



**BREAST
CANCER
NOW** The research &
support charity

DELICIOUS RECIPES FOR YOUR AFTERNOON TEA

2024



CONTENTS



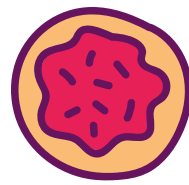
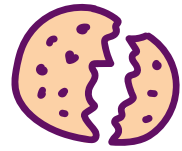
Something sweet

Anna's gluten-free pistachio cookies <small>gluten-free, dairy-free</small>	3
Amanda's amazing cherry bakewell cupcakes	4
Dawn's orange tear and share scones	5
Katy's vegan blueberry and almond traybake <small>vegan</small>	6
Jill's rock cakes	7
Karen's lemon drizzle	8
Yogi's yummy afternoon tea biscuits	9
Katy's eggless chocolate cake	10
Ellen's cherry and almond shortbread	11
Maria's chocolate-topped bark	12
Amy's infusion fizz <small>gluten-free, dairy-free, vegan</small>	13

Something savoury

Celia's sausage rolls	14
Valerie's callaloo and lentil pasties <small>vegetarian</small>	15
Juliet's cheese and tomato tart <small>vegetarian</small>	16
Mairead's cauliflower bites and chipotle spiced dip <small>vegan option</small>	17
Diane's coronation chicken	18
Mairead's savoury feta and egg muffins <small>gluten-free, vegetarian</small>	19
Celia's tasty veggie sandwiches <small>vegetarian</small>	20
Juliet's melon and feta salad <small>vegetarian</small>	21

If you have a homemade recipe that you'd like to share, we'd love to hear about it. Just drop us an email at afternoontea@breastcancer.org



ANNA'S GLUTEN-FREE PISTACHIO COOKIES

The lovely Anna, who works here at Breast Cancer Now, shares one of her favourite gluten-free bakes — these delicious pistachio cookies.

What you'll need

(Makes 14 cookies)

- 4 egg whites
- 400g ground or whole pistachios
- 50g ground or whole almonds
- Zest of 1 lemon
- 280g caster sugar
- 4 tablespoons icing sugar
- Whole pistachios for decoration

Anna's top tip: You can make these ahead of time and freeze them.

Method

1. Preheat the oven to 180°C/gas mark 4. Line a baking tray with baking paper
2. Put the egg whites into a mixing bowl and whisk with an electric mixer until they form stiff peaks
3. Add the sugar and lemon zest, and mix in using a low speed
4. If you're starting with whole pistachios or almonds, grind these in a food processor until you get a flour-like consistency. Then gradually add the ground pistachios and ground almonds to the egg mixture, folding it in gently with a metal spoon. Once it's all mixed in, you should have a sticky dough
5. Dust your hands with icing sugar and divide the mixture into 14 portions. Roll each portion into a ball, rolling in icing sugar as you do so. Then place on the prepared baking tray. Make sure you leave room between each ball as they will spread as they bake
6. Using the palm of your hand or the back of a spoon, squash each ball into a disc shape. Place a whole pistachio on the top of each cookie, pushing it in gently
7. Bake for 15 to 18 minutes, until they're starting to brown lightly on the top. Leave to cool on the baking tray



AMANDA'S CHERRY BAKEWELL CUPCAKES

Afternoon Tea supporter Amanda shares her cherry bakewell cupcakes – don't they look tasty!

What you'll need

(Makes 12 cupcakes)

For the cupcakes:

150g unsalted butter (room temperature - fairly soft)

150g caster sugar

100g self-raising flour

3 large eggs (room temperature)

½ teaspoon baking powder

60g ground almonds

1 tablespoon milk (room temperature)

4 tablespoons raspberry jam

A 12-hole muffin tray, lined with paper cases

For the topping:

250g icing sugar (sieved)

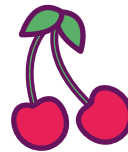
About 3 tablespoons of water

(enough to make an icing that will coat the cupcakes nicely, doesn't need to be too runny)

A few drops of almond extract, enough to flavour

6 glacé cherries, cut in half

A handful of toasted flaked almonds



Method

1. Preheat oven to fan 170°C
2. Cream all the cupcake ingredients together (except the jam) with a hand mixer until evenly combined
3. Divide the mixture between 12 paper cases, and put them in your muffin tray
4. Bake for 15 to 20 mins until they're golden and springy to the touch
5. Pierce the top of each cupcake to make a small hole, and pipe the jam into the centre of each one (I use a piping bag, it's much easier)
6. To make the icing, mix together the water and icing sugar. If it's too runny, just add more icing sugar. If it's too thick, just add more water. Then add a few drops of almond extract and mix well
7. When the cupcakes are cool, top each one with the almond flavoured icing
8. Before they dry, decorate each cupcake with a sprinkling of toasted flaked almonds and half a glacé cherry



DAWN'S ORANGE TEAR AND SHARE SCONES

Looking for something a bit different? Why not try Dawn's take on the classic scone recipe. Your guests will be excited to try these!

What you'll need

For the scones:

280g plain flour
2 teaspoons baking powder
½ teaspoon salt
75g butter
100g raisins or cranberries
1 tablespoon orange zest
2 eggs
1 teaspoon orange oil
150ml sour cream

For the orange honey butter:

115g soft butter
85g honey
1 tablespoon frozen orange juice

Method

1. Preheat the oven to 190°C
2. Sift the dry ingredients together and combine with the butter until it looks like a crumble mixture. Add the zest and fruit
3. In a separate bowl, combine wet ingredients, then add to the crumble mixture. Mix with a fork until all the flour is absorbed, but don't overmix
4. Divide your mixture into 2 equal round shaped portions and place on a greased baking tray. With a fork, pat into a round shape 1 to 1 ½cm in thickness. Using a wet knife, score into 4 or 6 pieces, but don't cut through to the bottom
5. Bake for 20 to 25 mins. You'll know they're done when they sound hollow on the bottom
6. To make the orange honey butter, mix all the ingredients together using a handheld blender, until well blended

Dawn's top tip: Instead of orange zest and raisins, you could experiment with other flavour combinations. Try raisins and ½ teaspoon of cinnamon, or blueberries and 1 teaspoon of lemon extract.



KATY'S VEGAN BLUEBERRY AND ALMOND TRAYBAKE

Our lovely colleague, Katy, has created this delicious recipe just for us! We hope you enjoy making it for your Afternoon Tea.

What you'll need

- 400g ground almonds
- 400g plain flour
- 300g granulated sugar
- 3 teaspoons baking powder
- 500ml oat milk (or other plant-based milk)
- 170ml sunflower oil
- 150g blueberries



Method

1. Preheat oven to 180°C fan and grease a large baking dish (Katy uses a dish that's 13 by 10 inches)
2. Put the almonds, plain flour, sugar, and baking powder in a bowl and combine
3. Add the oat milk and sunflower oil. It will be a thick batter — that's what you want!
4. Put the batter in the baking dish and top with the blueberries — this stops them from sinking to the bottom, but you need to be careful that they don't burn. If they do look like they're starting to burn, cover the dish with some foil
5. Bake for 1 hour to 1 hour 15 minutes. To check the traybake is done, insert a knife into the centre — you'll know it's done if the knife comes out clean



JILL'S ROCK CAKES

Afternoon Tea supporter Jill has been using her rock cake recipe for many years. Your guests will love trying this British classic at your Afternoon Tea!

What you'll need

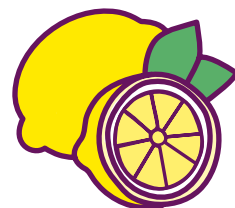
110g soft butter or margarine
55g granulated sugar
225g self-raising flour
165g sultanas
1 teaspoon baking powder
1 medium egg
1 to 3 tablespoons milk
Demerara sugar for sprinkling



Method

1. Heat your oven to 180°C (fan)
2. Sieve the flour and baking powder into a large bowl
3. Add the butter to the flour and rub it in until it resembles fine breadcrumbs
4. Add the sugar and sultanas, followed by the medium egg and 1 tablespoon of milk
5. Mix until it forms a stiff dough
6. Add the rest of the milk (1 tablespoon at a time) until it reaches the required consistency – it should be tacky but not wet
7. Grease or line 2 baking trays and use a tablespoon to measure 12 even mounds
8. Sprinkle each one with Demerara sugar
9. Bake for 15 minutes (first checking after 10 minutes)
10. Place on a cooling rack to cool, then store the rock cakes in an airtight container or tin

Top tip: If you prefer, you can use currants instead of sultanas.



KAREN'S LEMON DRIZZLE RECIPE

Fantastic fundraiser Karen has been holding Afternoon Tea events for years. She kindly shares her homemade lemon drizzle recipe with us.

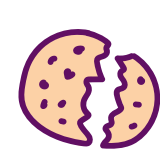
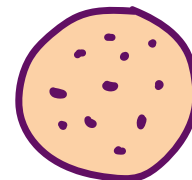
What you'll need

170g butter
170g sugar
170g self-raising flour
3 eggs
2 heaped tablespoons of lemon curd

Method

1. Start by preheating your oven to fan 180°C
2. In a large mixing bowl, cream together the butter and sugar
3. Once the butter and sugar has been creamed, add the eggs to the large mixing bowl and whisk in
4. Add your flour and lemon curd to the large mixing bowl and mix everything together
5. In a greased 1lb loaf tin, spoon your mixture into the tin and cook in the oven for 30 to 40 minutes
6. Once fully cooled, remove the cake from the tin

Top Tip: Sometimes I put icing on the cake too! I usually make up the icing as per the instructions on the packet and add a few drops of lemon flavouring.



YOGI'S YUMMY AFTERNOON TEA BISCUITS

Our wonderful supporter Yogi shares this easy recipe for yummy afternoon tea biscuits.

What you'll need

- 115g butter
- 200g caster sugar
- 1 large egg
- 1 ½ teaspoon vanilla essence
- 285g self-raising flour
- 230g icing sugar
- Lemon juice
- Sprinkles, or any decorations you want

Method

1. Beat the sugar and butter until creamy. Add the egg and vanilla and mix well
2. Add the flour with pinch of salt and mix until blended
3. Next, mould the dough into a ball – the mixture may be quite stiff
4. Put the dough onto your work surface and divide into 2 discs. Wrap each in cling film and refrigerate for an hour
5. Heat the oven to 180°C
6. Roll the dough disc onto a floured surface until it's about 6mm thick. Then cut out biscuits with your cutter
7. Place your biscuits on a non-stick tray about 2cm apart. Then bake for 10 to 12 minutes, until they're very light brown around the edges
8. Remove from the baking tray to cool before decorating
9. Mix the icing sugar with lemon juice, adding a drop at a time until you have the right consistency (not too runny!). Pour the sprinkles onto a plate
10. Using a teaspoon, add a small splodge of the icing onto a cooled biscuit. Then press it into your sprinkles, or any decoration you like



KATY'S EGGLESS CHOCOLATE CAKE

Katy, who works in the Breast Cancer Now Sheffield office, shares with us her simple and delicious chocolate cake recipe – it's guaranteed to be a real crowd pleaser!

What you'll need

300g 0% fat Greek yogurt
300g granulated sugar
300g plain flour
2 ½ teaspoons baking powder
100g butter
50ml vegetable oil
200ml skimmed milk
30g dark cocoa powder



Method

1. Preheat your oven to 160°C. Grease and line a loaf tin (Katy uses a 9 ½ inch by 5 ½ inch tin)
2. Melt the butter by microwaving in short bursts (roughly 15 to 30 seconds at a time) and add to the oil, then whisk in the yogurt
3. Add all of the dry ingredients, then the milk, and mix together
4. When thoroughly mixed, put the mixture into the loaf tin and bake for 1 hour (cover with foil if the top starts to burn)
5. To check it's done, insert a knife into the centre – you'll know it's done if the knife comes out clean



Method

1. Pre-heat oven to 160°C (fan oven) and line a baking tray with baking parchment
2. Chop the butter into small cubes and add to a large mixing bowl. Cream the butter using a stand mixer or handheld whisk
3. Add the icing sugar to the butter and mix gently. You want to mix just long enough for the ingredients to combine into a smooth paste
4. Add the plain flour, ground almonds and almond essence to the bowl and mix until the ingredients are combined. It should have a crumbly texture. If using an electric mixer, mix on a low speed
5. Chop up your cherries into quarters and add to the mixture. If you want to chop them into slightly smaller pieces, then you can. Mix gently with your hands until the cherries are mixed evenly into the dough
6. Gather the dough together into a ball and remove from the bowl. If the dough needs bringing together more, you can gently fold and knead it a couple of times
7. Dust your worktop with flour and roll out your dough with a rolling pin. Use cookie cutters to create the shapes you want
8. Put the shortbread onto your baking tray and bake in the oven for around 15 minutes (check them after 10 minutes to make sure they aren't overcooking). They're ready when they start to turn a light golden colour

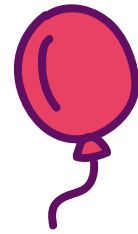
ELLEN'S CHERRY AND ALMOND SHORTBREAD

Ellen, who works at Breast Cancer Now, has created these yummy shortbread biscuits for you to try at your Afternoon Tea. They went down a treat when she brought them into the office!

What you'll need

- 180g plain flour
- 40g ground almonds
- 120g butter (room temperature)
- 65g icing sugar
- 1 teaspoon almond essence
- 15 glacé cherries

Ellen's top tip: I use salted butter, but you can also use unsalted. You can also use caster sugar instead of icing sugar, if you don't have any in the house!



MARIA'S CHOCOLATE BARK

Chocolate bark is delicious, and so quick and easy to make. Afternoon Tea supporter Maria has shared her go-to recipe with us – we hope you love it!

What you'll need

- 100g dark chocolate (broken into pieces)
- 100g milk chocolate (broken into pieces)
- 100g white chocolate (broken into pieces)
- 100g mixed dried fruit and nuts
- Zest of 1 orange

Method

1. Place a glass bowl over a pan of simmering water, making sure the bowl doesn't touch the water
2. Melt the dark chocolate by placing it in the glass bowl and stirring – once fully melted, put this to one side. Then follow the same process for the milk and white chocolate, so that you end up with a bowl of each type of chocolate
3. Line a medium size baking tray with parchment paper. Pour each bowl of melted chocolate onto the tray, one at a time
4. Using a wooden skewer, swirl the different chocolates into each other creating a marbled effect, and spread it evenly across the tray
5. Chop up the fruit and nuts into slightly smaller pieces, then scatter them over the melted chocolate
6. Grate the zest of 1 orange evenly over the chocolate
7. Place the chocolate in the fridge for 1 hour (minimum). Once set, remove the chocolate from the fridge and cut it up into serving-size pieces

Top tip: You can serve this on a plate or, to make it extra special, you can put the pieces into individual bags and tie them with ribbon.



AMY'S INFUSION FIZZ

Amy, who works here at Breast Cancer Now, shares one of her family's favourite summer drinks. It's a perfect addition to any Afternoon Tea!

What you'll need

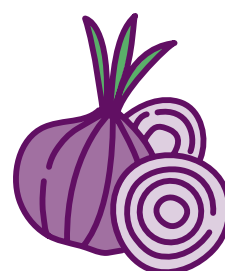
Serves 6

1 large bottle of chilled sparkling water
A thumb-sized piece of fresh ginger (more if you love fresh ginger!)
1 pomegranate
3 limes
Lots of ice



Method

1. Peel the ginger and slice it into thin strips
2. Cut the pomegranate in half and tap out all the seeds into a bowl, separating the seeds and pith. Save any extra juice that comes out while you do this, as it will add more flavour to the fizz
3. Using a sharp knife or peeler, cut a few thick shards of zest from one of the limes, making sure not to get any pith. Put it to one side
4. Squeeze the juice from all the limes. Then slice the lime up into 8 segments
5. Mix up all the ingredients (apart from the lime zest) into a large jug, add the sparkling water and let it infuse for 10 minutes
6. Add lots of ice and serve
7. For an extra pretty drink, put your lime zest and some ginger slices on a cocktail stick. Then serve them as a garnish on the side of a short glass



CELIA'S SAUSAGE ROLLS

This quick and easy recipe is the perfect savoury dish for any Afternoon Tea. Celia's guests really enjoyed them!

What you'll need

Makes 32

- 2 packs of readymade puff pastry
- 500g Cumberland sausage meat
- 1 large jar of caramelised red onion chutney
- 1 egg (for the egg wash)

Method

1. Mix the sausage meat and the caramelised red onion chutney
2. Lay out your sheets of puff pastry and cut them in half, lengthways, so that you have 4 pieces of pastry
3. Divide the sausage meat mix into 4 and form a sausage down the middle of each pastry sheet
4. Roll up and seal the edge with water to stick
5. Whisk the egg together well, then brush the whisked egg over the sausage rolls using a pastry brush
6. Bake at 180°C (fan oven) for 20 minutes or until golden brown and cooked
7. Then cut each strip into 8. You could make bigger or smaller ones if you prefer



VALERIE'S CALLALOO AND LENTIL PASTIES

Looking for a delicious savoury treat for your Afternoon Tea? Why not try these callaloo and lentil pasties – Afternoon Tea supporter Valerie created these for her guests, and we know your guests will love them too!

What you'll need

- 1 tablespoon cooking oil
- 1 onion (diced)
- 1 pointed sweet pepper (deseeded and diced)
- 1 tomato (deseeded and diced)
- 1 tin of callaloo
- 1 tin of lentils
- 1 teaspoon thyme
- ½ teaspoon salt
- 4 level tablespoons curry sauce mix
- 4 packs of ready rolled puff pastry (375g a pack)
- 1 egg (beaten – for the egg wash)

Method

1. Preheat the oven to 220°C (200°C fan oven or gas mark 7)
2. Open, drain and rinse the lentils. Then open and drain the callaloo
3. Place the cooking oil in a deep frying pan over a low heat and sauté the onions for 2 to 3 minutes
4. Add the diced sweet pepper, diced tomato, and thyme and cook gently for another 2 to 3 minutes
5. Add the lentils and callaloo, then add the curry sauce mix and stir well. Once stirred through, remove from the heat and allow to cool
6. Open the ready rolled puff pastry and use a large circular pastry cutter to cut 8 circles from each sheet of pastry (this will make 32 in total)
7. Place a spoon of the filling in the centre of each pastry circle
8. Wet the edges of the pastry circles and fold in half, pinching them closed
9. Place the pasties on a baking sheet and brush the beaten egg over them using a pastry brush. Then pierce each pasty a couple of times with a fork to allow steam to escape
10. Place in the oven for 15 minutes



JULIET'S CHEESE AND TOMATO TART

Juliet has created this recipe especially for us, and we're sure your guests will love it. This recipe can be made vegan too.

What you'll need

375g pack of ready rolled puff pastry
90g Emmental cheese, grated (or your choice of cheese)
3 large tomatoes
3 to 4 tablespoons wholegrain mustard (Dijon also works)
Pinch of dried oregano
Salt and pepper

Use vegan cheese to make this recipe vegan friendly.

Juliet's top tip: Sometimes if I'm feeling extra fancy, I'll pop some fresh herbs on top just before serving.



Method

1. Preheat the oven to 200°C (fan oven)
2. Prepare the tomatoes by slicing each into 6 to 8 even slices. Place the sliced tomatoes on a few sheets of paper towel and sprinkle with salt, to draw out the extra moisture (this will stop the tart from becoming soggy). Leave for 10 minutes
3. To prepare the pastry, line a baking tray with greaseproof paper. Unroll the puff pastry sheet and lay it on top of the paper. Press the pastry into the edges of the tray, and fold about 2cm of each edge over to create a crust. Prick the base all over with a fork
4. Then, spread a layer of mustard onto the pastry (avoiding the crust), followed by an even layer of the grated cheese
5. Give your sliced tomatoes a final pat with a paper towel, and then place on top of the cheese and mustard. Avoid overlapping the slices too much. Sprinkle with dried oregano and a pinch of ground pepper
6. Pop in the oven for 25 minutes or until the crust is a deep golden brown

VEGAN
OPTION
AVAILABLE

MAIREAD'S CAULIFLOWER BITES WITH A CHIPOTLE SPICED DIP

Lovely Mairead, from our team here at Breast Cancer Now, makes these scrumptious savoury snacks which are a tasty addition to any event!

What you'll need

For the bites

1 large cauliflower
150g plain flour
300ml of milk (or plant-based alternative)
2 teaspoon of paprika powder
1 ½ teaspoon of onion powder
1 teaspoon of garlic powder
Salt and pepper
100g breadcrumbs

For the dip

3 teaspoons of chipotle hot sauce (or more if you like spice!)
A squeeze of lemon
120g natural yoghurt (or plant-based alternative)
Herbs to garnish



Method

1. Pre-heat the oven to 180°C and line 2 baking trays
2. Break the cauliflower into bite-sized pieces, then steam or boil until cooked
3. Put the flour, milk, paprika, onion and garlic powder into a bowl and whisk into a batter. Add the salt and pepper and whisk again
4. Pour the breadcrumbs into another bowl
5. Tip the cauliflower into the bowl and coat in the batter, transfer each floret of cauliflower into the breadcrumbs and toss until they are completely coated
6. Put the cauliflower pieces on the baking tray and bake for 40 minutes (or until golden brown)
7. For the dip, in a bowl add the natural yoghurt, chipotle hot sauce and a squeeze of lemon. Mix well together, taste and adjust the spice if needed!
8. Add the herb garnish and serve immediately while the cauliflower bites are still hot

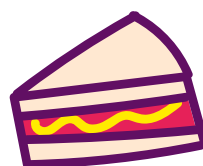


DIANE'S CORONATION CHICKEN

The lovely Diane shares her coronation chicken recipe. You could use this as a sandwich filling, or even as a jacket potato topper.

What you'll need

- 6 tablespoons mayonnaise
- 2 to 3 teaspoons of curry powder (to taste)
- ½ teaspoon ground cinnamon (to taste)
- 2 tablespoons mango chutney
- 1 to 3 tablespoons of sultanas (to taste)
- 500g shredded cooked chicken
- Salt and pepper (to taste)



Method

1. Mix the mayonnaise, curry powder, cinnamon, mango chutney and sultanas together
2. Add the shredded chicken and stir to coat. Add up to 2 tablespoons water to loosen if needed
3. Season and serve however you like

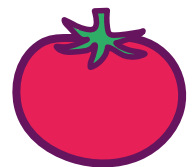


MAIREAD'S SAVOURY FETA AND EGG MUFFINS

Mairead, from our team here at Breast Cancer Now shares her tasty recipe.

What you'll need
Makes 6 large muffins

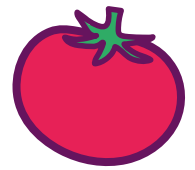
- 6 eggs
- 40g feta cheese
- Handful of chopped spinach
- 1/2 red pepper, chopped
- 1 ripe tomato, chopped
- Salt and pepper to season



Method

1. Break the eggs into a bowl. Then add the feta, spinach, red pepper, and tomato
2. Season with salt and pepper and give everything a good mix together
3. Grease a 6-case muffin tray with oil or butter
4. Spoon the mixture into the tray cases, making sure not to over fill them
5. Bake for 20 minutes at 180°C

Top tip: Why not use whatever is in your fridge to get creative with these muffins? You could add ingredients like red onion, fresh herbs, and chorizo sausage. Or you could swap feta cheese for another cheese, like cheddar or mozzarella.

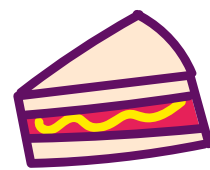


CELIA'S TASTY VEGGIE SANDWICHES

These sandwiches were a real hit at Celia's Afternoon Tea. She's never had so many compliments!

What you'll need

A tub of hummus
1 red onion (thinly sliced)
1 bag of baby spinach leaves
A loaf of bread
Butter



1. Just butter your bread as normal, spread on a layer of hummus, and top with thinly sliced red onion and baby spinach leaves

Celia's top tip: You can use different flavours of hummus, so you have a selection.

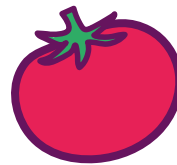
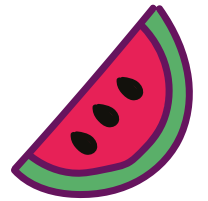


JULIET'S MELON AND FETA SALAD

Our wonderful colleague, Juliet, has shared with us this delicious and refreshing salad recipe – perfect for a warm summer's day.

What you'll need

1 medium-sized melon (cantaloupe or galia), cubed
200g feta, crumbled (swap with vegan feta to make this recipe dairy free)
150g cherry or baby plum tomatoes, cut in half
20 to 30 basil leaves, torn or shredded
Olive oil



Method

1. Mix together the melon, feta and tomatoes in a big bowl
2. Season the salad with a small pinch of salt and drizzle with olive oil
3. Add the basil leaves and give a final toss before serving

TOP TIPS FROM YOUR AFTERNOON TEA TEAM



Georgie's top tips

- If you're asking for cash donations, don't forget to put your Gift Aid form out next to your donation box
- Label your bakes with any dietary or allergy advice using our handy cake cards. You can download and print them at breastcancer.org/afternoonteadownload
- Why not have a go at organising a raffle? They're a great way to boost your fundraising total. Find out more breastcancer.org/afternoontea-raffles

Ailish's top tips

- Setting up a JustGiving page is quick and easy and people can donate using their debit card. To create your page, just go to justgiving.com/campaign/AfternoonTea2024 and click on "start fundraising"
- Why not join our Facebook group? You can ask questions, get advice, and hear about other people's events. Go to facebook.com/groups/afternoonteaBreastCancerNow
- Why not ask some friends or family to help in the kitchen? And don't forget that not everything has to be homemade!



If you need any help, get in touch with the team. You can pop us an email on afternoontea@breastcancer.org or call us on **0333 20 70 300**.