



MATTHEW'S SUPER SUGAR FREE RUGELACH

This recipe is one of Matthew's favourites. Matthew is a resident at our care home for Jewish adults 18-65 who are living with a physical disability or visual impairment. Matthew also volunteers for Michael Sobell Jewish Community Centre, organising a weekly bingo session for members.

INGREDIENTS

For the cake:

- 225g butter
- 225g cream cheese, softened
- 350g plain flour
- 1 tsp vanilla extract

For the filling:

- 175g chopped sultanas or raisins
- 125g chopped walnuts
- 2 tbsp ground cinnamon
- 300g sugar free raspberry jam

Cream together the butter and cream cheese in the bowl of an electric mixer. Blend in the vanilla. Mix in the flour. Chill the dough.

To make the filling: Mix together the chopped sultanas or raisins, chopped walnuts and cinnamon. Divide the dough into 4 equal portions. Roll out each portion into a 25-30cm circle just under 0.25cm thick on a lightly floured board.

Spread a light layer of raspberry jam (approx 2 tablespoons) onto each dough circle. Sprinkle each circle with approx 4 tablespoons of the chopped nut mixture.

Cut each circle into 16 wedges using a pastry cutter. Roll each wedge from base to point. Place point down on a lightly greased or baking parchment lined baking tray.

Bake for 15 to 17 minutes at gas mark 5/190C until golden. Remove to racks to cool.

For more information about volunteering for Jewish Care call 020 8922 2405 or visit jewishcare.org.





FREDA'S LUSCIOUS LEMON SPONGE

This recipe was kindly donated by Freda, a member of the Stepney Jewish Community Centre. Freda says this cake is her favourite because it's light, fluffy and everybody loves it. It's an ideal Pesach recipe too!

INGREDIENTS

- 2 cups of fine matzo meal
- 2 squeezed lemons
- ½ cup of sugar
- 4 eggs
- Sprinkling of almonds

Preheat oven to gas mark 4/180C.

Mix all the ingredients together and whisk until smooth.

Grease a baking tray and pour the mixture into the tin. Sprinkle with finely chopped almonds before putting into the oven.

Bake until brown, and until a skewer inserted into the centre comes out clean.

For more information about Stepney JCC call 020 7790 6441 or email stepney@jcare.org





NETTIE'S NUTTY NIBBLES

This recipe was kindly donated by Nettie, who has been volunteering at Redbridge Jewish Community Centre for 43 years. She is just one of our amazing 3,000 volunteers who play a vital role at Jewish Care.

INGREDIENTS

- 1 lb self raising flour
- 6 oz butter
- 6 oz caster sugar
- 2 eggs
- A little almond essence
- Flaked almonds

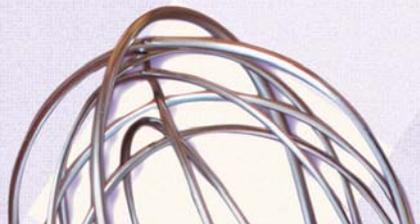
Combine all the ingredients together in a bowl until a soft dough is formed.

Roll out and cut into desired shapes.

Sprinkle with flaked almonds.

Bake for around 20 minutes at gas mark 4/180C.

For more information about volunteering for Jewish Care call 020 8922 2405 or visit jewishcare.org





ROSETTE'S QUARTE-QUART CAKE

Rosette, a member of the Michael Sobell Jewish Community Centre kindly donated this French recipe, similar to a pound cake and a great recipe for all the family. Rosette visits the community centre at least three times a week and joins in with all the entertainment and the weekly Yiddish class.

INGREDIENTS

226g margarine
226g granulated sugar
226g self-raising flour
4 eggs
1 tsp baking powder
Juice of a whole lemon
1 pack vanilla sugar

Grease a cake tin. Preheat oven to gas mark 3/170 C.

Mix margarine and sugar.

Add 1 egg and 56g of flour, and repeat until all ingredients are well mixed in.

To make the dough lighter and easy to mix add juice of lemon and vanilla sugar.

Bake in the oven for 50 minutes or until a skewer inserted in the middle comes out clean.

For more information about Michael Sobell JCC call 020 8922 2000 or visit jewishcare.org





ANDREW AND TERRIE'S PERFECT PLAVA

This recipe was kindly donated by Andrew and Terrie, members of Southend and Westcliff Jewish Community Centre. At the centre, the members can enjoy finding new friendships, good food and great entertainment every day. It's the social scene by the seaside!

INGREDIENTS

5 eggs separated
10oz caster sugar
1 tbsp lemon juice
Pinch of salt
3oz potato flour
3oz cake meal

Put 5 oz of sugar into the bowl with the egg yolks and whisk together until white and thick.

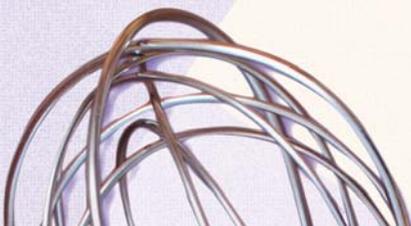
Add lemon juice in a separate bowl and whisk in egg whites and salt until soft and floppy peaks are reached.

Gradually whisk in the remaining sugar until you have a firm meringue then fold in yolk mixture.

Place the mixture in to a 9" loose bottom tin and sprinkle with a thin layer of caster sugar.

Bake on a low heat, gas mark 4/180C for 1 hour 10 minutes. Leave in the tin until cool.

For more information about the Southend and Westcliff Jewish Community Centre call 020 8922 2222 or visit jewishcare.org





NORMA'S BRILLIANT BANANA LOAF



Everyone will be going bananas for this banana cake recipe, kindly donated by Norma, a member of Jewish Care's Connect@Kenton. The Connect@ centres are for older people who are young at heart to come along and enjoy lots of different entertainment and discussions over tea and of course, cake.

INGREDIENTS

- 170g plain flour
- 170g margarine
- 170g sugar
- 2 eggs
- 4-5 bananas
- 170g sultanas
- 115g glazed cherries

Blend together the margarine, flour and sugar until smooth.

Add 2 eggs and fold in the sultanas and sliced cherries.

Mash the bananas with a potato masher or alternative and stir into the cake mixture.

Grease a loaf tin and pour into the mixture. Bake for 45 to 50 minutes on gas mark 4/180C.

For more information about our Connect@ centres visit jewishcare.org or call 020 8922 2222



CONVERSION CHART

Weights

Please note that some of these recipes use imperial measures, others metric. Please stick to one set of measurements within each recipe to ensure you get the best results.

1oz = 28 g
1g = 0.0353oz
1kg = 2.2lb
1lb = 16oz = 454g
 $\frac{1}{4}$ lb = 4oz = 114 g

Temperature

Gas mark	°F	°C
1	275	140
2	300	150
3	325	165
4	350	180
5	375	190
6	400	200
7	425	220
8	450	230
9	475	240

Spoons

1 teaspoon = 5ml
1 tablespoon = 15ml
1 cup = 240ml

Solid cup measurements

1 cup butter	225g
1 cup cocoa powder	110g
1 cup flour	125g
1 cup demerara sugar	250g
1 cup brown sugar	200g
1 cup white sugar	225g
1 cup icing sugar	125g

Liquids

Pint	Metric	Cup
	100ml	
	125ml	$\frac{1}{2}$
$\frac{1}{4}$	150ml	
	200ml	
	250ml	1
$\frac{1}{2}$	275ml	
	300ml	
	400ml	
	500ml	2
1	570ml	
	750ml	3
$\frac{3}{4}$	1.0 l	4