

The Ultimate Nanaimo Bar

Ingredients

Bottom Layer

½ cup butter
5 Tbsp cocoa powder
¼ cup sugar
1 egg,
1 ¾ cups biscuit crumbs
1 cup shredded coconut
½ cup almonds, finely chopped

Middle Layer

½ cup butter, softened
2 tbsp + 2 tsp whipping cream
2 Tbsp vanilla powder
2 cups icing sugar

Topping

115 g chocolate
2 Tbsp butter

Bottom Layer

Pour 2 cups (500 mL) water into bottom of double boiler. Place on stove over medium heat and bring water to simmer.

In top of double boiler; combine butter, cocoa and sugar; place over simmering water. Heat, stirring, until butter has melted and mixture is smooth. Tip: If you don't have a double boiler, half-fill a saucepan with water and heat over medium heat until water begins to simmer. Then, place a metal or glass bowl over the simmering water and proceed as directed.

Add beaten egg; stir until thick. Remove top of double boiler from heat. Stir in biscuit crumbs, coconut and almonds.

Scrape into baking paper-lined square baking dish. Press firmly to create even bottom layer.

Middle Layer

In bowl, cream together butter, cream and custard powder. Gradually add icing sugar; beat until light and fluffy. Scrape over bottom layer, smoothing top with spatula or palette knife.

Topping

In clean double boiler, melt chocolate and butter together. Remove from heat; let cool slightly. When cool, but still liquid, pour over custard layer. Cover and refrigerate until cold.

MAPLE CINNAMON ROLLS

Dough

¾ cup warm milk

2 tsp active dry yeast

1 tsp + 1/3 cup packed brown sugar

3 cups all-purpose flour

1 tsp salt

1 tsp cinnamon

1 tsp maple extract

3 Tbsp butter, melted and cooled

1 egg

Filling

3 Tbsp butter, melted

1 cup brown sugar

1 Tbsp cinnamon

¼ tsp salt

Dough

In the bowl of a stand mixer combine warm milk, yeast and 1 tsp brown sugar. Let stand for 10 minutes until the mixture is frothy.

In a separate bowl combine flour, remaining sugar, salt and cinnamon. To the yeast mixture add the egg, butter and maple extract. Mix well to combine.

Add flour mixture to yeast mixture. Mix well until dough is smooth and pulls cleanly away from the bottom and sides of the bowl, about 5 minutes.

Place dough in a lightly oiled bowl and cover with plastic wrap. Leave dough to rise until doubled in size, about 1 hour.

Filling

While the dough is rising, make the filling. In a small bowl combine sugar, cinnamon, salt and melted butter.

After an hour, punch down dough. Roll out dough on a lightly floured surface into a rectangle. Spread filling mixture evenly over dough. With the long edge facing you, tightly roll up dough in jelly roll fashion. Cut roll crosswise into 12 equal sized pieces. Place rolls in a lightly oiled iron pan. Cover with a damp cloth and let rise until doubled in size, 30 to 40 minutes.

Preheat oven to 220°. Remove damp cloth and bake until golden brown and baked through, about 30-45 minutes.

Glaze

Glaze

¼ cup butter

¼ cup cream

¼ cup maple syrup

1 cup brown sugar

In a small pot over medium heat combine all glaze ingredients. Bring to a boil then reduce heat to low and simmer for 3 to 5 minutes, until glaze is sticky and thickened. Pour over warm rolls.

AUSTRALIAN LAMINGTON CAKE

Butter cake:

Ingredients

- Butter cake:
- 240 g all-purpose flour
- 2 teaspoons baking powder
- pinch of salt
- 120 g butter, soft
- 150 g granulated sugar
- 2 eggs
- 1 teaspoon vanilla extract
- 125 ml milk
- For the chocolate icing:
- 325 g icing sugar
- 65 g cocoa powder
- 75 g butter
- 250 ml milk
- 200 g desiccated coconut powder

Bake the butter cake one day in advance as it needs to spend the night in the refrigerator. Preheat the oven to 180 degrees C. Grease a square 20 cm baking dish.

Sift together the flour, baking powder and salt. Set aside.

In another bowl beat the soft butter until creamy. Add the sugar and beat until pale and fluffy. Add one egg, beat well to incorporate, then add the second egg and the vanilla extract and incorporate as well.

Set the mixer at the lowest speed. Alternatively add the flour and the milk, starting and finishing with the flour. Beat the mixture only shortly until smooth, do not over beat.

Give the batter into the prepared baking dish and bake for 25-30 minutes or until a skewer inserted in the middle of the cake comes out clean. Leave the cake in the baking dish for about 10 minutes, then transfer to a wire rack and let cool completely.

When completely cool, wrap it well in cling film/ plastic foil and refrigerate over night. This will help the cake become more stable and crumble less when you dip it in the chocolate icing.

The next day cut the butter cake into regular squares of about 5 cm. Sift the icing sugar and the cocoa powder. Set aside.

Melt the butter in a saucepan large enough to hold the whole icing sugar and cocoa powder mixture.

When the butter has melted add the milk, mix and start adding the icing sugar and cocoa powder mixture while whisking all the time. Add only about 1 cup at a time, whisk well and continue adding the sugar until everything is well incorporated and lump free.

Give half of the chocolate mixture to a bowl and leave the rest in the saucepan. Dividing the mixture in two will help in case the cake crumbles too much. This way you can dip the first half of the cake squares in the bowl and if that gets too crumbly, you can continue with the remaining cake pieces using the fresh chocolate icing left in the saucepan.

Do the same with the desiccated coconut and for the same reason. Give only 1/3 of the coconut onto a plate and when the coconut gets too “dirty” and you have too many chocolate clumps in it, discard those and add some fresh coconut to the plate.

Dip the lamingtons into the chocolate mixture and coat them in coconut one by one. Work carefully (the cake squares are delicate), but rather quickly. Turn the lamingtons into the chocolate with the help of two forks, then take the square on one fork and let the excess chocolate drain a little before you drop the cake piece into the coconut. Roll the lamington into the coconut with the forks as well, transfer it to the wire rack and continue with the next lamington.

When finished you can refrigerate the lamingtons until set (it will not take long), but let them come to room temperature before serving.

PAVLOVA

- **For Meringue Shell**
- 4 large egg whites (at room temperature)
- 1 cup icing sugar
- 1/2 tablespoon cornstarch
- 1 teaspoon vanilla
- **For the Whipped Cream and Garnish**
- 1/2 cup whipping cream
- 1/2 teaspoon vanilla
- 1/2 cup icing sugar
- 2 cups whole berries (or sliced fresh fruit of choice; strawberries, raspberries, kiwi fruit, passion fruit, bananas, blueberries)
- 1 tablespoon fresh lemon juice

Gently sprinkle the sugar into the egg whites, 1 teaspoon at a time, beating continuously until the whites form stiff glossy peaks.

Sprinkle the cornstarch on the meringue and fold in gently with a plastic spatula.

Add the vanilla and gently fold the mixture again.

Make the Meringue Shell

Heat the oven to 140 C and place the rack in the middle of the oven.

Line a baking tray with foil and draw a 18/20 cm circle on the foil with the blunt edge of a knife (don't tear the foil). Set aside.

In a clean, medium-sized metal bowl, beat the egg whites with a clean electric mixer on medium speed. Beat until the whites form soft peaks.

Now gently spread the meringue in the circle on the foil to make a circular base. Make sure the edges of the meringue are slightly higher than the center so you have a very slight well in the middle.

Bake the meringue for about 1 hour and 15 minutes or until it goes a very pale, pinkish eggshell color.

Turn the oven off and leave the door slightly ajar to let the meringue cool completely. As the meringue cools, it will crack slightly. Just before serving, take the meringue out of the oven and remove it gently from the foil and place on a plate.

Make the Whipped Cream and Garnish

Whip the cream with the vanilla and icing sugar until it forms peaks and set aside.

Prepare the fruit by washing and slicing.

Toss cut fruit, like bananas and apples, with lemon juice to prevent browning.

Gently spread the cream over the top of the cooled meringue with a spatula.

Arrange the fruit on top. Serve immediately and enjoy.

SWEET CARROT PIE

Ingredients

- Good Basic Pie Dough,
- 1 tablespoon butter, softened
- 500 g medium-size carrots, trimmed and peeled
- 1 cup brown sugar
- 1 tablespoon all-purpose flour
- 3 large eggs
- 1 teaspoon finely grated lemon zest
- 1/4 teaspoon salt
- 1 c up cream
- 3/4 teaspoon pure vanilla extract
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon nutmeg

Instructions

If you haven't already, prepare the pie dough and refrigerate it for about 1 hour before rolling.

On a sheet of lightly floured wax paper, roll the dough into a 30/35 cm circle. Invert the pastry over a 25 deep-dish pie pan, center it, then peel off the paper. Gently tuck the pastry into the pan without stretching it. Sculpt the overhanging dough into an upstanding ridge and flute, if desired. Prick the bottom of the pie shell 6 or 7 times with a fork. Refrigerate for at least 30 minutes or place in the freezer for 15 minutes.

Preheat the oven to 220C. Tear off a sheet of aluminum foil about 40 cm long. Carefully - so you don't disturb the dough - line the pie shell with the

- Whipped cream, for garnish

foil, pressing it into the creases so it fits like a glove. Add a thick layer of dried beans, banking them up the sides.

Bake the pie shell on the center oven rack for 25 minutes. Slide it out and carefully remove the foil and beans. Repoke the holes if they've filled in. Slide the shell back in and bake another 8 to 10 minutes. Transfer the pie shell to a cooling rack. Once cooled, smear a little cream cheese or sour cream into the fork holes to plug them. Cool the beans thoroughly, store in a jar, and save them for next time.

Preheat the oven to 200 C. Tear off two 35 cm long pieces of aluminum foil; butter the middle part of each sheet with the soft butter. Cut the carrots in half, or into thirds, and place them in the middle of each sheet, dividing them equally. Seal tightly in the foil and bake for about 50 minutes, until soft. Set the foil packets aside and open the foil so the carrots cool.

Set the oven to 180°. When the carrots have cooled, cut them into large chunks and place in a food processor with the brown sugar and flour. Process to a very smooth puree, scraping down the sides once or twice. Add the eggs, lemon zest, and salt, and process until smooth. Transfer to a bowl and whisk in the cream, vanilla, and spices.

Pour the filling into the pie shell. Bake for approximately 45 to 55 minutes, until the filling is set. When done, the sides of the pie will have puffed up a little, more so than in the middle, and the filling will jiggle as a whole. There should be no sign of uncooked filling or soupiness in the center.

Transfer the pie to a cooling rack and cool thoroughly. Refrigerate. This pie is best served cool or cold, so refrigerate at least an hour or so before serving (with whipped cream.) Makes 8 to 10 servings.

BOSTON CREAM PIE

For the Cake

12 tbsp. butter, softened, plus more for pan
1 ½ cups flour, plus more for pan
2 tsp. baking powder
½ tsp. salt
1 cup sugar
2 tsp. vanilla extract
3 eggs
⅔ cup buttermilk

For the Filling and the Glaze

1 cup sugar
¼ cup cornstarch
½ tsp. salt
½ vanilla bean
6 eggs yolks
1 ½ cups milk
4 tbsp. butter, cubed and chilled
1 tsp. vanilla extract
115 gr. 60-percent bittersweet chocolate, finely chopped
½ cup cream

Instructions

Make the cake:

Heat oven to 180°. Grease and flour a 24 cm cake pan; set aside. Whisk together flour, baking powder, and salt in a bowl; set aside. In another bowl, beat butter, sugar, and vanilla on medium-high speed of a hand mixer until pale and fluffy, about 3 minutes.

Add eggs one at a time, beating well after each, until smooth. Alternately add dry ingredients and buttermilk in 3 batches, beginning and ending with dry ingredients; beat until just combined. Pour into pan; smooth top with a rubber spatula. Bake until a toothpick inserted in the middle comes out clean, about 35 minutes. Let cool for 15 minutes, and then invert onto a wire rack; let cool completely.

Make the filling: Whisk together sugar, cornstarch, salt, and vanilla seeds in a saucepan; add yolks, and whisk until smooth. Stir in milk, and place pan over medium heat; cook, stirring constantly, until thickened, about 10 minutes. Remove from heat, and add butter one cube at a time, whisking until smooth; stir in vanilla extract. Transfer pudding to a bowl and cover with plastic wrap; chill until firmed, at least 2 hours.

Make the glaze and assemble cake: Place chocolate in a bowl. Bring cream to a boil in a 1-qt. saucepan over high heat; pour over chocolate and let sit for 1 minute. Slowly stir chocolate and cream until smooth and shiny; set aside to cool for 10 minutes. Using a serrated knife, split cake horizontally into two layers so that the top layer is slightly smaller than the bottom. Spread chilled pudding over cut side of bottom layer and cover with top layer; pour chocolate glaze evenly over cake, letting it drip down the side of the cake. Refrigerate cake until glaze is set, at least 30 minutes. Serve chilled or at room temperature.

Smoked Almond S'Mores with Whiskey Marshmallows

For the Marshmallows

Butter, for greasing

8 sheets gelatin

½ tsp. salt

2 egg whites

2 cups sugar

1 cup bourbon

2 tbsp. light corn syrup

1 tbsp. vanilla extract

1 cup icing sugar

For the Toffee-Almond Chocolate Squares and Serving

6 tbsp. butter, plus more for greasing

½ cup sugar

2 tsp. light corn syrup

1 tsp. salt

½ tsp. vanilla extract

10 oz. bittersweet chocolate, finely chopped

10 oz. milk chocolate, finely chopped

¾ cup smoked almonds,

Roughly chopped Shortbreads

Instructions

Make the marshmallows: Grease a 20 x 30 cm baking dish and line with baking paper; grease the paper and set aside. Place gelatin in 4 cups cold water until soft, 5 minutes. Using an electric hand mixer, beat salt and egg whites until stiff peaks form.

Meanwhile, heat sugar, bourbon, corn syrup, and vanilla in a saucepan until a candy thermometer reaches 120°, 5–7 minutes. Squeeze water from gelatin and stir into syrup until dissolved; slowly stream syrup down side of bowl into egg whites while beating, avoiding the whisk. Continue beating egg whites on high speed until glossy and cool to the touch, about 5 minutes.

Spread marshmallow into prepared baking dish in an even layer and refrigerate 2 hours. Dust work surface with icing sugar and unmold marshmallow; cut into 5 cm cubes and store in an airtight container until ready to use.

Make the chocolate squares:

Line 2 baking sheets with foil and grease; set aside. Heat butter, sugar, corn syrup, salt, vanilla, and 1 tbsp. water in a saucepan over medium. Cook, without stirring, until it turns dark gold, 10–12 minutes; pour onto prepared baking sheet and cool.

Break toffee into 1.5 cm pieces. Melt chocolates in a saucepan over medium; add reserved toffee pieces and almonds and stir to combine. Spread into an even layer on prepared baking sheet; cool slightly, then score into 5 cm squares. Cool completely, then break into squares.

Build a medium-heat fire in a charcoal grill; skewer marshmallows with sticks and heat over the flame, rotating as needed, until golden and charred, 2–3 minutes.

Place one marshmallow on a Shortbread with a chocolate square; top with another shortbread and eat immediately.

CHOCOLATE ECLAIR

For the Pastry

- 1/2 cup milk
- 8 tbsp. butter, cubed
- 1/2 tsp. salt
- 1 cup all-purpose flour
- 4 eggs, at room temperature

For the Filling and Icing

- 1 batch pastry cream
- 2 cups confectioners' sugar
- 2 tbsp. cocoa powder
- 1/2 tsp. butter
- 1/4 tsp. vanilla extract

Instructions

Make the pastry: Heat the oven to 220°. Bring milk, butter, salt, and 1/2 cup water to a boil in a saucepan over high heat. Add flour; stir until a dough forms. Reduce the heat to medium and cook, stirring, the dough constantly with a wooden spoon, until slightly dried, about 2 minutes. Transfer the dough to a bowl and, using a hand mixer, beat in eggs, one at a time, until smooth.

Using a piping bag, pipe 10 cm lines of dough onto baking paper-lined baking sheets. Place the tray in the oven and reduce the temperature to 180°. Bake until golden brown, about 30 minutes, and cool.

To assemble the eclairs: Make a wide incision in the side of each pastry. Place pastry cream into a piping bag and fill each pastry with cream. Spread icing over the top of each. Let sit for about 5-10 minutes, until the icing hardens, before serving.

CUSTARD SLICES

- 500g pack puff pastry
- 50g flaked almond
- 3 tbsp icing sugar, for dusting, plus extra to serve

For the custard filling

- 1 gelatine sheet
- 750ml whole milk
- 250ml cream
- 1 vanilla bean, halved lengthways
- 100g cornflour
- 25g custard powder
- 3 egg yolks

Heat oven to 200C/180C. Roll out 250g of the pastry on a sheet of baking paper to about 25cm square. Scatter over half the almonds, then press them in very gently, dust with half the icing sugar and lay over a second sheet of baking parchment. Lift onto a baking sheet, and sit another baking sheet on top like a sandwich. Fill a few small tins with baking beans (or something similarly heavy and ovenproof like raw rice). Bake for 30 mins, then have a quick peek – it will probably need another 5 mins to be well browned and crisp all over.

When done, remove from the oven, take off the weights and top baking tray, then carefully lift off the top sheet of parchment and leave to cool. Repeat with the remaining pastry – you can do both sheets at once if you have

- 140g Icing sugar

enough baking sheets and tins, but they might not cook as evenly with two in the oven, so it is safer to do one at a time. Cool both completely.

Put the gelatine in a bowl of cold water to soften, then put the remaining custard ingredients in a big saucepan. Set over a low heat to start, whisking continuously to mix well, then increase the heat a little until the custard is gently boiling. Keep whisking the whole time – the custard will thicken and lump unevenly, but keep cooking and whisking until it is smooth and very thick.

Remove the custard from the heat and remove the vanilla pod. Squeeze out the water from the gelatine sheet, then stir it into the custard until it has dissolved.

Line the base and sides of a 20cm square tin with baking parchment – criss-crossing 2 big strips will give you the neatest corners. Using a big, sharp knife and a ruler – or the base of your tin if it is removable – trim one pastry sheet to a shade under a 20cm square, so it will sit inside the tin, almond-side down. Spread over the custard as evenly as you can. Trim the second pastry sheet in the same way, but then divide the square into eight 10 x 5cm rectangles (so it will be easier when you cut the slices later). Sit them on top of the custard, almond-side up, putting them back together a bit like a jigsaw puzzle. Gently press down on the pastry so it doesn't break but sticks to the custard, then cover and chill for 4 hrs or so, but better still overnight.

To serve, lift the slice from the tin and cut all the way through where the pastry top is already cut. Dust the slices with a little more icing sugar and serve. *Best eaten within 24 hours, when the pastry is still good and crisp.*

KOEKSISTERS

Spicy Syrup

- 2 cups sugar
- 1 1/4 teaspoon cream of tartar
- 1 tablespoon chopped ginger
- Fresh squeeze lemon juice (half lemon)
- 1 cinnamon stick
- 1 cup water

Dough

- 1 cup corn flour (100grams)
- 1 1/2 cup all purpose flour
- 2 1/2 teaspoons baking powder
- 3/4 teaspoon salt
- 2 tablespoon sugar
- 1/2 cup milk
- 1 large egg
- 25 gram butter
- oil for deep fryng

In a medium saucepan. Add, cream of tartar, salt, sugar, ginger, lemon juice and cinnamon stick. Bring water to a boil and let it simmer for about 10 minutes, Stirring syrup occasionally. Let it cool and refrigerate until ready to use.

In a large bowl combine all the dry ingredients- corn meal, flour, sugar, baking powder. Then all the wet ingredients milk and egg followed by butter. Knead several times until all the ingredients have been incorporated. Let it rest for about 30 minutes.

Place dough on board and roll out into about 2,5 cm thickness. Using a cookie cutter or knife cut into strips thin strips and then shorter strips.

Divide the dough into three strands and stretch them out carefully until they are of an even thickness all the way down. Pinch the ends together

Take the left strand and cross it over the middle strand Take the right strand and cross it over the middle strand. Tightly pinch to seal the end.

In a large, sauce pan pour vegetable oil into a pot, until it is at least 8 cm. Fry at 180 degrees Gently place koeksisters in the pan. Fry for a few minutes until the bottom side is golden brown.

Turn them over and fry for a few more minutes until the other side is golden brown. Use a large spoon or something like that to take it out of the oil and directly place in syrup.

Leave to soak in the syrup for a while. Transfer to a cooling rack. Cool completely before eating.

CRUNCHIES (AM) FLAPJACKS (BR)

INGREDIENTS:

- 200 grams butter (plus 1 teaspoon)
- 6 tablespoons/1/3 cup golden syrup (or white corn syrup/maple syrup)
- 2 cups/330 grams porridge oats (rolled oats)
- Pinch of salt
- Optional: pinch of ground ginger

Heat the oven to 180 C. Use 1 teaspoon butter to grease a 9 x 13-inch baking pan and line the base with baking paper.

Place the syrup and 6 ounces of butter into a large saucepan and heat gently, stirring well, until the butter has melted into the syrup. Make sure you add all the golden syrup.

Put the oats into a large bowl, add a pinch of salt and optional ginger and then pour over the butter and syrup mixture and stir to coat the oats.

Pour the mixture into the prepared baking pan and spread evenly making sure the surface is even.

Bake in the heated oven for 25 minutes or until golden brown. Remove from the oven while the flapjack is still slightly soft, it will harden once cool.

Place the pan on a wire cooling rack and cut the flapjack into squares, but leave in the tin until completely cold.

MILK TART

Pastry:

- 2 cups flour
- 1 egg
- ½ cup sugar
- 2 tsp baking powder

Pastry:

Cream butter and sugar well together and add the egg, before beating well.

Add all other ingredients - making a stiff dough.

Press into one or two round cake tins/pie dishes.

Bake blind for 15 minutes at 180°C (use wax paper to cover the pastry and place dry beans/rice over the paper to

- 125g butter
- pinch of salt

Filling:

- 4 ½ cups milk
- 2 ½ tbsp cornflour
- 1 cup sugar
- 3 eggs
- pinch of salt
- 2 ½ tbsp flour
- 1 tsp vanilla extract
- a big spoon of butter

weight the pastry down). Then remove the paper and beans/rice and bake for an additional 5 minutes until light brown.

Filling:

Bring milk to a gentle boil.

Beat eggs well and add sugar, flour, cornflour and salt.

Mix well. Pour boiling milk into the mixture and stir well.

Return to stove and stir for 10-12 minutes on medium heat until the mixture thickens.

Add butter and vanilla extract and mix through, then pour into cooked shell.

Allow to cool in the fridge (you do not need to cook the tart any further) To decorate, sprinkle with cinnamon.

NANAIMO BAR



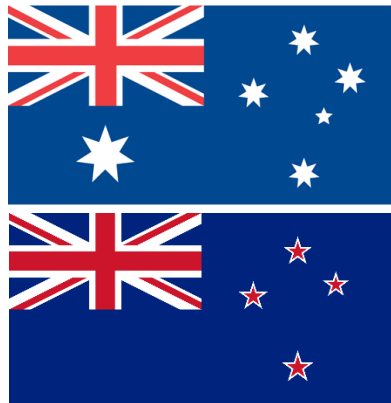
MAPLE CINNAMON ROLLS



LAMINGTON CAKE



PAVLOVA



CARROT PIE



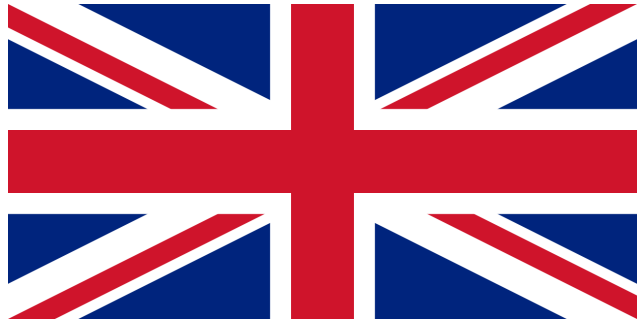
BOSTON CREAM PIE



**SMOKED ALMOND S'MORES
WITH WHISKEY
MARSHMALLOWS**



ECLAIRS



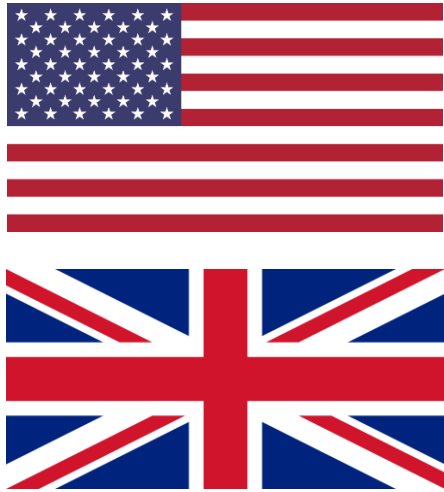
CUSTARD SLICES



KOEKSISTERS



**CRUNCHIES (US) – FLAPJACKS
(UK)**



MELKTERT (MILKTART)



SHOPPING LIST

bag - bunch - bottle - bar - bowl - box - can - carton - loaf - jar - packet - piece - slice - tin

What ingredients do you need to prepare your recipe? How much/many...? Prepare your shopping list, then go to the shop and buy all the things you need!

PRODUCT	QUANTITY or CONTAINER	

Customer's Sample Questions:

- *Excuse me, could you help me please?*
- *I'm looking for I'm trying to find*
- *Could you tell me where the is, please?*
- *How much is this? How much are these? How much does this cost? How much is that ...over there?*
- *Where can I find the ?*
- *Do you sell ?*
- *Do you have any ... ?*