

Cystic Fibrosis no piece of cake



The Big Cake Bake
cysticfibrosis.org.uk/bigcakebake




Thank you for supporting us, and finding out more about the Big Cake Bake!

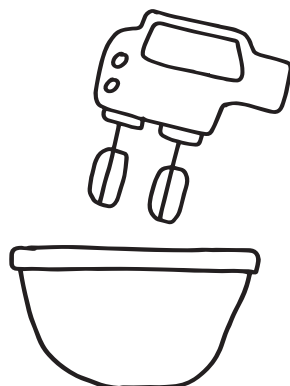
Have a look through and find out all the ingredients you need to host your own Big Cake Bake. From invitations to collection boxes, we have everything you need to hold your event, no matter how large or small you want to make it.

The Big Cake Bake is the perfect way to meet with old friends, your neighbours, workmates, youth groups or maybe just a group of people who deserve to stop for a slice of cake, a cup of tea and a chat! At the same time you will be helping us raise much needed funds to help us continue our vital work.

Get in touch – we can offer you help to hold a bake, sharing ideas to make your get together a huge success. You will find enclosed some posters and invitations for you to use, but if there is anything else you need, please contact us at events@cysticfibrosis.org.uk.



The Hills family raised £835 with their first Big Cake Bake, through the sale of donated cakes and a raffle.






**Make Pierre Hermé's Mogdar
Macarons on page 5**



Ingredients for your Big Cake Bake – a few ideas to help you design your event.

- **Venue** – do you want to hold your event at home, in the office, the local village hall, church or somewhere else? If it's not at home can you get the space donated for free? Does your village have a summer fete? Perhaps you could hold your Big Cake Bake there.
- **Date and time** – choose a date and time that fit with you and your venue, or maybe a special time of year such as Christmas, Easter or Valentine's Day. Set a timescale for the event, and then everyone will know not to outstay their welcome!
- **Helping hands** – encourage your friends and family to get baking, and not just cakes! Biscuits, buns, pies and pastries can all be sold at your event. If they're not the baking kind, they can help by setting up and selling on the day.
- **Fundraising** – remember, the purpose of your bake is to raise money; you don't have to just sell yummy treats. You'll find more ideas on the next page.
- **Baking competition** – you could have prizes donated for things like 'best dressed cupcake', or with a theme, depending on the time of year, venue, company etc. Why not have a Christmas or Halloween bake?
- **Food allergies** – When baking it's important to be aware that some people may have food allergies. Although there is no legal requirement to label your food, it's best to be safe and provide a list of ingredients when selling your cakes, especially for those with nut allergies. For more information please visit food.gov.uk



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- **Don't have time to bake?** You can buy cakes or get them donated from local suppliers; you could also buy plain cakes and then ice them yourself.
 - **Contact your local catering college** – can they bake on your behalf? This could be a great opportunity for students to show off their skills and help to raise funds for the Cystic Fibrosis Trust.

Some extra ideas to think about

- Kids decorating cupcakes for an entry fee, with prizes
- Raffle or tombola – source prizes from local businesses
- Donations for tea and coffee on the day
- Entry fee to the event
- Fee for external businesses to come and sell their products; these organisations could donate prizes for a raffle
- Pay to guess the number of cookies/sweets in a jar for a small fee – the winner takes home the goodies

£645 was raised by Leigh Moffatt who hosted a Big Cake Bake at her local beauty salon, offering cakes, coffee, hand massages and stalls selling handbags, jewellery and handmade chocolates.



Pierre Hermé's Mogdar Macarons

Pierre Hermé is very kindly supporting the Big Cake Bake by providing this delicious recipe for Mogador Macarons.

Makes about 72 macarons (or about 144 shells)

Preparation time: about 1 hour **Cooking time:** about 25 minutes

Standing time: 30 minutes **Refrigeration:** 2 hours +24 hours

For the macaron shells:

300g ground almonds
300g icing sugar
110g 'liquefied' egg whites (see 'Secrets Revealed', page 6)
5g approx. lemon yellow food colouring
½g approx. red food colouring (½ coffee spoon)
+
300g caster sugar
75g mineral water
110g 'liquefied' egg whites (see 'Secrets Revealed' page 6)

For the passion fruit and milk chocolate ganache:

100g 'La Viette' butter (sweet butter from Charentes) at room temperature
550g Valrhona Jivara chocolate or milk chocolate, 40% cocoa solids
10 passion fruits (for 250g juice)

To finish

Cocoa powder



Method

- Sift together the icing sugar and ground almonds.
- Stir the food colouring into the first portion of liquefied egg whites. Pour them over the mixture of icing sugar and ground almonds but do not stir.
- Bring the water and sugar to boil at 118°C. When the syrup reaches 115°C, simultaneously start whisking the second portion of liquefied egg whites to soft peaks.
- When the sugar reaches 118°C, pour it over the egg whites. Whisk and allow the meringue to cool down to 50°C, then fold it into the ground almond-icing sugar mixture. Spoon the batter into a piping bag fitted with a plain nozzle.
- Pipe rounds of batter about 3.5cm in diameter, spacing them 2cm apart on baking trays lined with baking parchment. Rap the baking trays on the work surface covered with a kitchen cloth.

- Using a sieve, sprinkle the shells with a light dusting of cocoa powder. Leave the shells to stand for at least 30 minutes until they form a skin.
- Preheat the fan oven to 180°C then put the trays in the oven. Bake for 12 minutes, quickly opening and shutting the oven door twice during cooking time. Once out of the oven, slide the shells onto the work surface.
- For the ganache, cut the butter into pieces. Chop up the chocolate with a serrated knife.
- Halve the passion fruit and scoop out the seeds with a teaspoon. Strain the fruit to obtain 250g of juice. Weigh the juice and bring it to the boil.
- Partially melt the chopped chocolate in a bowl over a pan of barely simmering water. Pour the hot juice over the chocolate a third at a time.
- When the temperature of the mixture reaches 60°C, add the pieces of butter a few at a time. Stir to obtain a smooth ganache.
- Pour the ganache into a gratin dish and press clingfilm over the surface of the ganache. Set aside in the fridge for the ganache to thicken.
- Spoon the ganache into a piping bag fitted with a plain nozzle. Pipe a generous mound of ganache onto half the shells. Top with the remaining shells.
- Store the macarons for 24 hours in the fridge and bring back out 2 hours before serving.

Secrets revealed...

To make what Pierre Hermé calls liquefied egg whites, separate the whites from the yolks. Weigh out the necessary quantity of egg whites into two bowls. Cover the bowls with clingfilm. Using the point of a sharp knife, pierce the film with holes. It is best to prepare the egg whites several days in advance, preferably a week, so that they lose their elasticity. Set the bowls aside in the fridge.

Make sure you weigh out 250g of juice when you strain the fresh passion fruit. You can sometimes find frozen passion fruit juice in delicatessens. Check that it contains no more than 5% sugar.

Milk chocolate brings out every aspect of passion fruit: its fragrance and its subtle, tangy sweetness. The different flavours blend to create a vibrant harmony and complement one another.

Donation return form

Thank you!

We are truly grateful for your support.

Once you have collected all the sponsorship, donations or funds from your event, complete this form and send it to the address below. Make sure you include your cheque/postal order(s) payable to 'Cystic Fibrosis Trust' and any completed sponsorship forms, which will allow us to claim valuable Gift Aid donations.

The Big Cake Bake

Cystic Fibrosis Trust, 2nd Floor, One Aldgate, London EC3N 1RE

Alternatively you can pay in funds at your nearest bank using the paying-in slip provided. If you have downloaded this form, you can email it to us at events@cysticfibrosis.org.uk. If you would like to donate by credit/debit card or have any other queries please call 020 3795 2176.

Please aim to send us your sponsorship money no later than one month after the date of your event.

Please complete the following in BLOCK CAPITALS:

Date of event _____
Title _____ First name _____ Last name _____
Home address _____
_____ Postcode _____
Telephone (daytime) _____
Email address _____
<small>Email consent: By giving us your email address, you are giving us consent to email you with information about our work and other events.</small>
Please find enclosed £ _____
Signed _____ Date _____

Thank you for your support.

Protecting your personal information.

We promise that any information you give us will be used by the Cystic Fibrosis Trust only. We'd like to keep in touch (including telephone) to let you know about our activities, including fundraising, and how your support is helping us make a daily difference to the lives of those with cystic fibrosis, and the people who care for them. If you would rather not hear from us then please let us know. Please see cysticfibrosis.org.uk/privacy-policy for details of our Privacy Policy.

What can we do with the money you raise?

We expect more than 250 people to hold Big Cake Bake events this year. Raising just £200 from your event will contribute towards an amazing £50,000 from cake sales and coffee mornings. Your money can help us do so much:

£104

could cover the cost of an annual prescription pre-payment certificate to pay for vital medication

£200

could fund one day of research into detecting early signs of lung disease

£300

would provide a start-up grant for a young person living with cystic fibrosis to leave the family home and live independently

£750

could go towards funeral costs for a family relying on our support and help at a time when they need it most

£2,500

could do all of the above and more!

Health and safety

Food

Food hygiene is very important; please make sure all food is stored, handled, prepared and cooked correctly. The Food Standards Agency offers further advice on this – please visit www.food.gov.uk

People

We suggest clearly labelling every cake you sell with the ingredients, the date the cake was made, and a suggestion on how long it can be stored for (if the recipe provides it). Listing ingredients is particularly important for anyone with food allergies; you can use our cake name cards to do this.

Handling money

Make sure you have a secure system for handling donations: use a lockable box and ensure you have two unrelated people together to count the money at the end of the event.


Please refer to our ‘Make your event safe and legal’ document on our website at cysticfibrosis.org.uk/howto for further advice.





Share your cakes and recipes

We want to share your cakes and recipes far and wide. That's why we've set up a special Big Cake Bake board on Pinterest.

From sponges to muffins and cupcakes to brownies, whatever you are baking, share it with us. There will even be a prize for the most popular.



Pick a board	
Board	Big Cake Bake
Description	Simply include 'Cystic Fibrosis Trust Big Cake Bake' in the title or description when pinning a photo of your cake to Pinterest or use the hashtag #cftbigcakebake when posting to Twitter or posting it to our Facebook wall.
<input checked="" type="checkbox"/> Post to Twitter	
Close 	



We'll also be pinning and repinning recipes and photos of our own and from elsewhere to the pinboard too, so check it out if you need inspiration.

pinterest.com/cftrust



#cftbigcakebake



Fundraising materials

Name _____

Address _____

_____ Postcode _____

Telephone number _____

Email address _____

Please tick the relevant box if you are happy for us to contact you by email or by text message

Date of event _____

Location of event _____

	Quantity
Big Cake Bake posters	<input type="text"/>
Cake name cards/ingredients cards/price tags (8 per sheet)	<input type="text"/>
Rice paper (24 per bag)	<input type="text"/>
'Sold in aid of' stickers	<input type="text"/>
Cardboard collection box	<input type="text"/>
Collection box	<input type="text"/>
Cystic Fibrosis Trust banners	<input type="text"/>
Cystic Fibrosis Trust balloons	<input type="text"/>
Challenge events leaflet	<input type="text"/>
Cystic fibrosis Facts leaflet	<input type="text"/>

Please return this form to:

The Big Cake Bake, Cystic Fibrosis Trust, 2nd Floor, One Aldgate, London EC3N 1RE

Data protection/privacy policy: The Cystic Fibrosis Trust does not sell or rent your personal details to any other organisations. The details you provide on this form may be used to contact you about our work. Please see cysticfibrosis.org.uk/privacy-policy for details of our privacy policy.

About cystic fibrosis

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.

By taking part in the Big Cake Bake, you are helping us get closer to our goal of beating cystic fibrosis once and for all.

