

Cook with CAFOD

Orange Cake From the "Sweet Temptation" Bakery

Ingredients

600g flour
320g baking fat
350g sugar
20g baking powder
220ml orange juice
50 ml water
Grated rind of 1 orange
6 eggs
3ml (or a few drops) orange essence



Photo: CAFOD

Method

Cream the butter or baking fat with the sugar.
Gradually add 4 eggs, one at a time.

Sieve the flour and baking powder together and add to the beaten eggs, fat and sugar, adding the orange juice, water and the remaining eggs, alternately. Mix well.

Lastly, add the grated orange rind and a few drops of orange essence.

Turn into a greased and floured baking tin with a central cone.

Bake at 150°C for approximately 45 minutes.

connect²: Peru

Empanadas

From the “Sweet Temptation” Bakery

Ingredients for the dough:

1kg flour
500g baking fat
300ml water
15g salt
125g sugar
1 egg yolk

Method

Measure and weigh the ingredients.

Rub the fat into the flour until it resembles breadcrumbs

Make a well in the centre and add the sugar, salt, and egg yolk with the water.

Starting from the centre, mix the ingredients to form a dough.

Put the dough in the fridge for approximately 30 minutes.

Divide the dough into 30 pieces.



Photo: CAFOD

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Mince filling (enough for 15 empanadas)

Ingredients

350g mince	700g onion
70g olives	1 sprig of parsley
2 hard boiled eggs	1 yellow chilli
Garlic to taste	A pinch of grated nutmeg

Method

Fry the onion, mince olives, herbs and spices. Allow to cool. Chop the boiled egg and add to the mixture.

Chicken filling (enough for 15 empanadas)

Ingredients

350g chicken breast	700g onion
1 tsp pepper	Garlic to taste
2 hard-boiled eggs	100g raisins

Method

Chop the chicken into small, bite sized pieces. Fry with the onion and add seasoning. Allow to cool. Slice the boiled egg and add to the mixture along with the raisins.

Roll each piece of dough out on a floured surface, add the filling, seal the parcel and glaze.

Bake at 160°C for approximately 15 to 20 minutes.