



## Foreword



Antrim Borough Council is passionate about all things Fairtrade. We feel that it is important, as a community, that we work together to raise awareness and support for Fairtrade, especially since we are working towards Fairtrade town and Borough status.

And what better way to raise its profile than by enlisting the help of food ambassador, celebrated chef and author Jenny Bristow.

We are indebted to Jenny for taking the time and effort to create exclusive recipes, specially for our Fairtrade event. They showcase the quality and diversity of the many Fairtrade producers and how easy and effortless it is to introduce Fairtrade products into our everyday lives.

Antrim Borough Council and Jenny Bristow would also like to thank Dale Farm for sponsoring this event and helping to make it possible. Jenny is delighted to be working alongside Dale Farm and their extensive range of products well known to everyone, with a diverse range and emphasis on quality low fat produce.



## A Caribbean Curry

**(Serves 6)**

### Ingredients

115g/4oz shaved Fairtrade coconut flesh  
2 dssp milk curry powder  
2 green chillies – chopped  
2 spring onions – chopped  
70ml/ 1/8 pt coconut liquid  
1 dssp oil  
2 cloves garlic  
1 inch (2.5cm) root ginger  
280ml/ 1/2 pt coconut milk  
225-285g/8-10oz prawns  
115g/4oz fresh Fairtrade pineapple  
1 Fairtrade lemon rind and juice  
Salt and pepper  
2 dssp parsley – freshly chopped  
1 Fairtrade banana  
1 Fairtrade mango

### Method

First extract the necessary ingredients from the coconut. Pierce the eyes of the coconut and drain off the coconut liquid. Set aside until required. Crack the coconut open and place in the oven at Gas Mark 4/180°C/350°F for 15 minutes. This should allow the shell and the flesh to come apart more easily. Peel off the brown skin, then shave the coconut flesh using a peeler. The recipe requires 115g/4oz so when you have enough set it to one side. To make the coconut milk, grate the rest of the coconut flesh into a bowl, pour in 280ml/1/2 pt hot, but not boiling water and leave to infuse. Squeeze the coconut flesh to extract all the flavour and juices then remove the flesh and set the 'milk' aside until it is needed. Mix the coconut flesh, curry powder, chillies and spring onions together in a blender. Add the coconut liquid and mix to form a paste. Heat the oil in a large frying pan and cook the garlic and ginger for 2 minutes. Add the paste and cook for a further 2 minutes until the flavour intensifies and a little of the liquid evaporates off. Add the coconut milk and stir well before adding the cooked, shelled prawns, pineapple, banana, mango, lemon juice and rind. Bring up to simmering point and cook slowly for 10-12 minutes. Adjust the seasoning and garnish with parsley. Serve hot with boiled rice..



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## A Pineapple Salsa

**(Serves 2)**

### Ingredients

1 dsp light grapeseed oil  
½ inch (1cm) root ginger  
½ small onion  
30g/1oz Fairtrade brown sugar  
Rind and juice of 1 Fairtrade lemon or lime  
225g/8oz fresh Fairtrade pineapple – cut into chunks  
Few drops Tabasco sauce  
140ml/¼ pt vegetable stock

### Method

Heat the oil and fry the ginger and onion for 2 minutes. Add the soft brown sugar, lemon or lime juice and rind, pineapple chunks, Tabasco sauce and stock. Simmer for 15-20 minutes until the pineapple is tender and soft and the liquid has reduced by almost half. Serve hot or cold.



## Banana Tarte Tatin

**(Serves 6-8)**

### Ingredients

225g/8oz plain flour – sieved  
½ tsp baking powder  
½ tsp vanilla essence  
125g/4½ oz Dromona butter  
25g/1oz Fairtrade sugar  
2 egg yolks

### Filling

6 Fairtrade bananas  
50g/2oz Dromona butter  
110g/4oz Fairtrade sugar  
1 dsp Fairtrade honey

### Method

Place the flour, baking powder, vanilla essence, butter, sugar and egg yolks in a food processor and whiz for approximately 2 minutes until all the ingredients bind together. Alternatively, this pastry can be made by hand. Place the flour and baking powder in a bowl, cut and rub in the butter, then add the sugar, vanilla essence and egg yolks. Mix well until the pastry comes together to form a dough. Wrap the pastry in clingfilm and rest in the fridge for 15-30 minutes.

### Filling

Mix the butter and sugar in an oven-proof frying pan or tarte Tatin dish until the mixture starts to caramelize. Place the bananas rounded side down on top of the mixture in a circular pattern. Cook for 10-12 minutes until the bananas are golden in colour and the sugar has turned to caramel. Remove from the heat.

Roll out the pastry to fit the size of the tarte Tatin dish and lay it over the top of the bananas, tucking in any excess pastry tightly around the bananas. Place the tarte Tatin in the oven @ 200°C/Gas Mark 6 for 10-12 minutes, then reduce the heat to 180°C/Gas Mark 4 for a further 10 minutes or until the pastry is golden and has risen slightly.

Remove from the oven and leave to cool slightly. Using a knife, loosen the pastry around the edge of the dish and place a plate on top of it. Quickly turn upside down so that the tarte Tatin is flipped onto the plate. Serve hot or cold.

### To serve

Garnish with lemon and lime twists Paprika pepper



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## Buttermilk, Honey and Oatmeal Bread

**(Serves 6)**

### Ingredients

225g/8oz strong white flour  
115g/4oz fine oatmeal  
115g/4oz coarse wholewheat flour  
1 tsp bicarbonate of soda  
2 dsp Fairtrade honey  
280ml/½pt approx. Dale Farm Organic buttermilk  
Poppy or sunflower seeds for the top

### Method

Begin by mixing the flours and bicarbonate of soda thoroughly in a bowl. Add the honey, and use the buttermilk to mix to a soft dough. Knead lightly to get the surface smooth, then either put in a loaf tin or on a baking sheet. Brush the top with low-fat milk, and sprinkle with poppy or sunflower seeds if wished, and bake at 220°C/425°F/Regulo 7. If the crust on top of the loaf is becoming very firm and brown, cover it with a sheet of foil. (I like to use buttermilk in bread-making as I feel the crust is softer, and often the bread will keep better – that is, if there is any left). Wrap the bread in a tea-towel when it comes out of the oven don't forget to 'tap its bottom' to check if it is well cooked.



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## Crunchy Coffee Muffins

Here's a basic muffin recipe which I vary depending on what happens to be in the cupboards. The secret of any muffin mixture is not to over beat but rather to bind the ingredients together.

**(Serves 10-12)**

### Ingredients

25g/1oz oatmeal  
170g/6oz plain flour  
55g/2oz Fairtrade sugar  
2 tsp baking powder  
½ tsp salt  
1 egg - lightly beaten  
200ml/7oz Dale Farm Organic milk  
85g/3oz melted Dromona butter  
4 dsp fair-trade coffee (mixed with 2 dsp of water)

### Method

Mix all the dry ingredients together, then add the coffee. In a separate bowl combine the egg, milk, melted butter and mix gently into the dry ingredients. Do not beat. Transfer to individual muffin tins or cases and bake at 190°C/375°F or Regulo 5 for approximately 20 minutes. Serve hot or cold.



## Crunchy Fairtrade Coffee Drizzle Cake

A simple cake made by the all in one method for convenience. The flavour of fairtrade coffee can be increased if you prefer a rather rich dark cake. This cake can also be topped with a sprinkling of nuts if you prefer.

**(Serves 6-8)**

### Ingredients

175g/6oz Dromona butter or polyunsaturated  
175g/6oz Fairtrade sugar  
3 eggs – lightly beaten  
175g/6oz self-raising flour  
25g/1oz ground almond  
1 dsp Fairtrade honey  
1 dsp fair-trade coffee (blended with 1 dsp water  
and Fairtrade honey  
1 tsp baking powder

### Topping

25g/1oz Fairtrade Demerara sugar  
2 dsp Fairtrade runny honey  
1 dsp fair-trade coffee (mixed with 1 dsp water)

### Method

Pre-heat the oven to 170°C/Gas No 3-4. Lightly grease a spring flan tin and line it with baking or greaseproof paper.  
Into a mixing bowl add the softened fat, sugar, sieved flour, lightly beaten eggs, baking powder and coffee mix well with warm water and honey. Beat together for 3-4 minutes until smooth and creamy then pour into the lined tin and bake in the oven until well risen, golden and firm to the touch. When cooked turn out into a wire rack

While warm make the topping. Mix together the fair-trade coffee, warm water and honey together. Add the Demerara sugar and pour over the cake. Serve hot or cold cut into wedges and serve with yoghurt, cream or on its own.



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## Fairtrade Banana Tea Bread

Bananas are probably one of my favourite fruits and in this recipe they help create a tea bread which is soft-textured and moist.

**(Serves 6-8)**

### Ingredients

115g/4oz Dromona butter or margarine  
115g/4oz Fairtrade granulated sugar  
2 ripe Fairtrade bananas – mashed coarsely  
115g/4oz self-raising flour – sieved  
½ tsp baking powder  
1 egg – beaten  
85g/3oz wholemeal flour

### Method

Cream the butter and sugar, then mix in the mashed bananas. Next add the sieved self-raising flour and baking powder with the beaten egg and finally the wholemeal flour. Turn into a well greased and base-lined 450g/1lb loaf tin. Bake in the middle shelf of the oven at 180°C/350°F for approximately 45-50 minutes until the loaf is firm and showing signs of shrinking away from the side of the tin.



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## Irish Freckled Tea Loaf

This cake cooks in either a 90g (2lb) loaf tin or 20cm (8 in.) diameter round tin, lined.

**(Serves 6-8)**

### Ingredients

225g/8oz Fairtrade sultanas and mixed fruit  
½ tsp mixed spice  
7 cherries – chopped  
7 walnuts – chopped  
115g/4oz Fairtrade soft brown sugar  
140ml/¼ pt Fairtrade cold tea  
140g/5oz margarine or Dromona butter  
2 eggs – lightly beaten  
225g/8oz self-raising flour

### Method

Place the sultanas, spice, cherries, walnuts, soft brown sugar, tea and fat into a saucepan, bring to the boil then turn off the heat immediately and leave to cool. Beat the eggs separately, then add to the mixture slowly with the sieved flour. Mix well then bake in the oven 190°C/375°F or Regulo 5 for approximately 1 hour.  
Leave to cool in the tin before turning out.



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## Lemon and Rum-Baked Bananas

**(Serves 4)**

### Ingredients

4 Fairtrade bananas  
4 dsp lemon juice (FT Lemon)  
2 dsp Fairtrade honey  
55g/2oz Fairtrade Demerara sugar  
Sprinkling of dark rum  
140ml/¼ pt whipped cream or Dale Farm Spelga  
yoghurt  
115g/4oz flaked toasted almonds to serve

### Method

Split the bananas lengthways in their skins and place in a foil parcel. Sprinkle with lemon juice, honey, demerara sugar and a little rum. Leave to cook until the banana softens.  
Serve with whipped cream or yoghurt and flaked almonds.



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## Mango and Banana Breakfast Smoothie

Quick, easy and packed full of goodness, smoothies make an ideal breakfast. Whether you use fruit or vegetables, yoghurt or fruit juice, they will not only give you many of the vitamins you need, they'll also make you feel great.

To maximise your vitamin intake buy fruit and vegetables in season  
Smoothies are delicious poured over muesli instead of milk or yoghurt.

**(Serves 2)**

### **Ingredients**

2 Fairtrade mangoes  
2 Fairtrade bananas  
Juice of 1 large Fairtrade orange  
250ml/½pt plain Dale Farm Spelga yoghurt  
Juice of ½ Fairtrade lemon (optional)  
Fresh mint to garnish

### **Method**

Peel the mangoes and bananas and pare off the flesh from around the stone. Cut the flesh into small chunks and place in a blender. Add the orange juice and yoghurt and whiz. Add the lemon juice, if using and stir. Pour the smoothie into some glasses. Serve decorated with fresh mint and banana slices.



## Spiced Roasted Fruit

So many fruits are available Fairtrade e.g. pineapple, mangoes and bananas. This spiced fruit salad is very versatile. It's delicious served on its own but for a more filling breakfast try adding yoghurt and/or muesli.

**(Serves 8-10)**

### Ingredients

1 Fairtrade mango  
1 Fairtrade banana  
6-8 Fairtrade plums  
6 Fairtrade figs – fresh or dried (if in season)  
6 Fairtrade apricots – fresh or dried  
110g/4oz Fairtrade mixed dried fruit  
1 Fairtrade pineapple

Zest and juice of 2 Fairtrade oranges  
2 tbsp Fairtrade honey  
1 Fairtrade cinnamon stick –broken in half  
3-4 star anise  
2 cardamom pods

### Method

Wash the fruit and remove all stones. Leave the small fruit whole and half or quarter any of the bigger fruit. Place in an oven proof dish.

Place the orange juice and zest in a small bowl and mix with the honey, cinnamon stick and star anise. Shell the cardamom pods, crush the seeds, add to the bowl and mix well. Pour the syrup over the fruits and roast in the oven @ 200°C/Gas Mark 6 for 20-25 minutes, spooning the syrup over the fruit regularly during cooking. When the fruit has softened and blackened slightly, remove from the oven. Serve hot or cold.