Kitchen Tales



Recipes from Pembroke and Rye

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A few words...

Whether it is a delicate aroma, an arresting taste or a beautiful looking dish, food can trigger powerful memories.

Sadly, too often in our busy lives, we forget to record the senses that touch our daily living.

Hence, the communications crew at Pembroke and Rye, many of whom are great cooks, decided to explore the recipes in their lives that had a special meaning.

Kitchen Tales is a collection in which they share special moments and the recipes connected with them.

Many of the recipes are linked to family gatherings; others recall unforgettable destinations and loving moments, whilst one or two reveal the essential need to provide hospitality simply and quickly.

The flavours, technique and passion with which the recipes have been compiled provide a rich diversity and global flavours. Feel free to try them.

And why not try to recall the recipes that trigger special moments in your life. We would love to hear from you.

Please share your stories and recipes with us at hello@pembrokeandrye.com

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Kevin's story

Scrambling around in the kitchen when unexpected guests announce their imminent arrival can often produce some remarkable results. Some never see the light of day again whereas others receive surprising praise and become a staple dish of hospitality.

Often my main objective in the kitchen comes from making use of whatever I can find in the cupboard, fridge or freezer. Yet the inspiration for my dishes are distinctly continental. In particular, I have always loved Italian cooking, the wonderful use of local ingredients, the flavour combinations and desire to keep it simple. Such influences were the inspiration for my mackerel starter. Being brought up in Sussex, and currently spending many weekends beside the sea, I have always liked cooking with fish.



Hence, last Autumn, under huge pressure to turn out a starter quickly, I decided to experiment with smoked mackerel, apricot jam and day old sourdough. Thankfully, the dish can be prepared in five minutes and served hot and is best washed down with dry English sparkling white. My key tip is don't serve them all at once, hold some back for a second plate.

Mackerel and Apricot Crostini



Serves



Time 5 mins



Method



Difficulty

Ingredients

- 1 packet of smoked mackerel (unless you have a strong preference avoid the peppered variety)
- 4 heaped tablespoons of apricot
 jam (it is even better if you can find an artisan variety, often found in markets)
- 5 slices of sourdough bread (up to a day old is fine)
- 2 tbsp of crème fraîche
- · Small sprinkling of pepper
 - Chopped parsley or tarragon for garnish

Method

- 1. Take the mackerel fillets and break them gently into a bowl.
- 2. Combine with the apricot jam (or compote). Do a taste test (checking you have the right balance of sweetness).
- 3. Add the crème fraîche and set aside.
- 4. Lightly toast the slices of sourdough then cut into squares similar to the size you would use for canapés.
- 5. Heat, ideally a cast iron frying pan, and gently fry the sourdough squares, so they are slightly crisped.
- 6. Carefully remove from the pan and spread on the mackerel mix. Sprinkle with the garnish of your choice and serve immediately.

The crostini can be beautifully matched with a Sussex sparkling wine, a Bolney from the South Downs works well.

One cannot speak well, act well and sleep well, if one has not dined well (after woolfe)

Jess's story

Being Scottish, I grew up on soup – there was only one option though, ham hock and veg. I used to cook with my Mum all the time as a child. Fast forward 25 years and I still really enjoy spending time in the kitchen, although I've never been able to follow a recipe from start to finish.



Soup is one of my favourite things to eat. It gives me warming memories, it's so comforting and very therapeutic to make – but, then again, every single time I make soup it seems to be different as I just make it up as I go along. I think this one works though, and it's really easy! And a lovely warm sourdough goes perfectly with this soup.

Curried Lentil Butternut Soup



Serves



Time 2hrs



Method Simmer



Difficult

Ingredients

- Half a mug (dried) of your favourite lentils
- 1 large butternut squash
- 4 carrots
- ½ swede or a large potato
- 1 red onion
- 2 white onions
- 700ml chicken/vegetable stock
- 1 tin of coconut milk
- 1 tin of chopped tomatoes

- 2 garlic cloves
- 3 centimetres of ginger
- 1 fresh chilli
- · 3 bay leaves
- 1 tsp turmeric
- 1 tbsp of garam masala
- 2 tsp cumin
- Fresh bunch of coriander
 - 2 tsp of ground black pepper
- Generous pinch of salt

Method

- 1. Soak the lentils in water overnight.
- 2. Cube the carrots, ¾ of the butternut squash and ¼ of swede/½ potato/1 parsnip. Set aside.
- 3. Roughly chop the onions and sweat in pan until they are translucent.
- 4. Add roughly chopped garlic, chilli, ginger and spices and gently sauté for 1-2 minutes.
- 4. Add in the bay leaves and prepared vegetables, cover with stock and an extra 2 pints of water, bring it to a boil and then let simmer for roughly 45 minutes.
- 5. Whilst still hot, add in coconut milk and tinned tomatoes and simmer for a further 10-15 minutes.
- 6. Turn the hob off and let it cool. Dice the remaining root veg into tiny cubes, set aside.
- 7. Once cool, add in soaked lentils and gently simmer for 20 minutes.
- 8. Add the diced butternut squash and other root veg and simmer for a further 15 minutes.
- 8. Season to taste; adding more chilli, salt, pepper or cumin and fresh.

Shining, shimmering, splendid squash soup box s

Charlie's story

One of my favourite starters in recent years is a variation of a popular mango and prawn salad recipe. It sounds like a starter for summer, but it's actually good at any time of year because it's light enough to leave plenty of room for the main course, pudding and cheese (which is my guilty pleasure), and is a wonderful explosion of different tastes. It's also a lovely variation of colour on the plate.



Prawn, Avocado and Mango Salad









Ingredients

- 2 mangoes
- 3 carrots
- 2 avocadoes
- 10-15 baby tomatoes
- 300g of cooked, shelled prawns
- 2 tablespoons of chopped mint
- 2 tablespoons of chopped coriander
- 1 mild red chilli, deseeded
- A small handful of pumpkin seeds
- Juice of one lime
- 1 tablespoon olive oil
- Ground black pepper

Method

- 1. Cut the mangoes and avocadoes into small bite sized pieces and place in a salad bowl.
- 2. Using a potato peeler, shave the carrots into long thin strips, and add to the bowl.
- 3. Half the baby tomatoes and add to the bowl.
- 4. Chop the chilli into very small pieces and add to the bowl.
- 5. Add the prawns, mint, coriander, pumpkin seeds, lime juice and oil and toss together.
- 6. Sprinkle ground black pepper on the top and serve.

I like to serve it with a dry French white or rosé, although if you're having a glass of prosecco or two, that also works very well.

A delicious, colourful starter that's the perfect beginning to any dinner party. Cheers!

Crystal's story

Lawar is a Balinese salad that consists of a medley of spices, coconut and seasonal vegetables. Around the region it is often referred to as 'Urap'. It is highly versatile and can be modified to satisfy the carnivores, herbivores and vegans amongst us.



Growing up, we had an Indonesian nanny who ate and fed us Chilli Padi (colloquial name for Bird Eye Chillies) like it was chips. Hence my absolutely ridiculous spice tolerance (genuinely think I've singed off my heat receptors). Everything I know about cooking I've learnt from her. We spent many hours in the kitchen tinkering about with everything from spicy Rempahs to decadent chocolate cakes. The first decade of my life was spent eating and being surrounded by Indonesian food and culture. This salad takes me back to my childhood and lazy tropical weekends (which is a nice change from Winter!)

awar









Ingredients

Bumbu/Rempah "Spice Mixture"

- 120g desiccated coconut
- 3 kaffir lime leaves or 1 lime zest
- ½ red onion
- 3 cloves of garlic
- 2-5 pieces Bird's eye chilli
- 1 tbsp of minced galangal

Suggested Greens

- 300g beansprouts
- 200g green beans
- 260g baby spinach
- 100g tempeh (optional)

Method

- 1. Put the kettle on.
- 2. Mince the onion garlic, chilli and galangal to form a paste. Use a food processor if you have one, if not your knife is your bestie.
- 3. Heat 3 tablespoons of oil in a frying pan, add the mince medley (if you had a lot of chillies in here, you will start coughing).
- 4. Once the mixture looks dry, add in a splash of water and the coconut. Fry till the coconut is toasted and fragrant. Turn off the heat and add in the lime zest/sliced Kaffir leaf
- 5. Cut the tempeh into slices and shallow fry till it is all sorts of crispy, beany and golden delicious.
- 6. Blanch the spinach, beansprouts and green beans separately.
- 7. Wring the water from the vegetables (as dry as you can).
- 8. Chop the spinach and green beans.
- 9. Mix the greens together in a big bowl before adding the spicy coconut mixture.
- 10. Serve. Makan!

Happy stomach, happy mind, happy life.





Becca's story

This is a dish that has been revised, revisited and perfected over the years. It began 3 years ago at 11 Queen's Park Road in Brighton with my housemate Tas after a familiar 'shall I cook for you or shall we both just do bits' Facebook chat. We would frequently cook together; it represented a time to bond and nourish our souls while funds and emotions were low – we'd simmer over whatever 20-something drama that needed urgent unpacking, and our rice.



Both being hopelessly nostalgic people (and Cancer placements), diligently chopping ginger and singing along to music in the kitchen always felt like a sanctuary, as though our independence and forming a life together was how everything was meant to be. We cherished the food, one another and wondered about our lives to come. Whilst not the prettiest dish, it's a crowd pleaser that's damn tasty and warms the soul. Perfect for whipping up around visiting friends, dates or family.

Crispy Pan-Fried Tofu (V)









Ingredients

- 1 pack tofu
- 1 tbsp soy sauce
- 1 big glug sesame
- A bowl of flour
- 1/3 cup soy sauce
- 3 tbsp brown sugar
- 2 tbsp rice vinegar
- 2 tbsp mirin or dry sherry
- 2 tsp grated ginger

- 2 garlic cloves, minced
- 2 tbsp chilled water
- 1 tbsp cornstarch
- 1 cup rice
- 3 eggs
- 2 sheets of nori
- 1 package green beans
- Sesame oil
- 2 garlic cloves
- 2 tsp ginger

Method

- 1. Cut the tofu into 1-inch pieces. Dip into the Teriyaki sauce, coat in flour and line up on a chopping board.
- 2. Soak and wash the cup of rice, grind nori into a fine powder, whisk the eggs and set aside.
- 3. Shallow fry the marinated tofu pieces until golden brown.
- 4. Pour the rice into a pot with 1.5 cups of water and simmer on a low heat for 10-12 minutes or until the rice is cooked.
- 5. Fry the ginger and garlic for the veg until golden brown. Remove the ginger and garlic. Turn pan to very high heat and sear the green beans until almost black on all sides (it sounds gross, but trust me it's nice).
- 6. Stir back in the ginger and garlic into the seared, blackened green beans.
- 7. Place all crisped up tofu pieces back in the frying pan on a lower heat and pour remaining teriyaki sauce over to form a sauce.
- 8. Pour the whisked eggs into the rice whilst still hot and stir until cooked. Pour in ground nori and stir.
- 9. Serve it all up and enjoy!

Cispy tope - converting meat livers for a long time, probably

Nicola's story

As a student I studied abroad in Hong Kong and spent a lot of time exploring Asia and trying local foods. When I was away, I spent Christmas in Bali with other exchange students and on Christmas Day we went for a meal at a lovely little restaurant in the North of the country. Whilst it didn't feel festive at all, I had great company and a gorgeous Thai green curry which was very fragrant and spicy.



When I returned home I made a similar recipe (without so much spice) for my family and friends - it has remained a staple in my house ever since. When we started Pembroke we used to cook for each other every Monday and I made this for the team... I forgot to check the rice, most of which is still stuck to the bottom of Victoria's pan. My main tip would be to keep an eye on it, it's a dish that that needs careful attention and love!

Thai Green Curry









Ingredients

- Prawns or chicken
- 1 tin of coconut milk
- 1 tin of coconut cream
- 1 medium aubergine
- 200g baby corn ends removed
- 200g mangetout ends remove
- 3 or 4 kaffir lime leaves
- 2 tsp of fish sauce
- Juice of 1 lime
- ¼ bunch of Thai basil
- ½ a bunch of coriander
- Pinch of brown sugar

Curry Paste

- 4 cloves of garlic
- 2 shallots
- 5 cm piece of ginger
- 2 lemongrass stalks
- 4 green bird's eye chillies
- 1 tsp around cumin

Extras / Garnish

- Sticky rice
- Lime
- Coriander

Method

- 1. For the curry paste, blitz garlic, shallots, ginger, lemongrass, chillies and coriander to form a paste.
- 2. Heat 1 tablespoon of oil in a large pan over a medium heat.
- 3. Fry off the curry paste for 1 minute until it is fragrant.
- 4. Add the chicken to the curry paste (if using prawns add nearer the end of the recipe) and fry off for a couple of minutes or until the chicken is well-coated in the paste.
- 5. Add half the coconut milk to the pan.
- 6. Chuck in the aubergine, mangetout and baby corn and coat in the sauce, fry for 5 minutes.
- 7. Add the rest of the coconut milk and kaffir lime leaves and bring to the boil.
- 8. Gradually add the coconut cream and simmer for a couple of minutes.
- 9. Put the rice on to cook (check the pack for timings).
- 10. Add the fish sauce, coriander, Thai basil, lime juice and pinch of brown sugar to taste.
- 11. Simmer for 10 minutes. Whilst waiting prep the chillies, coriander and lime wedges for garnish.
- 12. Serve the curry in a bowl with rice on the side, lime wedges, chilli and coriander.

Sugar, spice and au things nice! Enjay! Nic xxx

Troy's story

This dish came out of a love for Asian cuisine and a need to make easy, cheap food for university. I've always loved the spicy and sweet flavours of Asian sauces, and the textures of noodles and veg. So I decided that I would have a little play around with things that I had in the fridge. After years of intricate taste testing with starving uni mates, I managed to come to a final combination.



However, what I love about this dish is that no matter the number of people, the food that is in the kitchen or whom you are cooking for, it always seems to do the job perfectly! I have specified my personal favourite vegetables and meat options in this particular example, but there is nothing stopping you from using tofu, beef, prawns, peppers or any other ingredients you want to try out. I hope you enjoy making this and hopefully you will continue experimenting with new combinations and flavours.

Chicken Stir-Fry









Difficu 3/10

Ingredients

- 2 Chicken breast
- 2 large handfuls of frozen/ fresh edamame beans
- 2 handfuls of tenderstem broccoli
- · 3 cups of medium egg noodles
- Soy sauce
- Teriyaki sauce
- Sriracha
- Sweet chilli sauce
- Sesame oil

Method

- 1. Chop up the chicken breast into bite-sized chunks.
- 2. Heat up a wok on a medium/high heat with a dash of sesame oil.
- 3. Fry off the chicken, add a dash of soy sauce.
- 5. Once the chicken is nearly ready, add edamame beans into the pan.
- 6. Add more soy sauce, and place a lid over the pan to create steam to help the cooking process.
- 7. Place the noodles into pot of boiling water (check packaging for cooking time but normally around 4 mins).
- 8. After a couple of minutes, add the broccoli into the wok with some more soy, a dash of teriyaki, sriracha and sweet chilli sauce (add more to your taste).
- 9. Replace the lid on top of the wok and continue to cook.
- 10. Keep checking and stirring to allow all the contents to simmer in the sauce.
- 11. Once the broccoli is tender, it is ready to be served.
- 12. Once the noodles are ready, drain and toss in a final dash of soy sauce.
- 13. You are then ready to plate up and serve. Enjoy!

Hope you enjoy this neight! Wok on!!





Charmaine's story

One of my favourite childhood memories would be baking with my mother. Despite working 6 days a week, she will often spend her free time making a mess in the kitchen with me. It never mattered how delicious or badly burnt our baked goods turned out, we would always have a good laugh and leftover treats for breakfast the next day. This memory has always been the spark that led me to my love for baking.



Growing up in Singapore, berries tend to cost more than tropical fruits. However, my mother would never fail to stock the fridge with berries as she knew how much I loved them. I made this mixed fruit tart for the very first time a couple of years ago, and surprised her with it when she came home from work. Despite living in different countries now, we still celebrate our love for desserts and all things sweet whenever I'm back for a holiday.

Mixed Fruit Tart









Ingredients

- 220g plain flour, plus extra for dusting
- 1 tbsp golden caster sugar
- Pinch of salt
- 1 large egg yolk
- 120g mascarpone

- 110g unsalted butter chilled and diced
- 250ml double cream
- 1 tsp vanilla bean paste
- 1 tbsp icing sugar
- 300g fruit (blueberries, blackberries and raspberries)

Recipe adapted from Edd Kimber's recipe for BBC Good Food

Method

Pastry

(Preheat the oven to 180C/160C fan)

- 1. Sift the flour into a large bowl, add butter, sugar and salt.
- 2. Pinch with fingers until the mixture resembles wet sand.
- 3. Add the egg yolk and 3 tbsp cold water and pulse until the mixture combines.
- 4. Using your fingers, shape the mixture into a ball and wrap in clingwrap and chill for 1hr.
- 5. On a lightly floured work surface, roll out the pastry and line a 23cm tart tin. Trim off the excess and chill for 30 mins.
- 6. Prick the chilled pastry shell with a fork and line with a crumpled piece of baking parchment.
- 7. Fill with baking beans or rice and blind bake in the oven for 20 mins.
- 8. Remove the parchment and put the pastry back in the oven for 12-14 mins or until golden.
- 9. Let it cool completely before attempting to remove it from the tin.

Filling

- 1. In a bowl, add the mascarpone, cream, vanilla and icing sugar and whisk until it just holds soft peaks.
- 2. Spread the cream mixture onto the cooled pastry shell.
- 3. Decorate with fruits of your choice.
- 4. Serve. Best eaten fresh.

Enjoy the baking process and don't forget to take some pictures!

- Charmaine.

Rosie's story

Christmas Pudding Cheesecake is for everyone who likes the idea of Christmas Pudding but finds the reality a bit heavy – and once you have tried this you will love it forever. It is a great combination of crunchy gingery base, creamy spicy middle and an orangey top, and an added bonus for people who have to avoid gluten is that both ginger nut biscuits and Christmas puddings are now available in gluten free versions, so no problem there, although you might also need to substitute cider for stout. Sadly not suitable for non dairy eaters as it is shamelessly creamy.



The first year we made this cheesecake was also the first year my Catalan relatives joined us for Christmas day. They introduced us to a traditional and magical log – the Tió de Nadal – that is brought to the table and hit with sticks while a special song is sung. Miraculously, all kinds of sweets and treats appear! So, my memories of that Christmas are a happy blend of cheesecake, singing and new traditions to add to all the old ones

Christmas Pudding Cheescake



Serves



Time 25mins



Method Refrigerate



Difficulty 4/10

Ingredients

For the base

- 200g ginger nut biscuits, crushed
- 30g light muscovado sugar
- 1 tsp flaky sea salt
- 110g unsalted butter, melted

For the filling

- 240g Christmas pudding
- 30ml brandy
- 30ml stout

- 1 orange, zested
- 2 x 280g tubs full-fat cream cheese
- 300ml pot double cream
- 200g light muscovado sugar
- 2 vanilla pods, split and seeds scraped

Optional: To decorate

- 2 clementines
- light muscovado sugar, for sprinkling

Recipe adapted from Tom Kerridge's recipe for BBC Good Food

Method

- 1. To make the base, mix the crushed gingernuts and sugar in a large bowl and sprinkle in the flaky salt.
- 2. Pour in the melted butter and mix with a wooden spoon to form a biscuit crumb-like mixture.
- 3. Press into a 20cm round springform cake tin, spreading the mixture in an even layer to the corners. 2. Chill in the fridge for 30 mins until set.
- 4. Put the Christmas pudding, brandy, stout and orange zest in a blender, and whizz to a purée.
- 5. Using an electric hand whisk, beat the cream cheese with the double cream, sugar and vanilla seeds, then fold through the purée. Spread the mixture over the biscuit base and leave to chill in the fridge overnight.
- 6. The next day, peel the clementines, slice into rounds and place on a baking tray. Sprinkle them with sugar, then blowtorch until caramelised and leave to cool. Release the cheesecake from the tin and arrange the clementines on top.

experiment when you bake - it's how the best recipes come about a Rosie xxx

Victoria's story

To me, pavlova means celebration. It's been at the heart of birthdays, Christmas parties and well, just about any occasion that needs something a bit special. Most importantly, it's a great excuse to have LOADS of cream. I turn to it whenever I'm trying to look like a much better cook than I actually am.



Meringue has always had a bad reputation for being tricky to get right, but, it's really just about patience. I've tweaked and updated this recipe to ensure a crisp outer meringue with a chewy centre. My top tip is to try and cook this in the evening so you can leave the meringue to get cold in the oven overnight – it's a treat to wake up and get it out.

Of course, the fruit on top can be varied for every season making this an allyear round classic. I love adding extra decorations that are usually seen on cakes, my go-to: white chocolate stars, but, that might be my very sweet tooth

Pavlova



6-8



1hr 15



Method Baking



Difficulty

Ingredients

- 4 x large egg whites (at room temperature)
- 225g caster sugar
- 2 tsp cornflour

- 1.5 tsp white wine vinegar
- · 300ml double cream
- 1 tsp vanilla essence (optional)
- 350g mixed fruit to decorate
- · White chocolate stars to sprinkle

Method

- 1. Preheat the oven to 160°C/Fan 140°C/gas 3. Lay a sheet of non-stick baking parchment on a baking sheet and mark a 23cm (9in) circle on it. Set both to one side as you prepare the ingredients.
- 2. Put the egg whites into a large bowl and whisk until stiff and peaks loosely hold their shape when you lift the whisk. Add the sugar a teaspoonful at a time, whisking well after each addition, until all the sugar has been added.
- 3. Mix the cornflour and vinegar together and whisk into the meringue mixture. Spread the meringue out to cover the circle on the non-stick baking parchment, build up the sides so they are higher than the middle this is easier if you use a spoon that's been ran under hot water.
- 4. Place in the oven but immediately reduce the temperature to 150°C/300°F/gas 2. Bake for about 1 hour until firm to the touch and a pale beige colour. Turn the oven off and allow the Pavlova to become cold while still in the oven. If you can be patient and keep the oven door closed the centre will be more marshmallow-y in texture.
- 5. Remove the cooled Pavlova from the baking sheet and parchment and slide onto a serving plate. In a clean bowl, whip the double cream and vanilla essence if using until peaks are holding their shape.
- 6. An hour before serving, top the meringue base with the whipped cream, fruit and decorations get creative with the layout of the fruit and toppings! This can then be kept in the fridge for a couple of hours but remove before serving so it's room temperature to serve.

Don't get beaten to the cream! Victoria

Denique's story

As two of my closest friends are vegans, every year around their birthdays it's become a tradition to bake these yummy cupcakes for them. As a true Cancerian, one of the ways I show my love is through cooking for people, and I take joy in baking these babies every year to celebrate my loved ones.



On top of being absolutely delicious, they are vegan, and light, fluffy and rich! They even fooled my mother, who owns a small baking business and could not tell that they were vegan. I hope you enjoy baking these for people and spreading the love as much as I do! Serve with some ice-cream, or just as a bite alone to satisfy all your chocolatey cravings.

— Strawberry & Chocolate Cupcakes (Vg) —



Serves



Time



Method



Difficulty 5/10

Ingredients

- 300ml vegan milk (I usually use oat or soya milk)
- 1tbsp lemon juice
- 150g vegan butter/margarine
- 3 tbsp golden syrup
- 275g plain flour
- 175g sugar
- 4 tbsp unsweetened cocoa powder

- 3 tsp baking powder
- 1 tsp bicarbonate of soda
- 300 g strawberries, cut in halves

Chocolate Frosting

- 75g vegan margarine/butter
- 200g powdered icing sugar
- 4 tbsp unsweetened cocoa powder
- 2 tbsp water

Method

- 1. Preheat the oven to 180 degrees/160 degrees fan/Gas mark 4. Line the cupcake tins with cupcake cases.
- 2. Stir the lemon juice into the milk and set aside to curdle slightly into buttermilk.
- 3. In a pan over medium heat, melt the margarine and syrup together. Set aside to cool slightly.
- 4. Whilst that is cooling, sieve the flour, cocoa, sugar, baking powder and bicarbonate of soda into a large bowl and whisk together.
- 5. Pour the milk and melted margarine mixture over the dry mixture and stir well until it becomes a smooth batter.
- 6. Divide the mixture between the prepared cupcake tins and bake for 25 minutes, or until a skewer comes out clean.
- 7. Allow the cakes to cool for five mins, then place them on a wire rack to cool completely.
- 8. To make the frosting, beat all ingredients together until smooth.
- 9. When the cakes have completely cooled, carefully spoon the icing into a piping bag with a star nozzle. Twist the end of the bag to seal the icing in.
- 10. Pipe swirls of the icing on top of each cupcake and top with halved strawberries

Chocolake makes everything better / Bake these with Lone Denigne xo



Designed byTroy Lockyear