



Valentine's Day Hearts Recipe

These delicious heart-shaped treats are a cross between a fairy cake and a biscuit (cookie) and will disappear very quickly from the plate! They are based on a traditional recipe from Devon for "flats".

INGREDIENTS

Makes 24

Hearts

*8 oz self-raising flour
4 oz caster sugar
3 ½ fl oz double cream
½ teaspoon salt
1 egg, beaten
1 tablespoon of milk*

Glaze

*4 oz icing sugar
Water
A few drops pink food coloring
Sprinkles, if you like!*

METHOD:

Heat gas oven to 190 °C .Line 2 baking sheets .Mix the flour and sugar together. Stir in the cream, egg and enough milk to make a stiff dough. If the dough feels at all sticky, cover and place in the refrigerator to firm up.Roll the dough out on a lightly floured surface until about 0.75 cm (one-third inch) thick, then cut into heart shapes using a small cutter. Bake for 5-8 minutes until a light golden brown. Carefully transfer to wire racks to cool. Drizzle a teaspoon of glaze over each heart and spread out with the back of a spoon. Store in an airtight container.



I-Love-You Scones Recipe

Heart-shaped scones with a touch of baked-in berry preserves. It's a great recipe for kids helping in the kitchen.

INGREDIENTS

Makes 9 scones

*1 egg
1/3 cup milk
50g apple sauce
2 tablespoons butter or margarine, melted
1 teaspoon almond extract
450g self-raising flour
100g sliced almonds
75g granulated sugar
3 teaspoons baking powder
1/2 teaspoon salt
4 1/2 teaspoons strawberry or raspberry preserves
Icing sugar*

METHOD

Heat oven to 200 °C . Grease cookie sheet. Beat egg slightly in medium bowl. Stir in milk, apple sauce, butter and almond extract. Stir in remaining ingredients except preserves and powdered sugar just until moistened. Drop dough by 1/4 cupfuls about 3 inches apart onto cookie sheet. Pat into heart shapes about 3 inches wide and 1/2 inch high, using fingers dusted with flour. Make shallow well in centre of each heart, using back of spoon dipped into flour. Place 1/2 teaspoon of the preserves in each well. Bake 12 to 15 minutes or until golden brown. Remove from cookie sheet to wire rack. Sprinkle with powdered sugar while warm. Serve warm.





Raspberry White Chocolate Shortbreads Recipe

Raspberry White Chocolate Shortbreads are a buttery cookie that are sandwiched together with raspberry jam and grated white chocolate.

INGREDIENTS

Makes 12 sandwich cookies

Shortbreads:

250g plain flour
1/4 teaspoon salt
225g grams unsalted butter
50g icing sugar
1 teaspoon pure vanilla extract

Filling:

1/4 - 1/2 cup of raspberry jam
50g white chocolate, grated

METHOD:

In a separate bowl whisk the flour with the salt. Heat the butter, add the sugar and the vanilla extract. Stir in the flour mixture. Flatten the dough into a disk shape, wrap in clingfilm, and chill the dough for at least an hour. Preheat oven to 180 °C. On a lightly floured surface roll out the dough until it is about 1cm thick and cut with a heart cookie cutter. Place the cookies about 2.5 cm apart on the baking sheets lined with grease-proof paper. Use a smaller heart cookie cutter to cut out the centers of half of the cookies on the baking sheet. Place the unbaked cookies, on the baking sheet, in the refrigerator for about 15 minutes to firm up the dough so the cookies will maintain their shape when baked. Bake for about 10 minutes, or until cookies are lightly browned. Cool on a wire rack. Dust the tops with the icing sugar. On the bottom surface of the full cookie (top of cookie will face out) spread with about a 1/2 teaspoon of jam. Sprinkle with a little grated white chocolate. Place the cut-out cookie on top and gently sandwich them together. Using a small spoon, fill the cut-out with a little more jam.



Chocolate Krispie Hearts Recipe

Delicious but quick and simple to make.

INGREDIENTS

Makes one 8 inch pan

300g milk chocolate
100g Rice Krispies® cereal
75g granulated sugar

METHOD

Butter, or spray with a non stick vegetable spray, an 8 inch square baking pan. Place the chocolate in a heatproof bowl set over a saucepan of simmering water. Stir until melted then remove from heat. Gently stir in the Rice Krispies® cereal until evenly coated. Immediately pour the mixture into your prepared pan and lightly pat until even. Place in the refrigerator until set. Cut into hearts.

