



# Afternoon Tea

For WellChild

## Recipe Book

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## Coffee Drizzle Bundt Cake

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# Coffee Drizzle Bundt Cake

## For the cake:

- 4 large eggs
- 3 large egg yolks
- 90ml strong espresso
- 2 tsp coffee extract
- 290g self raising flour (plus extra for coating the tin)
- 1/2tsp baking powder
- 215g light brown muscavado sugar
- 200g caster sugar
- ½ tsp salt
- 225g butter/margarine

## For the glaze/drizzle

- 115g butter
- 60ml water
- 200g light brown muscavado sugar
- 90ml strong espresso

- 1.** Preheat the oven to 165°C & grease a 25x9cm Bundt tin with butter, add a tablespoon of flour to the pan, rotate & shake until evenly coated
- 2.** Whisk together the eggs, egg yolks, coffee & coffee extract in a bowl & set aside
- 3.** Sift the flour in to another bowl, add the sugars, baking powder & salt and mix to combine
- 4.** Add the butter and beat for 2 minutes or until the ingredients are well combined
- 5.** Add one third of the liquid ingredients and mix until well combined (make sure you scrape down the edges)
- 6.** Add another third of the liquid ingredients and repeat until combined, and do the same with the final third until thoroughly combined.
- 7.** Transfer the batter to the Bundt tin & bake for 65-75 minutes or until a skewer inserted comes out clean
- 8.** Cool the cake on a wire rack for 10 minutes before turning out, while the cake cools make the glaze
- 9.** Melt the butter in a small saucepan, add the water & sugar & bring to a boil, turn the heat down to a medium-low simmer stirring frequently for about 5 minutes or until slightly thickened, remove from the heat & add the coffee
- 10.** When the cake is cooled prick all over the bottom of the cake (about ¾ of the way through the cake) and pour over the syrup. Invert the cake and brush the cake all over with the remaining glaze. Let sit for 1 hour before transferring to a serving plate. Decorate with icing/chocolate drizzle & chocolate covered coffee beans



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## Fresh Raspberry Bakewell Cake

# Fresh Raspberry Bakewell Cake

## Ingredients:

- 140g ground almonds
- 140g butter, softened
- 2 eggs
- 140g golden caster sugar
- 250g raspberries
- 140g self-raising flour
- 1 tsp vanilla extract
- 2 tbsp flaked almonds
- Icing sugar (optional for presentation)



This delicious, fresh and surprisingly simple to make cake is the perfect accompaniment to a WellChild Afternoon Tea. Slice it up and place on a tiered cake stand, or let your guests cut their own portion from a rustic wooden board; either way, there will be no leftovers at the end of the party!

- 1.** Preheat your oven to 180C or 160C if fan assisted, line the base of a deep, 20cm loose-bottomed cake tin and grease with butter or margarine. We used a square tin, but a circular tin works just as well.
- 2.** Mix the ground almonds, butter, sugar, flour, eggs and vanilla extract in a food processor or by hand until well combined.
- 3.** Put half of the mixture in the tin and smooth over the top. Scatter the raspberries over, then dollop the remaining cake mixture on top and roughly spread. Scatter the flaked almonds on top and bake for 50 minutes, until golden. Cool, remove from the tin and dust with icing sugar to serve.



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## Slimmer's Nightmare

# Slimmer's Nightmare

## Ingredients:

- Packet of Rich Tea biscuits (300g)
- X8 (45g bars) Mars Bars
- X2 (95g bars) Medium size Dairy Milk
- Tablespoon of Golden Syrup
- Packet of Maltessers
- Packet of Rolos (cut in half)
- Bar of Galaxy Chocolate (110g)



This diabolical masterpiece will get everyone's mouth watering. Dieters beware; there is absolutely nothing healthy about this ludicrously indulgent, devilish treat – which is probably why it tastes so good!

1. Line a deep tray with baking parchment
2. Crush rich tea biscuits to around the size of a 20p/50p piece.
3. In a bowl using a microwave melt the Mars Bars and mix in with crushed biscuits – work quickly as the mixture sets fast.
4. Add the golden syrup and mix in.
5. Melt the Dairy Milk and work in to the Mars/syrup mix.
6. Throw in a handful of maltessers (whole) and the Rolos and mix in.
7. Press the mixture firmly down in the lined tray, making sure you get all the edges
8. Melt the Galaxy and spread evenly over the top
9. Throw some extra maltessers on top to finish
10. Put in the fridge to set for a couple of hours
11. Remove and cut to desired size – bite size pieces work best
12. Drizzle with some extra melted chocolate just before serving



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## Easter Nests

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# Easter Nests

## Ingredients:

- 225g milk chocolate, broken into pieces
- 2 tbsp golden syrup
- 50g butter
- 75g cornflakes
- 36 mini chocolate eggs
- Small paper cases



Celebrate Easter with the kids' favourite: Easter nests! The recipe is so simple everyone can get involved. Just make sure you don't lose all the melted chocolate before it gets to the mixture!

1. Line a 12-hole muffin tin with paper cases.
2. Add the chocolate, golden syrup and butter to a bowl and place over a pan of gently simmering water. Stir the mixture until fully melted and smooth.
3. Take the bowl off the heat and gently stir in the cornflakes until entirely coated in the chocolate.
4. Divide the mixture between the paper cases and add 3 chocolate eggs into the centre of each nest. Chill in the fridge until set, roughly one hour.



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## Pauline's Apple Muffins

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# Pauline's Apple Muffins

## Ingredients:

- 200g plain flour
- 100g caster sugar
- 50g light brown sugar
- 2 1/2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 egg
- 90ml milk
- 80ml vegetable oil
- 5 drops vanilla essence
- 2 apples; peeled, cored and chopped
- Icing sugar
- 12 muffin cases



Every office has a baking king or queen, and Pauline is ours. Her legendary bakes keep the WellChild office happy, and her apple muffins are a staff favourite. Easy to make, these sweet and fruity treats are a delicious way to delight your guests or colleagues.

1. Mix the flour, sugar, baking powder and salt.
2. Beat the egg and add to the dry mix.
3. Add the milk, vegetable oil and vanilla essence.
4. Add the chopped apples to the mix.
5. Add the mix to 12 muffin cases.
6. Bake in oven at 200°C for 20 minutes.
7. Allow to cool and dust icing sugar on top to finish.

**TOP TIP!** The recipe works just as well with banana, raspberry, strawberry or blueberries instead of apple – why not experiment?



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## Cupcakes

# Cupcakes

## Ingredients:

- 120g butter/margarine
- 120g caster sugar
- 2 eggs
- 1tsp vanilla extract
- 120g self-rising flour
- 2tbsp milk
- Cupcake cases

## Icing:

- 320g butter, softened
- 640g icing sugar
- 2tsp vanilla extract
- 2tbsp milk/cream
- Pinch of salt
- Piping bag

These cupcakes are really easy to make and you can get quite creative with the decoration. An afternoon tea classic everyone knows and loves!

- 1.** Preheat your oven to 180°C
- 2.** Cream the butter and caster sugar in a bowl before adding the eggs, vanilla extract, self-raising flour and milk. Mix the ingredients until smooth.
- 3.** Lay out your cupcake cases on a flat tray. Next, scoop the mixture into the cases – you can use a table spoon for this but we find an ice-cream scoop is the perfect size. Bake for 18-20 minutes.
- 4.** Whilst the cupcakes are in the oven prepare your icing. Gradually mix the butter and icing sugar until smooth, then add vanilla extract, milk or cream and pinch of salt. Mix until fully combined and place in the fridge for 20 minutes
- 5.** Take your cupcakes out of the oven leave to cool. Ensure they are fully cool before scooping piping your icing onto them. We then sprinkled some simple candied decorations on ours but you can decorate your cupcakes as creatively as you can!



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*Cucumber Sandwiches*

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# Cucumber Sandwiches

## Ingredients:

- Half a good quality cucumber
- Cream cheese
- 4 slices of bread (white recommended)



Finger sandwiches are an afternoon tea staple, and classic cucumber sandwiches are a must. They are the perfect accompaniment to a nice cup of tea, or even a cheeky G&T!

1. Thinly slice the cucumber – around 1mm thick.
2. Thinly spread cream cheese on 4 slices of bread.
3. Layer the cucumber onto 2 slices of the bread– be generous!
4. Season very slightly with sea salt and black pepper.
5. Sandwich with the other two slices, remove the crusts and cut into four (fingers or triangles).



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*Smoked Salmon Sandwiches*

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# Smoked Salmon Sandwiches

## Ingredients:

- 4 slices of smoked salmon
- Lemon
- Butter
- 4 slices of bread (brown or white)



Want to get fancy with your savoury snacks? Smoked salmon sandwiches are simple and sophisticated - perfect for a classy event.

- 1.** Butter 4 slices of bread.
- 2.** Lay the smoked salmon on two of the slices of bread – be generous (at least 2 slices of smoked salmon per sandwich).
- 3.** Squeeze a little lemon over the salmon, season with a little black pepper.
- 4.** Put the second slice of bread on top. Remove crusts and cut into four.



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## Coronation Chickpea Sandwiches

(Vegan)

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# Coronation Chickpea Sandwiches

## Ingredients:

- 200g chickpeas, roughly mashed
- 1 1/2 tablespoons vegan yogurt
- 1 tablespoons vegan mayonnaise
- 1 tablespoons mango chutney
- 1/2 teaspoon mild curry powder
- 1/2 teaspoon lemon juice
- 20g sultanas
- Dairy-free margarine
- 4 slices of bread (brown or granary)



Look no further for an appetizing savoury sandwich to satisfy your vegan guests. You could even use gluten free bread to cover all your 'free-from' bases.

- 1.** Add the roughly mashed chickpeas, vegan yogurt, vegan mayonnaise, mango chutney, curry powder, lemon juice and sultanas.
- 2.** Season and mix well. Leave in the fridge to cool for an hour.
- 3.** Spread 4 slices of bread with vegan margarine.
- 4.** Spread the coronation chickpea mix on two slices, and sandwich together with the other two slices.
- 5.** Remove the crusts and cut into four to serve.



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