

FAIR  BRUARY

The Treat Yourself Cookbook



Earl Grey Banana Bread

Earl Grey's delicate citrus notes elevate humble and forgiving banana bread into something complex and refined.

Ingredients (serves 4)

- 3 – 4 medium very ripe Fairtrade bananas, mashed ($\approx 1\frac{1}{2}$ cup)
- 2 large eggs, room temp
- $\frac{1}{2}$ cup (125 ml) strong brewed Clipper Fairtrade Organic Earl Grey tea (2 bags steeped in $\frac{1}{2}$ cup boiling water, cooled)
- $\frac{1}{2}$ cup (115 g) unsalted butter or $\frac{1}{2}$ cup neutral oil, melted
- $\frac{3}{4}$ cup (150 g) brown sugar (or $\frac{1}{2}$ cup coconut sugar)
- 1 tsp vanilla extract
- $1\frac{1}{2}$ cups (190 g) all-purpose flour
- $\frac{1}{2}$ tsp baking soda
- $\frac{1}{4}$ tsp salt
- (optional) $\frac{1}{2}$ tsp cinnamon, pinch of nutmeg, $\frac{1}{2}$ cup chocolate chips or walnuts

Method

1. Preheat oven to 350 °F (175 °C). Grease a 9 × 5 in loaf pan or line with parchment.
2. Brew tea: steep 2 tsp Earl Grey in $\frac{1}{2}$ cup boiling water 5 min, strain and let cool.
3. Mix wet: whisk mashed banana, eggs, melted butter (or oil), sugar, vanilla, and the cooled tea.
4. Combine dry: sift flour, baking soda, salt, and any spices. Fold into wet mixture just until incorporated (don't over-mix).
5. Add-ins (if using): fold in chips or nuts.
6. Bake: pour batter into pan, tap to settle. Bake 55-65 min (or 60-75 min for a darker crust), until a toothpick comes out clean.
7. Cool: 10 min in pan, then transfer to wire rack.



Banana and Chocolate Puff Pastry

Quick and easy banana treat, brought together with flaky pastry and a drizzle of chocolate.

Ingredients

2 tablespoons butter
1/4 cup packed brown sugar
2 medium ripe Fairtrade bananas, halved lengthwise
1 sheet frozen puff pastry, thawed
4 ounces semisweet Fairtrade chocolate, melted
Vanilla ice cream, optional

Method

- Preheat oven to 400°. In a large cast-iron or other heavy skillet, melt butter over medium heat. Stir in brown sugar until blended. Add bananas; stir to coat. Remove from heat; set aside.
- Unfold puff pastry; cut into 4 rectangles. Place a banana half in center of each rectangle. Overlap 2 opposite corners of pastry over banana; pinch tightly to seal. Place on parchment-lined baking sheets.
- Bake until golden brown, 20-25 minutes. Drizzle with chocolate. Serve warm, with ice cream if desired.



No Bake Chocolate Energy Bites

Perfect when you get that chocolate craving, just pop a few of these and you're craving will most definitely be satisfied.

Ingredients

120 g almond powder
2 tbsp chia seeds, 45g mix of milled flax , sunflower and pumpkin seeds
1 tbsp cocoa powder
1.2 tsp vanilla extract
2 tbsp golden syrup
220 g soft pitted dates
100 g Moser Roth Fairtrade Chocolate 70% Dark
50 g Moser Roth Fairtrade Milk Chocolate (chopped)

Method

- Add all the ingredients (except the chocolate) into a food processor and process until it forms a thick, sticky dough.
- If the mix is not sticking together, add 1 tbsp of warm water and process again.

- Add chopped Milk chocolate and pulse 4–5 times, until evenly mixed with other ingredients.
- Line a 7x7" square baking pan with parchment paper so it sticks out the sides of the pan.
- Transfer the mix to the lined baking pan and press down firmly and evenly with your hands (pressing is important for making the bars stick together).
- Chop the dark chocolate into small pieces. Melt it in a microwave safe bowl in a microwave in 15 secs increments, stirring often.
- Pour the melted chocolate on bars and spread it evenly using a spatula. Before slicing into squares, let them sit at room temperature for 10 mins to prevent the chocolate from cracking.



Chocolate Chip Cookies

These giant cookies are a heavenly, buttery, golden treat !

Ingredients (8-10 cookies)

- 120 g melted butter
- ½ cup white sugar
- ½ cup coconut or brown sugar
- 1 free-range egg
- 1 ½ teaspoons vanilla essence
- 1/2 teaspoon baking soda
- 1 ½ cups white spelt flour (can also use regular flour)
- 150 g roughly chopped Tony's Choclonely Caramel Sea Salt Milk Bar

Method

- Preheat oven to 170°C.
- Place the melted butter and the two sugars in a bowl and stir really well. Add the egg and vanilla

- and whisk together. In a separate bowl mix together the flour and baking soda before adding to the bowl and combining thoroughly. Add the chocolate and stir through until evenly dispersed.
- Place cookie dough in the fridge for 20 minutes to cool.
- Roll 2 heaped tablespoons of cookie dough into a ball and place on a lined baking tray. Repeat the process with the remaining dough. The cookies will spread a lot when baking so you'll only be able to put 4-5 on a tray. You'll need to cook the cookies in two batches.
- Bake for approximately 12-14 minutes until lightly golden. Leave on the tray for 10 minutes to cool before moving, as they'll be delicate.
- Once cooled, store in an airtight container for up to one week. Can be frozen for up to 4 months.



Ice Cream French Toast

Our ice cream French toast is made by soaking thick slices of bread in melted vanilla ice cream for a rich and custard-like texture. It's simple to prepare and packed with flavour. The bread absorbs the ice cream overnight, then bakes into a golden, satisfying dish.

Ingredients

- Half a baguette
- 1 pt Ben & Jerry's Fairtrade Vanilla ice cream, melted
- 1 cup milk
- 2 tsp cinnamon
- 4 eggs
- 2 tsp maple syrup (plus more for serving)

Method

- Grease 8" x 8" baking dish with butter
- Slice baguette and layer the slices in the greased baking dish.
- In a large mixing bowl, combine melted ice cream, milk, cinnamon, eggs, and maple syrup.
- Pour liquid mix over sliced baguette. Cover and refrigerate overnight.
- In the morning, bake at 350°F for 15 minutes or until golden brown.
- Slice, drizzle with more maple syrup, and enjoy!



Valentine's Day Love-Heart Cookies

Ingredients

100 g cold butter, cut into very small cubes
(Important the butter is cold)
200 g plain flour, sieved
100 g golden caster sugar
1 small egg, lightly beaten
1tsp of vanilla extract
3 tbsp of M&S Fairtrade Strawberry Conserve
Icing sugar for dusting

Method

• Rub the cubed butter into the flour and sugar until it looks like rough breadcrumbs. Slowly add the egg and vanilla extract to bring the dough together. Wrap the dough in baking parchment and place it into the fridge for at least three

hours, or overnight.

- Preheat your oven to 180°C/gas mark 4 and line two large flat baking trays with parchment.
- Roll the dough to about 5 millimetre in thickness and cut out 20 circles. Place 12 of them on one of the baking trays with bit of space between each cookie. Cut hearts from the centre of the other eight then re-roll the cut-out pieces to make another four circles cutting the centre from these as well.
- Bake for about ten minutes until golden. Once cool enough to handle place on a wire rack to cool completely.
- Place a teaspoon of the jam onto the full circles. Sieve some icing sugar over the cookies which have the hearts cut out of them. Sandwich them on top of the other biscuits with the jam.



Make the perfect V60 Pourover at home with Bewley's

Taste Targets

- Rich Roast: fuller body, deeper caramel + cocoa
- Gold Roast: brighter, cleaner, more aromatic

What you'll need:

- Coffee: 15 g
- Scales
- V60 pour over and Filter papers
- Grind: Medium fine (similar to table salt)
- Water: 250ml @ 94°C (kettle off the boil for a minute)
- Ratio: 1:16

Method

- Place filter paper in filter dripper on scales and tare.
- Rinse filter thoroughly; discard water.
- Add 15 g coffee, level coffee bed.
- Bloom: Pour 30 g water, wait 30–40 sec.
- Pour water in slow circles to 150g, keep coffee bed submerged, avoid edges.
- Final Pour: Continue to 250g total.
- Time Target: 2:30–3:00 mins.
- Remove filter once the liquid has filtered through, pour and enjoy!

Taste Targets

- Rich Roast: smooth, caramelised, rounded finish
- Gold Roast: bright, sweet, clean cup



Bewley's