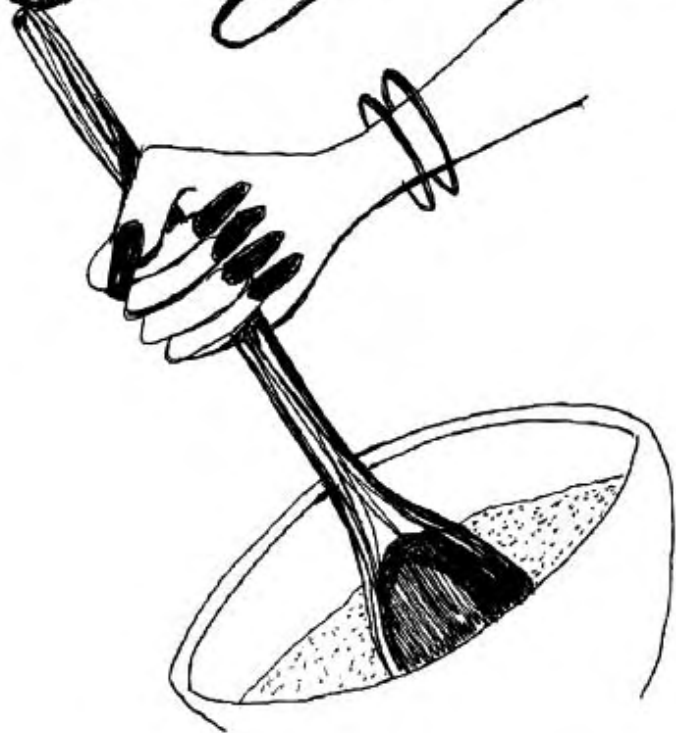


feet
Ladyfest



Ladyfest Bristol 2007

Ladyfest Bristol 2007 is taking place from 27th August to 2nd September at various venues across Bristol. It will involve art exhibitions, club nights, gigs, workshops, films, theatre and spoken word events.

Ladyfest Bristol 2007 aims to...

- Celebrate the creativity, achievements and experiences of women
- Promote gender equality by provoking thought and discussion on gender issues
- Organise a diverse programme of events accessible and inclusive to all men, women and children

Ladyfest Bristol will be a diverse event, in keeping with the growing variety of recent festivals. Musically, we are presenting indie, electro, hip hop and folk nights. This means that whatever your taste, there will be a night to go dancing that will suit you!

Like Ladyfests before us we will be exhibiting a range of local and national artists, as well as running workshops on drawing, writing, knitting, self defence, and music. Film and theatre will play a strong role in the event. There will be acting workshops, the Cube cabaret, and local women filmmakers will have the opportunity to show off their work.

It is important to us that Ladyfest explores its own political and ethical motivations whilst making sure that we don't exclude anyone or make people feel uneasy about attending. We want to use the festival to raise discussion and debate about gender roles and women in society, through discussion, art and music!

www.ladyfestbristol.org.uk

Right then,

Here, for your delectation, is an assorted collection of ladyfests favourite cakes and baked goods, compiled along side some back-to-basics 1950's housewife tips! Lets eat cake!

em and ladyfest Bristol 2007



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Cakes my mum taught me:

Pre heat the oven to 180 degrees.

Measure out 4oz of margarine/butter and 4oz caster sugar in to a mixing bowl. Cream (stir and blend) together until a pale yellow colour.

Beat 2 eggs and stir gently into the mixture. If the eggs start to curdle, add a LITTLE bit of flour.

Once it's a smooth and runny mix, add 4oz self raising flour and fold in. Folding means you get lots of air in to it, so the cakes come out light. Do this until it is smooth.

Add 1-2 tablespoons of cocoa powder. Be careful - add a little at a time if you're not sure, as you can always mix in more.

Put a dollop of mixture in to a cake case - you should get about 12.

Bake for 15-20 minutes.

And eat up! Having licked the bowl too of course!

Sian



Julie's Flapjacks

1 standard package of molasses sugar
14oz butter (soya margarine for vegans)
6 tablespoons of honey (maple syrup for vegans)
One and a half pounds of porridge oats

Melt together in a large saucepan the butter, sugar and honey. Add the oats and mix thoroughly. Press into a large roasting pan or swiss roll tin (I used baking paper in a 14" x 12" tin).

Bake at 190 C or gas 5 for 10 minutes. Then turn down to 160 C or gas 3 for 6 minutes.

Cool for 10 minutes and turn out. Cut into squares before cold.

Enjoy!

In memory of my mum, who was famous (among family and friends) for her flapjacks.



METHODS OF CAKE MAKING

1



1 Sieve flour, salt and spice (if any) together in a mixing bowl.

RUBBING IN



2 Add fat to dry ingredients and divide into small pieces with a knife.



3 Rub fat and flour between finger-tips until mixture resembles fine breadcrumbs, then stir in sugar, fruit, etc.



4 Make a well in the centre of the dry mixture and add beaten egg, any milk and water or syrup that may be included in the recipe.

5 Stir, then beat well or mix as directed.

6

Jessica's Foundation Recipe for Everyday Cakes

This is a recipe from the oldest cookery book in my house, *The Art of Home Cooking by the Stork Margarine Cookery Service*. It's full of rather frugal recipes from the 1950s when they were still only just coming out of rationing. Olive oil does not feature! I always used to use this recipe when I was little and baking fairy cakes with my Mum though - and I still use it today.

-Get a medium sized cake tin and line it with greaseproof paper (or one of those cake cases with the crinkly edges will make your cake look really professional!).

-Put the oven on to gas mark 4/ 180 degrees C.

-Sieve 8oz of flour together with a pinch of salt in a big mixing bowl.

-Get 4oz of margarine (Stork or otherwise) and cut it into little bits and rub it into the flour - yeah you get messy! Use your fingertips until it's all rubbed in with no big bits.

-Add 4oz of caster sugar to the mixture and stir in with a metal spoon.

-At this point you can add some mixed fruit if you want. Or chocolate chips!

-Beat together 2 eggs with about 4 tablespoons of milk and then stir this into the mixture. Add more milk if necessary, but you don't want it too sloppy.

-Turn into the prepared cake tin and put in the oven.

-It should be ready in about 1 ¼ hours, but check it with a knife, you want it to come out smooth.

Eat it as soon as you can!! (Although let it cool a bit first)

NB. If you want chocolate cake then just add some cocoa powder in with the flour. Add flavourings and colours as desired

Emma and Gemma's Cauldron Cakes

We made these lovely cupcakes for our Harry Potter 7 release party.

Inspired by a recipe from 'Vegan Cupcakes Take Over The World', these are little pieces of rich chocolatey joy.

Ingredients:

- 2/3 cup dark chocolate (if vegan, make sure it is fully milk-free)
 - 1/4 cup yoghurt (soy for vegans) - either plain or cherry
 - 1/2 cup cherry jam
 - 1/2 cup milk (soy for vegans)
 - 3/4 cup castor sugar
 - 1/2 cup vegetable/sunflower oil
 - 1 tsp vanilla extract
 - 1/2 tsp almond extract
 - 2 tbsp amaretto, cherry brandy or bourbon
 - 1 cup, plus 2 tbsp plain flour
 - 1/4 cup cocoa powder (NOT drinking chocolate)
 - 1 tsp baking powder
 - 1/2 tsp baking soda
 - 1/4 tsp salt
 - 15 pieces of thick liquorice or similar (check for gelatine-free if veggie)
- spray oil to lightly and evenly grease the cupcake cases with. If you don't have this, then you can lightly grease them with a little oil or margarine, but only use a little.
1. Preheat your oven to Gas 4/180°C/350°F. Lay out 15 cupcake cases in a tray and grease them all lightly with your spray oil.
 2. Melt the chocolate. (Note: any leftover chocolate should be saved and melted and used as a topping for your cupcakes once they are baked and cooled).
 3. Separately, mix the yoghurt, jam, milk, sugar, oil, vanilla and almond extracts and booze very thoroughly.

4. Sieve and add the flour, cocoa powder, baking powder and soda and salt. Beat well, then stir in the melted chocolate.

5. Fill the liners fairly full with the mixture. Leave some room at the top for them to rise; not as much as you might normally, about half a centimetre. Fill them too high and they'll sink!

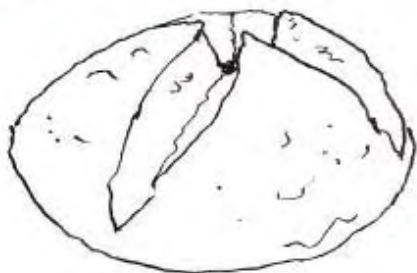
6. Bake for about 25 mins, until slightly cracked on top and an inserted knife comes out clean.

7. Once completely cool, add any leftover melted chocolate to the top, or sprinkle with a little icing sugar if you like. Make a cauldron handle for each cake by bending a piece of liquorice into a U-shape and inserting each end into opposite sides of the cupcake.

These handles will only last a few hours before snapping, so serve right away!



Soda Bread



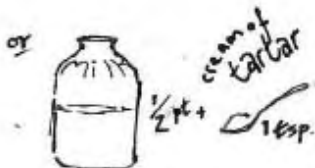
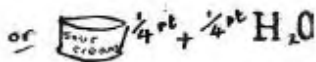
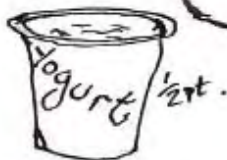
Step 1:



Step 2



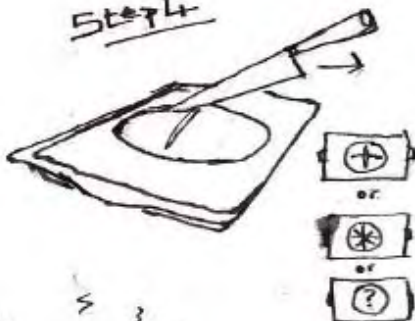
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Step 3



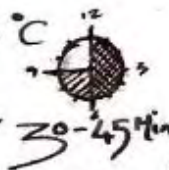
Step 4



Step 5

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LINING THE CAKE TIN

SANDWICH TIN

Place the tin on greaseproof paper and draw round it with a pencil.



CAKE TIN

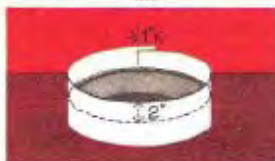


Cut just inside the pencil mark with scissors.

Cut a strip of paper long enough to go round the tin and over-lap about 1 inch.

For a sandwich tin the strip should be about 2 inches deeper than the tin.

For a cake tin the strip should be about 2½ inches deeper than the tin.



Lay the strip flat on the table and turn up ½ inch and crease. Snip diagonally to the fold.



Brush inside the tin with melted lard or vegetable cooking fat, using a pastry brush. Insert strip so that the snipped part lies flat on the base.



Put the circle in place and lightly brush over the paper on the base and sides with fat.

METHODS OF CAKE MAKING

2

CREAMING



- 1 Cut up the fat (warmed, but not melted, in cold weather), beat until soft with a wooden spoon or spatula.
- 2 Add the sugar and beat until the mixture is light in colour and fluffy in texture.



- 3 Sieve the flour, salt and spice together.
- 4 Add eggs one at a time with a little of the sieved flour, spice, etc. Stir, then beat thoroughly.



- 5 Stir in milk (syrup if included) and a little flour. Beat again.
- 6 Add fruit, flavouring, etc., and the rest of the sieved flour. Stir in thoroughly but do not beat.



- 7 Put the mixture into the tin and smooth level with a palette or table knife.
- 8 Bake as directed in the recipe, covering the cake with greaseproof paper when the top is sufficiently brown.

The Emma Hobday Experience (Gorgeous Low-Fat Vegan Banana Bread)

This is a rich, moist banana bread, which is very fruity and not too sweet. It will make your house smell gorgeous whilst it is baking! It is quite filling, so serve in fairly small slices.

Ingredients:

- 4-5 bananas, depending on size
- 3 handfuls of rolled oats (about 150g)
- 1 handful of wholemeal flour (about 50g)
- a splash of water
- 1/2 tsp baking soda
- 1 tbs baking powder
- demerara sugar, as needed
- dried fruits of your choosing

1. Mash up the bananas with your implement of choice (fork, blender, potato masher, etc.). Some small lumps are okay! But, they need to be quite smooth, as these bananas have to bind the mixture together in the absence of egg. They are also rich enough to require no fat!

2. Mix in about the oats.

3. Mix in about a handful of wholemeal flour (enough to make it squishy) and the baking powder and soda.

4. Add a splash of water, beat thoroughly, then stir in whatever

dried fruits you like. My personal favourites: sultanas, dates, and

dried apricots. Dried apple rings arranged on the bottom of the

baking dish before you add the mixture is also extremely classy!

5. Pour mixture into a greased baking dish. Line it with greaseproof paper too, if you have it, for easy removal.
6. Sprinkle the top with demerara sugar (any sugar will do actually) to create a delicious sweet crunchy top. Omit this stage if you are feeling extremely virtuous (although, the rest of the ingredients are so wholesome that I feel this stage is justified).
7. Bake in a moderate oven (Gas Mark 3/160°C/325°F) for a good hour, until a fork comes out almost clean and it's nice and brown on top. This is quite a dense banana bread, so won't come out entirely clean. This may take up to 1hr 45mins, depending on your oven and how much dried fruit you added. Be careful not to let it burn!
8. Let cool a little before slicing and eating. This will keep for a couple of days, but also freezes very well! Good with cups of tea.





Plate I

Cheese Scones for Your Guests

(Quantities for six to eight people)

8 oz. flour
 $\frac{1}{2}$ teaspoonful salt
2 large teaspoonfuls baking powder

$\frac{1}{4}$ teaspoonful dry mustard
1 oz. margarine
2 oz. grated cheese
Milk, or milk and water, to mix



1. Sieve flour, salt, mustard and raising agent into a bowl and rub in the margarine.

2. Add cheese and mix well, using a knife, add enough liquid to make a soft dough.

3. Turn on to a lightly floured board, knead for a minute and then divide the dough with a knife into two equal portions. Roll out lightly to 1 in. thickness.

4. Cut into single scones or mark across and bake as ring. Put on greased tin, brush with milk and bake in hot oven (475° F.), 10 minutes for single scones and 20 for ring.

