Lovereading.co.uk
Helping you choose your next book

You loved your last book...but what are you going to read next?

Using our unique guidance tools, Love**reading** will help you find new books to keep you inspired and entertained.

Opening Extract from...

The Baking Book

Written by
Good Housekeeping Institute

Published by Collins & Brown

All text is copyright © of the author

This Opening Extract is exclusive to Love**reading**.
Please print off and read at your leisure.

First published in Great Britain in 2011
by Collins & Brown
10 Southcombe Street
London W14 0RA

An imprint of Anova Books Company Ltd.

Copyright © The National Magazine Company Limited and Collins & Brown 2011

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior written consent of the copyright holder.

The expression Good Housekeeping as used in the title of the book is the trademark of the National Magazine Company and The Hearst Corporation, registered in the United Kingdom and USA, and other principal countries of the world, and is the absolute property of The National Magazine Company and The Hearst Corporation. The use of this trademark other than with the express permission of The National Magazine Company or The Hearst Corporation is strictly prohibited.

The Good Housekeeping website is
www.allaboutyou.com/goodhousekeeping

ISBN 978-1-84340-587-0

A catalogue record for this book is available from the British Library.

Reproduction by Dot Gradations Ltd, UK
Printed and bound by XXX

This book can be ordered direct from the publisher at
www.anovabooks.com

NOTES

- Both metric and imperial measures are given for the recipes. Follow either set of measures, not a mixture of both, as they are not interchangeable.
- All spoon measures are level.
  1 tsp = 5ml spoon; 1 tbsp = 15ml spoon.
- Ovens and grills must be preheated to the specified temperature.
- Use sea salt and freshly ground black pepper unless otherwise suggested.
- Fresh herbs should be used unless dried herbs are specified in a recipe.
- Medium eggs should be used except where otherwise specified. Free-range eggs are recommended.

DIETARY GUIDELINES

- Note that some recipes contain raw or lightly cooked eggs. The young, elderly, pregnant women and anyone with an immune-deficiency disease should avoid these, because of the slight risk of salmonella.
- Note that some recipes contain alcohol. Check the ingredients list before serving to children.

CONTENTS

Foreword 6

CAKES 8

Everyday cakes and small cakes 10
Occasion cakes 37
Muffins and cupcakes 54

TRAYBAKES, BISCUITS AND COOKIES 74

Traybakes 76
Biscuits and cookies 90

CHEESECAKE, TORTES AND NO-BAKE CAKES 106

Cheesecakes 108
Tortes 114
No-bake cakes 121

PASTRY 124

Basic pastry recipes 126
Savoury pastry 130
Savoury tarts and quiches 144
Sweet pies 150
Sweet parcels 159
Sweet tarts 160
Pastries 182
Scones and pancakes 189

BREADS AND ROLLS 192

Basic breads 194
Flavoured breads 206
Rolls 212
Flatbreads 214
Pizzas 216
Quick-mix breads 218
Sweet breads and buns 225

PUDDINGS 246

CELEBRATION CAKES 270

Wedding cakes 272
Festive cakes 276
Kids' party cakes 282

BAKING KNOW-HOW 288

Baking equipment 290
Cake- and biscuit-making techniques 292
Dos and don'ts of cake- and biscuit-making 299
Bread-making techniques 304
Pastry-making techniques 310
Accompaniments 316
Creative decorating 318
Base-icing techniques 324
Chocolate and sugar 326
Piping techniques 331
Run-out and crimping techniques 334
Ribbon work and rice paper techniques, making templates 335
Shortcut decorating 336
Hand-made decorations 337
Decorating cupcakes 342

Glossary 344
Index 347

FOREWORD

Baking has always had a welcome place in people's hearts. It promises not only a house filled with tantalising aromas, but also the satisfaction of feeding those you love with irresistible sweet treats – not to mention yourself! With the rise of the patisserie outlet and excellent shop-bought cakes, there's always the threat of 'the easy way out' but, good though these shop-bought cakes and bakes may be, they are not homemade.

For me, this self-madeness shows you care and it's hard not to feel a nibbling of pride when you're surrounded by munching sounds of delight. On the flip side, if a little mishap does occur and, say, your scones have not risen to the heavens, you'll know they still taste good.

In my experience, baking is what hooks most people into enjoying their kitchen – and with good reason, it's fun! Even if you haven't started at a tender age, stamping out dinosaur biscuits, there's always time to learn and to be rewarded with the huge sense of satisfaction of seeing something cooling on a wire rack.

Baking involves a delicate – scientific, even – balance, where a small change in an ingredient can have a large effect on the finished result. It's hard to 'wing it' when baking. But fear not, baking is very simple if you follow a good recipe closely – and Good Housekeeping recipes are not only excellent, but have also been triple-tested in our dedicated kitchens, so you are sure to succeed.

I hope you enjoy this book – it's filled with sweet promise.



Meike Beck
Cookery Editor
Good Housekeeping



CAPPUCCINO AND WALNUT CAKE

CUTS INTO 10 SLICES

Preparation: 30 minutes
Cooking time: about 45 minutes, plus cooling

65g (2½oz) unsalted butter, melted and cooled, plus extra to grease
100g (3½oz) plain flour
1 tsp baking powder
4 medium eggs
125g (4oz) caster sugar
1 tbsp chicory and coffee essence
75g (3oz) walnuts, toasted, cooled and finely chopped

DECORATION
50g (2oz) walnuts
1 tbsp granulated sugar
¼ tsp ground cinnamon

ICING
200g (7oz) good-quality white chocolate
4 tsp chicory and coffee essence
2 x 250g tubs mascarpone cheese
fresh unsprayed violets to decorate (optional)

PER SLICE
449 cals; 30g fat (of which 13g saturates); 36g carbohydrate; 0.3g salt

1. Preheat the oven to 190°C (170°C fan oven) mark 5. Grease two 20.5 x 4cm deep (8 x 1½ inch deep) round cake tins and base-line each with a circle of greased greaseproof paper. Sift the flour and baking powder together twice.
2. Using an electric mixer, whisk the eggs and caster sugar in a large heatproof bowl set over a pan of barely simmering water for 3–4 minutes until light, thick and fluffy. Remove the bowl from the heat and continue whisking until the mixture has cooled and the whisk leaves a ribbon trail for 8 seconds when lifted out of the bowl.
3. Fold in the butter, coffee essence and chopped walnuts. Sift half the flour over the mixture, then fold in carefully but quickly with a metal spoon. Sift and fold in the rest, taking care not to knock out too much air. Pour into the prepared tins and tap them lightly on the worksurface. Bake for 20–25 minutes until the tops feel springy. Cool in the tins for 10 minutes, then turn out on to a wire rack and leave to cool completely.
4. To make the decoration, whiz the walnuts in a food processor or blender with the granulated sugar and cinnamon until finely chopped. Take care not to overprocess the nuts or they'll become oily. Set aside.
5. To make the icing, break up the chocolate and put into a heatproof bowl set over a pan of gently simmering water, making sure the base of the bowl doesn't touch the water. Allow to melt slowly without stirring. In another bowl, add the coffee essence to the mascarpone and beat until smooth, then slowly beat in the melted chocolate.
6. Spread one-third of the icing on top of one cake, then sandwich with the other half. Smooth the remaining icing over the top and sides. Lift the cake on to a large piece of greaseproof paper and scatter the chopped nuts all around it. Then lift the greaseproof up to press nuts on to the sides. Transfer to a plate and decorate with the violets, if you like.

TO STORE
Store in an airtight container in the fridge. It will keep for up to two days.



QUICK CARAMELISED ONION AND GOAT'S CHEESE TART

SERVES 4

Preparation: 20 minutes
Cooking time: about 50 minutes

200g (7oz) ready-made shortcrust pastry
plain flour to dust
1 tbsp olive oil
2 red onions and 1 medium white onion, peeled and finely chopped
1 tbsp balsamic vinegar
1 tbsp light muscovado sugar
1 tbsp fresh oregano leaves, finely chopped
50g (2oz) goat's cheese, roughly chopped
2 medium eggs, beaten
200ml (7fl oz) double cream
salt and ground black pepper

PER SERVING
627 cals; 34g fat (of which 17g saturates); 210g carbohydrate; 1g salt



1 Preheat the oven to 200°C (180°C fan oven) mark 6. Roll out the pastry on a lightly floured surface to the thickness of a £1 coin. Use to line a 20.5cm (8 inch) diameter, 2.5cm (1 inch) deep, fluted quiche tin and prick the base with a fork. Chill for 30 minutes. Bake blind (see page 311) for 10–12 minutes until pastry is set, then remove the beans and paper and bake for a further 10 minutes until the base feels sandy to the touch. Take out of the oven and set aside. Lower the oven setting to 150°C (130°C fan oven) mark 2.

NOTES

- Onions take a good 45 minutes to caramelise over a low heat, but chopping them finely and adding a touch of sugar and balsamic vinegar speeds up the process dramatically.
- You can make this recipe even faster by using a ready-cooked tart case.

FREEZING TIP
To freeze, complete the recipe and cool completely in the tin. Wrap in clingfilm and freeze for up to three months. To use, thaw in the fridge overnight, then serve at room temperature, or heat for 25 minutes in an oven preheated to 150°C (130°C fan oven) mark 2.

2 Meanwhile, heat the oil in a pan. Add the onions and fry gently for 10 minutes. Turn up the heat, add the vinegar and sugar and cook for 10 minutes, stirring until the onions are golden. Add a little water if the pan dries out. Stir in most of the oregano.
3 Spoon the onion mixture into the pastry case and dot the cheese on top. Lightly beat the eggs, cream and seasoning in a small bowl. Pour over the onions, then use a fork to lift some onions to the surface. Sprinkle the remaining oregano over the surface, then cook for 30 minutes until just set. Serve warm or at room temperature.

ROASTED VEGETABLE AND ROCKET TARTLETS

SERVES 6

Preparation: 15 minutes
Cooking time: 5–7 minutes

375g pack ready-rolled puff pastry
plain flour to dust
1 medium egg, beaten
2 tbsp coarse sea salt
300g (11oz) vegetable antipasti in olive oil (such as mixed roasted peppers, artichokes and onions)
a little olive oil, if needed
2 tbsp balsamic vinegar
190g tub red pepper hummus
50g (2oz) wild rocket
salt and ground black pepper

PER SERVING
371 cals; 26g fat (of which 1g saturates); 30g carbohydrate; 1.1g salt

1 Preheat the oven to 220°C (200°C fan oven) mark 7. Unroll the puff pastry on a lightly floured surface and cut it into six equal-sized squares.
2 Put the pastry squares on a large baking sheet and prick each one all over with a fork. Brush all over with beaten egg and sprinkle the edges with sea salt. Cook for 5–7 minutes or until the pastry is golden brown and cooked through.
3 Pour off 4 tbsp olive oil from the antipasti into a bowl (top it up with a little more olive oil if there's not enough in the antipasti jar). Add the balsamic vinegar, season well with salt and pepper and mix well, then put to one side.
4 To serve, divide the hummus among the pastry bases, spreading it over each. Put the bases on individual plates and spoon the antipasti over each – there's no need to be neat.
5 Whisk the balsamic vinegar dressing together. Add the rocket leaves and toss to coat, then pile a small handful of leaves on top of each tartlet.

NOTE
For convenience, make the tartlets to the end of step 2. Cool on a wire rack, then store in an airtight container for up to two days. To use, complete the recipe.

