

Fairtrade Recipes

for sharing



Lamb Tagine

• Makes 6 servings



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 partially cover, and simmer for 1 to 2 hours
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 the ingredients. Bring to the boil, 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.
8. Serve with couscous or rice

Banana Curry

Ready in 25 minutes – Serves 4



Ingredients

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|---|--------------------------------------|
| 300g basmati rice | 1 tbsp Fairtrade ground cumin |
| 50g Fairtrade cashew nuts, roughly chopped | 2 tbsp golden syrup |
| 2 tbsp mild curry powder | 1 lemon, zested, and cut into wedges |
| 1 tbsp vegetable oil | 25g pack coriander |
| 1 large red onion, finely chopped | 2 tbsp dairy free yoghurt |
| 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 $\frac{1}{2}$ tbsp of the curry powder over a medium heat for 2-3 mins till golden. Set aside to garnish, and season. Sprinkle the toasted nuts and remaining coriander. Serve with the rice, plus the yoghurt and lemon wedges on the side.
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

Add more chilli if you prefer more heat

Banana Bread

Ready in 1 hour 20 minutes



Ingredients

- | | |
|---|--|
| 2 tbsp vegetable oil, plus extra for greasing | banana sliced |
| 75g fat free Greek style yoghurt | 50g walnuts, chopped, plus 5 halves reserved |
| 3 and a half tbsp clear honey | 50g raisins |
| 50g Fairtrade light brown soft sugar | 75g porridge oats |
| 1 tbsp vanilla extract | 150g self raising flour |
| 2 eggs | |
| 2 Fairtrade bananas, mashed, plus ½ | |

Preparation

1. Preheat oven to 180°C/fan 160°C/Gas 4
2. Grease and line a 900g loaf tin
3. Whisk the oil, yoghurt, honey, sugar, vanilla extract & eggs together and stir in 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
8. Cool on a wire rack for 10 mins before turning out and allowing to cool fully

Serve with Fairtrade tea or coffee

Spiced red wine brownies

Serves 12 Ready in 50 minutes



Ingredients

100g Fairtrade 70% cocoa dark chocolate 50g Fairtrade cocoa powder, plus extra for
150g unsalted butter, plus extra for greasing dusting
200g Fairtrade light brown soft sugar ½ tsp mixed spice
2 eggs, lightly beaten Zest of 1 small orange
100ml Fairtrade red wine
100g plain flour

Preparation

1. Preheat oven to 180oC/fan 160oC/Gas 5.
2. Melt the chocolate and butter in a bowl over a pan of simmering water, then set aside to cool for 5 mins
3. Lightly grease a 20cm square baking tin 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
5. Bake in the oven for 25-30 minutes, until just set
6. Remove from the oven and allow to cool fully in the tin
7. Dust with extra cocoa powder, then cut into 12 squares to serve

*Serve with a scoup of
vanilla ice cream*

Chocolate cupcakes

Makes 18 Ready in 30 minutes

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 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
5. Leave the cakes to cool in the tin for 5 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

Serves 12 Ready in 30 minutes



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

For the topping

2tsp Fairtrade instant coffee
100g unsalted butter
150g Fairtrade icing sugar
1tbsp Fairtrade cocoa powder

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, 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
9. Beat the butter, sugar and coffee together to make the icing
10. Spoon on top of the cakes and dust with cocoa powder

Iced peppermint with cucumber & mint

Serves 1 Ready in 5 minutes



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

Serves 2 Ready in 10 minutes



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 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
4. Strain into the chilled glasses. Garnish each one with coffee beans if you wish