



# Fairtrade Cooking Demonstration

December 2019

## **Recipe Book** and useful links

Bridge of Don Academy  
&  
Aberdeen for a Fairer World

# Further Information and a Thank You

Aberdeen for a Fairer World (AFW) and Bridge of Don Academy have received funds from Co-op Members' shopping,<sup>1</sup> mainly at Scotstown Co-op, to organise a series of events promoting Fairtrade in the Bridge of Don area.

For information about Aberdeen for a Fairer World, please see [www.afairerworld.org.uk](http://www.afairerworld.org.uk) (Scottish Charity Number: SC014585).

We would like to thank the Scotstown Co-op for their help and support in organising this and other events. Also, a big thank you to Aberdeen City Council and the staff who have made this event possible. And lastly, we would like to thank Co-op, Divine, and Fairtrade Foundation for use of recipes.



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<sup>1</sup> Co-op Local Community Fund: <https://causes.coop.co.uk/>

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# Breakfast Banana Bread

Ready in 1 hour 20 minutes

Serves 2

## Ingredients

2 tbs vegetable oil plus extra for greasing  
75g Co-op fat-free Greek style yogurt  
3 ½ tbs Co-op clear honey  
50g light-brown soft sugar  
1 tsp vanilla extract  
2 Co-op British eggs  
2 Co-op Fairtrade bananas, mashed, plus ½ banana, sliced  
50g walnuts, chopped, plus 5 halves reserved  
50g raisins  
75g Co-op porridge oats  
150g Co-op self-raising flour

## Method

Preheat the oven to 180°C/fan 160°C/Gas 4.

Grease and line a 900g loaf tin with greaseproof paper.

Whisk the oil, yoghurt, honey, sugar, vanilla extract, and eggs together, then stir in the mashed bananas.

Add the walnuts, raisins, oats, and flour, and beat together with a wooden spoon.

Pour into the loaf tin and top with the banana slices and reserved walnut halves.

Cook for 1 hour or until a skewer inserted into the middle of the loaf comes out clean.

Remove from the oven.

Cool on a wire rack for 10 mins before turning out and allowing to cool fully.

Please find the recipe on Co-op's website. Link is included at the end of the book.



## Crumbly Banana Fingers

Ready in 50 minutes

Serves 20

### Ingredients

175g Co-op unsalted butter, softened,  
plus extra for greasing

175g caster sugar plus 15g for dusting  
(optional)

225g Co-op self-raising flour

100g porridge oats

3 Co-op Fairtrade bananas

50g sultanas

### Method

Preheat the oven to 200°C/fan 180°C/  
Gas 6.

Grease a shallow baking tin (about 30 x  
20cm).

Beat the butter and caster sugar until  
the mixture is pale in colour.

Stir in the flour and oats and form into  
a dough.

Spoon two thirds of the dough into the  
base of the tin and level the surface with  
the back of a spoon.

Slice the bananas, mash with a fork, and  
spread onto the dough.

Cover with the remaining dough and  
sprinkle the sultanas over the top.

Level off as before.

Bake for 20-25 mins or until golden  
brown.

Allow to cool before dusting with the  
extra caster sugar, if you like.

Cut into 20 fingers and carefully remove  
from the tin.

Please find the recipe on Co-op's website. Link is included at the end of the book.



## Brown Sugar Cakes with Crème Fraîche & Coffee Syrup

Ready in 35 minutes

Serves 6

### Ingredients

50g Co-op unsalted butter, melted, plus extra for greasing

40g Co-op ground almonds

50g Co-op self-raising flour

80g Co-op Fairtrade light-brown soft sugar

½ tsp baking powder

1 Co-op British free-range egg, beaten

¼ tsp ground nutmeg plus extra for dusting

150g Co-op crème fraîche

#### For the syrup:

50ml espresso made with Co-op Fairtrade espresso

50g Co-op Fairtrade light-brown soft sugar

### Method

Preheat the oven to 180°C/fan 160°C/Gas 4.

Grease a 6-hole muffin tin with butter and line with discs of greaseproof paper.

Combine the almonds, flour, sugar, and baking powder in a large bowl.

Add the butter and beaten egg, then whisk for 2 mins until well combined.

Spoon the mixture into the prepared muffin tin.

Cook for 15-18 mins until risen.

Allow to cool slightly in the tin, then turn out onto a wire rack to cool completely.

Stir the nutmeg into the crème fraîche.

For the syrup, bring the coffee and sugar to the boil, then simmer for 5-8 mins until thickened and syrupy.

Set aside to cool.

To serve, top each cake with a dollop of the spiced crème fraîche, drizzle over some of the coffee syrup, and finish with a light dusting of nutmeg.

Please find the recipe on Co-op's website. Link is included at the end of the book.



# Gluten-free Chocolate Banana Bars

Ready in 25 minutes

Serves 8

## Ingredients

2 ripe Co-op Fairtrade bananas  
1 large Co-op British egg  
50g Co-op Fairtrade cocoa powder  
20g Co-op Fairtrade milk chocolate buttons, chopped

## Method

Preheat the oven to 200°C/fan 180°C/  
Gas 6.

Grease a 20cm x 20cm cake tin and line with greaseproof paper.

Mash the bananas in a bowl until smooth, then whisk in the egg.

Gradually add the cocoa and mix until smooth, then stir in the chocolate buttons.

Pour the mixture into the tin and even out the top.

Bake for 15 mins, allow to cool in the tin, then remove and cut into 8 bars.

Please find the recipe on Co-op's website. Link is included at the end of the book.





## Chocolate & Beetroot Cake

Ready in 50 minutes

Serves 12

### Ingredients

150g dark chocolate, chopped  
150g butter  
150g golden caster sugar  
3 eggs, separated  
50g ground almonds  
120g self-raising flour  
1 tbsp cocoa powder  
250g cooked beetroot

### Method

Preheat the oven to 190°C/gas mark 5.  
Grease and line a large loaf tin.  
Melt the chocolate gently over a pan of simmering water, then remove from the heat and cool.  
Beat butter and sugar until light and fluffy, then add the egg yolks one at a time, making sure to beat well after each addition.  
Beat in the cooled chocolate.  
Sift in ground almonds, flour, and cocoa, and fold in.  
Puree or mash beetroot and fold in gently using a large metal spoon.  
In a clean bowl with clean beaters, whisk egg whites until stiff peaks form, then fold in the chocolate and beetroot mixture.  
Spoon into the prepared tin and bake for 40 minutes until skewer inserted in the centre of the cake comes out clean.  
Remove from the oven and allow to cool in the tin for 5 minutes, then transfer carefully to a cooling rack.

Please find the recipe on Traidcraft's website. Link is included at the end of the book.





# Winter-spiced Chocolate Mug Cake

Ready in 3 minutes

Serves 1

## Ingredients

- 1 ½ tbsp Divine Winter Spiced Hot Chocolate Powder
- 3 tbsp (40g) buckwheat or oats, ground into flour (or white/spelt flour)
- ¼ tsp baking powder
- 1 tbsp melted coconut oil or vegetable oil
- 3 tbsp plant-based milk
- ½ tsp vanilla extract
- 2 squares of dark chocolate, chopped

## Method

Grease a small ramekin or mug. This step is useful for transferring the finished cake to a plate. Skip this step if you want to eat it straight from the mug.

Stir together the cocoa powder, ground buckwheat or oats, baking powder, melted coconut oil, plant-based milk, and vanilla extract. Stir together until sticky and fold through the chopped chocolate.

Pour into the ramekin or mug and microwave for 30-40 seconds. Serve with toppings as desired.

Please find the recipe on Divine Chocolate's website. Link is included at the end of the book.



# Christmas Gingerbread Biscuits

Ready in 42 min & an overnight

Serves 20

## Ingredients

### For gingerbread men:

280g plain flour

125g cold butter, cubed

½ tsp bicarbonate of soda

### For gingerbread hot mix:

2 ½ tbsp water

105g muscavado brown sugar

20g treacle

20g golden syrup

1 ½ tbsp ground ginger

1 ½ tbsp cinnamon

½ tsp ground cloves

1 ½ tbsp nutmeg

### For gingerbread men coating:

3 bars of Divine Milk Chocolate or Divine Chocolate with Gingerbread Crisp

3 tbsp christmas sprinkles

## Method

The day before, prepare the gingerbread dough and refrigerate.

Place the hot mix ingredients in a deep pan and on medium heat, bring to a boil stirring it frequently. This should take 5-10 mins.

Remove from heat and using the spatula, carefully stir in the cold, diced butter. Add the bicarbonate of soda and mix until combined. Allow the mixture to cool until just warm, then sift the flour a third at a time into the mixture.

Using the spatula, combine until you have a solid mixture. Place in an airtight container and refrigerate overnight.

The next day, line a baking tray with greaseproof paper. Remove the dough from the fridge and using a baking mat, carefully roll out until it is the thickness of a one-pound coin. Avoid a sticky rolling pin by placing a piece of greaseproof paper between the pin and the dough before rolling.

Use a cookie cutter to carefully press out the shapes. Arrange on the tray and refrigerate for 30 min. This will help the biscuits keep their shape in the oven.

Preheat the oven to 180°C/fan 160°C/Gas 4. Bake for 8-12 mins. At minute 7, check the colour and rotate the tray for an even bake.

Remove from the oven when the biscuits are firm to the touch, and using an offset spatula, place the biscuits on a cooling rack to cool.

**For the chocolate coating:**

Chop the chocolate and place in a microwavable bowl. Set the microwave to a low heat - I use 360W - and set the time to three minutes.

Melt the chocolate for 30 seconds at a time. Do not stir. Melt until it is almost melted. Remove from the microwave and stir to combine. Leave to set for a few minutes.

Place the bowl at an angle, then dip half of the body of the biscuits in the chocolate and place on a biscuit rack. Sprinkle with christmas sprinkles, use the chocolate to make dots for the eyes, place snowflakes on top, and allow to set.

# Ingredients Stockists

## A Varsity of Fairtrade Products

**Co-op Stores & Scotmid:** all Own Brand (Co-op label) coffee, chocolate, cocoa, bananas, sugar, and tea are Fairtrade. They also sell Fairtrade wine, charcoal, cut flowers, cotton wipes, and cotton buds (plastic-free, too), muesli, orange juice, and iced latte.

All bananas, tea, coffee, chocolate, and cocoa used as ingredients in Own Brand products - e.g. cake - are using Fairtrade products, even though not labelled as such.

## Chocolate

**Divine Chocolate:** <https://ukshop.divinechocolate.com/uk/shop/>

## Jams

**Just Trading Scotland:** <https://www.jts.co.uk/shop/-c32282205>

JTS, Unit 3/4, Wallneuk Road, Paisley, PA3 4BT

## Spices

**Bart:** <https://www.bart.co.uk/>

# Other Fairtrade Suppliers

## Gifts & Food

**Shared Earth:** <https://www.sharedearth.co.uk/>

**Traidcraft:** <https://www.traidcraft.co.uk/>

**Oxfam:** <https://onlineshop.oxfam.org.uk/shop>

26/28 Chapel Street, Aberdeen, AB10 1SP

For opening hours, please contact on 01224 637662

13 Rosemount Viaduct, Aberdeen, AB25 1NE

For opening hours, please contact on 01224 640335

**Ubuntu:** <http://www.theacorncentre.org/ubuntu.html>

West High Street, Inverurie, AB51 3SA

Open Tuesday-Saturday, 10am-3pm

## Sports Balls

**BALA Sport:** <https://www.balasport.co.uk/>

# Recipe Links

**For the online versions of the recipes, please see below:**

## **Breakfast Banana Bread**

<https://www.coop.co.uk/recipes/breakfast-banana-bread>

## **Crumbly Banana Fingers**

<https://www.coop.co.uk/recipes/crumbly-banana-fingers>

## **Brown Sugar Cakes with Crème Fraîche & Coffee Syrup**

<https://www.coop.co.uk/recipes/brown-sugar-cakes-with-creme-fraiche-and-coffee-syrup>

## **Gluten-free Chocolate Banana Bars**

<https://www.coop.co.uk/recipes/gluten-free-chocolate-banana-bars>

## **Chocolate & Beetroot Cake**

<https://www.traidcraftshop.co.uk/blogpost/fair-trade-chocolate-and-beetroot-cake-recipe-246-246-246-246-246-246-246-246-246-246-246.html>

### **Winter-spiced Chocolate Mug Cake**

<https://www.divinechocolate.com/recipes/winter-spiced-chocolate-mug-cake>

### **Christmas Gingerbread Biscuits**

<https://www.divinechocolate.com/recipes/divine-christmas-gingerbread-biscuits>

**For the Fairtrade Recipe Book, please go to:**

<https://www.fairtrade.org.uk/resources-library/fairtrade-fortnight-2020/recipe-book-fairtrade-fortnight-2020/>