



CHURCH URBAN FUND'S FAMILY RECIPE BOOK





Here you will find some recipes that members of our team have shared with you. There are also some recipes that we have found on the internet that we thought sounded nice. We hope you enjoy them. If you make any of the recipes, we would love to see pictures of your creations. Feel free to tag us on our Instagram or Facebook pages.

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Sweet Recipes

Vegan Chocolate Chip Cookies

Ingredients:

- 256g all-purpose flour
- 1 tsp baking soda
- 1/2 tsp kosher salt
- 110g firmly packed dark brown sugar
- 100g granulated sugar
- 170ml canola oil
- 85ml water
- 2 tsp pure vanilla extract
- 256g chocolate chips

Method:

1. In medium bowl, whisk together flour, baking soda, and salt. Add the chocolate chips to this bowl.
2. In second bowl, break up brown sugar, making sure there are no lumps. Add granulated sugar, oil, water, and vanilla and whisk to combine.
3. Add the flour mixture and mix until just combined (there should be no streaks of flour).
4. Line 2 baking trays with parchment paper.
5. Spoon out 2-inch mounds of dough, spacing 2 inches apart.
6. Freeze 30 minutes. After this stage you can store them in a freezer bag if you are not ready to bake. You can then bake off a few whenever you have a craving.
7. Heat oven to 375°F/190°C/Gas mark 5.
8. Bake cookies, rotating the position of trays after 6 minutes, until edges are golden brown, 9 to 12 minutes total.
9. Let cool.
10. Enjoy



Chocolate Chip Cookies

Tried and tested, these cookies always go down well (and quickly) when they are brought into the office!

Ingredients:

- 2 ½ Cups Plain flour
- 1 Cup Brown Sugar
- ½ Cup granulated sugar
- 1tsp Baking Powder
- 2 Eggs
- 200g Melted Butter
- A splash of vanilla extract
- 250g chocolate chips

Method:

1. In medium bowl, combine all of the dry ingredients and then whisk in your wet ingredients. You should be left with a combined dough.
2. Layer some cling film on your table and put your dough on top.
3. Roll into a tight log and put in the fridge for a minimum of 30 minutes to chill.
4. Cut into slices once chilled – the slices should be about the width of your thumb
5. If you want to freeze your cookie dough to enjoy another day this is the time to do it – lay the slices on a baking tray and freeze, transferring to a bag once hard.
6. Heat your oven to 320°F/160°C/Gas mark 3.
7. Bake cookies until the edges are golden brown for 15 minutes.
8. NB - They will still be slightly soft when they come out of the oven – don't worry they will harden as they cool. If they are too soft put them back in for a couple of minutes.
9. Let cool on the baking tray.
10. Enjoy

Waffle Berry Pie

This is Amy's favourite winter comfort food – Waffle Berry Pie. It's so easy so doesn't really count as baking!

Ingredients:

- 2 x 240g pack of waffles
- 150g white chocolate (chopped)
- 600g frozen raspberries
- 55g caster sugar
- 1 tbsp plain flour
- 500ml sour cream or creme fraiche
- 2 eggs
- 1/2 tsp vanilla essence
- 2 tbsp icing sugar
- Vanilla ice cream or cream to serve (optional)

Method:

1. Preheat oven to 200C.
2. Place half the waffles in a deep microwaveable dish and sprinkle half the chopped white chocolate and half the raspberries - repeat layers.
3. Place in microwave on high for 3 minutes (or until raspberries have defrosted)
4. Combine sugar and flour in a bowl. Add sour cream, eggs and vanilla essence. Whisk and spoon evenly over top of raspberries
5. Bake 30-35 minutes or until golden brown and set in centre.
6. Cool for 10 minutes, sprinkle with icing sugar and serve with ice cream or cream if desired.
7. Equally yummy served cold the next day!

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Basic Cake Recipe

This is a recipe handed down from Kelly's nan – nice and easy to remember and a good base for any flavours you want to add.

Ingredients

- 6 Oz (170g) or 8 Oz (227g) Caster Sugar
- 6 Oz (170g) or 8 Oz (227g) Butter
- 6 Oz (170g) or 8 Oz (227g) Self Raising Flour - sifted
- 2 or 3 Eggs
- Vanilla - optional
- Choc chips/raisins etc - optional

If you use 6oz of each ingredient use 2 eggs and if you use 8oz of each ingredient use 3 eggs. You can also add vanilla to the eggs if you want to

Method

1. Cream sugar and butter together until pale, light, and fluffy - I usually do this for minimum of 2 minutes as it makes the cakes lighter.
2. Once sugar and butter are combined add the eggs slowly - I whisk mine slightly to break them up a bit but you could just add them one at a time if you wanted
3. Fold in the flour slowly
4. Once all combined you can add chocolate chips, raisins etc to taste if wanted.
5. Spoon into Muffin cases (probably going to be easier for you) or a greased cake tin
6. I cook mine for 15 mins (cases) or 30 mins (tin) at about 180oc and then test with a skewer to see if cooked - it should come out clean. If it doesn't then put back into the oven for a bit longer. They should be lightly golden on top and still have a bit of a spring when you touch the top
7. Once cooked remove from oven and put onto a cake rack to cool
8. All Done!!

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Homemade Chocolate Tree Decorations

What You Will Need To Make Hanging Chocolate Baubles

- 100g White Chocolate
- 100g Milk Chocolate
- A selection of Christmas cake decorating toppings such as sprinkles, hundreds and thousands, silver balls etc.
- Bakers Twine
- Greaseproof Paper

Instructions:

1. To melt the chocolate for your edible ornaments break it up into little pieces into a bowl. Then sit that bowl in a larger bowl of warm water until the chocolate melts.
2. While you're waiting for your chocolate to melt get the threads ready to hang your chocolate baubles from. Cut some short pieces of bakers twine and tie them together to form loops.
3. Lay the thread loops in rows onto the greaseproof paper about 10cm apart.
4. Once your chocolate has melted it's time to get creative and make your chocolate bauble ornaments. This bit is so much fun! Simply spoon some melted chocolate onto the knot end of your thread loops and spread it out to make a bauble shape.
5. Before the chocolate sets add your Christmas sprinkle decorations. It's best to just make one at a time because once the chocolate's set you can't add any decorations to it.
6. Once your chocolate ornaments are finished, leave them to set fully for an hour or so. When your chocolate tree decorations are fully set you can hang them on display or wrap them up as a gift.





Gingerbread Layer Cake

[Pioneer Woman Recipe](#) (with some UK Substitutes)

3 c. All-purpose Flour

2 tsp. Ground Ginger

2 tsp. Cinnamon

1/2 tsp. Cloves

1/4 tsp. Nutmeg

1 1/2 tsp. Salt

1 tsp. Baking Powder

1 tsp. Bicarbonate of Soda

1 c. Butter, Softened

1 c. Packed Brown Sugar

2 Large Eggs

1 c. Black Treacle

2 tsp. Freshly Grated Ginger

1 1/4 c. Whole Milk

Preheat oven to 350°F (175°C). Grease three 6-inch/15-cm cake pans, line with rounds of parchment paper, and flour.

In a medium bowl, whisk together flour, ground ginger, cinnamon, cloves, nutmeg, salt, baking powder, and Bicarbonate of Soda.

In the bowl of a stand mixer***, beat

Laura's Veganized Version

3 c. All-purpose Flour

2 tsp. Ground Ginger

2 tsp. Cinnamon

1/2 tsp. Cloves

1/4 tsp. Nutmeg

1 1/2 tsp. Salt

1 tsp. Baking Powder

1 tsp. Bicarbonate of Soda

1 c. Vegan Butter Sub, Softened

1 c. Packed Brown Sugar

6 tablespoons aquafaba*

1 c. Black Treacle

2 tsp. Freshly Grated Ginger

1 1/4 c. Soya Milk**

Preheat oven to 350°F (175°C). Grease three 6-inch/15-cm cake pans, line with rounds of parchment paper, and flour.

In a medium bowl, whisk together flour, ground ginger, cinnamon, cloves, nutmeg, salt, baking powder, and Bicarbonate of Soda.

In the bowl of a stand mixer***, beat

butter and brown sugar on medium until light and fluffy, about 5 minutes. Add eggs, one at a time, beating well after each addition. Slowly add treacle, followed by ginger. Beat until well mixed.

Scrape down sides of mixer bowl. Alternating between dry ingredients and milk, add flour mixture in 3 additions, scraping down sides of bowl between additions. Mix just until combined.

Scrape batter into prepared pans, evenly distributing it between the pans. Bake in preheated oven until a toothpick comes out almost clean (with a few moist crumbs), about 25–35 minutes. Start checking at 25 minutes.

Remove from oven and allow to cool in pans on a wire rack for 15 minutes before inverting on the rack to cool completely. Place cakes in the freezer for about 15 minutes before slicing in half and frosting.

butter and brown sugar on medium until light and fluffy, about 5 minutes. Add aquafaba one tablespoon at a time, beating well after each addition. Slowly add treacle, followed by ginger. Beat until well mixed.

Scrape down sides of mixer bowl. Alternating between dry ingredients and soya milk, add flour mixture in 3 additions, scraping down sides of bowl between additions. Mix just until combined.

Scrape batter into prepared pans, evenly distributing it between the pans. Bake in preheated oven until a toothpick comes out almost clean (with a few moist crumbs), about 25–35 minutes. Start checking at 25 minutes.

Remove from oven and allow to cool in pans on a wire rack for 15 minutes before inverting on the rack to cool completely. Place cakes in the freezer for about 15 minutes before slicing in half and frosting.

*Aquafaba is the juice found in a tin of any white beans (chickpeas, navy beans, cannellini beans, etc). It literally means bean water! Instead of dumping it down the drain, use it as an egg replacement when baking. 3 tablespoons per egg replaced.

**You could sub coconut milk, but I wouldn't go for any thinner milks, such as rice or almond.

***I do not own a mixer or a beater – I mix this recipe entirely by hand with a fork and it turns out fabulously every time.

No bake Granola Bars



Ingredients

- 125g Oats
- 25g Rice Krispies
- 100g Peanut Butter
- 100g Honey
- 50g Coconut Oil
- 25g Melted Chocolate

Method:

1. Mix all of the ingredients (not the melted chocolate) together
2. Put mix into a lined tin
3. Set in the freezer for ½ hour
4. Remove and drizzle the melted chocolate on

5. Cut into portions and enjoy (store in the fridge when you are not eating them!)

Mango Muffins

Another firm office favourite – there are never any left over. You can change the flavour of these muffins easily by changing the yogurt flavour so have fun experimenting.

Ingredients

- 360g Plain Flour
- 370g Caster Sugar
- 1 ½ tsp Baking Powder
- ½ tsp Bicarbonate of Soda
- 380g Mango Yoghurt
- 2 Eggs
- ½ tsp Vanilla
- 70g Melted Butter
- 1tsp Salt

Crumble Topping

- 75g Flour
- 65g Butter
- 50g Sugar

Method:

1. Preheat your oven to 338°F/170°C/Gas mark 3.
2. Line your tin with cake cases – this recipe can make between 18 to 21 depending on how much you fill your cases and how big they are.
3. Melt your butter so that it can start to cool slightly before you need to add it.
4. Mix together the flour, sugar, salt, baking powder and bicarbonate of soda in a bowl (or mixer)
5. Whisk together the yoghurt, eggs and vanilla so that they are combined
6. Add them to the dry ingredients and whisk to make sure it is even and all combined – there should be no dry ingredients left.

7. Spoon your mixture into the cases filling almost to the top.
8. Make your crumble topping by mixing the ingredients until it resembles a crumble texture. Add more dry ingredients a little at a time if it is not coming together (can happen if the butter is too soft)
9. Sprinkle the mixture on top of each muffin.
10. Bake for 20-25 minutes until golden brown and a toothpick or skewer comes out clean – they will continue to cook slightly as they cool so don't worry if there is a tiny bit of mixture on the toothpick.
11. Leave them to cool slightly in the tin before removing them and placing them on a colling rack to allow them to cool completely.
12. Enjoy



Savoury Recipes

BBQ CHICKEN

Marinade

- skinless, boneless chicken breasts
- 1 Tbsp dried onion flakes or 2 chopped garlic cloves
- 1 tsp smoked paprika
- 4 tablespoons honey
- 4 tablespoons Tomato Ketchup
- 4 tablespoons brown sugar
- 1 tablespoon soy sauce
- salt and pepper to taste

Method

1. Slice the chicken breasts in half to create 8 thin pieces
2. Place everything in a plastic bag and ensure chicken is fully coated
3. Marinade for 3-4 hours
4. Barbeque slowly to prevent burning, turn regularly. Cooking time 3-4mins each side

Baked Bean Lasagne

Ingredients

- 1 onion/1 garlic
- 100g mushrooms
- 1 red pepper
- 2 tins of baked beans
- 1 tin chopped tomatoes
- Spinach or any veg can also be added
- Lasagne sheets
- Mixed herbs
- Worcester sauce
- Quark, 2 eggs yolks and mustard powder/nutmeg beaten together to make white sauce
- 160g cheese for topping

Method

1. Preheat the oven gas mark 6 / 200 degrees centigrade
2. Cut up onion, pepper, garlic and mushrooms into fine pieces.
3. Fry off and cook for about 5 mins until golden brown.
4. Add baked beans, tomatoes, herbs and Worcester sauce – cook for another 5 mins
5. Build lasagne layers alternating with above mix and white sauce.
6. Cover with foil and cook for 30 minutes
7. Remove foil, add cheese and cook for another 5 mins uncovered 😊

SOY & ORANGE PORK with Mediterranean Vegetables and Couscous



Preparation Time - 40 minutes

Difficulty level – Medium

Serves 2

This recipe is shared from Hello Fresh and is one of Danielle's favorite dinners

Ingredients:

- ½ a large Orange
- 2 pork steaks
- 1 Red Pepper
- ½ Bunch Flat leaf parsley or 1tsp dried if you don't have fresh
- 1 Red onion
- 1 Courgette
- 150g Cous Cous
- 300ml Water
- Salt and pepper to taste

- Chicken stock – 1 stock pot
- 1 ½ tbsp Soy sauce
- 1 ½ tbsp Balsamic Vinegar
- ½ - 1 tbsp sugar (depending on how ripe the orange is)

Method:

1. Preheat your oven to 200°C.
2. Zest and juice the orange.
3. Put both the zest and juice in a mixing bowl.
4. Add the soy sauce and the sugar.
5. Mix together, then add the pork and make sure it is well coated in the marinade.
6. Set aside to marinate while you prepare everything else.
7. Halve the pepper(s) and discard the core and seeds. Chop into 2cm pieces.
8. Trim the courgette then quarter lengthways. Chop widthways into 2 cm pieces.
9. Put the pepper and courgette on a lined baking tray and drizzle with oil.
10. Season with salt and pepper.
11. Roast on the top shelf of your oven until soft and slightly charred, 25-30 mins.
12. Halve, peel and thinly slice the red onion.
13. Roughly chop the parsley (stalks and all).
14. Heat a drizzle of oil in a small saucepan on medium heat and add the onion.
15. Stir and cook until soft , 10 mins.
16. Add the balsamic vinegar, lower the heat and cook gently until the onion is caramelised, another 10 mins. **TIP:** Stir every now and then to make sure the onions aren't burning.
17. When done, put a lid on the pan, take it off the heat and set aside.
18. Meanwhile, pour the water into a large saucepan and add the stock powder.
19. Bring to the boil.
20. When boiling, stir to dissolve the stock powder then stir in the couscous, pop a lid on the pan and remove from the heat.
21. Leave to the side for 8-10 mins or until ready to serve.
22. Put a drizzle of oil in a frying pan on medium heat.
23. Lay in the pork (leave the marinade in the bowl for now).

24. Cook until slightly caramelised, 7-8 mins on each side. **TIP:** The pork is cooked when it is no longer pink in the middle.
25. Remove from the pan and rest on a board for a few mins.
26. Cover with foil to keep warm.
27. Add the marinade to your (now empty) pan and simmer for 2 mins.
28. Fluff up the couscous with a fork.
29. Add the roasted veggies, the caramelised onion and half the parsley.
30. Stir everything together.
31. Slice your pork into roughly 1cm thick slices.
32. Serve the couscous in bowls with the pork on top.
33. Drizzle with a good spoonful of soy and orange sauce and sprinkle on the remaining parsley.



Sourdough Starter

This recipe is Danielle's favorite Soda bread recipe and is shared from the following website:

[Sourdough Bread Masterclass With Patrick Ryan - ILoveCooking](#)

Giving life to your very own sourdough starter

Day 1

- 50g wholemeal flour
 - 50g water
1. Place the flour and water into a clean bowl and stir together until fully combined.
 2. Cover and leave at room temperature overnight.

Day 2

- 50g wholemeal flour
 - 50g water
1. To the sourdough starter add 50g wholemeal flour and 50g water. Stir together until fully combined.
 2. Cover and leave at room temperature overnight.

Day 3

- 100g wholemeal flour
 - 100g water
1. Throw away 100g of the starter.

2. To the remaining starter, add the 100g flour to the starter and mix in the 100g water.
3. Cover and leave overnight.

Day 4

- 100g wholemeal flour
 - 100g water
1. Throw away 150g of the starter.
 2. To the remaining starter, add the 100g flour to the starter and mix in the 100g water.
 3. Cover and leave overnight. The starter should start to smell pleasantly sour with small bubbles appearing on the surface.

Day 5

- 150g wholemeal flour
150g water
1. Throw away 200g of the starter.
 2. To the remaining starter, add the 150g flour to the starter and mix in the 150g water.
 3. Cover and leave overnight. The starter should appear active and full of bubbles.

Day 6

- 200g wholemeal flour
 - 200g water
1. The starter should be quite active now and be full of little bubbles and smell slightly sour.
 2. Throw away 250g of sourdough starter.
 3. To the remaining starter, add the 200g flour to the starter and mix in the 200g water.
 4. Cover and leave overnight.

Day 7

- The starter should now be very active and full of bubbles and is now ready to use.
- Remember when making your sourdough bread to always retain some sourdough starter which will be fed/refreshed, ensuring you have some sourdough starter for the next dough.

Maintaining your sourdough starter

Hi, I am your sourdough starter. If you look after me I will give you an endless supply of wholesome, tasty sourdough breads. I am pretty easy going and don't require anything too fancy. A regular diet of flour and water will keep me strong and healthy. You can use me every day if you wish but I understand that you're pretty busy and you may only get to hang out with me once a week. I get very hungry when left at room temperature so just pop me into the fridge where I can chill out until you need me. I can't wait for us to bake breads together.

Your sourdough starter/culture is a bubbling living collection of friendly bacteria that will be used to make your dough rise. It is the natural yeast that will be used to make your sourdough bread.

Sourdough starter is best stored in a bowl or plastic container, something that can be covered. Make sure to allow room within the container for the sourdough starter to grow and rise.

To refresh or feed the sourdough starter:

1. Whatever weight of sourdough starter you have add the same weight of flour and the same weight of water.
2. For example, to 200g of sourdough starter add 200g of flour and 200g water. Stir everything together.
3. If you have too much starter discard the excess and keep back what you need.
4. If the sourdough starter is stored at room temperature it will require to be refreshed/fed every day.
5. For the home baker where you might only bake once a week, having to feed/refresh your sourdough starter every day can become quite expensive.
6. Therefore, your starter can be stored in the fridge for up to 10 days and taken out when needed.
7. If using the starter from the fridge:
8. Take the starter out of the fridge the day before you plan to bake. This will allow the starter to come to room temperature. The night before you plan to bake, refresh/feed your starter as per the instructions above. Leave the sourdough starter at room temperature overnight. The next morning the starter should be active and full of bubbles and ready to bake with.
9. Take what you need to make your dough. Feed the remaining starter and return it to the fridge.

White Sourdough



(Makes 2 loaves. Halve the amounts for a single loaf)

Ingredients:

- 800g strong white flour
- 10g salt
- 460ml water
- 320g sourdough starter

Method:

1. Add the flour to a clean mixing bowl. Mix the salt through the flour. Add the water and sourdough starter to the flour. Combine all the ingredients together to form a rough dough.
2. Turn the dough out on to a clean surface and knead for approximately 10 minutes or until the windowpane effect has been achieved. The dough should be smooth, soft and elastic.
3. *When kneading, do not worry if the dough is slightly wet or sticky. Resist the temptation to add any extra flour.*
4. Return the dough to the mixing bowl, cover with cling film and allow the dough to prove for 4 hours at room temperature.
5. After 4 hours turn the dough onto a clean work surface and knock the dough back. *Knocking back the dough simple involves knocking the air from the dough which helps to equalise the temperature within the dough.*
6. Form the dough into a tight round ball.

To prove & bake using a proving basket:

1. Prepare a proving basket by lightly dusting with flour. Place the dough, seamed side facing up, into the proving basket. Loosely cover the proving basket with a clean tea towel and leave to prove for another 3 – 3½ hours.
2. Alternatively, to prove overnight for baking first thing in the morning, place into a fridge and leave overnight.
3. Using a fridge reduces the temperature of the dough allowing it to prove slower and longer which allows for a greater development of flavour within the dough but also increasing its digestibility. As dough ferments or proves the gluten within the dough breaks down. The longer a dough is allowed to prove the more flavour it will contain and the easier it is for your body to digest.
4. To bake, preheat your oven to 230°C / 210°C fan assisted (445°F / Gas 8). Place a shallow baking tray into the bottom of the oven to preheat with the oven.
5. Carefully turn your dough out from the proving basket onto a baking tray dusted with flour (*the domed side with the indentations from the proving basket should now be facing up and the seamed side on the baking tray*).
6. Using a sharp knife cut the surface of the dough, this is what is known as the baker's signature. The dough can be cut up to ½ cm deep. (*This isn't just for aesthetics, scoring the bread also helps control where and how it rises while baking*)
7. Boil a kettle of water then pour the boiled water into the dish that was preheated in the bottom of the oven, this will create steam in the oven while baking.
8. Place the baking tray with the sourdough into the oven and bake for 30 to 35 minutes or until a good crust has formed and the loaf sounds hollow when tapped on the base.

Alternatively, if you do not have a proving basket, you can use a large glass casserole dish to prove and bake your sourdough.

To prove & bake using a Pyrex dish:

1. Line a 2.5l round Pyrex dish with a clean tea towel and dust with flour. Place the formed ball of dough into the Pyrex dish lined with the floured tea towel then place the lid (the inside of the lid lightly greased and floured) on the Pyrex dish. Leave to prove for another 3 – 3½ hours.
2. Alternatively, to prove overnight for baking first thing in the morning, place into a fridge and leave overnight.
3. The reason for using a Pyrex dish is that it acts like a proving basket. The dish acts as a support to your dough. It encourages the dough to take on the shape of the dish and to prove up and not just to spread out flat. The dough will also be baked in the Pyrex dish.
4. Using a fridge reduces the temperature of the dough allowing it to prove slower and longer which allows for a greater development of flavour within the dough but also increasing its digestibility. As dough ferments or proves the gluten within the dough breaks down. The longer a dough is allowed to prove the more flavour it will contain and the easier it is for your body to digest.
5. To bake, preheat your oven to 230°C / 210°C fan assisted (445°F / Gas 8).
6. Flip the Pyrex dish over so the bowl of the Pyrex dish now becomes the lid. Carefully remove the tea towel.
7. Using a sharp knife cut the surface of the dough, this is what is known as the baker's signature. The dough can be cut up to ½ cm deep. *(This isn't just for aesthetics, scoring the bread also helps control where and how it rises while baking)*
8. Cover the dough with the bowl of the Pyrex dish and place the Pyrex dish into the preheated oven.
9. *By baking the dough in the Pyrex dish there is no need to steam the oven. Baking with a lid on the Pyrex dish creates its own steam which will allow the dough to rise and open up while baking. The Pyrex is very similar to the old style of Dutch oven baking.*
10. Bake for 25 minutes then remove the lid from the Pyrex dish and continue to bake, uncovered, for a further 25 minutes until a good crust has formed and the loaf sounds hollow when tapped on the base.
11. Once baked remove the bread from the Pyrex dish and allow to cool.