

# BR7 Baking

## SALAD AND CUPCAKES

Our recipes this months are both delicious and really simple to make. So for those of you who are rushed of your feet, take some time out of your day and try one of these out.

The quinoa salad is a recipe written by the specialist chiropractors from the Chislehurst Chiropractic clinic. It is vegan friendly , gluten free and I have to say really yummy!

However, if you feel like treating yourself why not try my cupcake recipe. They are a big crowd pleaser and look as good as they taste!

## QUINOA SALAD—SERVES 6—10

### Ingredients

1 50g Uncooked Quinoa, rinsed	Salt and Ground Black Pepper
1 Red Pepper	150g Peas
1 Courgette, Chopped	1 Carrot, Grated
1 Red Onion, Chopped	15g Coriander, Chopped
70ml Olive Oil	5 tbsp. Balsamic Vinegar
1 tsp. Wholegrain Mustard	2 Cloves Garlic, Crushed

### Instructions

Cook the Quinoa following the instructions on the packet. Remove from the heat, cover and let it sit for 5 minutes.

Add the red pepper, red onion and the courgette to a frying pan with 10ml of the oil and cook for 5-10 minutes until soft. Place in a large bowl.

Cook the peas in boiling water for 3 minutes. Drain and add to bowl. Add the carrots and coriander to the bowl and mix.

Place the olive oil, balsamic vinegar, garlic and mustard into a jug and mix well.

Once the quinoa is cool, use a fork to fluff it up. Add to the bowl with the vegetables, along with the dressing . Season to taste and mix well.

### TOP TIPS :

- 1) For extra flavour, cook the Quinoa in Vegetable Stock instead of water.
- 2) Getting the right garlic flavour for you is important. If your not to keen on the flavour of garlic, only add 1 clove and finely chop it. However, if your anything like me and love it, use the small side of a grater to make an intense garlic paste.

### Fun Facts about Quinoa

- It isn't actually a Grain. It belongs to the same plant family as spinach and beetroot
- There are more than 100 different types
- Twenty years ago, NASA researchers declared quinoa the perfect inflight snack for astronauts on long-term missions because it is mineral-rich, gluten-free and contains all the essential amino acids.



This month we have been working with the  
**Chislehurst  
Chiropractic Clinic**



Based in the heart of Chislehurst, they have a team of highly experienced chiropractors who have been serving the local community since 2007.

Their aim is to help maintain long-term health and wellbeing. Dealing with current pains, addressing the root cause, listening to your concerns and finding a solution.



## CHERRY, PINEAPPLE AND COCONUT CUPCAKES - MAKES 12

### Ingredients

For the Cakes:

- 195g Self Raising Flour
- 120g Butter, softened
- 130g Caster Sugar
- 70g Desiccated Coconut
- Zest of 1 Lemon
- 1 tsp. Baking Powder
- 3 Eggs
- 50ml Milk
- 100g Fresh Cherries— quartered

For the Icing:

- 100g Butter, softened
- 220g Icing Sugar
- 1 tsp. Vanilla Extract
- 1 tbsp. Milk

For the Topping:

- 50g Desiccated Coconut
- 200g Fresh Pineapple
- 12 Whole Cherries, Optional

### Instructions

#### For the Cakes

Preheat the oven to 180° / gas mark 4. Line a muffin tin with 12 paper cases.

Place the butter, sugar and lemon zest into a bowl and mix for 5 minutes until pale. Gently fold in the flour, coconut, lemon zest, eggs, milk and cherries.

Divide the mixture between the paper cases and bake for 18-20 minutes. Remove from the oven and leave to cool in the tin.

#### For the Icing

Place all of the ingredients into a bowl and mix well for 5 minutes until smooth.

#### For the Topping

Thinly slice the pineapple and place onto a lined baking tray. Once the cupcakes are cooked, place the tray in the oven for approx. 30-45 minutes, until the pineapple has dried out and the flavour has intensified. Leave to cool.

Spoon or pipe the icing onto the cupcakes and leave them to sit for 2 minutes to firm up slightly.

Place the desiccated coconut into a bowl. Gently dip the cupcake with the icing on into the bowl of coconut and move them around to get an even coating.

Place the sliced pineapple and whole cherries on top.

#### Top Tip:

- 1) If your not a big icing fan, these are just as yummy without. They make the perfect mid morning snack or an on the go breakfast treat.
- 2) The first stage of making a cake batter is the most important! Always mix the butter and sugar together for at least 5 minutes. It should become smooth and pale in colour. This will ensure that you cakes come out light and fluffy every time.

We would love to hear how you got on with this month's recipe.

Good or Bad!

Send us your comments and pictures to [contact@visitchislehurst.org.uk](mailto:contact@visitchislehurst.org.uk)

OR post your pictures on social media and tag **Visit Chislehurst**

Thank you to **Tara and Sara from the Chislehurst Chiropractic Clinic** for working on this month's issue and **Clare Herriot** for the photos and video.

