

Australia's Biggest Morning Tea - Lockdown Edition - 2020

Luminary

Luminary's Virtual Bake-off

The Recipes



Contents

- 3. Boston Bun
- 5. Rustic Sourdough Bread
- 10. Danish Cinnamon Scrolls
- 12. Yoyo Cookies
- 13. Luminary Lemon Slice
- 14. Lemon Cupcakes
- 15. Chocolate Mint Cake
- 17. Baked Berry Oatmeal
- 18. Classic Chewy Brownie
- 19. Sugarless Carrot Cake
- 21. Vanilla Mug Cake
- 22. Bagels
- 24. Rhubarb Crumble
- 25. A Tale of Woe





Boston Bun

By Amanda

250ml Water (luke warm)
20g butter
500g bread making flour
¼ cup brown sugar
½ cup sultanas or mixed dried fruit
1 tbsp milk
1.5 tsp cinnamon
2 tsp yeast

Bread machine Instructions:

1. Put all items in the pan in the order above.
2. Set to dough setting and press go!
3. When done follow combined steps below.

Manual instructions:

1. Spread yeast on the water and leave for 20 min to activate.
2. Add other ingredients to the bowl and mix until combined into a firm but springy dough.
3. Allow to rise in a warm location for 45-60 minutes until doubled in size

Combined steps to finish:

1. Lightly butter and flour your bread tin (I use a 12" springform cake pan)
2. Turn out onto a floured board
3. Knead a little and then transfer into your bread tin. There is no need to spread it out to the edges, just let the dough sit in the middle of the pan.
4. Return to warm location for 30 min til roughly doubled in size
5. Pre-heat oven to 180°C (160°C fan forced)
6. Cook for 20-30 min - top will be golden brown and it will sound hollow if tapped.
7. Let it come to room temperature before icing.

Icing:

1 cup icing sugar

1 tsp vanilla essence

enough water to make a thick glossy paste

½ cup desiccated coconut

1. Mix the first three ingredients together until thick and glossy (like really really thick) and apply to the top cake.
2. Dust the top with the coconut.
3. Cut, apply your favourite topping and enjoy!





Rustic Sourdough Bread

By Sam Watson (makes 2 medium sized loaves)

Stage One: Making The Sourdough Starter

To begin:

100g bakers flour
100ml water at 50°C
10g organic honey

To develop (every 36 to 48 hours for about 9 days):

100g bakers flour
100ml Water at 50°C

To feed once established (maintains as a firm starter):

200g flour of choice
(can introduce new flavours with wholemeal, rye etc.)
100ml water at 50°C

Method (to develop):

1. Mix the flour, water and honey in a bowl. Transfer the mixture to a container, cover with plastic wrap and leave to rest in a warm place for 48 hours. Ensure the starter has room to grow!

2. When small bubbles have formed, set aside 100g of the starter mixture and dispose of the rest. Add 100g of water and 100g flour and mix until all incorporated. Cover with plastic wrap and leave to rest again for 36 hours.
3. Repeat step two.
4. Repeat step two again.
Set aside 100g of the starter mixture and dispose of the rest. Add the new ratio of flour and water (200g flour to 100ml water) with the 100g of starter, and mix together until roughly incorporated, then knead the mixture together for about 10 minutes until consistency smooths out and light gluten strength can be felt. Return to a container with plastic wrap and rest for around 24 hours before using (starter should double/triple in size by that time – ensure there is more than enough room in container for expansion!).

Congratulations, you now have a fermented friend to look after, which will literally stay alive for as long as you care for it.

Method – feeding time (every 1 to 2 days if left at room temperature, about once a week if kept in the refrigerator between feeding activity to slow down fermentation). Repeat step 5 of the above development phase.



Stage Two: Making The Bread

Tools (to make the process a lot easier)

Large bowl
Dough scraper
Dough knife
2x proofing baskets
Cast iron Dutch Oven
Sharp scoring knife

Ingredients

600g bakers flour
150g wholemeal flour
50g rye flour (feel free to experiment with different flours, but a base of bakers flour will ensure easy gluten development)
650ml water at 30°C (lower amount to make the dough easier to handle, increase to get more rise in the oven)
150g active sourdough starter (after fed and raised to maximum)
12g Sea Salt
3g bakers yeast (to assist fermentation whilst the sourdough start is young, i.e. first few months)

Part 1. – Autolyze

In a large bowl, pour the water and then the active starter, using the dough scraper, break up the starter into chunks to slightly dilute the water. Add the bakers yeast.

Pour in all of the flour mix, stir with the dough scraper for a few minutes to incorporate everything into a loose mass. Cover bowl with a tea towel for about an hour at room temperature.

Part 2. – Kneading

Once rested, the dough should be much easier to work. Pour in the salt, and use fingers to pinch it well into the dough evenly. To start kneading, whilst still in the bowl, cup one hand over one edge of the dough, scoop right under, then pull up, stretch the dough in the process. Repeat this around the whole dough for about 10 minutes and pay attention to the dough consistency starting to change and build strength. Once relatively smooth and slightly elastic, Cover the dough with a tea towel or plastic wrap in the bowl for about 45 minutes to start bulk fermentation.

Part 3 – Bulk Fermentation

After about 45 minutes, uncover the bowl and grab one edge of the dough, stretch and fold it up without tearing, and tuck

over the other side. Spin the dough 90, and do this 4-6 times. Recover the bowl and rest again for 45 minutes. Repeat the above a total of 4 times, for a total of 3 hours bulk fermentation.

Part 4. – Pre Shape

Lightly flour your bench, use a dough scraper to gently ease the dough out of the bowl onto bench upside down, in one piece. Use Dough knife to scrape flour under edges of dough to allow easier handling, stretch out into a relatively even shape, and cut dough mass into two same-sized pieces. For each piece, grab a corner and fold over itself a number of times until dough ball is completely made up of floured edges and is roughly a round ball. Flip ball upside down. Spin dough ball gently across the bench with pinky fingers joined to make a seal, then spin 90° and repeat. Do this a number of times until ball has built a nice amount of surface tension. Let the two dough balls rest on the bench, dusted with more flour on top and covered with a tea towel, for about 30 minutes.

Part 5. Final Shape and Proofing

Flip dough ball upside down again (underside will still be

sticky), stretch the dough out gently into a rough rectangle shape, then fold back over itself via the corners a number of times until relatively taught. At this stage, you can choose to shape more in an oval shape or circle again depending on your proofing basket or bowl shape. Flour the top and edges of the dough until no sticky areas remain, and then place in a well flour proofing basket or bowl. Cover with plastic wrap (allow for a bit of expansion) and place in the refrigerator to proof for about 14 hours.

Part 6. Baking!

Preheat your oven at about 250°C for 1 hour, with Dutch Oven placed inside.

When ready, Pull out one proofing basket at a time from the refrigerator and empty upside down onto a lightly floured (rice flour recommended) sheet of baking paper (with enough width to lower into the dutch oven.) Lightly dust the top of the loaf with some more flour too (use a sieve for even distribution).

Using the sharp scoring knife, make a straight long score across the top of the dough in one smooth motion. Open up the dutch oven, and lower in loaf carefully.

Close lid of the dutch oven, close oven and cook for 15-20 minutes (The dutch oven will maintain the moisture of the dough to allow maximum expansion before crust forms). Open oven set aside lid and cook for a further 15-30 minutes (depending on oven) until crust reaches desired texture and colour.

Remove loaf from dutch oven and repeat the above process for the second loaf.

Additionally to increase crust volume, leave the loaf in the oven once turned off and the door left open for 40 minutes. Leave the loaf to rest after cooking for at least 30 minutes before cutting into it.

Serve with your favourite toppings, enjoy!

More importantly, start thinking about your next loaf! It's great to start keeping notes of your ingredients, ratios, temperatures and timings as everyone's environment and variables will be slightly different. Sourdough seems incredibly delicate to make but is rather tolerant to mistakes and can adapt – pay attention, feel how it develops, develop your technique, try different mixes of flours and most importantly, enjoy the process!





Winner: Most Delicious Looking

Danish Cinnamon Scrolls

By Reggie (Winner of Most Delicious Looking Entry)

Dough

175ml warm milk

½ tsp instant dry yeast

40g sugar

1 egg

350g all-purpose (plain) flour

1 tsp salt

¼ tsp baking powder

30g softened unsalted butter

250g cold unsalted butter

Filling

Cinnamon and sugar mixed together

Raisins

Melted butter

Egg wash

1 egg - beaten

Apricot glaze

Apricot jam

Water or orange flavoured liqueur

1. Stir yeast, warm milk and sugar together. Wait until it's cool, then add the egg and whisk (wet ingredients). Mix the flour, baking powder, and salt together (dry ingredients). Mix wet ingredients gradually into dry ingredients. Add softened butter, and continue mixing until it blends thoroughly. Let the dough rest for 2 hours for first proofing.
2. Use a rolling pin to roll out the dough onto a surface that has been lightly sprinkled with flour. Shape into a rectangle and wrap it with a food-grade plastic wrap. Put it back in the fridge for another hour. Wrap the cold butter block with baking paper and roll it out into a thin rectangle and keep in fridge for 1 hour.
3. After 1 hour, roll dough into a larger rectangle (~30 x 45cm, essentially twice the size of the cold butter). Don't forget to sprinkle surface with flour. Place butter on half of the dough and fold the other corner over butter to cover it completely.
4. Roll dough with the butter inside to a thickness of 0.3-0.5cm. Maintain rectangle shape. From top side, fold 1/3 of the dough onto itself, keeping edges lined up. From the bottom, fold the remaining 1/3 of dough on top of the side that has been folded. Wrap it in plastic wrap and refrigerate for 1 hour. Repeat this step 3 more times. On the last fold leave overnight in fridge.
5. Take chilled dough out of fridge, unwrap it and roll it out into a 25 x 20cm rectangle on a surface sprinkled with flour. Spread melted butter using a pastry brush onto dough. Sprinkle the mixture of the cinnamon sugar and raisins evenly. From the short edge, roll dough up into shape of a log. Cut into 2cm pieces using a sharp knife. Place the cut pieces (scrolls) onto a baking tray covered with baking paper. Press scrolls gently with your hand, and tuck the edge of each scroll under itself to prevent it deforming while baking. Spread scrolls 5cm apart. Cover baking tray with plastic wrap for around 30-40 minutes for last proofing.
6. Meanwhile, preheat oven to 220°C. Once ready, brush scrolls with the egg wash. Bake them in the oven for 10 minutes, then lower the temperature to 190°C and bake for another 10 minutes or until golden brown.
7. While waiting for the pastry scrolls to cool down, make the apricot glaze. Mix the apricot jam with water or liqueur in a saucepan and cook over medium heat, whisking continuously until watery. Let the glaze cool down. Brush each pastry scroll with the glaze to make it look shiny. Now your cinnamon scrolls are ready to be served.
Enjoy 😊



Yoyo Cookies

By Amanda and Sofia

110g self raising flour
55g custard powder
40g icing sugar
110g melted butter

1. Sift dry ingredients together and mix with butter to form a soft dough.
2. Roll into balls and flatten slightly with a fork.
3. Bake at 180°C (160°C fan-forced) for 15-20 mins (depending on size) or until golden.
4. When cooled, find similar sized biscuits and sandwich together with an icing mixture made of icing sugar and water.

Variation ideas:

- Add pureed fruit to the to the icing mixture used to sandwich them together (like passionfruit, raspberry or even chocolate!).
- Make chocolate yoyos by replacing the custard powder with the same amount of cocoa powder.

Luminary Lemon Slice

By Tami and Lachie

125g melted butter

1 x 395g tin of sweetened condensed milk

1 packet of Marie biscuits

(or 250g of other sweet dry biscuits)

1 cup desiccated coconut

2 lemon rinds, grated

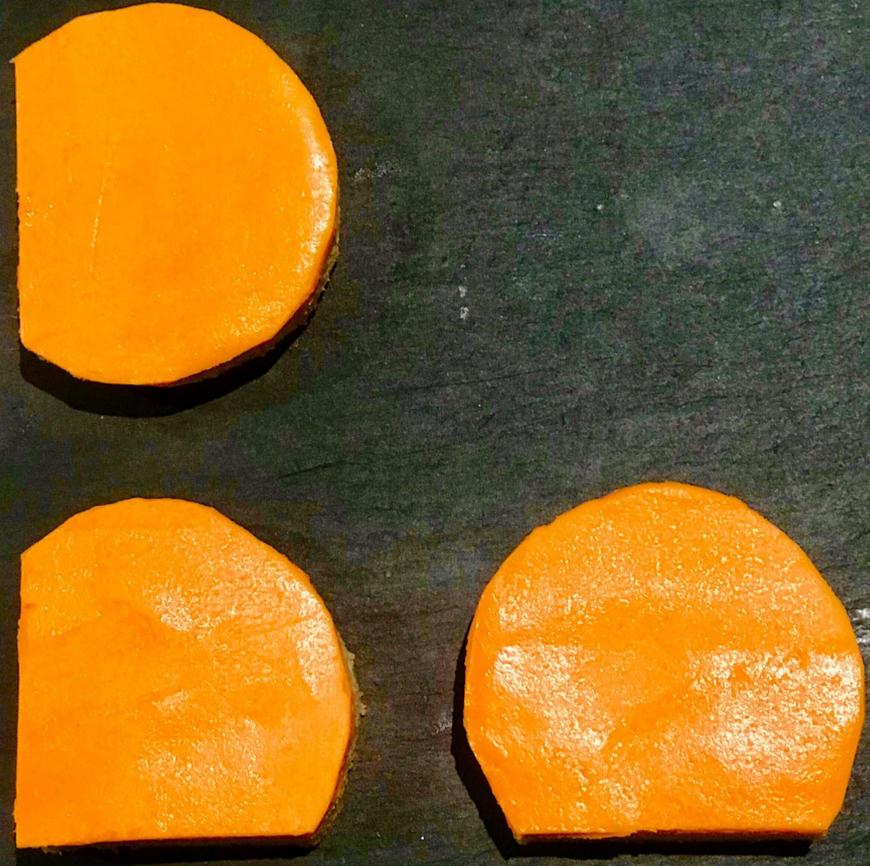
360g icing sugar

90g butter softened to room temperature

5 tbsp lemon juice

1. Grease and line a 22 X 32cm slice tin with baking paper.
2. Crush biscuits in blender until breadcrumb-like. Add coconut and grated lemon rind. Mix to combine. Add melted butter, condensed milk and juice from 1 lemon. Mix thoroughly. Press into slice tin and place in fridge.
3. To make icing, beat icing sugar, room temperature butter and remaining lemon juice in a bowl until creamy. Spread icing over slice and refrigerate to set. Cut into slices.

*For 'Luminary' slice, add orange food colouring into icing and print out logo. Trace logo onto baking paper to use as stencils.





Loulou's Lemon Cupcakes

By Louisa Griffith

2 cups of self raising flour
 $\frac{3}{4}$ cup sugar
 $\frac{1}{2}$ cup milk
 $\frac{1}{4}$ cup lemon juice
zest of one lemon
2 eggs
150g melted butter

Icing

You will need icing sugar, lemon juice and butter. Quantities depend on how much icing you want on each cupcake. I normally do about 1-2 cups of sugar and 100-150g of butter.

1. Combine flour and sugar in a large bowl, make a well in the centre.
2. Pour in milk, lemon, zest and egg, mix up until combined.
3. Add butter and stir to combine, pour mixture into cupcake tins and bake for 10-20 mins or until a skewer comes out clean.
4. For the icing, beat sugar and butter in a small bowl until combined and add lemon juice.

Chocolate Mint Cake

By Carolyn

Nonstick vegetable oil spray
2 cups unbleached plain flour
1 $\frac{3}{4}$ cups sugar
 $\frac{3}{4}$ cup unsweetened cocoa powder
2 tsp baking soda
 $\frac{1}{4}$ tsp salt
1 cup water (optional dissolve 1 tsp instant coffee to water)
 $\frac{3}{4}$ cup buttermilk
 $\frac{3}{4}$ cup vegetable oil
3 large eggs

Position racks in top and bottom third of oven; preheat to 180°C. Coat two 9-inch-diameter cake pans with 2-inch-high sides with nonstick spray. Line bottoms with baking paper rounds; spray rounds.

Sift flour, sugar, cocoa powder, baking soda, and salt into a large bowl; whisk to blend and form well in centre. Whisk 1 cup water, buttermilk, oil, and eggs in a medium bowl to blend.

🏆 Runner-up: Most Delicious Looking





Pour wet ingredients into well in dry ingredients; whisk just to blend. Divide cake batter between prepared pans. Bake for 30 mins or until skewer inserted into centre comes out clean.

Mint Frosting

175g unsalted butter at room temp

75ml cream

375-500g icing sugar

1 tsp peppermint extract (or add to taste)

green food colouring

Put butter into large bowl and, using an electric mixer, beat until light and creamy, about 3 minutes. Slowly incorporate the cream and beat until fully combined. Add the icing sugar, a little at a time and once fully combined add the salt. Beat on high speed until the frosting is light and fluffy. Add the peppermint extract and colouring, if using, and beat to combine.

To assemble the cake, put one of the cake layers on a cardboard cake round or a serving plate. Top with half the frosting and spread evenly across the cake. Put the second layer on top. Spread the remaining mint frosting over the top of the cake and sprinkle with raspberries & mint leaves.



Baked Berry Oatmeal

By Carolyn

2 medium peaches, cleaned and cut into chunks	¼ cup brown sugar
½ cup blueberries	2 cups old-fashioned oats
1 ½ cups milk	½ tsp baking powder
1 cup plain yoghurt	¼ tsp baking soda
1 large egg	¼ tsp salt
	1 tsp ground ginger
	¼ tsp cinnamon

Preheat oven to 180°C. Place peaches and blueberries in baking dish coated with non-stick spray. In one bowl, whisk together the wet ingredients (milk, yoghurt, egg, sugar). In a separate bowl, combine dry ingredients (oats, baking powder, baking soda, salt, ginger, cinnamon). Combine the two and stir until evenly mixed. Pour mixture over fruit in baking dish. Cover dish with foil and place in oven. Cook for 20 minutes. Remove foil and continue to bake until the top is golden brown (about 25 minutes more). Serve warm with cold milk, whipped cream, vanilla yoghurt or just plain!



Classic Chewy Brownie

By Jase and Josh

125g unsalted butter, chopped
125g dark chocolate, chopped
3 eggs, lightly whisked
335g (1 ½ cups) white sugar
115g (¾ cup) plain flour
30g (¼ cup) Dutch cocoa powder
1 tsp vanilla extract
pinch of salt

1. Preheat oven to 180°C (160°C fan forced). Grease a 20cm square cake pan and line with baking paper.
2. Place butter and chocolate in a heatproof bowl over a saucepan of simmering water (don't let the bowl touch the water). Stir with a metal spoon until melted. Remove from heat.
3. Quickly stir in egg, sugar, flour, cocoa powder, vanilla and salt until just combined. Pour into prepared pan.
4. Bake for 30 minutes or until a skewer inserted in the centre comes out with moist crumbs clinging. Set aside to cool completely.

Sugarless Carrot Cake

By Louisa Griffith

10 Stevia packets (or ½ cup (80g) brown sugar)

¾ cup (185ml) olive oil

½ cup (125ml) golden syrup

3 eggs

1 tsp vanilla essence

1 cup (150g) self-raising flour

½ cup (75g) plain flour

50g desiccated coconut

1 tsp bicarb soda

½ tsp ground cinnamon

300g (about 2) carrots, peeled and grated

100g tinned pineapple pieces

50g walnut pieces

50g flaked almonds

Icing

½ cup (80g) pure icing sugar

½ tsp vanilla essence

250g spreadable cream cheese

🏆 Winner: Most Deceptively Healthy





Preheat oven to 170°C (150°C fan-forced). Grease a 20cm (base) round cake pan lightly with oil, and line with non-stick baking paper.

Put the Stevia (or brown sugar), oil, golden syrup, eggs and vanilla in a separate bowl. Use a whisk to combine.

Sift the flours, bicarb soda and cinnamon into a large bowl. Add desiccated coconut. Pour the oil mixture into the dry ingredients. Use a wooden spoon to stir gently until just combined. Stir in the grated carrot, pineapple, walnuts and flaked almonds.

Pour the mixture into the pan and bake for 1 hour. Set aside for 5 minutes, before turning out onto a wire rack to cool completely.

To make the icing, place the cream cheese, icing sugar and vanilla in a bowl. Use a wooden spoon to mix until well combined. Spread or pipe the icing over the cake.



Vanilla Mug Cake

By Sarah, Scarlett and Lilith

Cooking time: 2 minutes, prep time: 3 minutes, total: 5 minutes

¼ cup + 2 tbsp plain flour

2 tbsp granulated sugar

¼ tsp baking powder

pinch salt

¼ cup + 2 tbsp milk

1 tsp vanilla bean paste and ½ tsp vanilla extract
(or just 1 tsp extract)

2 tbsp butter, melted

Optionally add sprinkles to cake mixture

Optional topping - nutella

1. In a bowl mix together the dry ingredients. Make a well in the middle and add the milk and vanilla, then the melted butter. Stir with a fork until there are no lumps. Transfer to a large mug or 2 smaller cups (must be microwave safe).
2. Microwave for around 2 - 2.5 minutes depending on microwave.
3. Eat straight from the mug warm. Optionally top with nutella or ice cream.

Bagels

By Sarah

6g active dry yeast
20g teaspoons sugar
300ml warm water
440g bread flour or high gluten flour
large pinch salt
15ml maple syrup (or honey, or fine without as this just adds golden colour to bagels)

Topping (optional)

Just omit anything you don't have, or mix and match
1 tbsp poppy seeds
1 tbsp sesame seeds
1 tbsp garlic flakes
1 tbsp dried onion (or finely sliced spring onion)
large pinch flaked/coarse sea salt

1. Add yeast and sugar to 120ml of the warm water and let sit for a few mins, then stir until sugar dissolves. Mix flour and salt in a large bowl, make a well in middle and pour in yeast mix.



2. Add 80ml additional warm water into the well and mix, and add more warm water to get a good consistency of dough (moist but firm).
3. Turn dough onto a floured surface and knead the dough for about 10 minutes until it is elastic and smooth. Work in as much flour at this point as you need to get a firm dough.
4. Brush or spray the bowl with oil and return the dough. Cover with a damp tea towel or cling film and leave somewhere warm to rise for at least one hour or until it doubles in size (depends on temperature).
5. Punch down the dough and leave for 10 more minutes.
6. Heat oven to 220°C.
7. Prepare your toppings by mixing ingredients together and putting on a plate to press bagels into.
8. Divide into 8 even parts and roll each into a ball before pressing your thumb through the middle and even out into a ring (the hole will close a little during cooking, so make bigger than desired).
9. Rest raw bagels on a baking sheet covered with a damp tea towel or cling wrap for 10 minutes.
10. Start to bring a large pot (I use a wok) of water to the boil. Add in syrup or honey.
11. Use a slotted spoon to carefully place bagels in the boiling water. Place as many as you can so they don't stick together. After 1 minute flip the bagels (longer boiling time = more chew).
12. Take bagels out of the water and onto a baking sheet. If you are adding toppings, press the bagel into the toppings now.
13. Bake bagels for 20-25 minutes or until light golden brown. Err on the lighter side if you are going to store and re-toast. You can eat them straight from the oven or store and toast to reheat. If you are going to freeze, pre-slice in half and store back-to-back for easy toasting. I like to serve with butter or cream cheese.



Rhubarb Crumble

By Sarah

8 rhubarb stems
2 tbsp sugar
1 lemon
2 tbsp water

Crumble

150g plain flour
100g brown sugar
50g rolled oats
100g chilled butter, chopped
5g cinnamon

1. Preheat oven to 180°C. Chop rhubarb into 5cm sections. Place rhubarb and water in pan, squeeze in lemon juice. Sprinkle sugar over rhubarb, drop in squeezed lemon halves. Cover and cook until rhubarb softens (check after 5 mins).
2. Place crumble ingredients in a bowl. With your hands work together ingredients into a breadcrumb texture. Place rhubarb mix into an ovenproof dish. Gently spoon over the crumble covering right to the edges. Sprinkle with cinnamon. Bake for around 20 minutes. Serve with custard, cream ... or ice cream if you are weird (or Australian).

SMITTEN KITCHEN CRISPY CHEWY CHOCOLATE CHIP COOKIES



NAILED IT!

A Tale of Woe

By Tess

Hello team. I come to share a story of woe. I am not a good baker. I am famous in my friendship group for attempting to feed them gingerbread that you could have made a footpath out of because I forgot to add the sugar and syrup.

I asked my bake-savvy friends for a recipe for cookies and they recommended this one:
<https://smittenkitchen.com/2009/03/crispy-chewy-chocolate-chip-cookies/>

I followed it so closely. The result? They were concerningly rotund, and someone very close to me said “it looks like you baked some baby poop”.



So I sent this image to my baking friends who diagnosed the issue as not enough choc chips and the oven being too hot.

I had left most of the batter aside (and frozen it) for this exact reason. So I iterated... First adding more chips.



Then WAY more chips.



Then I ran out of chips and decided to bake them on a way lower temperature for way longer.

Nick and I are very fat now.



Thank you

Every dollar raised from the sale of this recipe book has gone to Cancer Council Australia to help fund life-saving research, and cancer prevention and support programs.



