

Courtesy of The Red Cross – Please Donate



Orange & Poppy Seed Syrup Cakes

- 1 large orange
- spray oil
- 200g butter, softened
- 1 cup caster sugar
- 3 eggs
- 1½ cups self-raising flour, sifted
- ½ cup ground almonds
- 2 tablespoons poppy seeds
- ¼ cup milk

Orange Syrup

- finely grated zest of 1 orange
- ½ cup each: orange juice, water, sugar

1. Place the whole orange in a saucepan and cover with water. Bring to the boil and simmer for 20 minutes. Remove from the heat, drain and leave to cool.
2. Preheat the oven to 180°C. Lightly spray a 12-hole muffin pan (or similar) with oil.
3. Cut the orange in half, remove any seeds, then place in the bowl of a food processor and process to a pulp. Measure the resulting pulp and set aside – you will need about 1 cup.
4. Cream the butter and sugar with an electric beater until light and fluffy. Add the eggs one at a time, beating well after each one. Fold in the orange pulp, then add the sifted flour, ground almonds, poppy seeds and milk. Mix gently until combined.
5. Spoon the mixture into the prepared pan and bake for 15-20 minutes or until a skewer inserted into the centre of a cake comes out clean.
6. Meanwhile, combine the syrup ingredients in a saucepan and simmer for 5 minutes. Spoon the hot syrup over the cakes 5 minutes after removing them from the oven.

Makes 12.



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- Evaluation of current market conditions and outlook

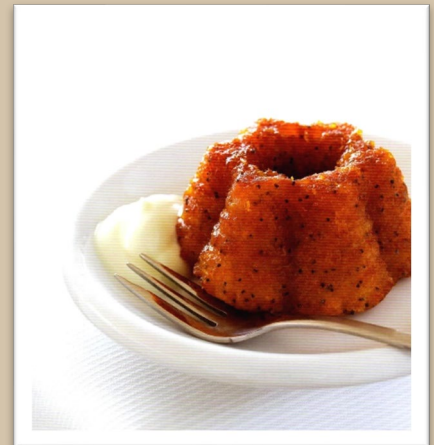
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From 1983 through to 2009, Jasmine Sergeant enjoyed a successful career as a fine dining Chef in the UK. Here is a selection of recipes used during her career

Call Jasmine Sergeant of Team Commitment whenever you are curious of the value of your home.

Until then, please enjoy & feel free to share this selected recipe

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