

White chocolate and berry coconut mountains

by Rachel Khoo, Celebrity Chef

Makes 20 Preparation time: 20 minutes Baking time: 30-35 minutes

Ingredients:

- 100g golden caster sugar
- 1/2 tsp fine sea salt
- zest of 1 lemon
- 120g butter
- 200g desiccated coconut
- 150g sesame seeds
- 50g ground almonds
- 3 medium eggs
- 350g white chocolate
- 125g lingonberries or redcurrants



Method:

1. Preheat the oven to 200c/fan 180c/gas 6.
2. Put the sugar, salt, lemon zest and butter into a saucepan and melt over a medium heat. Set aside.
3. Pour the coconut on to a large tray lined with baking paper and place in the oven for 5 minutes or until fairly well toasted. Keep a close watch, and stir the coconut occasionally to toast it evenly. When the coconut is ready, take out of the oven and pour into a large bowl with the sesame seeds and ground almonds. Mix together, then pour in the melted butter and mix again. Add the eggs, then stir together until everything is well combined. Leave to cool completely.
4. Line a baking tray with baking paper. Form the mixture into 20 small pyramids (about 4cm high and 5cm in diameter) and set on the lined tray. Place in the oven and bake for 20-25 minutes or until slightly golden on the peaks and firm to the touch. Remove from the oven and leave to cool on a wire rack while melting the chocolate.
5. Break up the chocolate and put into a small heatproof bowl over a saucepan of simmering water, ensuring the bottom of the bowl doesn't touch the water. Leave to melt, stirring occasionally. Once the chocolate has melted, dip the cakes into it and top each one with 3-4 berries of your choice.

Get ahead / These keep for several days in an airtight container. Originally featured in The Daily Mail. Recipe from my latest cookbook The Little Swedish Kitchen. Order it on amazon now!

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Victoria Sponge

By Andrew H, Stroke Association Volunteer

Ingredients:

- 200g unsalted butter
- 200g white caster sugar
- 3 eggs, at room temperature
- 200g self-raising white flour
- 1 tsp vanilla extract
- 2 tbsp whole milk
- Strawberries
- Whipped cream

Method:

1. Preheat the oven to 180°C (160°C fan, gas mark 5).
2. Prepare the sandwich tins (2 x 7 inch sponge tins) by lining with baking parchment.
3. Cream together the butter and sugar with a wooden spoon or electric hand whisk, until pale and fluffy.
4. Add the eggs in 3 parts, beating well after each addition. Add the vanilla.
5. Sift the flour into the mixture and fold lightly with a metal spoon until even. Add the milk.
6. To assemble, cover the base with whipped cream and sprinkle with strawberries.
7. Top with the other cake and decorate with more strawberries. Sift over the caster sugar and serve.

Pineapple loaf

By Kate Aitken, stroke survivor

Ingredients:

- 115g block margarine
- 170g soft brown sugar
- 340g mixed fruit
- 115g chopped cherries
- Small tin of chopped pineapple
- 2 large eggs
- 225g self raising flour

Method:

1. Pre-heat the oven to 170°C (150°C for fan-assisted ovens) or gas mark 2.
2. Add the margarine, sugar, mixed fruit, cherries and pineapple to a bowl.
3. Warm together until the sugar and margarine are melted.
4. When cool, add the eggs and flour.
Mix well and place in a 900g loaf tin.
5. Bake for 2 hours 15 minutes.
6. Remove from the oven and leave for 30 minutes to cool.