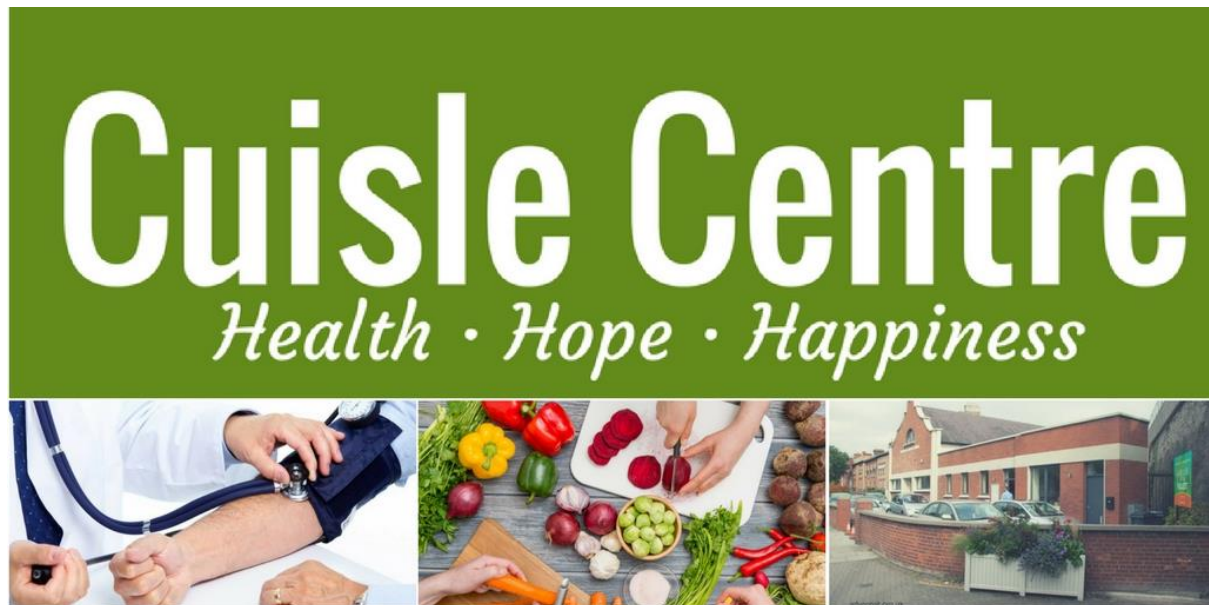


20<sup>th</sup> June 2018



## WELCOME TO THE VEGETARIAN COOKERY CLASS

WEDNESDAY 20<sup>th</sup> June 2018

GUEST PRESENTER: Elmien

RECIPES:

Chocolate Cupcakes with ganache swirl & fresh Strawberries

Raspberry and Peach Slice with Coconut

Flapjacks South African Style

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## CHOCOLATE CUPCAKES WITH GANACHE SWIRL

### **Cake mix:**

Preheat your oven to 180oC and line your muffin tray with cup cake cases.



### **INGREDIENTS**

2 cups of self raising flour	4 tbsp of corn flour
1 ½ cup of unrefined sugar/ coconut blossom sugar	3 t baking powder
2 tbsp of carob powder/cacao	1 cup of boiled water
2 tbsp Anatol/Barley Cup/Inka- any grain "coffee"	200ml dairy free milk
½ cup of coconut oil melted/sunflower oil	Vanilla

### **METHOD**

Sieve together the flour, corn flour and the baking powder. Combine oil, cocoa, water, sugar, "coffee", milk and vanilla and beat with an electric mixer till foamy.

Now combine the wet mix and the dry mix. Avoid lumps at all times. Pour mix  $\frac{3}{4}$  way into the cup cake cases. Bake for +- 15-20 min. or until a skewer comes out clean.

Remove from the oven when ready and let it cool while you make the ganache.

## GANACHE

### **INGREDIENTS**

1 cup of pure maple syrup not maple flavored syrup	1 cup of cocoa
3 tbsp of melted coconut oil	2tsp vanilla
2tins of full fat coconut milk refrigerated	Dash of salt.
Little bit of maple syrup.	

### **METHOD**

Combine the cocoa, maple syrup, salt and the coconut oil till it resembles melted chocolate. Let it set. Whip the fatty bit of the coconut milk with vanilla and maple till it resembles whipped cream.

Fold it into your chocolate mix to form the ganache. Give it some time to set. Fill a piping bag with a star nozzle and pipe the swirls onto your cup cakes. Finish off with fresh strawberries.

Now stick the kettle on and invite a friend over!



20<sup>th</sup> June 2018

## RASPBERRY AND PEACH SLICE WITH COCONUT

Preheat your oven to 180oC

### INGREDIENTS

500 ml unsweetened soy milk

2 cups of unrefined sugar/coconut blossom sugar

4t vanilla

95 ml corn flour

1x tin of peaches in juice

1x bag of frozen raspberries that is defrosted/ fresh raspberries

2t Apple cider vinegar

160 ml melted coconut oil

680 ml self-raising flour

1 t bicarbonate of soda

Desiccated coconut

### METHOD

Combine the soy milk and vinegar to create a dairy free buttermilk

Sieve together the flour, corn flour and bicarbonate of soda.

When the milk is nice and thick add the sugar and the oil and the vanilla to the milk mix.

Now combine the milk mix and the dry mix.

Brush an oven dish with coconut oil.

Pour in about half of the mix.

Top the cake mix with peaches and raspberries and sprinkle with coconut.

Bake for 25-30 min. till golden brown and the skewer come out clean.

Once from the oven lightly brush with maple syrup.

Now stick on the kettle and invite a friend.

Bake the other half of the mix in a lined cake pan and serve with sweetened vanilla coconut cream and peaches and strawberries or raspberries.



## FLAPJACKS SOUTH AFRICAN STYLE

Preheat the oven to 180oC

### INGREDIENTS

2 cups of oats	125 ml melted coconut oil
200 ml of sunflower seeds/ sesame seeds	4 tbsp of honey
200 ml unrefined sugar/ coconut blossom sugar	200 ml whole meal flour
200 ml desiccated coconut	5 ml bread soda
Dash of salt	

### METHOD

Melt honey and coconut oil together but do not boil.

Combine all the dry ingredients and mix it with the coconut oil mix.

Press it tightly into an oiled oven dish and bake for 15 min or till golden brown.

Straight after it comes from the oven slice it and then let it cool.

Enjoy.

## UP AND COMING DATES

Vegetarian Cookery Class	11 <sup>th</sup> July (3 weeks time)
Knit and Knatter	24 <sup>th</sup> June 10.30am
Health Checks	Tuesdays 11am – 4pm
Seniors Club	Thursday 28 <sup>th</sup> June
Kids Holiday Bible Club	2 <sup>nd</sup> -6 <sup>th</sup> July

