

Some Fair Trade Recipes to get you started

Fair Trade Banana Bread

225 g (8 oz) self-raising flour
100 g (4 oz) butter
150 g (5 oz) caster sugar
450 g (1 lb) Fair Trade bananas (the gooier the better)
½ teaspoon salt
2 eggs
175 g (6 oz) mixed dried fruit

Directions

Pre-heat the oven to 180°C/350°F/Gas Mark 4. Peel and mash the bananas, and then mix all the ingredients except the dried fruit together. You can do this in a food processor, or by hand in a basin. When they're all thoroughly mixed, add the dried fruit. Spoon the mixture into a 1 kg (2 lb) non-stick loaf tin, spread it out evenly and bake it for 1½ hours. The loaf is done when a skewer pushed into its middle comes out clean. Cool on a wire rack before slicing.

Crumbly Banana Squares

175g Fair Trade sugar
175g margarine
225g self raising flour
100g porridge oats
2 medium Fair Trade bananas, mashed
25g sultanas (or similar)
Caster sugar

Directions

Warm your oven to 200°C. Cream the sugar and margarine together. Cut in the flour and oats to make a crumbly mixture. Sprinkle half into a baking tray (12 by 8 inch) and press down lightly. Spread over the bananas and sprinkle the dried fruit. Sprinkle the rest of the mixture over and again press down lightly. Bake it for 25 to 30 minutes until golden. To finish sprinkle with caster sugar. Wait until it cools (if you can) and cut into appropriately-sized chunks.

Chocco Bananas

1 lemon
4 large Fair Trade bananas
1 bar dark Fair Trade chocolate
a sprinkling of Fair Trade Raw Cane Sugar

Directions:

Peel the bananas and slit them lengthwise for about three quarters of their length. Break the chocolate into portions and then cut the portions lengthwise. Insert chocolate pieces into the bananas lengthwise and gently close up the bananas. Put some baking foil into an oven proof dish and lay the bananas on top. Juice the lemon, and sprinkle lemon juice and sugar over the bananas. Fold up the foil to seal the bananas. Bake in the oven at Gas Mark 6 for 20 minutes. Gently turn out into serving bowls. Serve hot with cream, or Fair Trade ice cream.

Nutty Chocolate & Coffee Brownies

Makes about 12 brownies:

50g dark Fair Trade chocolate, roughly broken up
110g butter
2 eggs, beaten
225g unrefined (golden) Fair Trade sugar
50g plain flour
1 teaspoon baking powder
pinch of salt
100g hazelnuts (chopped in half)

For the frosting:

100g butter, softened to room temperature
100g icing sugar
100g cream cheese
1 tablespoon strong black Fair Trade coffee

Directions

Pre-heat oven to 180°C/350°F/gas mark 4. Grease a tin measuring approximately 27cm x 18cm and line with baking parchment, allowing paper to rise 3cm above the tin. Toast hazelnuts in oven for 10 minutes (maximum) until lightly browned. Melt chocolate and butter in a bowl over a pan of simmering water. Sieve flour, baking powder and salt into a bowl. Stir in sugar. Beat in eggs and chocolate mixture until well-mixed. Stir in hazelnuts. Pour mixture into the tin and bake for 30-40 minutes until centre springs back when lightly pressed. Remove from oven and allow to cool completely in tin. To make frosting, beat butter and icing sugar together until pale and fluffy. Beat in cream cheese and coffee. Spread frosting on cooled Brownies. Chill in fridge for 30 minutes, then cut into squares.

Mocha Ginger Biscotti

Makes about 10 Biscotti:

Biscotti are very hard Italian biscuits which are lovely dipped into coffee for breakfast or a mid-morning snack.

100g plain flour
30g Fair Trade cocoa powder
½ teaspoon baking powder
Pinch of salt
120g unrefined (golden) Fair Trade sugar
½ tablespoon Fair Trade ground coffee
30g dark Fair Trade chocolate, roughly broken up
2 eggs, beaten
2 balls of stem ginger, finely chopped

Directions

Heat oven to 180°C/350°F/gas mark 4. Sieve flour, cocoa, baking powder and salt into the bowl of a food processor. Add sugar, coffee and chocolate. Process until finely ground. Slowly pour in the beaten eggs and continue to process until mixture binds together into a firm dough. Carefully add milk by the teaspoonful if dough is too dry. Fold in the stem ginger. On a floured surface, roll dough into a log and place on a baking sheet lined with baking parchment. Bake for 30 minutes. Remove from oven and turn down to 150°C/300°F/gas mark 2. Allow log to cool, then, using a serrated knife, cut into 1cm wide slices. Lie slices flat on baking sheet and return to oven for 15 minutes or until firm. Allow to cool completely on a wire rack.

Choco-Doodle-Roons

Makes 2 1/2 dozen cookies

1 cup melted butter
1 cup Fair Trade sugar
1 cup Fair Trade brown cane sugar
2 cage-free eggs
1 tsp. vanilla
2 cups unbleached flour
2 cups whole-grain oats (measure first, then blend in blender until a fine powder)
1/2 tsp. salt
1 tsp. baking soda
1 tsp. baking powder
12 oz. bag Fair Trade Chocolate Chips
3 oz. Fair Trade chocolate bar, grated
3/4 cup coconut flakes (for topping)
1/4 cup cinnamon Fair Trade sugar blend (equal parts for topping; mix by hand)

Directions

Preheat oven to 375 degrees. In small bowl, mix melted butter, sugars, eggs, and vanilla. Combine in larger bowl with flour, oat powder, salt, baking soda, baking powder. Mix well, adding chocolate chips (if you don't have chocolate chips you can make your own by cutting the chocolate into very small chunks) and grated chocolate bar. Shape dough into golf-ball sized balls and space 2" apart on ungreased cookie sheets. Sprinkle cookies first with cinnamon/sugar blend; then coconut flakes. Bake for 8-10 minutes. Enjoy!

Lemonade

6 lemons
1 cup Fair Trade Sugar
6 cups of cold water

Directions

Juice the lemons to make 1 cup of juice. To make your labor easier, FIRMLY roll the lemons between your hand and counter top before cutting in half and juicing. In a gallon pitcher combine 1 cup lemon juice, 1 cup sugar, and 6 cups cold water. Stir. Adjust water to taste. Chill and serve over ice.

Snow Mocha

2½ cup Fair Trade black coffee - brew a little bit stronger than you would usually drink
2/3 cup milk
1-1/2 tbsp of brown sugar (darker is better)
5 tbsp of chocolate syrup
1/4 tsp of cinnamon

Directions

Brew the fair trade coffee and freeze it solid. Once it is frozen, put the milk, chocolate syrup, brown sugar, and cinnamon into a blender. Blend ingredients until well mixed. Place the blender into the freezer to chill. Do not let it freeze solid. Meanwhile, remove the frozen coffee and chip it into small slivers. An ice shaver does this really well. Take out the blender and add the shaved coffee to it. Blend the mixture until it is completely blended. You may have to help the blender out by stirring the top portion of the mix. Place blender back into freezer to chill some more. Serves 2 large (drinking glass) servings, or 4 small (coffee mug) size servings.

Hot Chocolate from scratch

1 tbsp. Fair Trade cocoa powder
2 tbsp. Fair Trade white sugar
2 tbsp. water
1 c. milk
a bit of vanilla, if desired

Directions

Combine cocoa, sugar, and water in a small saucepan. Heat it on low heat, stirring occasionally to prevent the paste from sticking to the pan. After about 1 to 2 minutes, add milk and vanilla. Mix it all together until it reaches your preferred temperature.

OR for real decadence simply add chunks of your favorite Fair Trade Chocolate to warmed up milk and stir thoroughly. Finish with lashings of whipped cream