

AFTERNOON TEA

TRY ONE OF THESE CLASSIC SWEET RECIPES FROM EXPERIENCED BAKER, ANNEKA MANNING. THEY'RE SURE TO PLEASE.

MEASURE & BEAT VANILLA CUPCAKES

Makes 12

These individual servings of buttery sweetness have become such objects of desire that 770 million (yes, I said million!) cupcakes were sold in the United States alone in 2012. There is even a 'cupcake ATM' in Beverly Hills, LA, that dispenses them round the clock, churning out over 1000 a day! This easy recipe will let you create 12 of your own using my no-fuss method of throwing everything into a bowl and beating it.

ESSENTIAL TOOLS



KitchenAid Stand Mixer

Ingredients

185g (1¼ cups) self-raising flour
165g (⅔ cup) caster sugar
125g butter, softened
80ml (⅓ cup) milk
2 eggs, at room temperature
1 tsp natural vanilla extract or essence
decorations of your choice (optional)

Vanilla Buttercream

100g butter, softened
1 tsp natural vanilla extract or essence
185g (1½ cups) icing sugar, sifted
milk (optional)

Method

Preheat the oven to 180C. Line twelve medium muffin tray holes with paper cases.

Place the flour, sugar, butter, milk, eggs and vanilla into a KitchenAid Stand Mixer and beat on low speed until combined.

Increase the speed to medium and beat for 3 minutes or until the mixture is well combined and very pale in colour.

Spoon the mixture into the paper cases, dividing evenly. Bake for 20-25 minutes or until the cupcakes are golden and cooked when tested with a skewer. Cool for 5 minutes in the tin, then transfer to a rack to cool completely.

To make the vanilla buttercream, beat the butter and vanilla in a medium bowl until pale and creamy. Gradually beat in the icing sugar, about ½ cup at a time, until well combined. Use a flat-bladed or palette knife to test if the icing is a spreadable consistency. If it is too thick, beat in 1 teaspoon of extra milk at a time until it reaches the desired consistency.

Spread the cooled cupcakes with buttercream and decorate, if desired.



FLOURLESS CHOCOLATE & HAZELNUT CAKE

Serves 8-10

This cake is a favourite of mine – it is rich but light all at the same time. The chocolate, egg yolks and hazelnut meal provide the richness while the egg whites account for the light texture. It is indulgent without being overwhelmingly rich – my sort of chocolate cake. It makes a perfect dessert when served with thick cream or ice-cream but don't underestimate how blissfully suitable a slice with afternoon coffee can be.

ESSENTIAL TOOLS



KitchenAid Stand Mixer



Profiline 22cm PushPan

Ingredients

melted butter, to grease
150g good-quality dark chocolate, chopped
100g butter, cubed
4 eggs, at room temperature, separated
110g (½ cup) caster sugar
110g (1 cup) hazelnut meal
2 tbs sherry, brandy or Frangelico
cocoa powder or icing sugar, to dust

Method

Preheat the oven to 150C. Grease a 22cm PushPan with the melted butter, then line the base and side with baking paper.

Combine the chocolate and butter in a medium heatproof bowl over a saucepan of simmering water (don't allow the bowl to touch the water). Stir occasionally until the chocolate and butter melt and the mixture is smooth. Remove the bowl from the pan.

Add the egg yolks, sugar, hazelnut meal and sherry to the chocolate mixture and use a balloon whisk to stir until well combined. Transfer the mixture to a large bowl.

Place the egg whites in a clean, dry bowl of a KitchenAid Stand Mixer and use the whisk attachment to whisk until firm peaks form. Add a spoonful of egg white to the chocolate mixture and use a large

metal spoon or spatula to fold in – this will 'loosen' the mixture. Add the remaining egg white and fold in until just combined.

Pour the mixture into the prepared tin and use the back of a spoon to smooth the surface. Bake in the preheated oven for 55 minutes or until the top of the cake feels set and crumbs cling to a skewer inserted into the centre. Remove the cake from the oven, place on a wire rack and cool completely in the pan.

Turn out and serve dusted with cocoa powder or icing sugar.

BAKER'S TIP

- This cake will keep in an airtight container in the fridge for up to 4 days. Bring it to room temperature before serving.

MELTING MOMENTS

Makes about 18

These melt-in-the-mouth buttery biscuits, sandwiched with a creamy, sweet buttercream are an all-time favourite. This version has the addition of orange zest in the filling, which adds a subtle citrus tang. They're the perfect accompaniment to a cuppa.

ESSENTIAL TOOLS



KitchenAid Stand Mixer

Ingredients

250g butter, cubed, softened
110g (¾ cup) icing sugar
1½ tsp natural vanilla essence or extract
250g (1⅔ cups) plain flour
60g (½ cup) cornflour

Orange Buttercream Filling

60g butter, softened
1 orange, zest finely grated
125g (1 cup) icing sugar, sifted

Method

Preheat the oven to 160C. Line two large baking trays with baking paper.

Use a KitchenAid Stand Mixer on medium speed to beat together the butter, icing sugar and vanilla until pale and creamy, scraping down the side of



the bowl when necessary.

Sift the flour and cornflour together over the butter mixture. Mix on low speed until just combined and a soft dough forms.

Use lightly floured hands to roll heaped teaspoonfuls of the mixture into balls and place on the lined trays, about 5cm apart (you should have about 36 balls). Dip a fork in flour and use it to flatten the balls to about 1cm thick and 4cm in diameter.

Bake in the preheated oven for 16-18 minutes, swapping the trays after 8 minutes, or until the biscuits are a pale golden colour. Remove from the oven and

cool on the trays.

While the biscuits are cooling, make the orange buttercream filling. Use a KitchenAid Stand Mixer on medium speed to beat the butter and orange zest until pale and creamy. Add the icing sugar and beat on low speed, scraping down the side of the bowl when necessary, until well combined and smooth.

To join the biscuits, spread a little buttercream on the base of a cooled biscuit and sandwich with another biscuit. Repeat with the remaining biscuits and filling.

“I just love my KitchenAid appliances. Reliable, hard-working and such a pleasure to use: I would be lost without them.”

PAVLOVA WITH POACHED APRICOT & LEMON TOPPING

Serves 8-10

This pavlova is finished with a slightly tart topping of poached apricots infused with lemon – the perfect partner for the sweetness of the meringue base.

ESSENTIAL TOOLS



KitchenAid Stand Mixer

Ingredients

4 egg whites, at room temperature
pinch of salt
1 tsp white vinegar
2 tsp cornflour
230g (1 cup) caster sugar
1½ tsp natural vanilla extract
300ml thickened cream

Poached Apricot & Lemon Topping

2 lemons, washed
220g (1 cup) caster sugar
185ml (¾ cup) water
250g dried apricot halves

Method

Place the oven rack in the lower third of the oven and then preheat it to 110C. Draw a circle on a piece of baking paper using a 20cm cake tin as a guide. Place the baking paper, marked side down, on a baking tray.

Place the egg whites in a KitchenAid Stand Mixer and, using the whisk attachment, whisk on medium speed until foamy. Add the salt, vinegar and cornflour and whisk on medium speed until soft peaks form (this will take about 1 minute).

With the motor running, add the sugar a spoonful at a time, whisking well after each addition, until all the sugar has dissolved and the mixture is very thick and glossy (this will take 4-5 minutes). Add the vanilla and whisk to combine. Use a spatula to stir the meringue mixture to 'loosen' it slightly (this will get rid of



any excess air in the mixture and give it a smoother, less 'foamy' texture).

Spoon the meringue mixture onto the lined tray and use the back of the spoon to spread it to fill the marked circle. Make a well in the centre and build up the sides, creating swirls or smoothing the surface as desired.

Bake in the preheated oven for 1 hour 15 minutes, until the meringue is crisp and hard to touch, but not coloured. When the pavlova is cooked, turn off the oven, leave the door slightly ajar and cool it completely in the oven (this will take about 2 hours).

To make the poached apricot and lemon topping, use a vegetable peeler to remove the rind from the lemons in wide strips. Remove any white pith on the rind strips with a small sharp knife. Juice the lemons and measure out 80ml (⅓ cup) lemon juice. Put the lemon rind strips and juice, sugar and water in a small saucepan. Stir with a wooden spoon over medium heat until the sugar dissolves. Add the apricots and bring to the boil.

Reduce the heat and simmer for 8-10 minutes or until the apricots are plump and tender and the syrup has reduced slightly. Remove from the heat and set aside to cool.

To serve, whisk the cream in a KitchenAid Stand Mixer using the whisk attachment until soft peaks form. Spoon

the whipped cream into the centre of the pavlova and spread evenly. Spoon the apricots and lemon rind over the cream and then spoon a little of the poaching syrup over the top. Serve immediately with any remaining syrup served separately.



Aneka Manning is an experienced author, food editor, home economist, mother of two and the founder of BakeClub, a Sydney-based cooking school. Aneka has also compiled and written a number of

successful, award-winning books, including *good food and more good food* (Text Publishing) and *Mastering the Art of Baking* (Murdoch Books). These recipes are from her latest book, *Bake, Eat, Love – Learn to Bake in 3 Simple Steps* (BakeClub, \$24.95), a unique and practical guide based on her simple, yet effective, 3-step process that connects home cooks with the basics of baking. www.bakeclub.com.au
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