

# Our little sweet recipe book

Delicious cakes and bakes - inspired by our residents,  
created by our chefs, enjoyed by everyone.



THE GREAT FOUR SEASONS GROUP  
**BAKE OFF**  
2022



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# Welcome



**There are so many reasons why it is so enjoyable to eat a sweet treat. It's not only incredibly tasty but can provide comfort, social opportunity and is often a great way to celebrate a special occasion.**

This is why our homes are always full of the delicious smells of home baking. Wonderful delights, created by our chefs and inspired by our residents. Read on for some of the delicious recipes we bake in our homes.



## The benefits of baking



**In older age, loss of appetite is common, which can sometimes make mealtimes a struggle. However, baking can help stimulate the senses to make eating enjoyable again as well as offer a variety of health benefits too.**

The key ingredients of eggs and milk are a great source of protein and calcium which can help with building muscle. Flour and sugar are excellent sources of carbohydrates which fuels your body and mind with energy. Fruit is also a great source of fibre. By incorporating fruit into baking you can help with improving digestion. Carrot cake in particular is a healthier option as it can provide an even greater source of fibre. For chocolate lovers – consuming a dessert with dark chocolate can help reduce the risk of a stroke too!

Comfort foods can be especially beneficial to those living with dementia and other illnesses associated with memory loss. A favourite pudding can prompt the production of serotonin and other substances in our brain that are associated with improved mood, enhanced energy and a positive state of mind.

With this in mind, Four Seasons Health Care Group hold an annual Bake Off competition with chefs across the company invited to participate. Each entry has been inspired by our residents and judged on the originality, creativity, appearance, consistency, texture and taste of the cake – the fantastic number of entries reflects just how much our residents influence our menu choices in our care homes.

# THE GREAT FOUR SEASONS GROUP BAKE OFF 2022

Our chefs love conjuring up their own wonderful sweet treats for our residents to enjoy and the annual Great Four Seasons Bake Off competition is the ideal opportunity to showcase their culinary talents and creativity. As well as wowing the judges with their baking skills, our finalists tell the wonderful, heart-warming stories of how residents inspire their creations. On the next few pages we share our finalists' stories and their winning entries.



Scan here to watch a short video on  
The Great Four Seasons Bake Off 2022



# Winner: Lyndsey Hodgson

Entry: Lemon and Elderflower Layer Cake

**Current Role:** Kitchen Manager at Harbour View Care Home in Cumbria

**Background:** "I started on night shifts as part of the care team and would help out in the kitchen every now and then. I've always had a love for food and trying out new recipes, so I decided to move over to the kitchen department and I haven't looked back since."

## Why did you choose this cake?

"I used to bake this cake in school all the time, but when I left I lost the recipe. It wasn't until we had a new resident move in and her daughter turned out to be my old cookery teacher, that I got the recipe and was able to make the cake again. Every time I bake the cake for the residents, they really love it."

## Resident Reviews:

"Absolutely beautiful, it was very different" – Dot, 64 years old

"The cake was cooked beautifully, it took me back to the olden days"  
– Joan, 93 years old



# Lemon and Elderflower Layer Cake

## Ingredients:

400g margarine  
400g granulated sugar  
8 eggs  
400g sieved self-raising flour  
2 lemons  
100g lemon curd  
20mls elderflower cordial  
100g softened unsalted butter  
200g sieved icing sugar

## Allergens:

**Contains:** Wheat, eggs, milk

**Serves:** 10

## Method:

1. Separate the egg whites from the yolks then whisk the whites to a stiff peak.
2. Cream together the margarine with the granulated sugar until soft and creamy.
3. Carefully fold in the egg whites, lemon zest and juice, elderflower then the sieved flour.
4. Pour the cake mixture into 2 round 10 inch, lined cake tins and bake at 180C/ Gas 4 for 35-40 minutes until golden and springy to the touch. Allow to cool.
5. Make the buttercream by beating together the softened butter with the softened icing sugar until soft and smooth.
6. Sandwich together the sponges using the lemon curd then coat the sides and top of the cake with the buttercream. Decorate by using the remaining buttercream in a piping bag.
7. For a finishing touch lay a small posy of decorative flowers on the top of the cake.



## Second Place: Carol Scott

Entry: Luxurious Lemon and Poppy Cake

**Current Role:** Chef at Regents View Care Home in Tyne and Wear

**Background:** "I started working as a baker 25 years before coming to work at Regents View in 2001. I love designing and creating new cakes for the residents to enjoy at tea time and supporting the Magic Moments team with baking sessions."

### Resident Reviews:

"She did an absolutely beautiful job with the cake, I had to steal the crumbs – it was that good!" - Peggy, 101 years old

### Why did you choose this cake?

"I had a lovely chat with our resident Peggy who loved enjoying a lemon and poppy cake with her husband David and her two sons. She used to make her cakes from scratch with help from her son Neil."



## Lemon and Poppy Seed Cake

### Ingredients:

336g caster sugar  
336g sieved plain flour  
6 eggs  
4 lemons  
100g lemon curd  
3g poppy seeds  
896g sieved icing sugar  
168g full fat soft cheese  
30g soft fondant icing ready to roll white  
728g unsalted butter

### Allergens:

**Contains:** Wheat, eggs and milk

**May contain:** Nuts

**Serves:** 10

### Method:

1. Cream together 448g butter and caster sugar until light and fluffy.
2. Gradually beat in the eggs one at a time.
3. Evenly mix in 2g poppy seeds plus the zest and juice of 3 lemons. Fold in the sieved flour.
4. Distribute the mixture evenly into 3x8 inch lined cake tins and bake in a pre-heated oven at 180C/Gas 4 for 45-50 minutes until cooked and springy to the touch.
5. Beat together the remaining butter, 1g poppy seeds, juice and rind of one lemon.
6. Mix in the cream cheese, the lemon curd and the sieved icing sugar.
7. Sandwich together the sponges using some of the cream cheese mix.
8. Coat the sides and top of the cake with the remaining cream cheese mix.
9. Using the fondant icing and colouring make some decorative flowers and petals to decorate the cake.





## Third Place: Susan McIntosh

Entry: Windsor's Victorious Sponge

**Current Role:** Kitchen Manager at Windsor House Care Home in Staffordshire

**Background:** "I've previously worked in pub kitchens. I joined Windsor House in 2021 where I've enjoyed preparing freshly cooked meals and baking every day for the residents."

### Resident Reviews:

"It was a very nice cake" - Douglas, 96 years old

"Ooh it's absolutely lovely. Can I have another slice?" - Veronica, 77 years old

### Why did you choose this cake?

"I spoke to three residents all living with dementia. All of them told me that their favourite cake was a traditional Victoria Sponge. One of the residents inspired me with his story about going to Birmingham Market with his dad every weekend to buy fresh strawberries for their Victoria Sponge."



## Windsor's Victorious Sponge

### Ingredients:

570g sieved self-raising flour  
1400g unsalted butter  
570g caster sugar  
10 eggs  
10ml vanilla essence  
100g strawberry pie filling  
150g strawberries  
150g blueberries  
100g melted white chocolate flavour drops  
570g cane sugar icing sugar

### Allergens:

**Contains:** Wheat, eggs, milk, soya

**Serves:** 10

### Method:

1. Cream together 570g of butter and caster sugar until light and fluffy.
2. Gradually beat in the eggs then fold in the sieved flour.
3. Mix in 5ml vanilla essence. Divide the cake mixture into 3 lined 8 inch round cake tins and bake at 190C/Gas 5 for 30-40 minutes until golden and springy when pressed. Allow to cool.
4. Beat together the icing sugar, 5ml vanilla essence and remaining butter until light and smooth.
5. Sandwich together the sponges using buttercream and the strawberry filling. Coat the sponge with the remaining buttercream.
6. Top the cake using the washed strawberries and blueberries then drizzle with the melted chocolate.



# Finalist: Valerie Kelly

Entry: Hasta La Vista, Baby!

**Current Role:** Chef Manager at Houndswood House Care Home in Hertfordshire

**Background:** "I go by many names such as wife, mummy, nanna, sister and friend but my favourite one of all is The Singing Cake Maker! Baking cakes is my passion, it's the happiness I feel when I see smiles on residents faces when they see one of my creations, the room becomes 'ooohs' and 'ahhhs' when the tea trolley comes around."

### Resident Reviews:

"This cake is divine, me and my husband used to eat it on holiday all the time! He loved this remake so much that he took four pieces home for our family."  
- Diane, 81 years old

"Since being here, I have been wowed by the chef's cakes. This particular one not only looks fantastic but tastes gorgeous. I love chocolate!  
- Ann, 90 years old

### Why did you choose this cake?

"Inspiration for this cake is in memory of one of my residents, Menas. He was a true gentleman who loved this cake as it was a balance of both naughty and nice His knowledge of movies kept us talking for hours especially this one film which I based my cake on."

Here is Valerie pictured receiving her 'Care Catering Hero Award 2022' at the National Association of Care Caterer Awards.

The judges agreed that Valerie's attention to detail makes her unique and said: "The residents have total confidence in her and her relationship with them is amazing. She not only delivers high quality meals but also the best cakes this side of the world. Valerie dedicates her knowledge and compassion to the residents, their families and the team."



# Hasta La Vista, Baby!

### Ingredients:

100g white soft fondant icing ready to roll white  
500g melted margarine  
350g sieved self-raising flour  
150g sieved cocoa powder  
500g caster sugar  
8 eggs  
30ml vanilla essence  
300ml fresh double cream  
300g dark chocolate chips

### Allergens:

**Contains:** Wheat, eggs, milk and soya  
**May contain:** Nuts

**Serves:** 10

### Method:

1. In a mixing bowl add the eggs, sieved flour, sugar, sieved cocoa, vanilla essence and melted margarine then beat together until smooth and evenly mixed.
2. Pour the mixture into two 2x8 inch, lined cake tins and a greased skull shaped baking tin then bake at 140C/Gas 1 for 40 minutes.
3. To make the ganache, heat the cream and stir in the chocolate until it has melted. Do not overheat. Allow to chill until firm.
4. When cooked allow the cakes to cool. Once cooled sandwich the round cakes together using some of the chocolate ganache.
5. Coat the side and top of the cake with the ganache, then cover the skull sponge with the ganache.
6. Fill mini skull moulds with the remaining ganache then allow to set in a fridge. Pop these shapes from the moulds and use for cake decoration.
7. Silver spray the skull and place on top of the cake. Roll out a small amount of fondant, coloured red, then cut into circles to place in the skull eye sockets. Using black food safe paint add circles around the red eyes.
8. Create teeth by rolling and shaping the fondant, then using black food safe paint define the teeth.
9. Roll the remaining fondant into a rectangle and stick to the front side of the cake. Using black food safe colouring write the words 'Hasta la Vista Baby' on the fondant.





## Finalist: Charlotte Mortimer-Jones

Entry: Straw-cherry & Chocolate Drip Cake

**Current Role:** Chef Manager at Green Lane Immediate Care Centre in Leeds

**Background:** "I go by Charlie and have worked in catering for around 10 years. I'm a chef at heart and I have always had a passion for cooking. Baking is something that I've recently discovered and as I reached the finals in the Great Four Seasons Bake Off, I think it must be going well."

### Why did you choose this cake?

"I chose this cake because nothing is better than the combination of fruit and chocolate! The cherry filling and sandwich layers add a sweet tang to the hearty chocolate sponge (and it also looks great!)"

### Resident Reviews:

"It was lovely. I liked every bit of it."  
- Kenneth, 86 years old

"I loved it, the strawberries made it taste amazing" - Doreen 91 years old



## Straw-cherry & Chocolate Drip Cake

### Ingredients:

700g black cherry pie filling & fruit topping  
750g sieved self-raising flour  
885g caster sugar  
750g margarine  
280g cocoa powder  
11 eggs  
15g leaf gelatine (soak in cold water)  
500g sieved icing sugar  
250g frozen raspberries  
180g fresh strawberries  
150ml fresh double cream  
250g unsalted butter  
600g soft fondant icing ready to roll white  
red food colouring

### Allergens:

**Contains:** Wheat, eggs, milk

**May contain:** Nuts

**Serves:** 10

### Method:

1. Preheat oven to 180C/Gas 4 then line two 10 inch round cake tins.
2. Cream together 750g caster sugar and margarine, then mix in the sieved self-raising flour and 125g cocoa powder.
3. Gradually beat in 11 eggs then stir in 550g black cherry pie filling. Distribute the mixture evenly into two cake tins.
4. Bake for 25-30 minutes until cooked then allow to cool. Trim the sponges until flat then sandwich together with the remaining pie filling.
5. Roll out the red fondant and cover the whole sponge cake. Add cold water to 100g of sieved icing sugar to form a thick icing.
6. Spread the icing on the top of the cake and allow to set solid.
7. For the buttercream, beat together the remaining icing sugar with the butter and mix in 100g cocoa.
8. For the mirror glaze, heat in a deep pan the cream, the thoroughly squeezed gelatine that has been soaked in cold water, 135g caster sugar, 55g cocoa and 150ml water. Allow to cool to room temperature.
9. Pipe the buttercream around the base of the cake. Drizzle the mirror glaze around the top of the cake allowing drips to run down the cake sides.
10. Slowly pour the remaining mirror glaze on top of the cake. Put the cake in the fridge to allow the glaze to set.
11. Distribute the defrosted raspberries and strawberries on top of the cake and pipe buttercream around the top.





# Finalist: Bridget Peart

Entry: Beech Bear Teddy Cake

**Current Role:** Kitchen Manager at Beech House Care Home in North Lincolnshire

**Background:** "I've worked in many kitchens and was promoted to Manager a year before joining Four Seasons in 2021. I really love baking and cooking for our residents. It's always amazing getting feedback from them on my new creations."

### Resident Reviews:

"I love the look and the taste. It looked like a cute teddy bear." - Betty, 90 years old

"I wish it was my birthday – I can't wait for a cake like this one" - Isabella, 80 years old

"It tastes so good I want to eat it all" - Joan, 88 years old

### Why did you choose this cake?

"I chose this cake as it was highly requested by most of our residents, they love it every time I make it and wanted me to enter the competition with it."



# Beach Bear Teddy Cake

### Ingredients:

200g caster sugar  
300g unsalted butter  
200g sieved self-raising flour  
4 eggs  
200g sieved icing sugar  
50g soft fondant icing ready to roll white

### Allergens:

**Contains:** Wheat, eggs, milk

**May contain:** Nuts

**Serves:** 10

### Method:

1. Cream together the caster sugar and 200g butter until light and fluffy. Gradually beat in the eggs then fold in the sieved flour.
2. Pour the mixture into a well greased teddy shaped cake tin then bake at 190C/Gas 5 for 20-25 minutes until golden and springy to the touch. Allow to cool.
3. Beat together the sieved icing sugar and remaining butter until light and creamy then pipe onto the teddy sponge to resemble fur.
4. Roll out the icing and cut out the teddy features, using colouring to decorate the cake.



## Finalist: Heather Harbourne-Gove

Entry: The Cumbrae Thistle

**Current Role:** Chef at Cumbrae Lodge Care Home in Ayrshire

**Background:** "I haven't always worked in catering, but during Covid I decided I wanted a career change. I've always had a passion for cooking and baking and I'm grateful to Four Seasons for giving me an opportunity to develop my career in the past two years."

### Why did you choose this cake?

"Being a Scottish care home, I wanted to choose a cake that reflects that. So after talking to a few of the residents, we decided on The Cumbrae Thistle Cake."

### Resident Reviews:

"The cake was so delicious, the icing was my favourite element"  
- Patricia, 77 years old



## The Cumbrae Thistle

### Ingredients:

500g sieved self-raising flour  
8 eggs  
500g caster sugar  
500g margarine  
30g mixed fruit jam  
800g sieved cane sugar icing sugar

### Allergens:

**Contains:** Wheat, eggs and sulphate

**Serves:** 10

### Method:

1. Cream together the margarine and caster sugar until light and creamy.
2. Gradually beat in the eggs then fold in the sieved flour.
3. Pour into a lined, square 10 inch baking tin and bake in a hot oven at 220C/ Gas 7 for 40 minutes until cooked and springy to the touch.
4. When cooked, turn out and allow to cool then cut in half horizontally. Sandwich together using the jam.
5. To make the fondant, stir cold water into the sieved icing sugar a teaspoon at a time until it is too stiff to continue stirring.
6. Roll the fondant into a ball and knead for 2-3 minutes until smooth.
7. Roll out the fondant and cover the sponge cake. Colour the spare fondant separately in green, purple and blue.
8. Decorate half the cake with coloured strips of fondant to create a tartan pattern, then cut out a thistle emblem using rolled out fondant to place on the cake.







## MAGIC MOMENTS AWARDS



Lyndsey photographed with her old teacher Janet, who introduced her to the recipe at school.

**At Four Seasons and brighterkind, we believe in living life to the full. We are passionate about supporting residents to participate in carefully tailored activities to meet each resident's individual needs and preferences for the here and now, as well as to meet future aspirations, whatever they may be. We call them 'Magic Moments'.**

Our Magic Moments programme focuses on all round wellbeing. Through vibrant interactions and activities we aim to keep the mind sharp and agile, the body fit and mobile and the soul and spirit lively and engaged through entertainment, challenges, discoveries and personal interests built on our residents' past experiences and interests. Residents are offered the chance to re-ignite talents, find new hobbies, and involve family, friends and the community in exciting events in our homes.

We run regular baking sessions as part of our Magic Moments programme. It can be a relaxing time and a great way for our residents to practice their culinary skills and benefit from the great social occasion. That is why we decided to introduce a Magic Moments Award into our Great Four Seasons Bake Off.

## MAGIC MOMENTS

Lyndsey Hodgson was not only crowned 'Baker of the Year' for her Lemon & Elderflower cake in the 2022 Bake Off, but she also received the Magic Moments Award 2022 and it was all down to a long-lost recipe belonging to one of the residents living at Harbour View Care Home.

Lyndsey joined Harbour View Care Home a year ago as a Care Assistant. One busy Sunday lunch, Lyndsey offered to help out in the kitchen. She enjoyed her time in the kitchen preparing food so much she decided to change roles and join the catering team permanently. She is now the Kitchen Manager at the home.

Lyndsey had studied Food Technology at school and remembered a cake recipe one of her teachers had taught her to bake and that she thought the residents would enjoy. After unsuccessfully searching through her textbooks in the attic, she thought the recipe was lost forever but to her delight, Lyndsey bumped into her former teacher, Janet, when she was visiting Harbour View to see her mum Joan. Turns out the recipe originated from Joan, and the two ladies happily shared the long lost recipe with Lyndsey.

Lyndsey said: "I love making cakes for our residents and getting them involved in baking activities.

It's a great opportunity to reminisce as we chat about our favourite meals from childhood and share our recipes. I'm completely over the moon to have not only been crowned Baker of the Year but also receive the Magic Moments Award, especially as the cake recipe originated from one of our lovely residents, Joan."

"I was encouraged to enter the Bake Off by my Manager, Leanne Morgan and my Regional Manager, Diane Henry and I'm so delighted that they both believed in me."

Lyndsey's Lemon & Elderflower Cake was praised by the judges, who said: "Lyndsey's cake was exquisite. The sponge was light and fluffy with a beautiful lemon and elderflower flavour and her technique was excellent, making her own lemon curd and elegant frosting."

**We cannot think of a more appropriate story for our Magic Moments Award. We hope you agree.**

Four Seasons



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**Scan these codes to find out all about our Magic Moments programme in our Four Seasons and brighterkind homes.**





**Bridget Peart, Beech House and her Teddy Bear recipe**

“I chose this cake as it was highly requested by most of our residents, they love it every time I make it and wanted me to enter the competition with it.”

Bridget Peart, Beech House

# THE GREAT FOUR SEASONS GROUP BAKE OFF 2021

This book has been compiled to provide you with inspiration and tasty recipes that can be baked for everyone to enjoy. They have been specially chosen for their flavours, textures and presentation that stimulate the senses and help our residents maintain a healthy weight and love of food.

Our chefs get great pleasure from seeing the joy a favourite sweet treat can bring; which is why the next few pages include some of their entries from the Great Four Seasons Bake Off 2021.

## Tropical Orange Cake

by Carol Scott at Regents View Care Home in Tyne and Wear

### Ingredients:

500g sieved self-raising flour  
8 eggs  
500g granulated sugar  
750g sieved icing sugar  
100g soft fondant icing ready to roll white  
2 oranges  
675g unsalted butter  
5g orange food colouring

### Allergens:

**Contains:** Wheat, eggs, milk

**May contain:** Nuts

**Serves:** 10

### Method:

1. Cream the granulated sugar and 450g butter until pale and soft. Gradually beat in the eggs one at a time.
2. Evenly fold in the sieved flour with rind of 2 oranges. Mix in the juice of 2 oranges.
3. Place mixture into two 2 x 8-inch lined cake tins and bake at 180C/Gas 4 for 40-45 minutes.
4. When cooled, sandwich together the two sponges with buttercream made by evenly beating together the icing sugar with 225g butter and mix in orange food colouring. Then coat the sides and top of the cake with the remaining buttercream.
5. Evenly mix 2 drops of orange colouring into the fondant and mould small flowers and oranges for decoration.



## Chocolate Chilli and Beetroot Cake

by Wayne Woolman at The Lawns Care Home in Leicestershire

### Ingredients:

336g sieved self-raising flour  
448g margarine  
448g caster sugar  
425g reduced fat cocoa powder  
9 eggs  
224g raw beetroot  
2 red chillies  
280g dark chocolate flavoured chips  
500ml fresh whipping cream  
25g unsalted butter

### Allergens:

**Contains:** Wheat, eggs, milk and soya.

**Serves:** 10

### Method:

1. Cream together the margarine and 400g sugar until pale and light.
2. Gently beat in the sieved flour and cocoa then eggs one by one.
3. Evenly mix in finely chopped chilli (reserve 1 chilli for decoration).
4. Divide the mixture into 2 x 12 inch cake tins and bake at 220C/Gas 7 for 25 minutes.
5. Blitz the beetroot with 25g sugar until a smooth paste.
6. Melt the chocolate with the butter to decorate the top and sides once assembled.
7. Spread the beetroot puree on top of the cake.
8. Whip the cream and use to decorate along with fine strips of chilli





# Harpichord Cake

By Miroslav Lasic at The Berkshire Care Home in Wokingham

## Ingredients:

400g sieved self-raising flour  
1 egg  
300g caster sugar  
50ml fresh whipping cream  
700ml fresh whole milk  
100g plain flour  
400g chocolate flavoured drops  
400g sieved icing sugar  
450g unsalted butter  
1tsp vanilla essence

## Allergens:

**Contains:** Wheat, eggs, milk, soya

**May contain:** Barley

**Serves:** 10

## Method:

1. For the filling heat the milk with 200g caster sugar and vanilla essence. Using a small amount of the milk whisk together the cocoa and plain flour then whisk into the hot milk with 300g chocolate and 100g butter over a gentle heat until thickened. Allow to cool.
2. For the cake layers beat together 300g butter, 100g caster sugar and egg until light and fluffy. Add the self-raising flour and mix to a dough.
3. Roll the dough into 5 very thin rectangles. Lay each onto greaseproof paper. Bake cakes on the sheets for 8 minutes at 180C/Gas 4, then allow to cool, gently pressing flat if necessary.
4. For the glaze, melt 100g chocolate with 50g butter.
5. To assemble the cake, spread the filling over each tier before sandwiching together. Add the filling to the top of the final layer.
6. Pour the glaze over the cake and allow to cool.
7. Decorate with water icing made from the icing sugar mixed with water and serve cut into squares.



# Our favourite British puddings and cakes

Whether it's a family favourite or a trip down Memory Lane, British puddings and cakes have the ability to bring a smile to our face and a joy to our tastebuds. In celebration of British Pudding Day earlier this year, the chefs in our homes baked some of the nation's classics that they know would be a firm favourite with our residents. Here are some of our favourite pudding and cake recipes to inspire you to put on your pinny and introduce your loved ones to a taste of nostalgia.





## Carrot and Beetroot Pram Cake

### Ingredients:

225g sieved plain white flour  
1 half carrot  
250g cooked beetroots  
200g brown sugar  
3g baking powder  
70g cocoa powder  
3 eggs  
30ml milk  
160ml rapeseed oil  
500g sieved icing sugar  
150g margarine  
30g ginger nuts  
125g soft ginger icing  
300g desiccated coconut  
1/4 tsp ground cinnamon  
A drop of red food colour  
A drop of yellow food colour  
A drop of bicarbonate of soda

### Allergens:

**Contains:** Wheat, eggs, milk and sulphates

**May contain:** Oat, barley, rye and nuts

**Serves:** 10

### Method:

1. Peel, wash and grate the carrots and add to the sieved flour, sugar, sieved cocoa and baking powder.
2. Bleed the juice from the beetroot then grate and add to oil, eggs and milk then mix into dry ingredients.
3. Pour into a loaf baking tin and bake for 50 minutes at 160C/Gas 3.
4. When cool cut in half and cut small section off the end.
5. Beat together the icing sugar and margarine to make butter icing and add food colourings. Use to sandwich the cake and decorate with the rest
6. Roll out fondant icing and cut into two 10x5cm, for under blanket and over blanket.
7. Cut 10x15cm for the over sheet.
8. Cover the discarded cake with fondant to make a pillow.
9. Make a gingerbread girl and place in the pram on a pillow.
10. Make royal icing and decorate the pram and biscuit wheels.



## Twisted Taste of Success Cake

### Method:

1. Beat 125g of the sugar with the butter until creamy.
2. Beat in the eggs gradually and add the sieved flour.
3. Grease a cake tin and add mixture, bake in a 160C/Gas 3 oven until cooked.
4. Peel and slice the pears.
5. In a pan, add the water and remainder of the sugar, heat then add the pears and chilli. Then poach to a thickened syrup.
6. Place the poached pears on to the cake and drizzle with the chilli syrup. Cut and serve.

### Ingredients:

2 pears  
6g mild chilli powder  
200g caster sugar  
3 eggs  
100g unsalted butter  
125g sieved self-raising flour  
150ml water

### Allergens:

**Contains:** Wheat, barley, milk, soya

**May contain:** Sesame

**Serves:** 10



## Carrot and Parsnip Cake

### Method:

1. Beat together 350g margarine and light brown sugar until light and pale, then gradually beat in the eggs one at a time.
2. Fold in the sieved flour, bicarbonate of soda and spices then mix in the peeled, washed and grated vegetables, orange zest and the crushed walnuts (save some for the decoration).
3. Divide the mixture into two lined, round 10 inch baking tins and bake for 45-55 minutes at 170C/Gas 4 until golden and cooked.
4. Allow to cool. Beat together the soft cheese, 120g margarine then add the sieved icing sugar.
5. Sandwich the sponges together with a little of the soft cheese mixture in between. Then coat the edges and top.
6. Decorate the cake with remaining soft cheese mixture and chopped walnuts.

### Ingredients:

8 eggs  
350g brown sugar  
400g sieved self-raising flour  
4g bicarbonate of soda  
2g ground cinnamon  
1g ground ginger  
2g ground mixed spice  
1 large parsnip  
2 carrots  
2 small oranges  
50g walnut pieces  
200g full fat soft cheese  
470g margarine  
500g icing sugar

### Allergens:

**Contains:** Wheat, nuts, walnuts and milk

**May contain:** Nuts

**Serves:** 10



## Bread Pudding

### Ingredients:

152g thick square sliced white loaves  
237ml milk  
8 eggs  
14g margarine  
200g caster sugar  
2tsp ground nutmeg  
2tsp vanilla extract  
125g sultanas  
2tsp ground cinnamon

### Allergens:

**Contains:** Wheat, barley, milk, eggs and soya

**May contain:** Sesame

**Serves:** 10



### Method:

1. Preheat oven at 180C/Gas 4. In a bowl mix together the bread and sultanas.
2. In a pan, warm the milk and margarine then remove from the heat and add sugar, egg, nutmeg, cinnamon and vanilla extract.
3. Evenly combine all the ingredients together allowing the bread to soak. Transfer to a deep 10 portion oven tray and cover with foil.
4. Bake in the hot oven for 1 hour in a bain marie. Uncover and bake for a further 15 minutes to colour the top.

## Jam Roly Poly

### Ingredients:

250g vegetarian suet  
400g mixed fruit jam  
500g sieved self-raising flour  
300mls cold water

### Allergens:

**Contains:** Wheat and sulphate

**Serves:** 10



### Method:

1. Evenly mix together the suet and the sieved flour then pour in the cold water and mix to a firm dough.
2. Roll out the dough into a rectangle. Spread with the jam.
3. Roll the dough into a sausage shape.
4. Wrap in greaseproof paper and finish with a further tight wrapping of foil. Steam for 2 hours until cooked

## Charlotte Royale

### Ingredients:

11 eggs  
125g caster sugar  
125g sieved plain flour  
300g mixed fruit jam  
64g leaf gelatine  
300g strawberry flavoured drizzle sauce  
600ml whipping cream  
200g fruits of the forest  
30g custard powder  
500ml milk  
30g granulated sugar

### Allergens:

**Contains:** Wheat, eggs, milk and sulphates

**Serves:** 10

### Method:

1. For the swiss roll, whisk together the caster sugar and 5 eggs until light, creamy and double in volume. Gently fold in the sieved flour.
2. Pour the mixture into a lined swiss roll tin and bake at 220C/Gas 7 for 6 - 8 minutes. Turn out onto parchment paper.
3. Evenly spread the warm jam over the sponge then roll using the parchment paper to wrap the sponge. Cut into 5mm slices.
4. Soak the leaf gelatine in cold water until softened. Line a bowl with clingfilm and arrange the swiss roll slices inside the bowl.
5. For the mousse mix the granulated sugar and custard powder with 100 ml of the milk.
6. Heat the rest of the milk to the boil and whisk in the custard powder mixture until thickened
7. Squeeze the water from the leaf gelatine and stir into the hot custard until dissolved. Stir in the fruit sauce then allow to cool.
8. Whisk 6 egg whites to stiff peak. Fold the whipped cream into the custard.
9. Gently fold the egg whites into the custard mixture. Fold in the defrosted and drained berries then pour the mousse into the sponge lined bowl.
10. Cover with clingfilm then allow to chill and set in the fridge for 4 hours or overnight.
11. To serve, upturn the bowl onto a plate, lift the bowl and remove the clingfilm.





## Cabinet Pudding

### Method:

1. For the sponge, cream together the margarine and 65g caster sugar. Beat in 2 eggs then fold in the sieved flour.
2. Pour into a lined baking tray and cook at 180C/Gas 4 for 15 minutes until cooked. Allow to cool then cut into small dice.
3. Mix the sponge with the cherries and sultanas. Distribute into greased and sugared dariole moulds filling each half way.
4. For the egg custard, beat together 8 eggs, 125g caster sugar, milk and vanilla essence. Strain and pour into the mixture.
5. Place the moulds into a bain marie and cook in a moderate oven at 160C/Gas 3 for 40 minutes until set.
6. Allow to stand, then turn out onto plates and serve hot.

### Ingredients:

100g sieved self-raising flour  
65g margarine  
190g caster sugar  
10 eggs  
20g sultanas  
1.1L whole milk  
2tsp vanilla essence

### Allergens:

Contains: Wheat, eggs, milk

Serves: 10



## Lemon Posset

### Ingredients:

4 lemons juiced  
65g caster sugar  
1L whipping cream

### Method:

1. Heat the cream over a medium heat and add the lemon juice and sugar. Bring to the boil and simmer for 5 minutes.
2. Pour into individual dishes, then leave to cool and refrigerate until set. Serve chilled.

### Allergens:

Contains: Milk

Serves: 10



## Queen of Puddings

### Method:

1. Preheat oven to 160C/Gas 3. Place the breadcrumbs in the bottom of an oven proof dish.
2. In a bowl, whisk together the egg yolks, milk and 50g of sugar. Pour over the bread crumbs leave to soak for 10 mins.
3. Place the dish in the oven for 40-45 minutes until custard is set. Allow to cool.
4. Add 100g of sugar to the defrosted fruits then spoon onto the set custard. Change the oven temperature to 180C/Gas 4.
5. For the meringue, whisk the egg whites to a soft peak.
6. Gradually add the remaining sugar mixing well between each addition until stiff and glossy.
7. Spoon or pipe the meringue on top of the fruit and bake in the oven for 15-20 minutes until browned.

### Ingredients:

160g thick square sliced white loaves  
4 eggs  
400ml milk  
500g fruits of the forest  
250g caster sugar

### Allergens:

Contains: Wheat, barley, milk, soya

May contain: Sesame

Serves: 10



## Raspberry Fool

### Ingredients:

500g frozen or fresh raspberries  
600ml whipping cream  
250g caster sugar

### Method:

1. Stir the caster sugar into the defrosted or fresh fruit, then evenly fold the sweetened fruit into the whipped cream.
2. Distribute the raspberry fool into serving dishes. Chill to serve.

### Allergens:

Contains: Milk

Serves: 10





## Spotted Dick

### Method:

1. In a bowl thoroughly mix together the sieved flour, salt, suet, sultanas and sugar then mix in the milk.
2. Transfer to a bowl lined with grease proof paper.
3. Cover and tightly secure with grease proof paper, then tightly cover with tin foil.
4. Place into a deep tray containing water filled half way up the bowl then into a hot oven at 180C/Gas 4.
5. Cook for 1 1/2 to 2 hours. Uncover then turn the pudding out ready to serve.



### Ingredients:

500g sieved self-raising flour  
2g cooking salt  
250g vegetarian suet  
300g sultanas  
160g caster sugar  
300ml milk

### Allergens:

Contains: Wheat and milk

Serves: 10

## Rhubarb Syllabub

### Ingredients:

710ml whipping cream  
150g sieved icing sugar  
450g rhubarb

### Method:

1. Sweeten the rhubarb with the sieved icing sugar.
2. Whip the cream to soft peaks.
3. Fold the drained rhubarb into the cream and serve in individual dishes.

### Allergens:

Contains: Milk

Serves: 10



## Commemorating Her Majesty Queen Elizabeth II



Many of us felt the sad loss of her Majesty Queen Elizabeth II in 2022. Her resilience, dedication and kindness will always be remembered.

In honour of her passing, our chefs created some royal recipes that we would like to share.



## Platinum Jubilee Trifle

### Ingredients:

600g whole mandarin segments  
in light syrup  
5 eggs  
225g caster sugar  
125g sieved plain flour  
300g lemon curd  
1 lemon  
98g orange flavour jelly  
100g custard powder  
500ml milk  
100g amaretti biscuits  
40g cornflour  
200ml whipping cream  
40g sieved icing sugar  
100g white chocolate flavour drops  
40g cup mixed peel

### Allergens:

**Contains:** Wheat, eggs, milk, soya

**May contain:** Nuts

**Serves:** 10

### Method:

1. For the swiss roll, whisk together 125g caster sugar with 5 eggs until light, creamy and double in volume.
2. Gently fold in the sieved flour then pour the mixture into a lined swiss roll tin and bake at 220C/Gas 7 for 6-8 minutes.
3. When cooked, turn out onto parchment paper then allow to cool. Evenly spread the lemon curd over the sponge.
4. Roll the sponge into a swiss roll by using the parchment paper. Cut into 1 inch thick slices.
5. Line a trifle bowl with the slices covering the base and half way up the bowl. Make the jelly following the manufacturers' instructions using 100ml of saved mandarin juice and juice of one lemon topping up with boiling water.

6. Stir in the zest of the lemon, then pour the jelly into the trifle bowl over the swiss roll slices. Allow to set in the fridge.
7. Make the custard by boiling 400ml milk, mix the custard powder to a slurry using 100ml of cold milk.
8. Whisk the custard slurry into the hot milk and stir until thickened, mix in 50g caster sugar then allow to cool.
9. Drain and retain the juice of the mandarin segments.
10. Crush the mandarin segments in a pan and heat, mix the cornflour into a slurry using a little of the drained juice and pour into the mandarins, stirring and allowing the mixture to thicken, then stir in 50g caster sugar.
11. When the jelly is set evenly, spread the cooled custard over the top then distribute 70g of amaretti biscuits in a layer over the custard. Evenly spread the mandarin mixture over the biscuits.
12. Spread the melted chocolate thinly over parchment paper and evenly sprinkle over the chopped peel then allow to set.
13. Evenly mix the sieved icing sugar into the whipped cream and spoon over the custard.
14. Break the set chocolate into shards and place them upright into the cream then distribute the remaining biscuits over the top of the cream in between the chocolate shards to decorate.



## Queen Elizabeth Drop Scones

### Ingredients:

440g sieved plain flour  
28g unsalted butter  
1 eggs  
350ml milk  
20g baking powder  
55g caster sugar

### Allergens:

**Contains:** Wheat, eggs and milk

**Serves:** 10

### Method:

1. Whisk together the eggs, sugar and milk. Mix in the sieved flour and baking powder then stir in the melted butter.
2. Heat a griddle or frying pan, then spoon portions of the drop scone batter onto the griddle or pan.
3. Allow to cook for 3-4 minutes each side until cooked and golden



## Cherries Jubilee

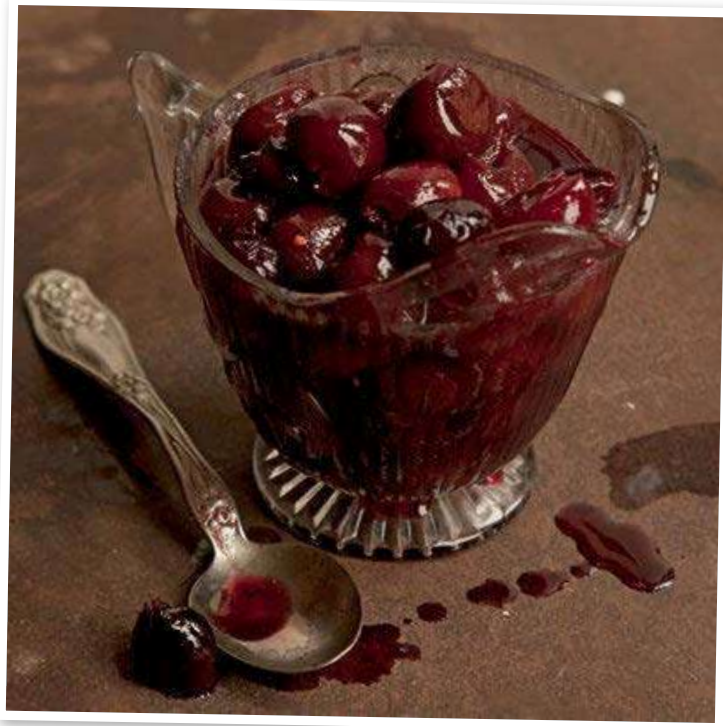
### Ingredients:

800g dark pitted cherries in light syrup  
150g caster sugar  
5g cornflour  
75ml french brandy

**Serves:** 10

### Method:

1. Blend 300g cherries to a smooth puree then pour into a pan with the caster sugar and bring it to boil
2. Allow to simmer, then stir the brandy together with the cornflour to a slurry and add this to the cherry puree
3. Stir until thickened and mix in the remaining cherries.



## Coronation Chicken

We know this is not technically a sweet, but we considered it sweet enough to be included.

### Ingredients:

800g diced skinless chicken thigh  
1 small cooking onion  
5g ground coriander  
5g ground cumin  
1tsp rapeseed oil  
300g mayonnaise  
20g mango chutney  
20g dried apricots  
2g black pepper  
5g ground turmeric

### Allergens:

**Contains:** Eggs, sulphate

**May contain:** Wheat, nuts, sesame

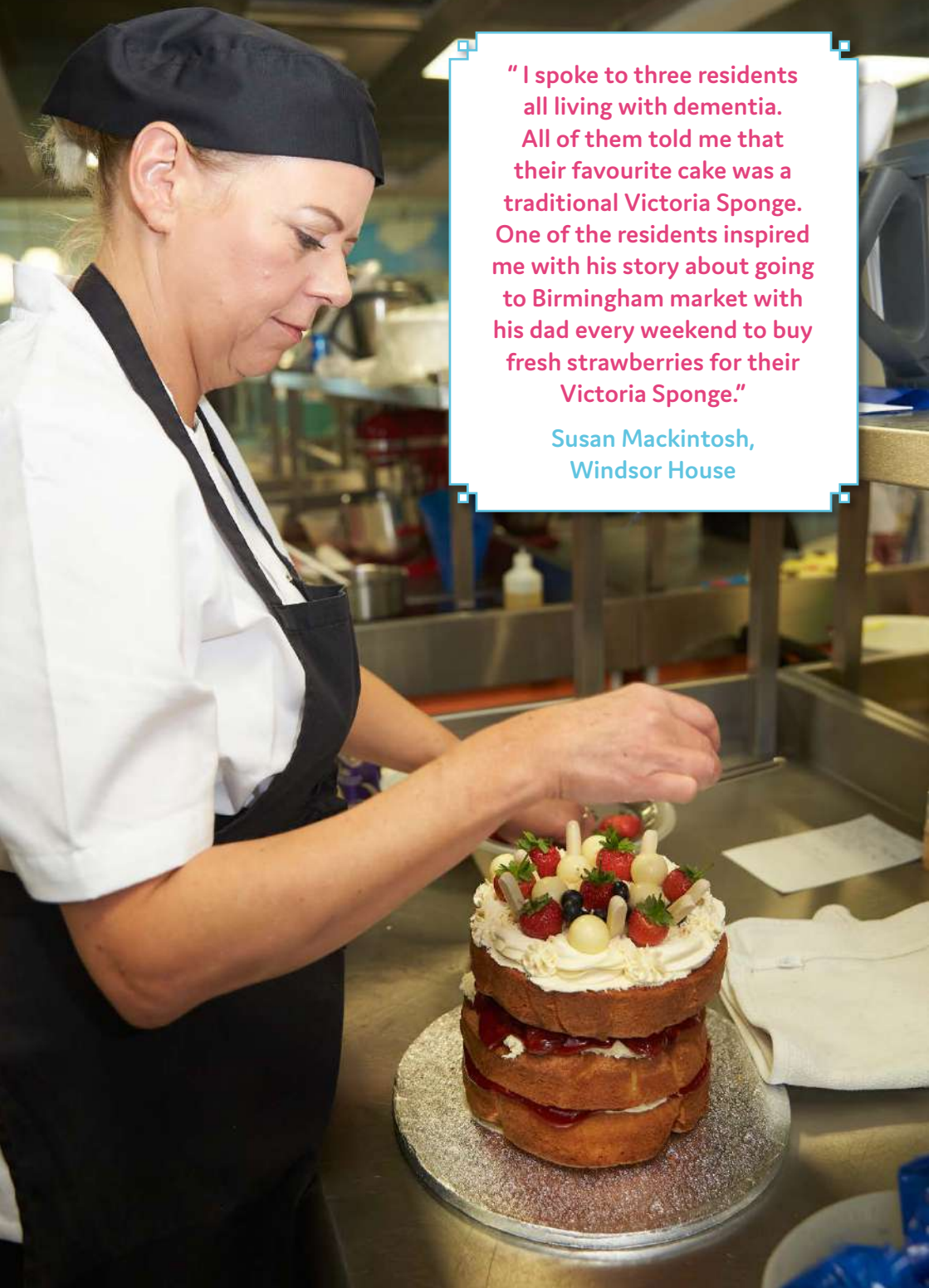
**Serves:** 10

### Method:

1. Heat the oil in a pan and sweat the peeled and diced onion. Add the chicken and stir in the coriander, cumin and turmeric.
2. Cook until the chicken and onion is tender, then season. When cool mix with the mayonnaise, chutney and chopped apricots.







"I spoke to three residents all living with dementia. All of them told me that their favourite cake was a traditional Victoria Sponge. One of the residents inspired me with his story about going to Birmingham market with his dad every weekend to buy fresh strawberries for their Victoria Sponge."

Susan Mackintosh,  
Windsor House

## Mouth watering biscuits



Biscuits are great sweet treats to make and enjoy with a lovely cuppa. What's more they tend to be quick to bake so there's always something in the tin when you're in the mood for a dunk! The following pages feature our favourite biscuit recipes.

## Melting Moments

### Method:

1. Cream the margarine and sugar until pale and fluffy, then beat in the egg yolk
2. Add the vanilla essence, stir in the sieved flour to a smooth dough and divide into 24 pieces
3. Roll each piece into a ball and coat with the oats
4. Place on greased baking trays and press down gently to flatten a little
5. Place half a cherry on top of each
6. Bake at 190C/Gas 5 for 15-20 minutes
7. Cool on baking trays for a few minutes before moving to a cooling rack

### Ingredients:

100g margarine  
75g caster sugar  
1 egg  
150g sieved self-raising flour  
50g oat flakes  
72g glace cherries  
1ml vanilla essence

### Allergens:

Contains: Wheat, eggs

Serves: 20



## Viennese Whirls

### Method:

1. Put 250g of the butter, 50g icing sugar, flour, cornflour, baking powder and half the vanilla essence in a food processor
2. Blend until smooth
3. Pipe 6cm rosettes on grease proof paper leaving space between
4. Bake for 15-20 minutes at 180C/Gas 4 until pale and beginning to firm
5. While cooling put the rest of the butter, icing sugar and vanilla essence in a bowl and whisk or beat until light
6. Spoon into a clean piping bag with a large star nozzle
7. Spoon a little jam on to half of the biscuits
8. Pipe the butter cream on the remaining biscuits and sandwich together

### Ingredients:

350g margarine  
250g sieved plain flour  
50g cornflour  
5ml vanilla essence  
5g baking powder  
275g caster sugar  
75g mixed fruit jam

### Allergens:

Contains: Wheat and sulphate

Serves: 20



## Lemon & Earl Grey Biscuits

### Method:

1. Evenly mix together the sieved flour, loose tea leaves, pinch of salt, zest of 1 lemon and sugar
2. Rub together with the margarine until a breadcrumb consistency
3. Add the juice of the lemon and bring the mixture together as a dough
4. Roll the dough into a sausage shape 5-7cm wide then wrap in cling film and chill for 30 minutes
5. Unwrap and slice into 1 cm thick discs and place onto a lined baking tray
6. Bake in a hot oven, 180C/Gas 4, for 10-12 minutes

### Ingredients:

1 earl grey tea bag  
150g sieved plain flour  
A pinch of salt  
75g caster sugar  
1 lemon  
88g margarine

### Allergens:

Contains: Wheat, milk, nuts, eggs, soya and sulphites

Serves: 10



## Vienesse Biscuit

### Method:

1. Put butter, icing sugar, flour, cornflour & vanilla essence in food processor
2. Blend until smooth
3. Put the mix in a piping bag and large star nozzle, pipe 6cm rounds onto lined baking tray leaving space between
4. Place half a cherry in the centre of each
5. Bake for 15-20 minutes at 180C/Gas 4 until pale and beginning to firm
6. Leave to cool and serve

### Ingredients:

250g sieved plain flour  
350g margarine  
275g sieved icing sugar  
50g cornflour  
5g baking powder  
5ml vanilla essence  
A handful of glace cherries

### Allergens:

Contains: Wheat

Serves: 10





## Award winning catering in our homes



Chris Pickard, Regional Craft Trainer

**The chefs in our homes make a difference to the lives of our residents every day by creating tasty, nutritious meals for all types of care needs.**

They join us from a variety of catering backgrounds but all have a common desire to develop their skills. By growing their knowledge of cooking for people in older age, they can enjoy a rewarding career, away from the pressure of a commercial kitchen to the nurturing and professional environment of a care home.

What's more we encourage our catering team to participate in internal, regional and national awards to build confidence and to recognise the value of cooking for the elderly. All with the support of a dedicated regional team and regular access to our Group Development Kitchen.



Chris Pickard, our Regional Craft Trainer, was recently crowned 'Care Chef of the Year 2022' at the National Association of Care Catering (NACC) Awards.

These awards recognise and celebrate excellence, innovation, dedication and outstanding contribution within the care catering sector.

After winning the regional heat, Chris was one of 12 chefs to showcase their culinary skills at the final, where he had 90 minutes to prepare a two-course meal and demonstrate his specialist knowledge of catering for older people.

The judges were looking for nutritional understanding of the foods being used and how they support the needs of care home residents, along with flavours, menu balance, execution, presentation, and hygiene and waste management best practice.

Chris impressed the judges with his mouth-watering menu of chicken ballotine with pistachio and basil stuffing, sweet potato fondant, pea and spinach purée, smoked pepper and tomato sauce, followed by a dessert of banana and pecan frangipane cake with maple syrup crème fraîche.

Head Judge, Steve Munkley, said: "Chris is the deserved winner, excelling in both courses. He showed an amazing set of skills and pushed himself to the limit in the time he had, producing a great mixture of flavours in his dishes".



Chris Pickard featured centre left with colleagues after receiving his NACC award

**If you would like to join the Four Seasons Health Group catering team and enjoy a rewarding job that provides a great work life balance call 01625 417 815 or email: [recruitment@fshcgroup.com](mailto:recruitment@fshcgroup.com)**



**“Carol did an absolutely beautiful job with the cake, I had to steal the crumbs – it was that good!**

**Resident Peggy,  
101 years old**

**We hope you enjoyed this recipe book as much as we did compiling it.**

**If you would like to find out more about the food and dining in our care homes across the UK visit our websites:**

**[fshc.co.uk](http://fshc.co.uk)  
[brighterkind.com](http://brighterkind.com)**

Thank you to our Great Four Seasons Bake Off judges Joe O'Connor, Natasha Southall, Charlotte Oppong-Agyare, Steve Dampier and John Bridgeman from Four Seasons Health Care Group along with our sponsors and experts from the group's catering partners; Unilever, Brakes and catering equipment companies Lockharts and Edge DPM.





"Carol did an absolutely beautiful job with the cake, I had to steal the crumbs – it was that good!"

- Peggy, 101 years old

"I loved it, the strawberries made it taste amazing"

- Doreen 91 years old

"It tastes so good I want to eat it all"

- Joan, 88 years old

"This cake is divine, me and my husband used to eat it on holiday all the time! He loved this remake so much that he took four pieces home for our family."

- Diane, 81 years old

"Since being here, I have been wowed by the chef's cakes. This particular one not only looks fantastic but tastes gorgeous. I love chocolate!"

- Ann, 90 years old



Every day our chefs in the Four Seasons and brighterkind kitchens are busy creating tasty and nutritious meals and desserts for our residents. Here are just some of our sweet treat recipes and entries from the Great Four Seasons Bake Off, inspired by our residents with a big dollop of feel-good nostalgia mixed in.

Four Seasons  
HEALTH CARE GROUP

Four Seasons Health Care · brighterkind

Making a difference *together*