

Fairtrade and SQA

Fairtrade is about better prices, decent working conditions, local sustainability, and fair terms of trade for farmers and workers in the developing world. By requiring companies to pay sustainable prices (which must never fall lower than the market price), **Fairtrade** addresses the injustices of conventional trade, which traditionally discriminates against the poorest, weakest producers. It enables them to improve their position and have more control over their lives.

SQA is committed to supporting **Fairtrade** and ethical working. This recipe book is part of this commitment and is an extension of the '**Fairtrade Snacks on a Friday**' initiative that has proved so popular.

Our longer term aims include embedding **Fairtrade** and ethical practices into our qualifications so look out for further details in the future.

Fairtrade Ingredients

Most supermarkets now sell **Fairtrade** products, so look out for them on the shelves. The Co-op is very good at stocking **Fairtrade** products, although some of the smaller branches cannot carry the full range of ingredients needed for all these recipes. Most of the **Fairtrade** ingredients were available at the Scotmid Co-op in Portobello.

Also in Portobello is the **Just World Shop** at 54 Portobello High Street. The Just World Shop has been our source of the '**Snacks on a Friday**' goodies, and they were also able to supply most of the **Fairtrade** ingredients needed for these recipes.

If you can't get the ingredients in your local supermarket please write to the manager, or at least hand in a '**Dear Store Manager**' card, asking for the products to be stocked.

If you prefer to do your shopping online, there are many **Fairtrade** suppliers. Perhaps the most useful is the **Fairtrade Foundation** website which allows you to find which shops sell particular **Fairtrade** products:

<http://www.fairtrade.org.uk/>

Traidcraft is also a useful website:

<http://www.traidcraft.co.uk/>

Acknowledgements

The recipes in this booklet have been tried, tested and enjoyed by the following members of SQA staff in Dalkeith:

Florence Finlayson

Clare Hickson

Barbara Hill

David Kettle

Lillian Munro

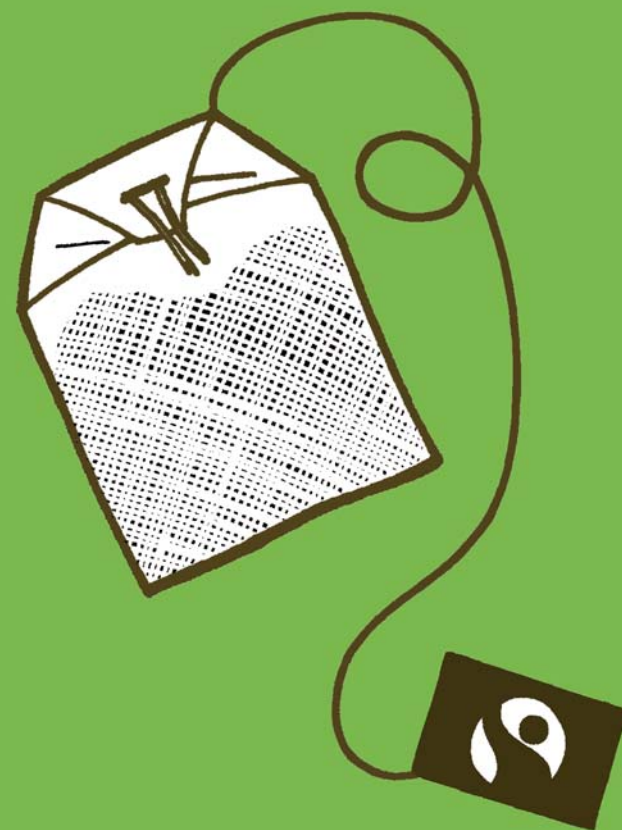
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Thank you to Lisa L Robertson and Sarah Batey for the production and artwork of the recipe book

SQAFair Dalkeith Recipe Book



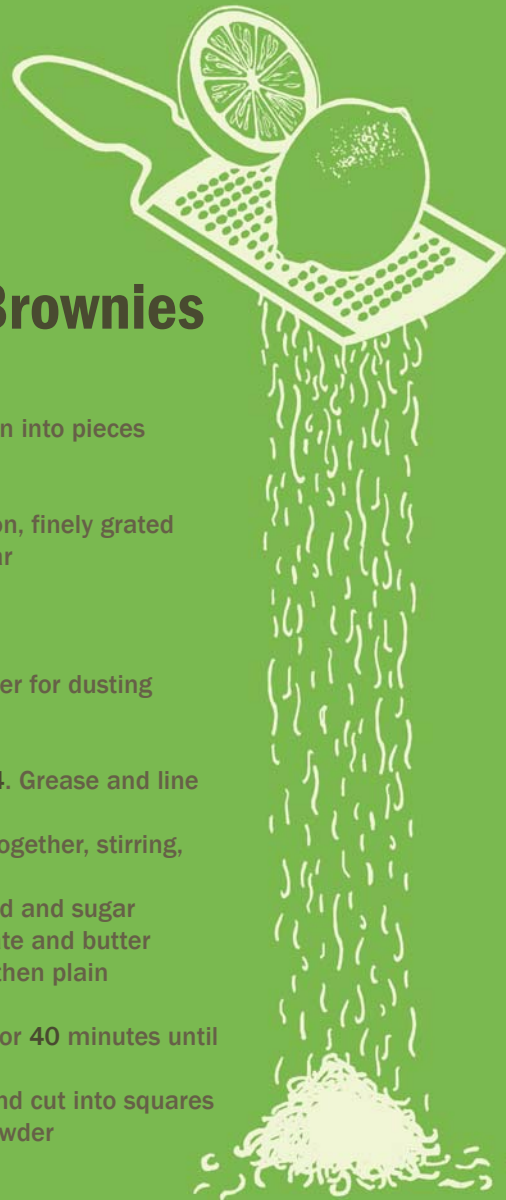
Chocolate Chip Brownies

What do I need?

125 g Fairtrade plain chocolate broken into pieces
175 g butter
4 eggs
rind of 1 orange and 1 Fairtrade lemon, finely grated
100 g Fairtrade dark muscovado sugar
75 g plain flour
75 g ground almonds
100 g plain chocolate chips
Fairtrade icing sugar and cocoa powder for dusting

What do I do?

1. Preheat oven to 180°C, gas mark 4. Grease and line a 20 cm square tin
2. Melt broken chocolate and butter together, stirring, then cool once combined
3. Whisk eggs, orange rind, lemon rind and sugar together until frothy. Stir in chocolate and butter
4. Fold in flour and ground almonds, then plain chocolate chips
5. Transfer to prepared tin and bake for 40 minutes until well risen and just firm
6. Leave to cool in tin then turn out and cut into squares
7. Dust with icing sugar and cocoa powder



Tablet

What do I need?

1 kg Fairtrade sugar
1 large tin condensed milk
125 g butter
1 cup milk (condensed milk tin makes a good measure)
Few drops of vanilla essence

What do I do?

1. Put all ingredients except the vanilla essence in a large, thick-based pot
2. Bring gently to the boil, stirring continuously. Make sure all the sugar is dissolved
3. Boil vigorously for approximately 15 minutes, but be careful not to let it burn, and take care as it boils up and splutters - keep stirring it!
4. When the mixture begins to change to a deeper colour and you feel the mixture getting slightly sugary, remove from the heat
5. Beat the mixture for around 10 minutes. It will become sugary round the edges of the pot
6. Add the vanilla essence (or alternative flavours e.g. whisky)
7. Pour into a swiss roll tin, or similar, lined with baking parchment (or buttered)
8. Mark into squares before it sets



No Cook Chocolate Fudge

What do I need?

- 175 g unsalted butter, at room temperature
- 1 small tin condensed milk
- 225 g Fairtrade plain, milk or white chocolate, melted
- 500 g Fairtrade icing sugar, sifted

What do I do?

1. Cream butter in a bowl with a wooden spoon and stir in the condensed milk and the chocolate
2. Gradually stir in the icing sugar and knead until smooth
3. On a lightly icing-sugared surface, roll out the fudge to a depth of 2.5 cm thick and cut into shapes or squares
4. Leave to dry overnight

Variations

1. When kneading the mixture, stir in 75 g Fairtrade raisins or Fairtrade dried fruit
2. For treacle fudge - add 15 ml treacle to the basic mixture at step 1
3. For vanilla and cherry fudge leave out the chocolate and knead in a little vanilla extract and 50 g finely chopped glacé cherries



Banana Muffins

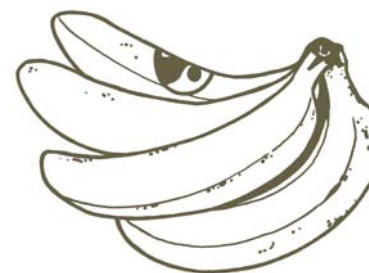
What do I need?

- 280 g self-raising flour
- 2½ ml salt
- 3-4 large, very ripe, Fairtrade bananas
- 40 g Fairtrade brown sugar
- 90 ml vegetable oil
- 1 egg (beaten)
- 2½ ml vanilla extract
- 60-90 ml milk or water

Optional: Fairtrade choc chips or Fairtrade raisins or Fairtrade walnuts or Fairtrade dates

What do I do?

1. Heat oven to 190/200°C
2. Prepare muffin cases/tins
3. Sift the flour and salt into a very large bowl
4. In a separate bowl, mash the bananas, stir in sugar, oil, beaten egg, vanilla extract and milk
5. Add the wet ingredients to the bowl of dry ingredients
6. Stir briskly with a wooden spoon until no dry flour remains but the mixture is still lumpy
7. Add choc chips or raisins or walnuts or dates for final few stirs, if desired
8. Spoon into muffin tins (makes up to 12, depending on size) and bake for 20-25 minutes



Easy Flapjacks

What do I need?

- 350 g oats
- 75 g desiccated coconut
- 75 g sunflower seeds
- 75 g sesame seeds
- 100 g Fairtrade sultanas or raisins
- 50 g Fairtrade Brazil nuts (chopped)
- 50 g Fairtrade dried apricots (chopped)
- 225 g Fairtrade golden syrup
- 200 g Fairtrade honey (runny not set)
- 150 g margarine or butter
- Half a Fairtrade lemon

What do I do?

1. Preheat oven to **170°C**, gas mark **3**
2. Mix all dry ingredients in a large bowl
3. Melt syrup, honey and margarine on a low heat until the margarine has melted
4. Add juice of half a lemon to the liquid mix
5. Add melted liquid to dry ingredients and mix well together
6. Place in large greased shallow baking tray and press down very firmly
7. Bake at **170°C**, gas mark **3** for **20-25** minutes
8. Allow to cool a little and then cut into squares or slices



Buttercream Topping

What do I need?

- 75 g unsalted butter
- 175 g Fairtrade icing sugar
- 10 ml (2 tsp) Fairtrade instant coffee granules
- 15 ml (1 tbsp) boiling water
- 15-30 ml (1-2 tbsp) milk or water

What do I do?

1. Put butter in a bowl and beat with a wooden spoon until it's light and fluffy
2. Gradually stir in the icing sugar
3. Blend the coffee granules with the boiling water. Allow to cool and add to mixture
4. Add the milk/water to the mixture
5. Beat well until light and smooth
6. Divide the mixture in two and use one half to sandwich the cakes together
7. Smooth the remainder of the mixture on the top of the cake



Coffee Sandwich Cake

What do I need?

- 175 g butter or margarine, softened
- 175 g Fairtrade caster sugar
- 3 medium eggs, beaten
- 175 g self-raising white flour, sifted
- 10 ml (2 tps) Fairtrade instant coffee granules
- 15 ml (1 tbs) boiling water

What do I do?

1. Grease and line two 18 cm (7 inch) sandwich tins
2. Beat the butter and sugar together in a bowl until pale and fluffy
3. Add the eggs a little at a time, beating well after each addition
4. Blend the coffee granules with the boiling water. Allow to cool and add to the mixture
5. Fold in half of the flour, using a large metal spoon, or plastic-bladed spatula then fold in the remainder
6. Divide the mixture evenly between the tins and level the surface with a palette knife.
7. Bake in the centre of the oven at 190°C/375°F/gas mark 5 for about 20 minutes until well risen and the cakes spring back when lightly pressed in the centre
8. Loosen the edges of the cakes with a palette knife and leave in the tins for 5 minutes
9. Turn out, remove the lining paper, invert and leave to cool on a wire rack



Chocolate Cake

What do I need?

- 100 g margarine
- 100 g Fairtrade white granulated sugar
- 2 eggs
- 75 g self-raising flour
- 25 g Fairtrade cocoa powder

What do I do?

1. Beat margarine and sugar until light and fluffy
2. Beat in eggs, one at a time
3. Sieve flour and cocoa powder and gently fold in to mixture
4. Place mixture into 2 greased 18 cm sandwich tins
5. Bake at 180°C gas mark 4 for 20–25 minutes
6. Allow to cool and then fill and top with chocolate butter icing

Chocolate Butter Icing

What do I need?

- 50 g melted Fairtrade plain chocolate
- 100 g butter
- 200 g sieved Fairtrade icing sugar
- 25 g sieved Fairtrade cocoa powder

What do I do?

1. Melt chocolate and add softened butter
2. Add icing sugar and cocoa powder and mix well together



Tea Loaf

What do I need?

- 350 g Fairtrade mixed fruit
- 225 g Fairtrade golden granulated sugar
- 570 ml strong Fairtrade tea (hot or cold)
- 450 g self-raising flour
- Pinch of salt, optional
- 5 ml Fairtrade mixed spice, optional
- 60 g hard margarine or butter
- 1 egg, beaten

What do I do?

1. Soak the mixed fruit and the sugar overnight in the tea, having stirred well to dissolve the sugar, or soak for several hours
2. Grease 2 large loaf tins or 3 small loaf tins and line bases with baking parchment or greaseproof paper
3. Preheat oven to 160°C, 325°F or gas mark 3
4. Place the flour, salt and mixed spice in a large mixing bowl and rub in the margarine or butter
5. Make a well in the centre of the flour and pour in the mixed fruit, sugar and tea
6. Using a wooden spoon, mix a little
7. Add the beaten egg and stir well
8. Share between the loaf tins
9. Bake at 160°C, 325°F or gas mark 3 for first half hour then reduce to 150°C, 300°F or gas mark 2 for the next half-hour (For a fan-assisted oven bake at 150°C for approximately 45 minutes) until risen and golden
10. If the loaf looks pale, leave for 5–10 minutes more
11. Remove from oven and cool a little before removing from tins and leaving to cool



Banana and Walnut Loaf

What do I need?

- 150 g self-raising flour
- 50 g margarine or butter
- 50 g Fairtrade white granulated sugar
- 30 g chopped Fairtrade walnuts
- 1 large or 2 small ripe Fairtrade bananas
- 15 ml Fairtrade golden syrup
- 1 egg, beaten
- milk

What do I do?

1. Rub fat into flour
2. Add sugar and walnuts to flour mix
3. In another bowl, mash bananas and add syrup, beaten egg and a little milk
4. Add to flour mixture and mix well together
5. Place in greased loaf tin
6. Bake at 180°C, gas mark 4 for 35–45 minutes
7. Allow to cool and serve sliced with butter



Mantova Almond Cake

What do I need?

- 150 g butter
- 4 eggs (separated into yolks and whites)
- 200 g Fairtrade white granulated sugar
- Pinch of salt
- Juice and rind of a Fairtrade lemon
- 300 g self-raising flour
- 80 g Fairtrade chopped almonds

What do I do?

1. Soften the butter
2. Add the four egg yolks, one at a time
3. Add the sugar, salt, lemon juice and zest and flour and mix together
4. Beat the egg whites until stiff and incorporate into the mix
5. Put into a cake tin, sprinkle the almonds and some sugar on the top
6. Bake at 180°C, gas mark 4 for 45 minutes

