

# Afternoon Tea

## RECIPES



**RECIPES**  Click to view recipe

[Berry, Coconut and Seed Flapjack](#)

[Cinnamon Bread Swirls](#)

[Cream Tea Scones](#)

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[Peanut Butter Banana Loaf](#)

[Polenta Cake](#)

[Spiced Apple and Rhubarb Sponge](#)

[Sultana Cake](#)

SERVES

16

# Afternoon Tea

Recipe Ingredients ...	Quantity:	Description:
113354 Brakes Flapjack Mix - BRAKES	800g	0.23x Each
1 Tap Water (for VC recipes) - BRAKES	100g	0.1x Each
130608 Brakes Berries, Coconut & Seed Topper - BRAKES	200g	0.2x Each

Cooking Instructions & Notes

**Method**

- Place flapjack and seed mix mix in a mixer with beater
- Add water and mix on slow speed for 20-30 seconds
- Press into a lined baking tray and bake at 180 for 20-25 minutes
- Allow to cool before portioning into desired size

Generated by Nutritics v5.7 on 19th Jan 2022

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 62G SERVING	%RI
Energy(Kj)	1931 kJ	23%	1197 kJ	14%
Energy(Kcal)	461 kcal	23%	286 kcal	14%
Fat	21 g	30%	13 g	19%
of which saturates	6.7 g	34%	4.1 g	21%
Carbohydrate	58 g	22%	36 g	14%
of which sugars	25 g	28%	15 g	17%
Fibre	5.2 g	21%	3.2 g	13%
Protein	7.7 g	15%	4.7 g	9%
Salt	0.33 g	6%	0.2 g	3%

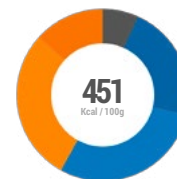
BERRY, COCONUT AND SEED FLAPJACK

CONTAINS:

- OATS
- SULPHITES

MAY CONTAIN:

- WHEAT, BARLEY
- HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS
- PEANUTS
- EGGS
- MILK
- SOYA



CALORIES:  
**51.3% Carbs**  
**6.8% Protein**  
**41.9% Fat**

BACK TO MENU

SERVES

16

# Afternoon Tea



CINNAMON BREAD SWIRLS

BACK TO MENU

Recipe Ingredients ...	Quantity:	Description:
100221 McDougalls White Bread & Roll Mix - BRAKES	500g	0.14x Each
70219 Brakes Fresh Whole Milk - BRAKES	370ml	0.16x Each
350103 Tate & Lyle Mississippi Inspired Dark Soft Brown Cane Sugar 3kg - BRAKES	140g	0.05x Each
33581 Brakes Ground Cassia Cinnamon - BRAKES	20g	0.04x Each
268 Brakes Seedless Raisins - BRAKES	100g	0.03x Each
5750 Brakes Chopped Mixed Nuts - BRAKES	100g	0.1x Each
16392 Brakes 18 British Free Range Fresh Medium Eggs - BRAKES	111g	2x Each
350157 Brakes Squeezy Clear Blossom Honey - BRAKES	80g	0.12x Each

Cooking Instructions & Notes

Prep

Blend nuts with eggs and 60g sugar

Method

1. In a bowl mix the bread mix with cinnamon, 80g brown sugar and add milk to make into a dough knead for 3-4 mins
2. Place in a bowl and cover and place in a warm place until the dough doubles in size
3. Knock back and roll out into a rectangle 1cm thick
4. Spread the filling over the top making sure it is all covered
5. Roll up into roulade shape and slice into approx. 16 slices
6. Arrange in a grease proof lined tin then cover and allow to prove once doubled in size bake at 180 for 20-25 mins or until cooked
7. Remove from oven and glaze with honey

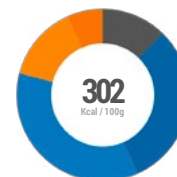
Food Labelling...	PER 100G		PER 80G SERVING	
		%RI		%RI
Energy(Kj)	1302 kJ	16%	1041 kJ	12%
Energy(Kcal)	309 kcal	15%	247 kcal	12%
Fat	7 g	10%	5.6 g	8%
of which saturates	2.2 g	11%	1.8 g	9%
Carbohydrate	50 g	19%	40 g	15%
of which sugars	23 g	26%	19 g	21%
Fibre	3.4 g	14%	2.7 g	11%
Protein	9.3 g	19%	7.5 g	15%
Salt	0.47 g	8%	0.38 g	6%

CONTAINS:

- WHEAT
- ALMONDS, WALNUTS
- PEANUTS
- EGGS
- MILK
- SOYA

MAY CONTAIN:

- HAZELNUTS, PECANS, CASHEWS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS



CALORIES:  
66.7% Carbs  
12.3% Protein  
20.9% Fat

SERVES

15

# Afternoon Tea

CREAM TEA SCONES

BACK TO MENU

Recipe Ingredients ...	Quantity:	Description:
115278 Brakes Self Raising Flour - BRAKES	450g	
121379 Chef William Table Salt - BRAKES	2g	
35023 Brakes Baking Powder - BRAKES	10g	
74088 Unsalted Butter - BRAKES	100g	
115284 Tate & Lyle Caster Sugar 2kg - BRAKES	75g	
85702 Brakes Sultanas - BRAKES	100g	
70325 Brakes Fresh Whole Milk - BRAKES	300ml	
16392 Brakes 18 British Free Range Fresh Medium Eggs - BRAKES	167g	3x Each
70215 Brakes Fresh Double Cream - BRAKES	450ml	0.2x Each
33739 Brakes Mixed Fruit Jam - BRAKES	375g	0.1x Each
78252 Butter Portions - BRAKES	93g	15x Each

Cooking Instructions & Notes

**Mis en Place / Prep:**

- Brakes Unsalted Butter - Dice butter
- Tate & Lyle Caster Sugar 2kg - Keep back 25g for glaze

**Method:**

- Pre-heat the oven to 220°C. Line a baking tray with parchment.
- In a bowl, sift the flour & baking powder. Add the diced butter & rub into the flour until it resembles breadcrumbs.
- Fold in 50g sugar and stir in the sultanas.
- Beat 1 of the eggs and mix into the bowl lightly with a fork to form a soft dough.
- Place the dough onto a lightly floured surface & roll out until 3cm thick. Cut into 5cm rounds.

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 101G SERVING	%RI
Energy(Kj)	1927 kJ	23%	1946 kJ	23%
Energy(Kcal)	461 kcal	23%	466 kcal	23%
Fat	27 g	39%	27 g	39%
of which saturates	17 g	85%	17 g	85%
Carbohydrate	49 g	19%	49 g	19%
of which sugars	25 g	28%	25 g	28%
Fibre	1.2 g	5%	1.2 g	5%
Protein	5.9 g	12%	5.9 g	12%
Salt	0.83 g	14%	0.84 g	14%

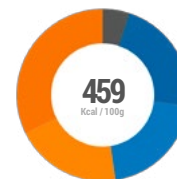
CONTAINS:

WHEAT

EGGS

MILK

SULPHITES



CALORIES:  
 42.5% Carbs  
 5.1% Protein  
 52.4% Fat

SERVES

12

# Afternoon Tea



Recipe Ingredients ...	Quantity:	Description:
71128 Salted Butter - BRAKES	75g	
1803 Brakes Whole Glacé Cherries - BRAKES	50g	
2063 Noel's Chinese Stem Ginger in Syrup 1.05kg - BRAKES	50g	
85910 Callebaut Dark Chocolate Callets (811) - BRAKES	100g	
350098 Tate & Lyle Caster Sugar 2kg - BRAKES	65g	
470703 Plain Flour - BRAKES	40g	
5154 Brakes Ground Almonds - BRAKES	50g	

Cooking Instructions & Notes

**Mis en Place / Prep:**

- Brakes Whole Glacé Cherries - Finely chopped
- Noel's Chinese Stem Ginger in Syrup 1.05kg - Drained and finely chopped

**Method:**

- Pre-heat the oven to 180°C
- Melt the butter then add sugar with the flour over a low heat. Add the almonds, cherries and ginger and stir through.
- Take off the heat and roll teaspoon - sized balls of mix and place on baking trays lined with parchment and press down
- Bake in the oven for approx. 12 mins. Allow the Florentines to cool on the tray
- Melt the chocolate and dip the bottom of the Florentine in the chocolate and allow to cool upside down
- Once cool turn over drizzle with more chocolate and serve

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Food Labelling...

EU Label values per 100g

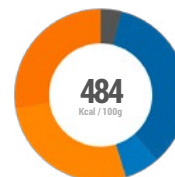
	PER 100G	%RI	PER 36G SERVING	%RI
Energy(Kj)	2044 kJ	24%	736 kJ	9%
Energy(Kcal)	490 kcal	25%	176 kcal	9%
Fat	29 g	41%	11 g	16%
of which saturates	15 g	75%	5.3 g	27%
Carbohydrate	50 g	19%	18 g	7%
of which sugars	42 g	47%	15 g	17%
Fibre	3.1 g	12%	1.1 g	4%
Protein	4.8 g	10%	1.7 g	3%
Salt	0.35 g	6%	0.13 g	2%

CONTAINS:

WHEAT ALMONDS MILK SOYA

MAY CONTAIN:

HAZELNUTS, PECANS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS PEANUTS



CALORIES:

41.3% Carbs  
3.9% Protein  
54.7% Fat

FLORENTINES

BACK TO MENU

SERVES

7

# Afternoon Tea

Recipe Ingredients ...	Quantity:	Description:
1077 Craigmillar Scone Mix 3.5kg - BRAKES	500g	0.14x Each
1 Tap Water (for VC recipes) - BRAKES	215g	0.22x Each
100209 Brakes Dried Mixed Fruit - BRAKES	100g	0.03x Each

Cooking Instructions & Notes

- Mix scone mix with dried fruit water into a dough (don't over mix)
- Roll out to approx. 2cm thick
- Cut into desired shape and size
- Allow to rest for 10 mins
- Bake at 200 deg c for 12-15 minutes
- Allow to cool
- Serve

Food Labelling...

EU Label values per 100g

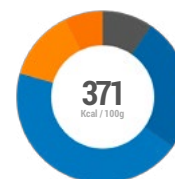
	PER 100G	%RI	PER 83G SERVING	%RI
Energy(Kj)	1589 kJ	19%	1319 kJ	16%
Energy(Kcal)	377 kcal	19%	313 kcal	16%
Fat	8.5 g	12%	7 g	10%
of which saturates	3 g	15%	2.5 g	13%
Carbohydrate	65 g	25%	54 g	21%
of which sugars	23 g	26%	19 g	21%
Fibre	2.4 g	10%	2 g	8%
Protein	9 g	18%	7.5 g	15%
Salt	1.5 g	25%	1.2 g	20%

CONTAINS:

- WHEAT
- MILK
- SOYA
- SULPHITES

MAY CONTAIN:

- BARLEY
- EGGS



CALORIES:  
 69.9% Carbs  
 9.6% Protein  
 20.6% Fat

FRUIT SCONES

BACK TO MENU

SERVES

15

# Afternoon Tea

PEANUT BUTTER BANANA LOAF

BACK TO MENU

Recipe Ingredients ...	Quantity:	Description:
74088 Unsalted Butter - BRAKES	200g	
350102 Tate & Lyle Mediterranean Inspired Medium Bodied Buttery Light Soft Brown Cane Sugar 3kg - BRAKES	200g	
86874 Preema Vanilla Essence 500ml - BRAKES	5g	
114957 FREEE by Doves Farm Gluten Free Self Raising White Flour 1kg - BRAKES	200g	
33581 Brakes Ground Cassia Cinnamon - BRAKES	5g	
107022 Lyle's Golden Syrup Maple Flavour 454g - BRAKES	80g	
127123 Sun-Pat Sunpat Crunchy Peanut Butter - BRAKES	200g	
10354 Bananas - BRAKES	3kg	
16392 Brakes 18 British Free Range Fresh Medium Eggs - BRAKES	222g	4x Each

Cooking Instructions & Notes

**Mis en Place / Prep:**

- Brakes Unsalted Butter - Softened and keep 25g for greasing
- Bananas - Peeled and mashed

**Method:**

- Pre-heat the oven to 160°C
- Grease and line a loaf tin
- Sift the flour
- Beat sugar, butter and vanilla together until light and creamy
- Add the eggs 1 at a time and mix well, adding all the other items
- Scrape down and make sure everything is combined
- Empty mixture into your lined baking tin and bake for approx. 1 hour
- Allow to cool before slicing

Food Labelling...

EU Label values per 100g

	PER 100G	%RI	PER 247G SERVING	%RI
Energy(Kj)	768 kJ	9%	1896 kJ	23%
Energy(Kcal)	183 kcal	9%	452 kcal	23%
Fat	7.7 g	11%	19 g	27%
of which saturates	3.6 g	18%	9 g	45%
Carbohydrate	25 g	10%	61 g	23%
of which sugars	19 g	21%	46 g	51%
Fibre	1.1 g	4%	2.7 g	11%
Protein	3.3 g	7%	8.1 g	16%
Salt	0.12 g	2%	0.3 g	5%

CONTAINS:

- PEANUTS
- EGGS
- MILK

MAY CONTAIN:

- HAZELNUTS, PECANS, ALMONDS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS



CALORIES:

54.4% Carbs  
7.2% Protein  
38.4% Fat

SERVES

12

# Afternoon Tea

POLENTA CAKE

BACK TO MENU

Recipe Ingredients ...	Quantity:	Description:
71128 Salted Butter - BRAKES	200g	
114967 Brakes Polenta - BRAKES	200g	
10292 Medium Oranges - BRAKES	352g	2x Each
113877 Rosemary - BRAKES	4g	
350098 Tate & Lyle Caster Sugar 2kg - BRAKES	250g	
16392 Brakes 18 British Free Range Fresh Medium Eggs - BRAKES	222g	4x Each
5154 Brakes Ground Almonds - BRAKES	150g	

Cooking Instructions & Notes

**Mis en Place / Prep:**

- Brakes Salted Butter - Soften butter
- Tate & Lyle Caster Sugar 2kg - Keep 50g for glaze
- Rosemary - Zest and juice

**Method:**

- Pre-heat oven to 180°C
- Line a loaf tin with parchment paper
- In a bowl cream the butter and sugar till light and fluffy.
- Beat in eggs 1 by 1. Stir in the remaining ingredients.
- Spoon the mixture into the lined loaf tin and bake for 45 - 50 mins or until cooked.
- When ready transfer to a wire rack to cool.
- Boil sugar, 150ml water and orange zest and juice with rosemary until it becomes a syrup
- Remove rosemary before drizzling over the cake

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Food Labelling...				
EU Label values per 100g				
	PER 100G	%RI	PER 103G SERVING	%RI
Energy(Kj)	1539 kJ	18%	1586 kJ	19%
Energy(Kcal)	369 kcal	18%	380 kcal	19%
Fat	22 g	31%	22 g	31%
of which saturates	9.4 g	47%	9.7 g	49%
Carbohydrate	36 g	14%	37 g	14%
of which sugars	23 g	26%	24 g	27%
Fibre	1.4 g	6%	1.4 g	6%
Protein	6.6 g	13%	6.8 g	14%
Salt	0.39 g	7%	0.4 g	7%

**CONTAINS:**

- ALMONDS
- EGGS
- MILK

**MAY CONTAIN:**

- WHEAT
- HAZELNUTS, PECANS, CASHEWS, WALNUTS, BRAZIL NUTS, PISTACHIOS, MACADAMIAS
- PEANUTS



CALORIES:

39.5% Carbs  
7.2% Protein  
53.3% Fat

SERVES

12

# Afternoon Tea

SPICED APPLE AND RHUBARB SPONGE

BACK TO MENU

Recipe Ingredients ...	Quantity:	Description:
89687 McDougalls Carrot Cake Mix 3.5kg - BRAKES	1kg	0.29x Each
1 Tap Water (for VC recipes) - BRAKES	250g	0.25x Each
33387 Apple & Rhubarb - BRAKES	500g	0.5x Each

Cooking Instructions & Notes

### Method

- Add muffin mix to a bowl with beater attachment
- Add liquid and grated parsnips and mix on a slow speed until all mix is combined (do not over mix)
- Spread apple and rhubarb mix in the base of a lined baking tray
- Top with spiced cake mix
- Bake at 170 deg c for approx. 30-40 minutes or until cooked
- Allow to cool before portioning serving

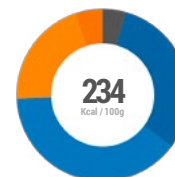
Food Labelling...				
EU Label values per 100g				
	PER 100G	%RI	PER 131G SERVING	%RI
Energy(Kj)	991 kJ	12%	1299 kJ	15%
Energy(Kcal)	235 kcal	12%	308 kcal	15%
Fat	6.7 g	10%	8.7 g	12%
<i>of which saturates</i>	1.3 g	7%	1.7 g	9%
Carbohydrate	41 g	16%	53 g	20%
<i>of which sugars</i>	18 g	20%	24 g	27%
Fibre	1 g	4%	1.2 g	5%
Protein	2.6 g	5%	3.4 g	7%
Salt	0.64 g	11%	0.84 g	14%

CONTAINS:

- WHEAT
- EGGS
- SOYA

MAY CONTAIN:

- MILK



CALORIES:  
 69.9% Carbs  
 4.4% Protein  
 25.7% Fat

SERVES

20

# Afternoon Tea



SULTANA CAKE

BACK TO MENU

Recipe Ingredients ...	Quantity:	Description:
470703 Plain Flour - BRAKES	225g	
33596 Brakes Bicarbonate of Soda - BRAKES	3g	
33710 Brakes Ground Mixed Spice - BRAKES	3g	
114955 Brakes Wholemeal Flour - BRAKES	225g	
71128 Salted Butter - BRAKES	170g	
85702 Brakes Sultanas - BRAKES	225g	
350103 Tate & Lyle Mississippi Inspired Dark Soft Brown Cane Sugar 3kg - BRAKES	225g	
16392 Brakes 18 British Free Range Fresh Medium Eggs - BRAKES	111g	2x Each
70325 Brakes Fresh Whole Milk - BRAKES	300ml	

Cooking Instructions & Notes

**Mis en Place / Prep:**

- Brakes 18 British Free Range Fresh Medium Eggs - Beat the eggs

**Method:**

- Pre-heat the oven to 170°C. Line a cake tin with baking paper.
- In a large bowl sift the flour with the mixed spice & bicarb, then add the wholemeal flour.
- Rub the butter into the flour mix until it resembles fine breadcrumbs. Stir in the sultanas and sugar.
- Make a well in the centre of the bowl and add the beaten egg & milk.
- Beat gently until well mixed and is at a dropping consistency, adding a little more milk if required.
- Fill the cake tin and bake for 1 hour, 20 mins and a skewer comes out clean.
- Carefully remove from the tin onto a wire rack and allow to cool completely before serving.

Food Labelling...

EU Label values per 100g

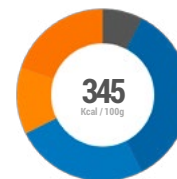
	PER 100G	%RI	PER 67G SERVING	%RI
Energy(Kj)	1472 kJ	18%	986 kJ	12%
Energy(Kcal)	350 kcal	18%	235 kcal	12%
Fat	12 g	17%	8.3 g	12%
of which saturates	7.7 g	39%	5.1 g	26%
Carbohydrate	52 g	20%	35 g	13%
of which sugars	30 g	33%	20 g	22%
Fibre	2.6 g	10%	1.7 g	7%
Protein	6.6 g	13%	4.4 g	9%
Salt	0.47 g	8%	0.32 g	5%

CONTAINS:

WHEAT

EGGS

MILK



CALORIES:  
**60% Carbs**  
**7.6% Protein**  
**32.4% Fat**