



## TEATIME TREATS

Share A Meal is just what it says on the tin: cooking and sharing food – and making friends.

This community-based campaign was launched to encourage people to cook for their elderly and vulnerable neighbours during the pandemic.

The idea is that people who may be feeling isolated receive some home cooking and also social interaction – even a chat on the doorstep makes a difference.

It's super easy to get involved in Share A Meal. There are no rules: all you need to do is get cooking and provide support and love through food.

Making one (or more) of our simple **Teatime Treats** – recipes below – is a great place to start. Share them with a neighbour, friend or family member.

For more information and recipe suggestions, visit [www.shareameal.co.uk](http://www.shareameal.co.uk) or follow us on Instagram or Facebook.





## Awesome Almond Biscuits

(recipe adapted from [racheleats.wordpress.com](http://racheleats.wordpress.com))

These soft, gluten-free biccies are very simple, quick and extremely delicious.

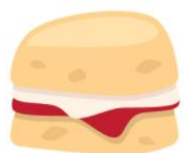
**Makes about 15-20 biscuits**

### Ingredients

300g ground almonds  
200g icing sugar (plus extra for dusting)  
finely grated zest of 1 large unwaxed lemon  
2 medium-sized eggs, gently beaten with a fork

### Method

1. Preheat the oven to 180C/160C fan/gas 4.
2. Line a big baking tray with a double layer of greaseproof paper.
3. Mix the ground almonds, icing sugar and lemon zest in a large bowl.
4. Add the beaten eggs and then, using a fork or your fingers, bring the mixture together into a soft, sticky dough.
5. NB You can do steps 3 and 4 in a food processor, if preferred. Just put in all the ingredients and pulse, as for pastry, until the mixture sticks together. Don't overwork the mixture.
6. Dust a board with plenty of icing sugar and dust your hands too.
7. Put the dough mixture on the board and scoop up walnut-sized lumps. Gently shape each lump into a ball in your palms, then roll them in the icing sugar before placing on the baking tray, spacing them quite widely (they swell as they bake).
8. When the tray is full, make an indentation in the centre of each biscuit with a teaspoon handle or your finger.
9. Bake the biscuits for about 12-14 minutes until just golden-brown underneath and cracked and pale gold on top. If you like the consistency to be crisper and harder, then bake for another 5 minutes. We like them a bit soft in the middle.
10. Allow the biscuits to cool then put them in an airtight tin where they will keep for about a week.





## Gorgeous Ginger Cake

(recipe from *Nourish* by Jane Clarke, published by Pavilion Books)

Serves 12-14

### Ingredients

125g fresh ginger  
200g golden caster sugar  
225ml black treacle or molasses  
225ml grapeseed oil or vegetable oil  
2 tsp bicarbonate of soda  
250ml boiling water  
300g plain flour  
½ tsp ground cinnamon  
½ tsp ground allspice  
2 eggs at room temperature, whisked



### Method

1. Preheat the oven to 150C/130C fan/gas 2. Grease and line the base of a 20cm cake tin.
2. Peel the ginger and slice into 'coins'. Place in a food processor and chop until very fine, more like a paste. Or use a large knife to chop the ginger to the same texture.
3. In a separate bowl combine the caster sugar, black treacle or molasses and oil. Beat well to mix.
4. Stir the bicarbonate of soda into the boiling water, then add it to the sugar, molasses and oil and mix well. Add the finely chopped ginger and stir to combine.
5. Sift together the plain flour, cinnamon and allspice and add to the mixture. Stir to combine.
6. Add half the whisked eggs to the mixture and beat them in, then add the rest. Pour into the prepared cake tin and bake for approximately 60 minutes, until the top of the cake springs back when touched and a skewer inserted into it comes out clean.
7. Serve with softly whipped cream and lemon curd.





## Scrumptious Scones

(recipe from [justahangrygirl.com](http://justahangrygirl.com))

Just add cream and your favourite jam!

**Makes 10-12 scones**

### Ingredients

450g self-raising flour, plus extra for dusting (use gluten-free flour if preferred)

¼ tsp salt

100g cold butter, diced

85g golden caster sugar

284ml buttermilk

2 tsp vanilla extract

splash of milk



### Method

1. Preheat the oven to 220C/200C fan/gas 7.
2. Put the flour, salt and butter into a bowl and rub in the butter with your fingers, until you get a coarse breadcrumb-like mixture. Stir in the sugar.
3. Add the vanilla extract to the buttermilk and pour it into the mixture using a knife to quickly mix it together to form a dough – don't over-mix it.
4. Tip it on to a floured surface and lightly bring the mixture together with your hands (like kneading very gently) a couple of times.
5. Lightly flour a baking sheet (you may need two sheets or to bake in two batches).
6. Press out the mixture gently to about 4cm thick and stamp out rounds with a 6cm or 7cm cutter. Re-shape the trimmings, until all the dough is used. Spread out the scones on the baking sheet/s.
7. Glaze the top of each scone with a splash of milk (easiest with a pastry brush).
8. Bake for 10-12 minutes until golden and well risen.





## Beautiful Brownies

(recipe from [justahangrygirl.com](http://justahangrygirl.com))

A must-have for chocolate lovers!

Makes 16-20 brownies

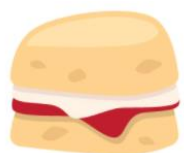
### Ingredients

200g dark chocolate  
180g butter  
75g flour  
250g sugar  
3 eggs, whisked  
200g chocolate chips



### Method

1. Preheat the oven to 180C/160C fan/gas 4.
2. Grease a shallow baking tin and line with baking paper.
3. Melt the chocolate and butter in a bowl over a pan of simmering water, or place in the microwave and melt in 20 second intervals.
4. Stir the flour and sugar into the chocolate/butter mixture.
5. Beat in the eggs.
6. Fold in the chocolate chips.
7. Pour the mixture into the baking tray and bake for 25-30 minutes. Don't overcook it! It needs to be slightly gooey when you take it out.
8. Allow to cool fully before cutting into squares and serving.





## Luscious Lemon Bars

(recipe adapted from [sallysbakingaddiction.com](http://sallysbakingaddiction.com))

These sweet treats have a lovely citrus-y tang.

**Makes 16-20 bars**

### Ingredients

Shortbread crust:

230g unsalted butter, melted

100g granulated sugar

2 tsp pure vanilla extract

½ tsp salt

265g plain flour

Lemon filling:

400g granulated sugar

48g all-purpose flour

6 large eggs

240ml lemon juice (about 8 lemons)



### Method

1. Preheat the oven to 175C/155C fan/gas 3.
2. Line the bottom and sides of a shallow rectangular baking tin (33cm x 23cm) with baking paper, leaving an overhang on the sides to lift out the finished bars.
3. Make the shortbread crust first:
  - Mix the melted butter, sugar, vanilla extract and salt together in a medium bowl. Add the flour and stir to completely combine.
  - Press the mixture firmly into the prepared tin, making sure the layer of crust is nice and even.
  - Bake for 20-22 minutes or until the edges are lightly browned.
  - Remove from the oven and set aside.
4. Now make the filling:
  - Sift the sugar and flour together in a large bowl.
  - Add the eggs and lemon juice and whisk until completely combined.
  - Pour the filling over the warm crust.
5. Bake for 22-26 minutes or until the centre is relatively set and no longer jiggles.
6. Remove from the oven and cool completely at room temperature.
7. Once cool, lift the parchment paper out of the pan using the overhang on the sides.
8. Dust with sieved icing sugar and cut into bars before serving.

