



Lent & Easter recipes

Walking towards Easter together



The
United
Reformed
Church

Pancakes for one person

This recipe is for 'Scotch Pancakes' or drop scones, which are thicker and fluffier than other pancakes.

Ingredients

- one large egg
- 40g plain flour
- ½ tsp baking powder
- 45ml milk (dairy, nut or oat based)
- 1 tsp butter
- ½ tbsp oil
- maple syrup or lemon and honey or chocolate spread or berries, to serve (optional).



Method

1. Separate the egg, setting the egg white aside for a moment in a large bowl. Mix together the egg yolk, flour, baking powder and milk to make a smooth paste.
2. Using an electric or hand whisk, beat the egg white with a pinch of salt until it is fluffy and holds its shape. Now carefully add the yolk mixture to the egg white and fold it in, trying not to knock any of the air out as you do it.
3. Put the butter and oil together in a non-stick frying pan and heat over a medium heat until the butter has melted and is hot. Pour about one third of the mixture into the pan, cooking on each side for one to two minutes until golden brown. Repeat to make three pancakes in total.
4. You could serve these with maple syrup, honey, lemon juice and sugar, fruit, chocolate sauce or any topping of your choice.



Pancakes to share

Ingredients

- 110g / 7oz plain flour
- pinch of salt
- 350ml / 12fl oz milk (or $\frac{1}{2}$ milk and $\frac{1}{2}$ water for a lighter pancake)
- two large free-range eggs, lightly whisked
- one tbsp vegetable oil or melted butter, plus extra for frying
- maple syrup or lemon and honey or chocolate spread or berries, to serve (optional).



Method

1. Sieve the flour into a large bowl and add a pinch of salt. Whisk the milk and the eggs together gently. Make a well in the centre and pour in the milk and egg mixture. Whisk by hand or with an electric whisk, keeping on getting the flour from round the edges of the bowl, until you have a smooth batter with no lumps.
2. Add one tbsp vegetable oil or melted butter and whisk thoroughly. Take a frying pan, dip some kitchen paper in the oil or melted butter and carefully wipe the inside of the pan. Heat the pan over a medium heat for a minute.
3. Add just under a ladleful of batter to the pan and swirl it around to coat the base of the pan evenly. Cook the pancake for about 30–40 seconds.
4. Use a palette knife to lift the pancake carefully, to look at the underside to check it is golden brown before turning over. Cook the other side for approximately 30–40 seconds and transfer to a serving plate.
5. Serve with sugar and lemon juice, fruit, jam, cream, golden syrup, maple syrup, honey, chocolate spread.
6. These pancakes can be frozen once cooked. Stack them with baking parchment in between and put them in a freezer bag once cool.

Simnel cake

A traditional mid-Lent cake, associated with Refreshment Sunday or Mothering Sunday. The name probably comes from the Roman word similar for fine flour. The marzipan balls represent the apostles (minus Judas).



Ingredients

- 100g glace cherries
- 500g mixed dried fruit
- 175g soft unsalted butter
- 175g caster sugar
- zest of one lemon
- 225g plain flour
- one teaspoon baking powder
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- 25g ground almonds
- three large eggs
- two tablespoons milk
- 1kg yellow marzipan to decorate
- icing sugar for rolling
- one tablespoon apricot jam (melted)
- one egg white (optional).

Method

1. All your ingredients need to be at room temperature before you begin. Preheat the oven to gas mark 3 / 170°C / 150°C fan / 325°F. Butter and line the bottom and sides of a 20cm / eight inch springform cake tin or loose bottomed tin using a double layer of brown baking paper.
2. Cream the butter and sugar until very soft and light, and then add the zest of one lemon. Measure the flour, baking powder, cinnamon, ginger and ground almonds into a separate bowl and stir together.

3. Add one of the eggs and about two tablespoons of the dry flour and spice ingredients to the creamed butter and sugar, beating together, then continue to beat in the remaining eggs in the same way. Once all three eggs are added, beat in first the rest of the dry ingredients, and then the milk.
4. Chop the cherries very finely and add them to the mixed dried fruit. Add these into your mixture, and stir in well.
5. Roll out about 400g / 14oz of the marzipan on a firm surface dusted gently with sieved icing sugar. Cut out a 20cm / eight inch circle of marzipan – the right size to fit inside your cake tin later. Spoon half of the fruit cake mixture into the cake tin and smooth the surface, then lay the circle of marzipan on top of it. Spoon the rest of the mixture into the tin on top of the marzipan circle and smooth the top again. Bake for half an hour at gas mark 3 / 170°C / 150°C fan / 325°F and then turn the oven down to gas mark 2 / 150°C / 130°C fan / 300°F for another 1½ hours or until the cake has risen and is firm on top. Let it cool completely on a rack before you remove it from the cake tin.
6. Once the fruit cake is cooled, remove it from the tin and take off the lining paper. Roll out another 400g / 14oz circle of marzipan. Paint over the top of the cake with melted apricot jam to make it sticky and then put the circle of marzipan on.
7. Use your remaining marzipan to make 11 balls roughly 2.5cm / one inch diameter to represent the apostles (minus Judas). Beat the egg white until it is just a bit frothy and use that like glue to stick the balls, evenly spaced, around the edge of your marzipan circle.
8. Paint the whole of the cake with egg white, and then use a blow-torch to scorch over the top of the cake to give it the golden glow as in the photo.



Hot cross buns

These spiced sweet buns with their distinctive cross are traditionally eaten on Good Friday.



Ingredients

- 500g / 1lb 2oz strong white flour, plus extra for dusting
- 75g / 2³/₄oz caster sugar
- two tsp mixed spice powder
- one tsp ground cinnamon
- one lemon, finely grated zest only
- 10g / 1/4oz salt
- 10g / 1/4oz fast-action dried yeast
- 40g / 1 1/2oz butter
- 300ml / 10fl oz milk
- one free-range egg, beate
- 200g / 7oz sultanas
- 50g / 1 3/4oz finely chopped mixed candied peel
- oil, for greasing.

For the topping

- 75g / 2³/₄oz plain flour
- two tbsp golden syrup or apricot jam for glazing.

Method

1. Mix the flour, sugar, spices and lemon zest together in a large bowl. Then add the salt and yeast, placing them on opposite sides of the bowl.
2. Melt the butter, either in a pan or in the microwave. Similarly warm the milk in a separate pan until it is lukewarm. Add the butter and half the tepid milk to the dry ingredients. Stir in the butter, milk and the egg, first with a spoon and then with your hands, drawing the dry ingredients in from the side of the bowl. As you begin to draw the mixture together, gradually add more warm milk (you may well not need all of it) until the mixture holds together as a sticky but pliable dough. Add the dried fruit

and candied peel and knead them into the ball of dough until they are incorporated into it.

3. Lightly flour a solid work surface and tip your ball of dough out onto it. Lightly knead by hand for about ten minutes, until it forms a smooth ball which bounces back when pressed, and looks smooth. This stage can also be done in a food processor using a dough hook if you prefer.
4. Place the dough in a bowl which has been coated with a layer of vegetable oil, cover with cling film, and leave to rest in a warm place for an hour to an hour and a half, until it is about twice the original size.
5. Put the ball of dough on to a floured surface and divide into 12 balls. Line one to two baking trays with paper, and place the balls on the tray, placing them fairly close together and flattening them slightly.
6. Cover, but don't wrap, the baking trays in oiled cling film or with a clean teatowel. Leave for another hour, until the buns have doubled in size.
7. Preheat the oven to 220°C / 200°C fan / gas 7.
8. To make the cross on top of the buns, mix the flour together with 100ml / 3½fl oz water to make a paste and spoon it into an icing bag. If you add the water slowly, you can judge the thickness of the paste.
9. When the buns have risen, pipe a cross on each bun. Bake for 15-20 minutes until pale golden-brown.
10. Melt the golden syrup or apricot jam in a pan. Use this to brush over the warm buns to create a glaze, before putting them on a cooling rack to cool.

Easter biscuits



Ingredients

- 100g / 3½oz unsalted butter, softened
- 75g / 2¾oz caster sugar, plus extra for sprinkling
- one free-range egg, separated
- one small unwaxed lemon, finely grated zest only
- 200g / 7oz plain flour, plus extra for dusting
- 50g / 1¾oz currants
- one to two tbs milk.

Method

1. Preheat the oven 200°C / 180°C fan / gas 6. Beat together the butter and sugar until light and fluffy. Add the egg yolk and lemon zest, sift in the flour and mix well. Stir in the currants, and then add just enough milk to so that you can form the mixture into a ball of soft dough.
2. Knead the dough on a floured work surface for a few minutes. Then roll the dough out until it is about 5mm / ¼in thick. Using a 6cm / 2½in fluted cutter, cut out 24 rounds. Carefully place each of the circles of dough onto a baking tray lined with baking paper and bake for in the oven eight minutes. Meanwhile, lightly beat the egg white using a fork or a mini-whisk.
3. Take the part-baked biscuits out of the oven and, keeping them on the baking tray, brush the tops with the beaten egg white. Sprinkle with caster sugar and then return them to the oven for a further five minutes or until pale golden brown and cooked though. Leave to cool on the trays for a few minutes before transferring them to a wire cooling rack. Keep in an airtight container.
4. You could adapt this recipe to cut a small heart-shaped hole in the centre of twelve of the circles of dough before cooking. Then, after cooking, sandwich two together like a jammy dodger. Use these, then, to make the edible Easter garden described elsewhere in this pack.

Pretzels

Traditionally a salted soft bread baked in a twist or knot shape, (which later evolved into the hard biscuit version we are more familiar with) given to the poor in Lent, the knot has come to symbolise undying love.



Ingredients

- 500g strong white bread flour
- 7g sachet fast-action dried yeast
- 25g dark brown muscovado sugar
- 50g unsalted butter, melted
- plain flour, for dusting
- oil, for greasing
- three tbsp bicarbonate of soda
- large egg, lightly beaten, for glazing
- flaked sea salt, to serve.

Method

1. Mix together the flour, yeast, sugar and one tsp salt in a large bowl. In a large jug, mix together 300ml lukewarm water and the melted butter. Make a well in the middle of the flour mixture and pour the water and butter into it, then use your hands to mix together well, drawing the dry ingredients in until you have a ball of dough which holds together.
2. Lightly flour a solid work surface and turn your dough out onto it. Knead the dough for 10-15 minutes until it is springy and smooth. Oil the sides of your bowl lightly and then put the dough back and cover with oiled cling film or a clean teatowel. Set it aside for about an hour in a warm place until it doubles in size.
3. Take the dough out and knead it again to knock out any air bubbles. Divide it into eight equal pieces. Take each piece in turn and roll it with your hands to make a long sausage / rope shape which is about 60cm long.



4. Form each sausage / rope into pretzels by laying it down in a U shape with the curved middle pointing towards you. Take the two ends and cross them over, bending the ends round back towards you with a twist and pressing them into the curve of the U shape as in the picture.
5. Heat the oven to 200°C / 180°C fan / gas mark 6. Line a baking tray with greased baking parchment.
6. Place the pretzels carefully on the baking tray and lightly cover (do not wrap) with oiled cling film. Set aside for about 20 minutes. They will not rise like bread dough or hot cross bun dough, but should go slightly puffy.
7. Fill a medium sized saucepan with water and bring to the boil. Add the bicarbonate of soda and reduce the heat to a low simmer. Carefully place one pretzel at a time into the pan for 20 seconds per side. The pretzels will rise to the surface and you can flip them over using a slotted spoon. This is what gives the pretzels their golden crust.
8. Use the slotted spoon to lift the pretzels and put them back on the baking tray. Brush the surface with lightly beaten egg and sprinkle with sea salt. Bake in the oven for 20-25 minutes or until a rich, dark brown colour.
9. Allow them to cool on the baking tray for about ten minutes and then finish cooling on a wire rack. These are best eaten fresh but can be frozen for up to one month.



Pretzels / Twiglet crown of thorns

Ingredients

- pretzels / Twiglets
- milk / dark chocolate, melted.

Method

1. On a piece of baking parchment, arrange the pretzels / Twiglets in the circle to resemble a crown of thorns.
2. Drizzle milk / dark chocolate over the top and leave to set.



Shredded Wheat crown of thorns

Ingredients

- Shredded Wheat
- milk chocolate, melted.

Method

1. Crumble the Shredded Wheat. Try and keep it in as large strands as possible.
2. Mix in the melted milk chocolate, making sure all of the Shredded Wheat is coated.
3. On a piece of baking parchment, arrange around an upside-down egg cup or small ramekin dish to create a crown of thorns, and leave it to set.



Resurrection rolls

This quick recipe is a good starting point for thinking about the resurrection.

Ingredients

- one pack of six part baked rolls
- one bag of large marshmallows
- 1½ to two teaspoons butter, melted
- three teaspoons white sugar
- one tsp cinnamon.

Method

1. Preheat oven to the temperature on the pack of rolls.
2. Mix the cinnamon and the sugar together in a bowl and melt the butter.
3. Take a roll and cut it open (like a cave).
The dough represents the tomb that they put Jesus into after his crucifixion.
4. Take a white marshmallow. This represents Jesus.
5. Roll the marshmallow in butter and then coat it in the cinnamon and sugar mix.
This represents the oils and spices that were rubbed on Jesus' body after his death, before they placed him in the tomb.
6. Place the marshmallow into the roll tomb and make sure you pull the dough back over it to seal it. The dough represents the tomb where they buried Jesus.
7. Wrap the roll in foil, and place in the oven on the baking tray.
The tomb was sealed and soldiers placed at the entrance.



8. Bake for the time stipulated on the packaging of the part-baked rolls. During this cooking time you could re-read the Easter story. If you wish the rolls to have a crispy crust, remove the foil from the rolls and bake for a further three to four minutes.
9. When they are cooked, allow to cool, then cut the “tomb” (rolls) down the middle. When they went to the tomb where Jesus was buried, the tomb was empty because Jesus rose. Cut through the roll and see how the “tomb” is now empty, but you can still see a faint mark form where he lay.



Easter story melts

This recipe is good for making together as you think through the story of Holy Week and Easter. You will need a Bible handy to look up the references.

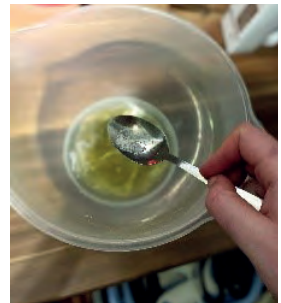


Ingredients

- 130g pecans (130)
- one tsp vinegar
- egg whites
- pinch of salt
- 200g sugar
- sandwich bags
- wooden spoon
- Bible.

Method

1. Pre heat oven to gas mark 4 (180).
2. Put your pecans in a small sandwich bag and seal it. Now use a wooden spoon or rolling pin to batter the pecans into small pieces. *Mark 15 v 16 - 20.*
3. Pour out one teaspoon of vinegar into a mixing bowl. Smell the vinegar as you read *Mark 15 v 33 - 37.*
4. Separate your eggs and put the egg whites into the vinegar, remembering that eggs can be used to represent life, especially around Easter time. *John 10 v 10 - 11.*
5. Taste some salt and add a pinch to the bowl.
6. These remind us of tears and the bitterness of our wrongdoing. *Mark 15 v 37 - 41.*



7. Add 200g of sugar. The tears are bitter, but the Good News is sweet – Jesus died because we are so loved by God. *John 3 v 16*.

8. Beat with a mixer at high speed for 12-15 minutes until soft peaks are formed.

9. The colour white reminds us that God's forgiveness is like a clean sheet.
Isaiah 1 v 16 - 18.



10. Fold in the broken nuts.

11. No scripture reading here – but let's face it, many people will think you're nuts for believing in Jesus.

12. Use a teaspoon to put dollops of the mixture onto a baking tray lined with greaseproof paper.

13. Each mound represents the rocky tomb where Jesus' body was laid after the crucifixion. *Mark 15 v 42 – 47*.

14. Put the baking tray into the oven, close the door and seal it. *Mark 15 v 46 – 47*.



15. Bake for 20-25 minutes.

16. Open the oven door and take out your Easter story melts. When you take a bite you'll discover they are hollow inside, just as the tomb was empty on the third day. Eat your Easter story melts as you rejoice that Jesus is alive – let the sweet taste remind you that we are loved by God and, through Jesus, we get to be with God for ever. *Mark 16 v 1 - 7*.



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