Fairtrade Recipes

for sharing



Lamb Tagine



Ingredients

75g Fairtrade dried mango 75g Fairtrade dried apricots 125g Lamb fillets or shoulder of lamb 50g Unsalted butter 2 tbsp Vegetable oil 2 tbsp Saffron

1 tbsp Ground black pepper

1 tbsp Ground ginger

1 tbsp Ground cumin

2 tbsp Ground cinnamon

1 medium onion finely chopped

1 cinnamon stick

2 long strips of lemon zest Salt & ground black pepper 50g Fairtrade apricot kernels Fresh coriander

* Spices could be substituted with tagine spice mix

Preparation

- 1. Soak the dried fruit in water
- 2. Cut the lamb into 4cm cubes, trimming excess fat
- 3. Heat the butter and oil in a wide frying pan. Add the ginger, saffron, pepper, cumin and cinnamon and stir
- 4. Add the lamb and coat in the mixture. Cook until lamb is no longer pink on the outside
- 5. Add the onion and enough water to cover 8. Serve with couscous or rice the ingredients. Bring to the boil,

- partially cover, and simmer for 1 to 2 hours
- 6. Drain the fruit, reserving the liquid. Add the fruit, cinnamon stick and lemon zest and simmer uncovered for a further 30 minutes. Add more liquid if required. Season with salt & pepper
- 7. Dry fry the apricot kernels for a couple of minutes, then scatter on top of the tagine with the fresh coriander.

Banana Curry



Ingredients

300g basmati rice

50g Fairtrade cashew nuts, roughly chopped2 tbsp golden syrup

2 tbsp mild curry powder

1 tbsp vegetable oil

1 large red onion, finely chopped

1 Granny Smith apple, cored and finely chopped

1 red chilli, deseeded and chopped

6 slightly underripe Fairtrade bananas, cut into 1cm chunks

Method

- 1. Cook the rice according to the pack instructions and set aside. Meanwhile, toast the nuts in a frying pan with ½ tbsp of the curry powder over a medium heat for 2-3 mins till golden. Set aside
- 2. Wipe the pan clean, then add oil. Fry the onion, apple and chilli for 8 mins over a medium heat. Add the banana, remaining curry powder, ground cumin, golden syrup and lemon zest. Fry for 2 mins until caramelised, taking care not to mash the banana.
- 3. Stir through the coriander, saving a little

Around 585kcal per serving

to garnish, and season. Sprinkle the toasted nuts and remaining coriander. Serve with the rice, plus the yoghurt and

lemon wedges on the side.

1 tbsp Fairtrade ground cumin

25g pack coriander

2 tbsp dairy free yoghurt

1 lemon, zested, and cut into wedges

Add more chilli if you prefer more heat



Ingredients

2 tbsp vegetable oil, plus extra for greasing

75g fat free Greek style yoghurt

3 and a half tbsp clear honey

50g Fairtrade light brown soft sugar

1 tbsp vanilla extract

2 eggs

2 Fairtrade bananas, mashed, plus ½

banana sliced

50g walnuts, chopped, plus 5 halves reserved

50g raisins

75g porridge oats

150g self raising flour

Preparation

- 1. Preheat over to 180oC/fan 160oC/Gas
- 2. Grease and line a 900g loaf tin
- 3. Whisk the oil, yoghurt, honey, sugar, vanilla extract & eggs together and stir in 8. Cool on a wire rack for 10 mins before the mashed bananas
- 4. Add the walnuts, raisins, oats & flour and beat together with a wooden spoon
- 5. Pour into the loaf tin and top with banana slices and reserved walnuts
- 6. Cook for 1 hour or until a skewer

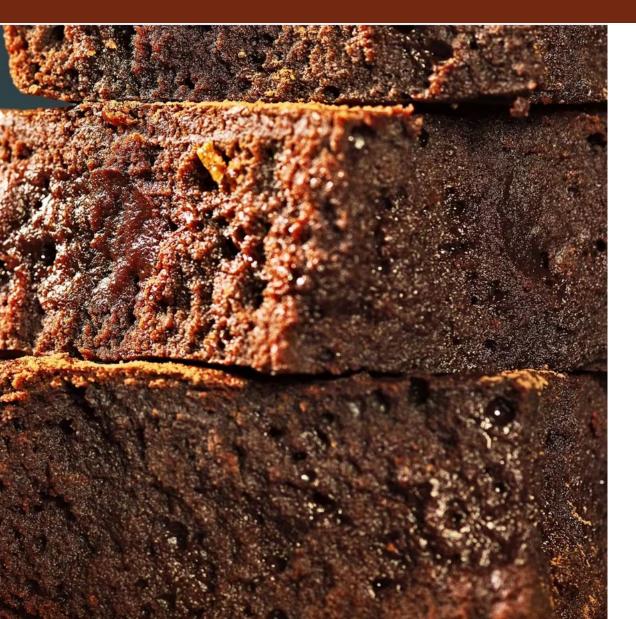
inserted into the middle of the loaf comes out clean

7. Remove from the oven

turning out and allowing to cool fully

Serve with Fairtrade tea or coffee

Spiced red wine brownies



Ingredients

100g Fairtrade 70% cocoa dark chocolate

dusting

150g unsalted butter, plus extra for greasing

½ tsp mixed spice

200g Fairtrade light brown soft sugar

Zest of 1 small orange

2 eggs, lightly beaten

100ml Fairtrade red wine

100g plain flour

Preparation

- 1. Preheat oven to 180oC/fan 160oC/Gas 5. Bake in the oven for 25-30 minutes, until
- 2. Melt the chocolate and butter in a bowl over a pan of simmering water, then set 6. Remove from the oven and allow to cool aside to cool for 5 mins
- 3. Lightly grease a 20cm square baking tin 7. with butter and line with greaseproof paper
- 4. Stir the sugar, beaten egg, wine, flour, cocoa, mixed spice and orange zest into the cooled chocolate mixture. Beat thoroughly, then pour into the tin

just set

50g Fairtrade cocoa powder, plus extra for

- fully in the tin
- Dust with extra cocoa powder, then cut into 12 squares to serve

Serve with a scoup of vanilla ice cream

Chocolate cupcakes



Ingredients

For the cupcakes 175g plain flour 40g Fairtrade cocoa powder 1 ½ tsp baking powder ½ tsp bicarbonate of soda 250g Fairtrade caster sugar Pinch salt 100ml sunflower oil 2 large eggs 2 tbsp milk

125ml boiling water

For the buttercream 200g unsalted butter, softened 130g Fairtrade icing sugar 15g Fairtrade cocoa powder Handful of Fairtrade chocolate decorations or shards

Preparation

- 1. Preheat oven to 180C/160C fan/Gas 4 5. Leave the cakes to cool in the tin for 5 and line muffin tins with 18 paper cases
- 2. Sift the flour, cocoa powder, baking powder and bicarbonate of soda into a large mixing bowl. Add sugar and a pinch of salt
- 3. Add the sunflower oil, eggs and milk and beat until smooth. Add boiling water and mix again until smooth
- 4. Scoop the batter into the paper cases evenly and bake on middle shelf for 20-25 minutes, or until well risen

- mins and then transfer to wire rack
- 6. Meanwhile, make the buttercream. Beat the butter, icing sugar and cocoa powder together until pale and fluffy
- 7. Pipe or spread the buttercream over the top of the cupcakes and scatter over the chocolate decorations

Serve with Fairtrade tea or coffee

Cappuccino cupcakes



Ingredients

For the cakes

2tsp Fairtrade instant coffee

175g unsalted butter

175g Fairtrade caster sugar

3 eggs

175g self raising flour

2tbsp semi-skimmed milk

Preparation

- 1. Preheat oven 180C/fan 160C/Gas 4 and line muffin tins with 12 paper cases
- 2. Mix the coffee and 1 tbsp boiling water and leave to cool
- 3. Cream the butter and sugar until pale and fluffy
- 4. Add the coffee and beat again, gradually adding the eggs, along with a little flour
- 5. Add the milk and remaining flour and mix together
- 6. Spoon into cases and bake for 10-15 mins,

For the topping

2tsp Fairtrade instant coffee

100g unsalted butter

150g Fairtrade icing sugar

1tbsp Fairtrade cocoa powder

until a knife inserted comes out clean

- 7. Take out of the tin and cool on a rack
- 8. Meanwhile, mix the coffee for the topping with 1 tsp boiling water, then cool
- Beat the butter, sugar and coffee together to make the icing
- **10.**Spoon on top of the cakes and dust with cocoa powder



Ingredients

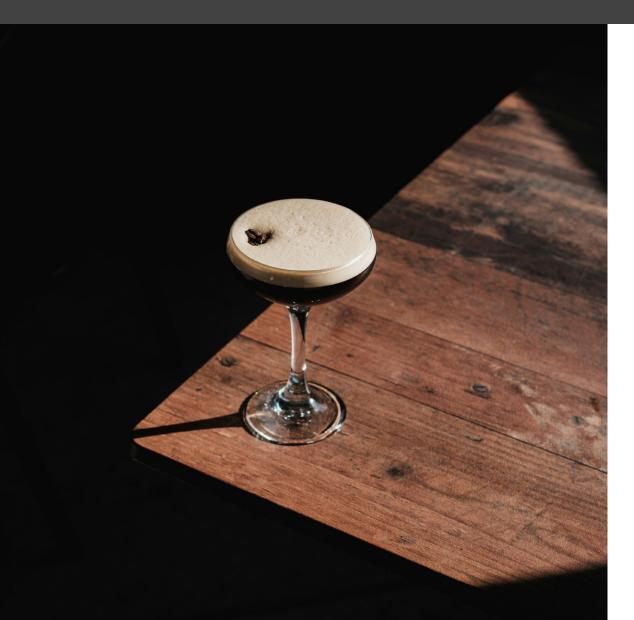
- 1 Fairtrade peppermint infusion bag
- 2 tsp Fairtrade caster sugar
- 1 spring fresh mint
- 3 thin cucumber slices
- 20g raspberries

Ice

Preparation

- 1. Put the infusion bag in a tall, heat safe glass and pour over 200ml boiling water
- 2. Leave to steep for 3 minutes, then remove the infusion bag
- 3. Stir in the sugar until dissolved, then add the mint, cucumber and raspberries
- 4. Top up with ice to serve

Espresso martini



Ingredients

For the sugar syrup

100g Fairtrade caster sugar

50ml water

For the cocktail

Ice

100ml vodka

50ml freshly brewed espresso Fairtrade

coffee

50ml Kahlua or Tia Maria

4 Fairtrade coffee beans (optional)

Cocktail shaker

Preparation

- 1. Start by making the sugar syrup. Put the 4. Strain into the chilled glasses. Garnish caster sugar in a small pan over a medium heat and pour in 50ml water. Stir, and bring to the boil
- 2. Turn off the heat and allow the mixture to cool. Put 2 martini glasses in the fridge to chill
- 3. Once the sugar syrup is cold, pour 1 tbsp into the cocktail shaker along with a handful of ice, the vodka, espresso and Kahlua or Tia Maria. Shake until the outside of the cocktail shaker feels icy cold

each one with coffee beans if you wish