

KINDNESS CAFÉ

SUNDAY'S MENU

BACKSTAGE at the Festival Kitchen

There's a lot of work that goes on behind the scenes here at Norfolk and Waveney Mind...including, well, baking!

For our final day of the Festival of Kindness, we bring you a double whammy of recipes - both for **delicious cookies**, so you can choose whichever takes your fancy the most, or do like us festival-goers are doing...and make both! The recipes were kindly donated by Lady Philippa Dannatt MBE, HM Lord-Lieutenant of Norfolk, and Janine Purell, Personal Assistant to Director of Operations. (Janine also provided Thursday's recipe!) A huge **thank you** to everyone that has kindly shared their time and their fantastic menu suggestions.

Superstar ingredient: **kindness!**

Let's be honest - the most delicious cookie recipes are usually laden with sugar...that's why they're treats! You can enjoy the foods you love, as long as it's in moderation and as part of a healthily balanced diet. However, we at Norfolk and Waveney Mind believe that cookies were made to be shared - and baking treats for others is a great way of sharing kindness.

So, what are you waiting for?

Bake cookies, share cookies - and share your kindness!

KINDNESS CAFÉ

Backstage Baking!

Kindness Cookies

By Lady Philippa Dannatt MBE

HM Lord-Lieutenant of Norfolk and Patron of Norfolk and Waveney Mind

Totally delicious, so easy to make, and so called because a present of these is one of the tastiest ways of spreading kindness!

Makes: about 20

INGREDIENTS

- 250g peanut butter - smooth or crunchy, you choose!
- 200g soft brown sugar
- 1 egg
- 1 teaspoon baking powder
- 90g packet of chocolate chips, milk or plain



METHOD

- Pre-heat the oven to 180 degrees, a bit less if using a fan oven.
- Combine all the ingredients together in a mixing bowl.
- Dollop the mixture onto a lined flat baking tin.
- Bake for 8-10 minutes.
- Remove from the oven and allow to cool.
- Do not leave unattended as they **tend to disappear very quickly** - and you may not feel very kind when you have to make a second batch!



Chewy Chocolate Chunk Cookies

By Janine Purell, Norfolk and Waveney Mind

Makes: about 30

Preparation time: 10 minutes

Cooking time: around 12 minutes

INGREDIENTS

- 225g unsalted butter, softened (not melted)
- 225g caster sugar
- 170g Carnation Condensed Milk
- 350g self-raising flour, sifted
- 200g Chocolate, chopped into chunks (*Dairy Milk is great - but you can use any chocolate you wish*)

Method overleaf

KINDNESS CAFÉ

Backstage Baking!...continued

METHOD

- In a large bowl, cream the butter and sugar until pale.
- Stir in the condensed milk.
- Mix in the flour and then work in the chocolate.
- Divide the dough in half, place each half in a square of clingfilm (or foil) and roll into two thick sausage shapes.
- Chill well in the fridge (around 30 minutes) before baking.

You can keep the dough in the fridge for a week or so if you want to just bake a few cookies at a time, rather than baking all the dough at once. You can also freeze the dough to use another time. Once baked, the cookies stay fresh for about 3-4 days.

- Preheat the oven to 180 degrees C (fan oven) / Gas Mark 4.
- Peel off the cling film/foil and cut off thick slices (if they are thin slices, the cookies will be too 'crispy' or could burn).
- Place the slices on baking trays lined with grease-proof paper, making sure they are spaced well as they will expand a lot.
- Bake for about 10-12 minutes, or until they start to go golden brown just at the edges so that the centre is still soft and chewy.



Depending on the size of the cookies they may bake faster or slower, so keep an eye on the colour change around the edges. They could be ready on 10 minutes if smaller, and may take 12 minutes or more if very large.

- Leave the cookies to set for a little while before lifting off the tray with a spatula. If you try to lift them too soon, they will be too soft and break apart.

KINDNESS CAFÉ

SUNDAY'S MOCKTAIL

It's the final day of the Festival of Kindness, so what better way than to toast our headline act this evening than with the ultimate non-alcoholic margarita? This recipe is by Difford's Guide, and can be found here: <https://www.diffordsguide.com/cocktails/recipe/2822/mock-margarita-non-alcoholic>

THE BELOW RECIPE IS © Odd Firm of Sin 2020 - Difford's Guide

Mock Margarita

While this is a long way from a fine 100% agave tequila based Margarita, the flavour is surprisingly reminiscent of an alcoholic Margarita.

History: adapted from a drink created in 2010 by Cheri Loughlin, AKA The Intoxicologist, USA.

Serves: 1

INGREDIENTS

- 45ml freshly squeezed lime juice
- 15ml freshly squeezed lemon juice
- 30ml agave syrup
- Top up with ginger ale

METHOD

- Shake all ingredients with ice and strain into an ice-filled glass.
- Serve in an old-fashioned glass and garnish with a salt rim and lime wedge.

