produces.

RUBBER BAND

I keep a rubber band on the jar at the level the starter is after a feeding. When the sourdough rises, it will be much more obvious thanks to the rubber band.

LONG SKINNY SPATULA

To reach the bottom of the jar and properly incorporate the new flour and water during feedings, a long skinny spatula is the perfect tool.

KITCHEN SCALE

The only way to properly feed the sourdough is with a kitchen scale. I've found that measuring by volume with cups is not precise enough.

DUTCH OVEN

Steam is very important for making a sourdough boule, which is why baking it in a dutch oven (casserole dish with a lid) creates good oven spring (aka rise before the crust sets).

TROUBLESHOOTING: THE STARTER

WHAT'S THAT BLACK LIQUID?

It's actually very hard to kill a sourdough starter. If there is grey, brown or black liquid in a layer on top of the starter, it is not dead! The liquid formed is called hooch and it is a sign that the starter is hungry. Simply pour off the hooch (or you can stir it in) and then continue to feed it as normal.

DID MY FERMENT TURN TO MOULD?

You should only throw the starter away if there are signs of mould. Any pink specs, anything furry or any streaks of orange are a bad bad sign.

DO I HAVE TO DISCARD STARTER?

To maintain a healthy starter, you must discard some when performing feedings. If you didn't discard any starter, you would have to scale up the flour and water during feedings to provide enough food for the

ever-growing bacteria. It would basically be non-stop. To reduce waste, compost it or store the discard in a Tupperware in the fridge and use it in sourdough discard recipes.

WHAT KIND OF FLOUR DO I NEED TO FEED MY STARTER?

You can feed your starter with almost any 'regular' flour: plain flour works well, so does bread flour.

Any flour which has been less processed (whole wheat, rye, spelt or organic etc) has more nutrients than white flour. When starting the process, this will make a healthy active starter the fastest. However, the starter can be made with white flour and even if you started the sourdough starter with whole grain flour, you can resume the feedings with white flour if you wish. Note that any flour that you have in the starter will end up in the bread.

It is possible to make gluten-free sourdough bread, too - though this is much more temperamental.

WHAT IS A 100% HYDRATION STARTER?

Sourdough starter hydration percentages are sometimes given in advanced sourdough bread recipes. A 100% hydration starter simply means that the starter is fed with equal parts water and flour (see my feeding guide). Most sourdough bread recipes use this type of starter.

CAN I REDUCE THE AMOUNT OF STARTER I HAVE?

If you don't bake sourdough bread very often, it might be useful to scale down the starter you maintain. Rather than following my feeding guide of 25g starter: 100g water: 100g flour, reduce the quantities to 5g starter: 20g water: 20g flour. To use the starter for bread, scale the feedings back up to the original 25g:100g:100g feeding the night before you plan on using it.

CAN I REFRIGERATE MY STARTER?

I store my sourdough starter in the fridge between feedings. The fridge slows down the yeast activity, which means it can go up to 2 weeks between feedings: simply feed and put it back in the fridge. To bake with the starter, let it come to room temperature and perform 1-2 feedings before baking.

WHEN IS MY STARTER READY FOR BAKING?

The starter should have doubled in size: this can be seen in the height the starter achieves in the jar, which is obvious with the rubber band line you placed after feeding it. It should be bubbly on top and bubbles should be visible through the sides of the jar. It should be fluffy and foamy and have a pleasant tangy, sour aroma. Double check it's ready with the float test: lower half a teaspoon of starter into a cup of tepid water. It should float on the surface of the water - this means there is enough air in the starter. If it sinks, simply wait another 30 minutes and retry.

TROUBLESHOOTING: THE BAKE

WHAT IS A LEVIN?

This is an offshoot of your sourdough starter. For example, if you take a portion of your starter (made with white flour), and mix it in a separate bowl with with rye

flour, you've now created a levain. The goal of a levain is to build specific flavour profiles, with different types of flour, without changing the original makeup of the sourdough starter itself.

Even if you aren't baking with different flours, making the levain means that you aren't using up you entire stock of sourdough starter, plus you can specifically tailor the weight you create to the loaf you are baking.

WHAT IS AUTOLYSE AND DO I HAVE TO DO IT?

Autolyse is the stage when flour and water is mixed and left in a shaggy ball for up to 4 hours. The benefit is to jumpstart gluten development without kneading. This creates a softer and more manageable dough, plus it aids in the flavour development of the loaf.

WHAT IS BULK FERMENTATION?

Sourdough, like many breads, needs to rise twice. Bulk fermentation is the first rise, where the majority of gluten development (rise and strand formation of the dough to get strong enough for air to be trapped in the loaf) happens. This can take from 4-12+ hours, depending on the temperature. Stretching and folding should be done during the bulk rise to give the bread structure.

HOW DO I KNOW THAT BULK FERMENTATION IS DONE?

It's difficult to tell, but take recipe timings with a pinch of salt. Look for 50% increase in volume (that doesn't mean it doubles, it's just fuller by half the amount), signs of good fermentation on the surface or in a layer below the surface (bubbles of varying sizes, they sort of look like blisters), and a dough that looks alive and aerated (if you gently shake the bowl, the dough will jiggle). It needs to be somewhere warm to prove properly.

After folding and the dough has sat a few hours proofing, give it a prod with a wet finger. It should leave an indent that fills back out slowly, but only about halfway. If it bounces completely, leave it to ferment longer.

WHY IS THE DOUGH IS SLACK DURING BULK FERMENTATION?

The stretch and fold techniques are essential in creating a plump dough which actually feels supple. Add an extra set or two of stretch and folds or reduce the water content a little in the next loaf you try.

WHAT IS TENSION IN SOURDOUGH BREAD?

The point of stretching and folding is to create a stronger dough by building up the structure and elasticity. It is normal for the bread dough to spread back out a bit after folding, especially with doughs that have a higher hydration. However, you should feel a difference in texture as it develops.

Folding and building the structure in the bread is important for an open crumb. You need to develop the glutens. A coil fold isn't the only way to do this, there are many kneading or folding methods. You can do a slap and fold, a stretch and fold (lift the side up and put it back down onto the top of the dough) or a coil fold (lift the dough from the middle and droop the sides under itself).

WHAT IS RETARDING THE DOUGH?

Retarding the dough simply means placing it in the fridge to firm up after bulk fermentation. This makes it much easier to handle and score, it increases the length of fermentation which improves the sour flavour of the bread and it will improve the oven spring when it comes time to bake.

DO I NEED A DUTCH OVEN TO COOK THE SOURDOUGH?

A dutch oven (aka cast iron casserole dish with a lid) is the ideal cooking vessel for sourdough as it needs two main factors in place for best results: the ability to retain steam in an enclosed environment and high consistent heat.

Sourdough needs steam because steam carries heat much better than dough does, so when steam is present, it allows the dough's surface to become much hotter than it would have otherwise. This means the dough heats up faster and can rise higher and quicker before the crust sets. Steam also helps the dough's surface to stay flexible for longer, so it can rise for a little longer.

Instead of using a dutch oven, you can use a large (oven safe!) soup pot with a lid. Alternatively, preheat a baking stone (or heavy duty oven tray) until scorching hot in the oven. Place the loaf onto the stone, spritz with water and place an upside down bowl or deep soup pot over the loaf. Remove the pot about 20 minutes into the bake.

WHAT IS OVEN SPRING AND DO I WANT IT?

Oven spring refers to the growth of the bread during the first phase of baking, where the loaf grows before the crust sets and hardens. A good oven spring is when the loaf expands to its full potential in volume and shape to produce an airy crumb texture. Note that white bread will have a greater expansion potential than whole wheat.

To improve oven spring, make sure you are using a very strong starter and make sure you use a levain in the baking process (this gives the starter even more strength because it feeds it large amounts of flour and water, requiring more work from the yeast). Agitating the dough with folds during bulk fermentation will keep gentle gluten structure in the dough intact as it grows in size (aka oven spring!).

Retarding the dough after shaping will improve oven spring because the temperature change between cold fridge and hot oven causes a more dramatic rise. It also takes longer for colder dough to form a crust, so there is more time for the loaf to continue to grow.

HOW DO I KNOW MY LOAF IS BAKED?

The crust should be dry, very firm and a deep golden brown with darker spots here and there. To confirm the loaf is cooked, carefully remove it from the oven, turn it upside down (outside of the pan!) and tap the bottom. The loaf will sound hollow when it's done.

WHY IS MY LOAF DENSE WITH A TIGHT CRUMB?

Extremely dense loaves are the result of under-proofed dough. This is often the result of a weak or under-active sourdough starter or undeveloped dough. Try building up your starter strength for another week or extending bulk fermentation on your next loaf or finding a warmer spot in your kitchen.

WHY IS THE INSIDE DOUGHY AND UNDERCOOKED?

The bread is likely under-proofed. A thick and chewy crust is a sign of this, plus a dark colour but insides that have a raw texture. Check it is ready after bulk fermentation with the poke test and visual clues.

WHY IS THE BREAD GUMMY INSIDE?

It is very important to let the bread cool completely before slicing because it is still baking and developing the texture as it cools. The crumb is setting while it cools so it you cut it open straight from the oven it will crush the crumb.

THE SOURDOUGH PROCESS PT.1 : MAKE THE STARTER

It appears that during the Covid-19 Quarantine, homemade sourdough became the 'bread du jour' of hundreds of bored home bakers. My boyfriend and I embarked on a ten-day journey of cultivating our own yeast from a homemade starter, and baking some beautiful boules of tangy, chewy bread. This is a lengthy process from start to finish, especially the second day of the loaf-making, but the steps are easy enough. You can also keep your sourdough starter in the fridge to use at a later date, avoiding the week-long starter creation project.

TO MAKE A STARTER:
FEEDING SCHEDULE:

DAY 1:
BEFORE YOU START, RECORD YOUR JAR'S WEIGHT WITHOUT THE LID
100G FLOUR
150G LUKEWARM WATER

DAY 2:
70G MATURE STARTER (JAR WEIGHT + 70G)
100G FLOUR
115G LUKEWARM WATER

DAY 3:
SAME AS "DAY 2"

DAY 4:
70G MATURE STARTER
100G FLOUR
100G LUKEWARM WATER

DAY 5:
SAME AS "DAY 4"

DAY 6:
50G MATURE STARTER
100G FLOUR
100G LUKEWARM WATER

DAY 7:
25G MATURE STARTER
100G FLOUR
100G ROOM TEMPERATURE WATER

CREATING THE SOURDOUGH STARTER:

The process of baking sourdough bread can take 10 days from start to finish, if you need to create a sourdough starter from scratch.

A starter is a mixture of flour and water which is left to ferment naturally, cultivating yeast. You must feed the starter every day to make your yeast culture strong, much like a child or pet. In fact, many people name their starters: my starter is called Doughlene.

Start by weighing your jar and labelling it with the weight and date. Mix the flour and water and leave the jar, with the lid slightly open, in a averagely warm place for 24 hours.

On day 2, remove enough starter from the jar so that only 70g remains. This will be easy to calculate because you have the weight of the empty jar written down. Perform the second feeding and leave for 24 hours.

Repeat the feedings daily, altering the quantities so that the amount to starter is gradually reduced to 25g or 2 tbsp by day 7.

The day 7 feeding will become the regular feeding to maintain your sourdough. If keeping at room temperature, this will need to be daily. Keep in the fridge and this feeding will only need to happen once per week.

I've found it to be unimportant what type of flour is used for this process. The less refined your flour (aka rye, spelt, whole wheat, organic etc), the faster your starter will show signs of becoming active. That being said, if you're going to do the whole seven day process, any flour will make a sourdough starter, and you're already waiting a week so it doesn't matter if your starter is a slow-burner.

THE SOURDOUGH PROCESS PT.2 : FIRST DAY PREP

Follow this recipe for two gorgeous sourdough boules. This beginner's sourdough recipe is the perfect entryway into the world of naturally leavened bread.

FOR TWO MEDIUM LOAVES:
FOR THE LEVAIN:
2 TBSP MATURE SOURDOUGH STARTER
250G STRONG WHITE BREAD FLOUR
250G TEPID WATER

FOR THE AUTOLYSE:
750G TEPID WATER
1KG STRONG WHITE BREAD FLOUR

FOR THE DOUGH:
225G OF THE LEVAIN
ALL OF THE AUTOLYSE
20G FINE SEA SALT
50G TEPID WATER

DAY ONE: REFRESH THE SOURDOUGH STARTER
YOU WILL NEED TO REFRESH THE STARTER IF IT HAS BEEN IN THE REFRIGERATOR OR YOU HAVE RECEIVED IT FROM A FRIEND OR BAKERY.

7AM: POUR HALF OF THE STARTER OFF (SAVE YOUR DISCARDS FOR OTHER RECIPES!) AND FEED IT WITH 100G FLOUR AND 100G WATER. LEAVE IN A WARM, DRAUGHT-FREE AREA OF YOUR HOME FOR 24 HOURS.

DAY TWO: LEVAIN, AUTOLYSE AND DOUGH MAKING

7AM: Mix starter with flour and water, mixing the water in first to distribute the starter (this is the levain). Cover and leave for 8 hours.

3PM: Pour the tepid water into the strong white bread flour and mix together. Make sure no dry bits in bowl and fully incorporated. Cover and leave for at least 30 minutes and up to 2 hours. This is the autolyse, it develops gluten.

4/4:30PM: Do float test with the levain and if half a teaspoon floats in tepid water, it's ready to use. Add the correct amount of the levain (not all of it!) and pinch dough between fingers to incorporate. Sprinkle the salt on top, add the water and pinch both into dough. When smooth, pick up the dough and slap it back onto the counter (about five minutes). Put in a low sided dish, cover with cling film and leave for 30 minutes.

4:30/5PM: Oil hands and fold dough with this technique: pick dough up from the sides and stretch the dough over upwards and let it fold over itself, then repeat the other way, then. Cover with cling film and leave for 30 minutes. Repeat up to 6 times.

8PM: Scrape dough out onto floured work surface and split dough in two using a dough scraper, and create a ball by folding each dough onto itself by scraping the sides underneath and bringing it back towards yourself. Cover with linen tea towel for 20 minutes and let it rest on the counter.

8.30PM: Turn the balls over and fold the sides into the centre to create an underneath seam. Prepare proving baskets, line with linen cloths and flour them, then put balls in baskets, seam side up. Liberally flour. Fold excess of cloth over. Put in fridge overnight (up to 18 hours).

THE SOURDOUGH PROCESS PT.3 : BAKING

The baking of the sourdough might seem labourious. I would be lying if I tried to convince you it wasn't, but like the rest of the sourdough process, it is an enjoyable and exciting baking experiment to bake your own bread. Judge the baking times by the look and feel of your loaves, leaving the bread in to bake for longer if needed. The steam created from the lid of the dutch oven is vital to getting a good rise and oven spring from the dough.

DAY THREE: BAKING THE SOURDOUGH LOAVES:

9AM: Heat oven to 220°C and whilst oven is heating up, trace the bottom of the dutch oven onto baking parchment and cut out two pieces this size. Put dutch oven and lid in oven to heat up for 45 minutes. Put one of the parchment shapes onto a plate and flour with strong white bread flour.

Take one of the loaves from the fridge and turn out onto the parchment sheet, seam side down. Flour the loaf on the plate, and make cuts how you like on the top of the loaf.

9:45AM: Remove the dutch oven from the oven, remove the lid and slide the loaf and parchment into the dutch oven and replace the lid and put back in the oven. Cook with lid on 20-30 minutes until domed and then cook with lid off 30-40 minutes. Remove loaf and sit on cooling rack (you can check if it's done by taping the bottom - it should sound hollow). Mine took over an hour to bake fully.

Repeat process for the second loaf. Let loaves rest until they are at room temperature before serving.

TANGY SOURDOUGH BROWNIES

I think these brownies might be the most aesthetically pleasing bake I've ever made. Sourdough in a brownie sounds questionable, but the subtle fermented tang actually gives these a gorgeous lemony flavour. I used milk chocolate which gave a milder chocolate flavour, but feel free to use dark chocolate for an even richer brownie. The best part is that these use up the sourdough discard, and there is no wait time for the sourdough to prove.

MAKES 24 BROWNIES | PREHEAT THE OVEN TO 180ºC

INGREDIENTS:

250G CHOCOLATE (MILK OR DARK)
225G SALTED BUTTER
1 CUP CASTER SUGAR
1/2 CUP BROWN SUGAR
1 TBSP VANILLA
3 ROOM TEMPERATURE EGGS
3/4 CUP SOURDOUGH DISCARD
1/4 CUP PLAIN FLOUR
1/4 CUP COCOA POWDER

EXPERIMENT WITH DIFFERENT CHOCOLATE TO CHANGE THE FLAVOUR OF THESE BROWNIES. TRY SWAPPING IN TERRY'S CHOCOLATE ORANGE AND 1 TSP ORANGE EXTRACT. USING DARK CHOCOLATE WILL MAKE THESE BROWNIES RICHER, AS OPPOSED TO THE SWEETER MILK CHOCOLATE.

SOURDOUGH DISCARD REFERS TO UNFED SOURDOUGH. THIS CAN BE STRAIGHT FROM THE FRIDGE. AFTER WEEKLY FEEDINGS, PUT THE DISCARD IN A SEPARATE CONTAINER AND STORE IN THE FRIDGE TO USE FOR RECIPES LIKE THIS ONE. THE OLDER THE DISCARD, THE MORE TANGY THE BROWNIES WILL TASTE.

METHOD:

Line an 9x13" tin with greaseproof paper.

Melt the butter and chocolate in the microwave. Whisk in the sugars and vanilla. Whisk in the eggs vigorously for at least one minute. This will develop a nice flaky crust on the top of the brownies as they bake.

Fold in the sourdough discard. Once incorporated, fold in the flour and cocoa powder.

Pour into the lined tray and bake for 28-30 minutes. A toothpick should come out clean. Leave to cool in the pan for at least one hour. Slice and dust with icing sugar.

Refrigerate these brownies overnight and then store in a tin at room temperature for fudgy, soft brownies.



08

COOKIES

08

WHAT DOES THE GINGERBREAD MAN PUT ON HIS BED?

A cookie sheet

Growing up in England, my experience with baking and eating cookies didn't truly begin until I started to bake them for myself. My Mum favoured the snap of a ginger biscuit or the crumble of shortbread to a fat American-style gooey cookie.

We would bake coffee kisses, ginger nuts and Anzac biscuits. All of these, if forgotten about (as they often were...), would crisp up in the oven. A quick and easy recipe she had on repeat were these ginger biscuits you roll into a log and slice into biscuits, made more exciting with the addition of M&Ms, peanuts or cranberries. These biscuits in particular, completely changed their texture from soft and bendy to ridgid and brittle with only a few too many minutes in the oven, so it was always touch and go as to what kind of treat we would be getting.

Every Christmas, Mum would bake each of us a gingerbread house to take into school for a Christmas party. The teachers always let us walk between classes offering up hunks of gingerbread to other students. I remember the thrill of showing off her creations and the joy of being able to share food around.

Eager to make cookies that people longed to be offered, I diverged from crispy to gooey. When I started to bake, I was intrigued by the over-the-top decadence of the American cookies that seemed like they were always a little undercooked. I experimented with flavours and textures, and the Chocolate Orange Ben's Cookie is perhaps the most decadent of them all (they are huge, oops).

I still like a crunchy biscuit from time to time, especially if I have something to dip it into; the Lemon Almond Biscotti are made for a coffee break.

THE ULTIMATE ACCIDENTALLY VEGAN BAKERY-STYLE COOKIE

The 24 hour wait time of this recipe is basically essential in making these cookies soft and chewy on the inside. The liquids need time to hydrate the flour and bring the dough together. The cookies are worth the wait, if you want bakery-quality thick cookies with chocolate chunks that remain gooey even when cool. That being said, in a pinch I have made these and chucked them in the freezer for 3 hours instead of fridge for 24 hours, and they were great too.

MAKES 18 COOKIES | PREHEAT THE OVEN TO 180°C (NOTE: THIS RECIPE TAKES OVER 24 HOURS)

INGREDIENTS:

FOR THE DOUGH:

2 CUPS PLAIN FLOUR
1 TSP BAKING POWDER
3/4 TSP BICARBONATE OF SODA
1/2 TSP FINE SALT
1 1/4 CUPS DARK CHOCOLATE CHUNKS
1/2 CUP CASTER SUGAR
1/2 CUP DARK BROWN SUGAR
1/2 CUP PLUS 1 TBSP VEGETABLE OIL
1/4 PLUS 1 TBSP WATER
FLAKY SEA SALT FOR TOPPING

ALTERNATIVE MIX-INS:

1 CUP CHOPPED DARK CHOCOLATE PLUS
1 CUP CHOPPED CRYSTALLISED STEM GINGER,
CRANBERRY AND MACADAMIA,
WHITE CHOCOLATE AND DRIED BERRIES

METHOD:

Whisk the dry ingredients (besides the flaky salt) together and set aside.

Whisk the oil, water and sugars together with an electric mixer for 2 minutes. This mixture should emulsify into a smooth liquid.

Incorporate the wet into the dry mixture, cover and refrigerate for 24 hours.

Preheat the oven and scoop 18 cookies onto a plate and freeze for 10 minutes. The mixture is dry and crumbly, but it comes together if you squish it in your hands.

Place them on two baking trays, sprinkle with salt and bake for 12-13 minutes.



"BEN'S COOKIES STYLE" CHOCOLATE ORANGE COOKIES

Ben's Cookies is a chain of bakeries which sells literally one item: fresh, warm, gooey-centred, huge, mostly-chocolate cookies. I first encountered a Ben's Cookies in Covent Garden, but they exist all over the UK and in several countries all over the world. Even if you haven't tried a Ben's Cookie, you must believe me when I say that these are a dead ringer for their chocolate orange offering. You will not be able to resist.

MAKES 15 LARGE COOKIES | PREHEAT THE OVEN TO 190°C

INGREDIENTS:

200G UNSALTED BUTTER
2 LARGE ROOM TEMP EGGS
1 TSP VANILLA
ZEST OF ONE ORANGE
325G LIGHT BROWN SUGAR
3/4 TSP SALT
400G PLAIN FLOUR
1 3/4 TSP BAKING POWDER
75G CANDIED ORANGE PEEL
250G LARGE AND SMALL MILK CHOCOLATE BUTTONS (SAVE 50G LARGE BUTTONS FOR THE TOP)

I USED THE ZEST OF TWO CLEMENTINES, AS THAT'S WHAT I HAD ON HAND, AND IT WAS PERFECT.

METHOD:

Brown the butter in a saucepan until it foams and the clear liquid butter has brown specks at the bottom. This should take around 10 minutes, and be done on a low heat to avoid burning the butter. Transfer to a large bowl and leave to cool for 15 minutes (or put in the freezer for 5 minutes). If you leave the butter in the pan to cool, it will continue to cook and may burn.

Once the butter has cooled a little, whisk in the sugar, orange zest, vanilla and salt until smooth and combined. Add the eggs one at a time and whisk vigorously until a glossy batter forms.

Mix in the dry ingredients (including peel and 200g of the chocolate buttons) with a wooden spoon or spatula and place the bowl in the fridge for a couple of hours.

Preheat the oven, line a tray with greaseproof paper and take the dough out of the fridge. Using a medium cookie scoop, use heaped scoops to form balls of the cookie dough (approximately 80g). This recipe makes exactly 15 cookies.

Stick one large chocolate button in the top of the dough. Scoop all the balls and place on a plate in the fridge for another 10 minutes.

Bake the cookies on one sheet at a time (leave the other balls of dough in the fridge), making sure they are spread out generously on the tray. Bake for 13-15 minutes, until they are crispy and golden on the outside but soft to touch.

Let the cookies cool - they will harden as they do so.



"THE AVERAGE" DOUBLE CHOCOLATE COOKIE

This cookie is what happens when you combine an English graduate and a Maths graduate and they go out for four years: I asked my boyfriend to write code to make an average cookie recipe for me to try out. I used a dozen double chocolate cookie recipes and Python coding printed this recipe: and it worked! A super soft, ultra chocolate-y cookie is the result. It's a mean chocolate cookie recipe (get it?).

MAKES 15-20 COOKIES DEPENDING ON SIZE | PREHEAT THE OVEN TO 180ºC

INGREDIENTS:

1/2 CUP PLUS 4 TSP (132G) ROOM TEMPERATURE UNSALTED BUTTER
1/2 CUP MINUS 2 TSP WHITE SUGAR
1/2 PLUS 1 TBSP BROWN SUGAR
1 ROOM TEMPERATURE EGG
1 1/4 TSP VANILLA EXTRACT
1 CUP PLUS 1 TBSP (142G) PLAIN FLOUR
1/2 CUP COCOA POWDER
1/2 TSP BICARBONATE OF SODA
3/4 TSP ESPRESSO POWDER
1/4 TSP SALT
1 CUP PLUS 4 TBSP (200G) MILK CHOCOLATE CHUNKS OR CHIPS

FOR THE CHOCOLATE, USE TWO BARS OF CHOCOLATE (100G EACH) AND CUT INTO CHUNKS. USE MILK OR WHITE CHOCOLATE FOR SWEETNESS, BUT IF YOU LIKE VERY RICH COOKIES, USE DARK CHOCOLATE.

METHOD:

Cream the butter and sugars together with an electric whisk for 2-3 minutes until pale and fluffy.

Add in the egg and vanilla and whisk until thoroughly combined.

Sieve in the flour and cocoa powder (one of the only instances I will sieve anything is if I'm using cocoa powder as it is often lumpy). Add the espresso, bicarbonate of soda and salt and fold all the dry ingredients into the mix with a spatula.

Finally, fold in the chopped chocolate and cover and refrigerate for 1 hour.

After one hour, use a cookie scoop to scoop the dough into balls and place on a plate in the freezer for 10-15 minutes while you preheat the oven.

Once the oven is hot, transfer the dough onto a baking sheet (spread apart!) and bake for 10 minutes.

These cookies are very soft, but will be fully baked at 10 minutes.



09

BARS AND TRAYBAKES

09

WHY COULDN'T THE TEDDY BEAR FINISH HIS BIRTHDAY CAKE?

He was already stuffed.

I will be the first to admit that I once wrote traybakes and bars off as boring. In my defence, baking a rectangular cake and cutting it into squares always seemed so "meh". Why would anyone choose to eat a square of something?

It took me a while, but I stopped associating traybakes with the sheet pan iced cakes my Mum used to make (sorry, Mum!) and realised they encompassed so many varities of bakes. Brownies, blondies, cookie bars, bars with crusts, shortbread bars: they all come under the umbrella of traybakes and bars, and they are some of my favourite desserts to bake and to eat.

What I enjoy the most about traybakes is how customisable they are: almost every traybake recipe is a simple base recipe which has been doctored up with add-ins and different flavours. You can trade lemon bars for lime bars, with little effort. Double chocolate brownies become white chocolate chunk brownies by just swapping the chocolate chips. The endless variations on different bars and bakes makes them an ideal edible gift for you to incorporate the preferred treat of the recipient. If they love a chocolate bourbon biscuit, swap them into the Jammie Dodger blondies, for example. If apple crumble is their favourite dessert, swap the raspberry jam for apple preserves in the Raspberry Crumble Bars.

Or, simply follow these tried and true recipes to bake delicious, easy and often gooey (hey, I know what I like) bars.

THE BEST EVER BROWNIES

Brownies, part two. This recipe makes a lot of brownies: but in the grand scheme of things, this first-world problem seems pretty ideal to me. The top is crackly, the inside is fudgy and the nuts and chocolate chips add crunch and flavour. They truly are the best ever brownies, and honestly I don't think they lasted more than 72 hours in my house. Oops.

MAKES 24 BROWNIES | PREHEAT THE OVEN TO 180ºC

INGREDIENTS:

230G BUTTER
175G DARK CHOCOLATE
3 EGGS
150G CASTER SUGAR
150G LIGHT BROWN SUGAR
1 TSP FINE SALT
1 TSP VANILLA EXTRACT
155G PLAIN FLOUR
20G COCOA POWDER
1/4 TSP BAKING POWDER
100G CHOPPED NUTS OR CHOCOLATE CHIPS

METHOD:

Line an 9x13" tin with greaseproof paper.

Melt the butter and chocolate in the microwave. Do this in 30 second intervals to avoid burning the chocolate. Set aside to cool for five minutes or so.

After it has cooled slightly, whisk in the sugars, egg and vanilla. Whisk vigorously for one minute, this will help develop a crackle on top of the brownies. You can use an electric mixer for this, but a hand held whisk will work perfectly, too.

Stir in the dry ingredients and mix-ins before pouring into the lined tray.

Bake for 35-40 minutes until the top is shiny and crackly and a toothpick comes out with a few moist crumbs on (but not clean nor caked in raw batter).

VEGAN BROWNIES

Brownies, part one. Every week at university, my boyfriend went out with his mates. One such Wednesday, in an attempt to dispatch some of these excess brownies from my flat, I loaded him up with a Tupperware full and sent him on his way. Barely 30 minutes later, I received rave reviews for my brownies. These fairly burly, loyally carnivorous lads had demolished the brownies without a second thought. Who said vegan baking couldn't compare?

MAKES 16 BROWNIES | PREHEAT THE OVEN TO 180°C

INGREDIENTS:

225G VEGAN CHOCOLATE (DARK)
2 TBSP GROUND FLAXSEED (MIXED WITH 6 TBSP WATER)
2/3 CUP CASTER SUGAR
1/2 CUP LIGHT BROWN SUGAR
1/4 CUP SOFTENED VEGAN BUTTER
2 TSP VANILLA EXTRACT
1 CUP PLAIN FLOUR
1/3 CUP COCOA POWDER
1 TSP BAKING POWDER
1 TSP SALT

I HAVE MADE OREO FLAVOURED BROWNIES WITH THE ADDITION OF OREO COOKIES PUSHED INTO THE BATTER AND VEGAN OREO FROSTING.

METHOD:

Line an 8x8" tin with greaseproof paper. Make the flax egg by mixing flaxseed and water and letting it gel for 10 minutes.

Cream butter and sugar together until pale. Add half of the chocolate, melted, the flax egg and vanilla. Mix in dry ingredients and the other half of the chocolate, chunked.

Bake for 30 minutes and let it set while it cools.



JAMMIE DODGER BLONDIES

The day after I made these blondies, my mum sat next to me in the kitchen, looked me in the eye and told me I could never make them again. Had I poisoned her? I wondered. Well, no. She just meant that they were so delicious that it was dangerous to have a batch of them around in the house, for fear of eating them all in some sort of blondie rampage. These are definitely worth going mad for.

MAKES 24 BLONDIES | PREHEAT THE OVEN TO 180ºC

INGREDIENTS:

3/4 CUP (170 GRAMS) UNSALTED BROWNED BUTTER MELTED AND SLIGHTLY COOLED
1 CUP (200 GRAMS) LIGHT BROWN SUGAR LIGHTLY PACKED
3/4 CUP (150 GRAMS) GRANULATED SUGAR
2 LARGE EGGS ROOM TEMPERATURE
2 TEASPOONS PURE VANILLA EXTRACT
2 CUPS (250 GRAMS) PLAIN FLOUR
1 TEASPOON BAKING POWDER
1/2 TEASPOON SALT
8 JAMMIE DODGER BISCUITS
100G RASPBERRY JAM

METHOD:

Preheat oven to 180ºc. Line a 9x13 baking pan with parchment paper leaving some overhang for easy removal, and set aside.

Brown the butter in a saucepan, until milk solids have turned to a caramel colour at the bottom of the pan. Do this low and slow, about 6-10 minutes.

Mine looked like it wasn't ever going to caramelise, until it turned dark at the last minute. Pour into a bowl and pop in the fridge while you whisk the eggs.

With an electric whisk, whisk the eggs and sugars together until light and creamy (about 2 minutes).

In a large mixing bowl, whisk in the melted butter and vanilla until well combined.

Add the flour, baking powder, and salt and mix until just combined. Scoop the batter into the prepared 9x13 pan and spread it around into one even layer.

Decorate with jam swirls and Jammie dodgers

Bake for 30-35 minutes or until the top is set and lightly browned. You can check the brownies are done with a toothpick. It should come out with a few crumbs, but not be completely clean.

Remove from the oven and cool completely before using a really sharp knife to slice into bars.

THANKS, WISHES AND ACKNOWLEDGEMENTS

I started this recipe book project with only a little notebook and quite a lot of free time, plus endless emotions that were begging to be channeled into something other than self-destruction.

It's taken me a long time to be in a place where I can write about this, and for that I must thank Ollie. You, Bean, are the engine that's kept me going, and without you I know I wouldn't be here. Therapy has applied plasters to parts of me that I'd left wounded, but no amount of therapy could do for me what you have. Your support and comfort mean everything to me.

Mum, thank you for encouraging me to start using the design programs I'd long been intimidated by. It's overwhelming, but without that first encouragement, I would never have learnt all the skills I now know.

To friends who have gratefully accepted bakes without any knowledge of this project at all, I hope you enjoyed them. Your compliments meant more than you know.

To anyone reading this, know that you must be someone very special for me to let you in to witness my hard work along with my vulnerabilities laid out in these pages. I hope you are aware how much you mean to me.

Jenny
xoxo

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