



COOKSISTER

Waar's 'it lekker? Find out with Farzana Kumandan



JUST DESSERTS

CLASSIC TEATIME VANILLA SHEET CAKE

Recipe Credit by Farzana Kumandan @sprinklesandspicect

Ingredients

- 250g soft Butter
- 1½ cups castor sugar
- 4 eggs
- 2 tbsp vanilla essence
- 3 cups flour
- 2½ tsp baking powder
- 1½ cups milk

Method

In a bowl, sift the flour and baking powder. In a separate large bowl whisk with an electric beater or stand mixer the butter and sugar until no sugar granules are visible and the batter is thick, light, and creamy. Add the eggs and vanilla essence. Reduce to a low speed and gradually add and alternate the flour, baking powder and milk. Mix until it's smooth and lump free. Transfer to a large tray or rectangle baking dish, either grease sprayed or lined with baking paper. Bake in a preheated oven on 180°C for 30-40 minutes or until a toothpick comes out clean. For cupcakes, bake for 12-15 minute. Once cooled spread a layer of buttercream icing and top with your favourite sprinkles.

Chilly winter calls for something sweet with warme koppie koffie

HELLO Everyone

With the icy days creeping up on us, we look for extra warmth and therefore tend to find ourselves having more teatime breaks with something sweet on the side. There is nothing better than having a hot cup of coffee or tea with a slice of cake to warm you up on a chilly day. A classic vanilla cupcake baked to golden perfection is my favourite. This kind of cupcake comes with a charm of its own. It does not even need fancy icing or toppings. Sometimes I add a sprinkle of 100s and 1000s before it goes in the oven to give it a pop of colour. Another one of my favourite

bakes is an old fashioned Taystee wheat cake. It just brings back so many childhood memories and the taste reminds me of my granny.

Ingredients

As a little girl I used to watch her get all the baking ingredients out and mix it together in a big bowl with a wooden spoon. Sometimes she used a cup, other times she would just add in the ingredients or even used her hands to measure. She never used a recipe or timed the bake. The smell of cake baking warmed up the home and by the time the cake was ready to come out of the oven, the table



DELICIOUS TEATIME TREAT:: Classic teatime vanilla sheet cake

was set with a warm pot of tea served with a perfectly baked slice of granny's cake. Yesterday we celebrated World Baking Day and this week I will share a few of my favourite recipes for you to enjoy. For more recipes or baking

and cooking inspiration, visit my website www.sprinklesandspice.co.za or visit my social media platforms on Instagram @sprinklesandspicect or on Facebook @Sprinkles and Spice by Farzana Kumandan. Happy Cooking Love, your Cooksister

Easy Buttercream

Recipe Credit by Farzana Kumandan @sprinklesandspicect

Ingredients

- 250g soft butter (not melted)
- 4 cups sifted icing
- 1 tbsp vanilla essence

Method

In a large mixing bowl, whisk (electric hand beater) the butter until light and creamy. Add the vanilla essence and icing sugar and beat until smooth. Add in food colouring and mix until the colour is even. Spread an even layer over the cooled cake and top with sprinkles.

SMASH CHOCOLATE CAKE

Recipe Credit by Farzana Kumandan @sprinklesandspicect

Ingredients

- 3 eggs (Separated)
- 2 cups sugar
- ½ cup oil
- 1 cup buttermilk
- 1 ¾ cup self-rising flour
- ¾ cup cocoa
- 1 ½ tsp baking powder
- ½ tsp bicarb
- ½ cup warm water mixed with 1 heaped tsp strong coffee

Method

Boil the water and mix ½

cup water with 1 tsp coffee. Allow to cool (water should be warm and not boiling hot). Separate your eggs and whisk your egg whites until soft peaks, set aside. In a separate bowl whisk together the egg yolks, sugar, oil, and buttermilk until its light and fluffy. Add in the warm coffee, dry ingredients, and mix until smooth and lump free. Lastly fold in your egg

whites and mix until smooth. Bake in a large black oven tray lined with baking paper on 170°C for 20-30 minutes or until a toothpick comes out clean (you want a thin layer so you can cut and half it to be sandwiched once cooled). Once your cake has cooled, half and spread your bottom layer with ½ tin Nestle caramel treat, followed by ½ cup whipped fresh cream top with chocolate ganache.



BANANA BREAD

Recipe Credit by Farzana Kumandan @sprinklesandspicect

Ingredients

- 70g soft butter
- 5 medium over-ripe bananas
- 1 egg
- ¾ cup sugar
- 1 tbsp vanilla essence
- Pinch of salt
- ½ tsp bicarb
- 1 ½ cups flour
- Poppy seeds for the top



Method

Heat the butter and the chopped banana in the microwave for 40 seconds. In a large bowl, add the eggs, sugar, vanilla essence, salt and banana and butter. Mash everything together with a fork or hand held masher. Once mashed, thick and pulpy add the bicarb and flour and mix until a thick batter is formed. Spray two foil bread tins and grease spray. Half the batter and transfer to each foil container. Sprinkle with Poppy seeds. Bake in a preheated oven on 180°C for 40-50 minutes until the top is golden brown and a toothpick comes out clean.

TAYSTEE WHEAT CAKE

Recipe Credit by Farzana Kumandan @sprinklesandspicect

Ingredients

- 2 Eggs
- 250g Soft Butter
- 1½ cups sugar
- 1 ½ cups Taystee wheat
- 1 cup cake flour
- 1 heaped teaspoon baking powder
- 1 cup medium coconut
- 1 heaped teaspoon fine cardamom
- 1 ½ cups milk
- White poppy seeds for sprinkling

Method

Cream the butter, eggs, and sugar until it's light and fluffy. Add in the cardamom, Taystee wheat, coconut, flour, as well as the baking powder.



Add in the milk and stir until well combined. Transfer to a greased medium sized rectangle baking dish and sprinkle with poppy seeds. Bake in a preheated oven on 180°C for 25-35 minutes or until a toothpick comes out clean.

LEMON CAKE

Recipe Credit by Farzana Kumandan @sprinklesandspicect

Ingredients for the cake

- 3 Eggs
- ¾ cup soft butter
- 1¼ cups castor sugar
- 1½ cups flour
- 2 level tsp baking powder
- 1 tsp vanilla essence
- 1 tsp lemon juice
- The zest of 1 lemon

Ingredients for the Icing Glaze
2 cups icing sugar
2-4 tbsp milk
Extra lemon zest

Method for the cake
Whisk together the eggs, butter, sugar, and vanilla essence until light and fluffy. Add in the flour, baking powder and mix until smooth and lump free.



Add in the lemon juice and lemon zest and stir with a spoon. Transfer to a greased Bundt tin or medium sized baking dish and bake in a preheated oven on 180°C for 30-35 minutes or until a toothpick comes out clean.

Method for the Icing glaze
Mix the icing sugar and milk until the icing is thick and smooth. Drizzle over the cooled cake and sprinkle over lemon zest.