



FeBREWary™
recipe ideas

Cystic Fibrosis Trust



Whatever your cup of tea (or coffee), join or host a tea party in FeBREWary to help everyone affected by cystic fibrosis.



What is FeBREWary?

FeBREWary is an opportunity to share time out with friends, family or work colleagues virtually or organise a small at home event and support the Cystic Fibrosis Trust and bringing the chance to reconnect and enjoy some time together with your favourite brew.

Why we're doing it?

Cystic fibrosis (CF) is one of the UK's most common life-limiting genetic conditions, causing a build-up of thick sticky mucus which destroys the lungs, digestive system, bones, liver and reproductive system. There is no cure.



How can you get involved?

Host or join a FeBREWary tea party. Hosting one is simple, just set up a date and time to suit in February. It can be any time of the day or evening, weekday or weekend. Decide on the video platform that you want to use and start inviting people to your FeBREWary event.

Read on for the following delicious recipes to try out at your FeBREWary event:

- P3 Brownies
- P4 Lemon Poppy Seed Cake
- P6 Lemon Cake
- P7 Lemon Cookies
- P8 Gluten Free Sticky Orange and Polenta Cake

Don't forget to share your tea party treats with us by sending your pictures to febwareary@cysticfibrosis.org.uk.

Brownies

Ingredients

- ★ 100g unsalted butter
- ★ 250g golden caster sugar
- ★ 75g golden syrup
- ★ 275g 72% dark chocolate broken into pieces
- ★ 4 medium free-range eggs
- ★ 70g plain flour (or spelt flour for a wheat-free brownie)



Method

- In a large saucepan, melt the butter, sugar and golden syrup until smooth.
- Remove from the heat and add the chocolate, mixing well. Whisk the eggs and beat into the chocolate mixture then add the flour.
- Pour into an 18cm/7inch square lined baking tin with parchment paper and smooth out well, and bake for 20 to 25 minutes. Remove from the oven, cool and refrigerate overnight.
- Turn out of the tin, remove the paper and trim the edges off the brownie. Using a wet knife, cut the brownie into whatever-size squares you wish. Serve at room temperature.

Flavours to try

Its super easy to make your brownie exactly the way you want, by adding ingredients before baking. Here are a few of our favourites:

- **Summer Berry**
Scatter mixed berries over the top of the unbaked brownie and press them in, bake for 5 minutes longer so the middle bakes fully.
- **Sea Salted Pecan**
Chop a hand full of pecans and mix in half a teaspoon of sea salt, scatter over the top and swirl in with a fork.



Lemon Poppy Seed Cake

Ingredients

Cake

- ★ 325g all purpose flour
- ★ 1 3/4 tsp baking powder
- ★ 1/4 tsp baking soda
- ★ 1/2 tsp salt
- ★ 112g unsalted butter, room temperature
- ★ 120ml vegetable oil
- ★ 310g caster sugar
- ★ 1/2 tsp vanilla extract
- ★ 4 large eggs

- ★ 180ml milk
- ★ 120ml fresh lemon juice
- ★ 2 tbsp fresh lemon zest
- ★ 2 tbsp poppy seeds

Lemon Cream Cheese Frosting

- ★ 300g unsalted butter
- ★ 300g icing sugar
- ★ 600g full fat cream cheese
- ★ 1 tbsp fresh lemon juice
- ★ 1 tbsp fresh lemon zest
- ★ 1 tbs poppy seeds (optional)

Method

- Prepare three 20cm cake pans with parchment paper circles in the bottom and grease the sides. Preheat oven to 180°C/160°C fan.
- Combine the flour, baking powder, baking soda and salt in a medium sized bowl and set aside.
- Add the butter, oil, sugar and vanilla extract to a large mixer bowl and beat together until light in colour and fluffy, about 1.5 to 2 minutes. Do not skimp on the creaming time.



- Add the eggs one at a time, mixing until mostly combined after each. Scrape down the sides of the bowl as needed to be sure all ingredients are well incorporated.
- Add half of the dry ingredients to the batter and mix until mostly combined.
- Combine the milk and lemon juice, then slowly add the mixture to the batter and mix until well combined.
- Add the remaining dry ingredients and mix until well combined and smooth. Scrape down the sides of the bowl as needed to be sure all ingredients are well incorporated. Do not over mix the batter.



Method continued

- Add the lemon zest and poppy seeds and gently stir to combine.
- Divide the batter evenly between the cakes pans and bake for 22-25 minutes, or until a toothpick comes out with a few crumbs.
- Remove the cakes from the oven and allow to cool for about 2-3 minutes, then remove to cooling racks to cool completely.
- To make the frosting, add the icing sugar and butter to a large mixing bowl and beat until well combined and smooth.
- Add the cream cheese and mix until well combined and smooth. Do not over beat or the cream cheese may split.
- Add the lemon juice and zest and mix until well combined.
- To put the cake together, use a large serrated knife to remove the domes from the top of the cakes so that they're flat, if needed.
- Place the first cake on a serving plate or a cardboard cake round.
- Spread some frosting evenly on top of the cake.
- Add the second layer of cake and another cup of frosting.
- Top the cake with the remaining layer and frost the outside of the cake.
- Finish off the cake as you like. We added candied lemon slices.
- Refrigerate the cake until ready to serve.

Top tip

Cake is best served cool, but not necessarily cold.



Lemon Cake

Ingredients

Cake

- ★ 225g self-raising flour
- ★ 225g caster sugar
- ★ 225g butter (stork butter) at room temperature
- ★ 4 large eggs
- ★ 2 tsp of baking powder
- ★ 2 tbsp of lemon zest

Lemon Curd

- ★ 1 large bottle of store bought Lemon Curd

Cream Cheese Frosting

- ★ 250g unsalted butter room temperature - softened
- ★ 250g icing sugar
- ★ 500g cream cheese
- ★ 1 tsp lemon extract (or more if you like)

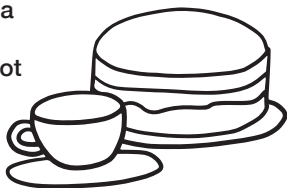


Method

- Grease and line with grease proof paper 3 x 20cm sandwich tins.
- Fan Oven 160°C; if you do not have a fan oven cook at 180°C in a regular oven.
- Put all the ingredients in a bowl and mix for two minutes until just combined.
- Divide equally between tins and spread evenly in each tin.
- Bake for 18 mins. A skewer inserted after this time should come out clean, if not bake for a few minutes more. Watch closely you do not want a dry sponge.
- Cool completely.

Cream Cheese Frosting

- To make the cream cheese frosting beat the butter and icing sugar together. Once combined add the lemon extract and beat some more until light and fluffy. Add the cream cheese beat on a low speed until combined. Do not overbeat as the cream cheese will split.



To assemble the cake

- Place one layer of cake on a plate or cake stand, or cake board and make a well with the frosting (circle of frosting around the outer edges of the cake). Fill the middle of the well (circle) with lemon curd.
- Place another layer of cake and repeat frosting and curd as above. Place the final layer on top and decorate as you like.

Lemon Cookies

Ingredients

Cookies (Makes 38)

- ★ 227g unsalted butter
- ★ 112g cream cheese softened
- ★ 200g granulated sugar
- ★ 110g light brown sugar
- ★ 2 large eggs
- ★ 2 tbsp of lemon zest
- ★ 1 tsp vanilla extract
- ★ 438g plain flour
- ★ 1 tsp baking powder
- ★ ¼ tsp of baking soda
- ★ Pinch of salt (small pinch)

- ★ Extra granulated sugar for sprinkling

Lemon (or Lime) Glaze

- ★ 240g icing sugar
- ★ 2 lemons (limes) juiced and zested



Method

- Beat butter and cream cheese at medium to high speed with a mixer for 2-3 minutes. Reduce speed to low and add granulated sugar and brown sugar beating until combined for about 2-3 minutes. Scrape sides of bowl during mixing. Add eggs, zest and vanilla beat until combined. Do not over beat.
- In another bowl whisk together flour, baking powder and baking soda and salt. With mixer on low speed gradually add flour mixture to butter mixture beat until combined. Do not over beat. Cover with plastic wrap place in the fridge for 1 hour. The cookie dough can be frozen if needed.
- Pre-heat oven to 180°C (160°C fan). Line baking sheets with parchment paper.
- Use a tablespoon or scoop (or your hands to roll balls) and scoop dough about 30g each and drop two inches apart on prepared trays. Sprinkle with granulated sugar.
- Bake for 8-10 minutes until edges are lightly brown. Let cool on pans for 5 minutes. Let cool completely before sprinkling lemon glaze.

Lemon(or Lime) Glaze

- In a small bowl whisk together lemon juice and zest with sugar until smooth. Use immediately.



Gluten Free Sticky Orange and Polenta Cake

Ingredients

Cake

- ★ 2 oranges
- ★ 2 lemons
- ★ 180g ground almonds
- ★ 4 eggs
- ★ 1 pinch of salt
- ★ 170g caster sugar
- ★ 80ml olive oil, plus extra for greasing

- ★ 150g polenta
- ★ 10g baking powder, if needed use gluten-free

For The Syrup

- ★ 3 oranges, juice only (you need about 150ml)
- ★ 75g caster sugar

Method

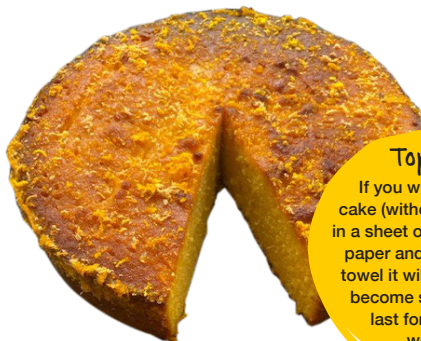
- Preheat the oven to 180°C/Fan 160°C/ gas mark 4. Grease a 23cm springform cake tin.

- Put 1 orange and 1 lemon into a large pan, cover with water, and place a circle of greaseproof paper over the top so the fruit sits under the water. Bring to the boil, then reduce the heat and simmer for about 30 minutes. Take off the heat.

- Take the cooked orange and lemon out of the pan. Cut them in half and pick out the seeds. Juice the other fresh orange and lemon (throw away the shells). Put the cooked fruit (skins and all) and extra freshly squeezed juice in the food processor and blend to make a paste.

- In a large bowl, beat the eggs with the salt until foaming.

- Add the sugar and beat again, then add the orange paste, almonds and olive oil. Beat again.



Top tip

If you wrap up the cake (without its syrup) in a sheet of greaseproof paper and a clean tea towel it will stay moist, become stickier and last for about a week.

- In a separate bowl, mix the polenta and baking powder, then gently fold this into the orange mixture until it is all mixed together.
- Pour the mixture into the greased tin and bake for 50 minutes or until a skewer inserted into the centre comes out clean.
- Meanwhile, make the syrup. Put the orange juice and sugar in a pan and simmer over a low heat until you have a glossy syrup.
- Turn the cake out of the tin onto a serving plate and pour the syrup over it while it's warm.

Cystic fibrosis is one of the UK's most common life-shortening genetic conditions. It slowly destroys the lungs and digestive system, and involves a daily regime of vast intakes of drugs and time-consuming physiotherapy just to stay healthy.

2 million+ people in the UK carry the faulty gene that causes cystic fibrosis, most of whom have no idea.

1 in 4 If two carriers have a child, there is a one-in-four chance they will be born with cystic fibrosis.

Only 50% of those with cystic fibrosis will live to celebrate their 40th birthday.

Thank you for all your support; whether you're hosting or joining a FeBREWary tea party, you are helping us get closer to our goal of beating cystic fibrosis once and for all.



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