



The Fred Hollows
Foundation NZ

TEAM FRED'S BAKE SALE

RECIPES

SAUSAGE ROLLS

AFGHANS

BANANA CAKE

PESTO, HERB & CHEESE SCROLLS

CHOCOLATE CAKE

ANZAC BISCUITS

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CHEESE MUFFINS



Disclaimer: All recipes have been taken from edmondscooking.co.nz and should be credited towards Edmonds.

SAUSAGE ROLLS

PREP TIME: 45 MINS

These simple sausage rolls are sure to please at any gathering!



INGREDIENTS

- 500g sausage meat
- 1 small onion, finely chopped
- 1/4 cup finely chopped parsley
- 2 Tbsp tomato sauce
- 400g packet Edmonds flaky puff pastry
- 1 egg yolk
- 1 Tbsp water

METHOD

1. Preheat the oven to 220°C. Line a baking tray with baking paper.
2. Combine sausage meat, onion, parsley and tomato sauce in a bowl. Mix well.
3. On a lightly floured board roll out pastry to a 40 × 30 cm rectangle. Cut lengthwise into three even strips 40 × 10 cm.
4. Pipe the sausage meat mixture lengthwise down each piece. Alternatively roll sausage meat into 3 × 40cm lengths with floured hands.
5. Brush edges of pastry with a little water and roll pastry over sausage meat to encase the filling.
6. Combine egg yolk and water in a bowl. Brush sausage rolls with egg mixture.
7. Cut to size required. Place on the prepared tray. Bake for 15 to 20 minutes or until golden. Serve hot or cold.



AFGHANS

PREP TIME: 30 MINS

The origin of the biscuit may be debated but Kiwis are proud to call this chocolaty, crunchy classic their own.



INGREDIENTS

200g butter, softened

1/2 cup sugar

1 and a 1/4 cups Edmonds standard flour

1/4 cup cocoa

2 cups cornflakes

Chocolate Icing

24 walnuts (optional)

METHOD

1. Preheat oven to 180°C. Grease or line a baking tray with baking paper.

2. Cream butter and sugar until light and fluffy. Sift flour and cocoa. Stir into creamed mixture. Fold in cornflakes.

3. Spoon mounds of mixture onto the tray, gently pressing together.

4. Bake for 15 minutes or until set. When cold ice with chocolate icing and decorate with a walnut if wished.



BANANA CAKE



PREP TIME: 1 HOUR 30 MINS

This classic recipe has consistently topped the polls as the most popular in the Edmonds Cookery Book.

INGREDIENTS

125g butter, softened

3/4 cup sugar

2 eggs

1-1 1/2 cups or 3-4 mashed ripe bananas

1 tsp Edmonds baking soda

2 Tbsp hot milk

2 cups Edmonds standard flour

1 tsp Edmonds baking powder

Chocolate or Lemon Icing

Icing sugar (optional)

Nuts & fruit to garnish (optional)

METHOD

1. Preheat the oven to 180°C. Butter the inside of a 20cm deep round cake tin and line the base with baking paper.
2. Cream the butter and sugar until light and fluffy, then add the eggs one at a time, beating well after each addition.
3. Add the mashed banana and mix well.
4. Stir the baking soda into the hot milk and add to creamed mixture, then sift together the dry ingredients together and fold through the creamed mixture.
5. Scoop the mixture into the prepared tin, level the top, and bake for about 50 minutes or until cake springs back when lightly touched.
6. Leave in tin for 10 minutes before turning out onto a wire rack to cool. When cold ice with Lemon or Chocolate Icing or dust with icing sugar.;

VARIATION:

You could also bake the mixture in two 20cm round sandwich tins for 25 minutes. Sandwich the cakes together with whipped cream and sliced banana and dust the top with icing sugar.

PESTO, HERB & CHEESE SCROLLS



PREP TIME: 2 HOURS

These savoury scrolls are pretty easy to make, just plan enough time for rising. You could substitute any of the Edmonds bread mixes for this recipe.

METHOD

Breadmaker: Add the bread mix, yeast and water to the pan of a breadmaker and initiate dough mode. When the cycle is complete, remove the dough and rest on a floured surface for 10 minutes.

By Hand: Place the bread mix in a large bowl and make a well in the centre. Gently pour the lukewarm water into the well and sprinkle the yeast on top. Mix by hand to combine all the ingredients into a dough. Turn the dough onto a floured surface and knead vigorously by hand until smooth and elastic, approximately 10 minutes.

INGREDIENTS

400g Edmonds soft white bread mix

1 cup lukewarm water

5g Edmonds instant dried yeast

5 Tbsp pesto

1½ cups grated cheese

1. Roll the dough into a rectangular shape about 1cm thick and place on a lightly greased baking tray. Cover and stand in a warm place for 10 minutes.

2. Spread the pesto over the dough, leaving 2cm uncovered along one long edge of the dough. Sprinkle with 1 cup of the grated cheese and brush the 2cm edge with water. Roll the dough tightly towards unfilled edge and press to seal. Cut the rolled dough into 12 pieces and place spiral side up on a lined baking tray. Cover and stand in a warm place for 40 minutes.

3. Preheat the oven to 200°C.

4. Sprinkle the dough with the remaining grated cheese and bake in oven for 10–15 minutes. If desired, brush the top of the bread with olive oil while still hot.

CHOCOLATE CAKE

PREP TIME: 1½ HOURS

A classic, dark cake made with cocoa, not chocolate.



INGREDIENTS

175g butter, softened

1¾ cups sugar

1 tsp vanilla essence

3 eggs

½ cup cocoa

2 cups Edmonds standard flour

2 tsp Edmonds baking powder

1 cup milk

Chocolate Buttercream Icing

icing sugar (optional)

METHOD

1. Preheat the oven to 180°C. Grease a 22cm deep round cake tin and line the base with baking paper.
2. Cream the butter, sugar and vanilla essence until light and fluffy. Add the eggs one at a time, beating well after each addition.
3. Sift the cocoa, flour and baking powder together and add to the creamed mixture alternately with the milk. Pour the mixture into the prepared tin.
4. Bake for 45–55 minutes or until the cake springs back when lightly touched. Leave in the tin for 10 minutes before turning out onto a wire rack to cool.
5. When cold, ice with Chocolate Buttercream Icing or dust with icing sugar.



ANZAC BISCUITS

PREP TIME: 25 MINS

**These are a soft chewy version
of the Anzac.**



INGREDIENTS

½ cup Edmonds standard flour

1/3 cup sugar

**2/3 cup finely desiccated
coconut**

¾ cup rolled oats

50g butter

1 Tbsp golden syrup

½ tsp Edmonds baking soda

2 Tbsp boiling water

METHOD

1. Preheat the oven to 180°C. Line a baking tray with baking paper.

2. Mix together flour, sugar, coconut and rolled oats.

3. Melt butter and golden syrup. Dissolve baking soda in the boiling water and add to butter and golden syrup. Stir butter mixture into the dry ingredients.

4. Place level tablespoonfuls of mixture onto cold greased trays and flatten with a fork. These don't spread as they bake so you can place them close together.

5. Bake for about 15 minutes or until golden. Leave on the tray for 5 minutes then place on a wire rack to cool.



LEMON SYRUP CAKE



PREP TIME: 1½ HOURS

A very pretty golden cake with an intense lemony tang and a soft, fine crumb. You could make it in a loaf tin for ease of cutting and transporting.

INGREDIENTS

115g butter, softened

¾ cup sugar

2 tsp finely grated lemon zest

2 eggs

1½ cups Edmonds standard flour

1 tsp Edmonds baking powder

¾ cup milk

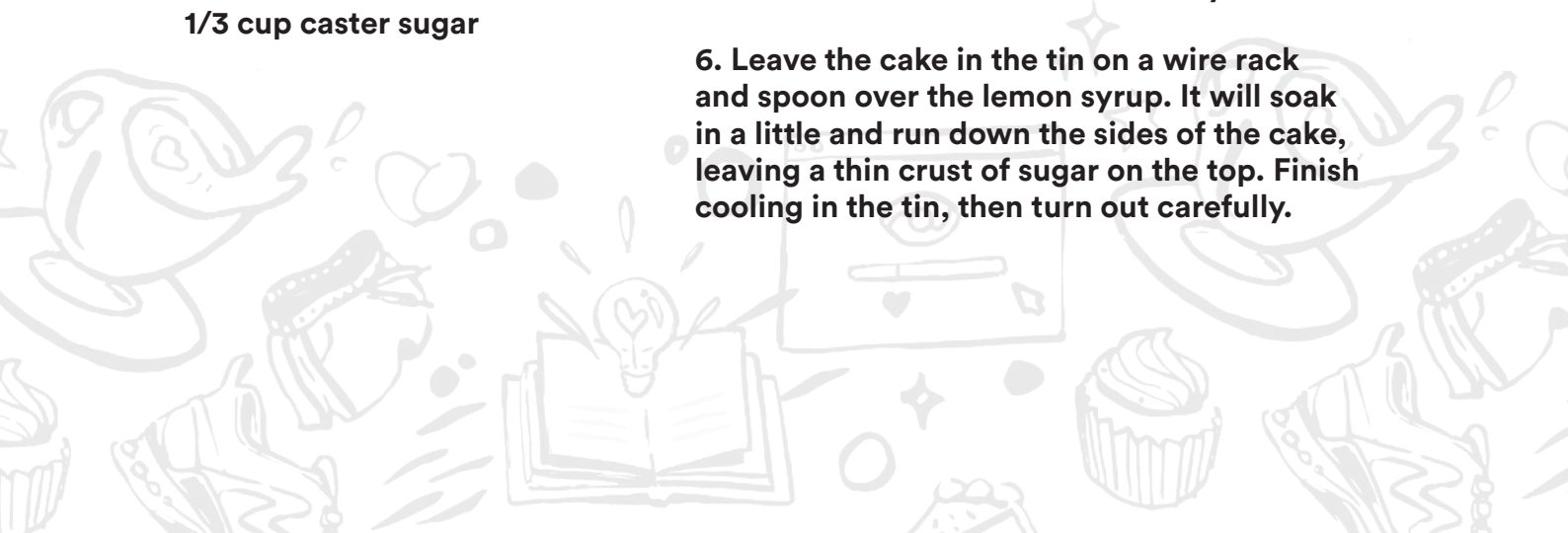
SYRUP:

¼ cup lemon juice

⅓ cup caster sugar

METHOD

1. Preheat the oven to 180°C. Grease a 20cm round cake tin or a 22cm loaf tin and line the base with baking paper.
2. Cream the butter and sugar until light and fluffy, then add the lemon zest and the eggs one at a time, beating well after each addition.
3. Sift the dry ingredients together and fold through the creamed mixture in about three lots, alternating with the milk. Scoop the mixture into the prepared tin and level the top.
4. Bake for about 40 minutes or until the cake springs back when lightly touched.
5. While the cake is cooking make the syrup by stirring the lemon juice and sugar together then set aside until the cake is ready.
6. Leave the cake in the tin on a wire rack and spoon over the lemon syrup. It will soak in a little and run down the sides of the cake, leaving a thin crust of sugar on the top. Finish cooling in the tin, then turn out carefully.



SAVOURY CHEESE MUFFINS



PREP TIME: 35 MINS

Add your own savoury ingredients to replace the celery and capsicum.

INGREDIENTS

1 Tbsp chopped celery

1 Tbsp chopped red or green capsicum

3/4 cup grated tasty cheese

2 cups Edmonds standard flour

4 tsp Edmonds baking powder

Pinch of cayenne pepper

1/4 tsp salt

1 egg, beaten

50g butter, melted

1 1/2 cups of milk

METHOD

1. Preheat oven to 200°C. Grease a standard 12-hole muffin tin.

2. Put celery, pepper and cheese into a bowl. Sift flour, baking powder, cayenne and salt into the bowl. Stir to combine.

3. Quickly stir in egg, butter and milk just to moisten.

4. Spoon mixture into muffin tin.

5. Bake for 15 minutes or until golden. Place on a wire rack to cool.

