



Pear cornmeal cake with rosemary syrup

56g unsalted butter, melted

95g all-purpose flour

38g yellow cornmeal

1 teaspoon baking powder

1/8 teaspoons baking soda

1/4 teaspoon fine salt

110g sugar

60ml buttermilk*

1 large egg, whisked

2 ripe pears, cut into 8 wedges each

1 tablespoon sugar

For rosemary syrup:

6 sprigs rosemary

60ml sugar

60ml water

- Make the syrup by quickly boiling rosemary, sugar and water.
- Let sit for 30 minutes and up to 4 hours.

- Preheat the oven to 180C.
- Line a 24cm springform pan.
- Whisk together the flour, cornmeal, baking powder, baking soda, salt, and sugar in a large bowl.
- Whisk together the buttermilk, eggs, and melted butter in a medium bowl.
- Add the wet ingredients to the dry ingredients and whisk to combine.
- Transfer the batter to the prepared pan.
- Arrange pears gently on top and sprinkle with

- one tablespoon of sugar
- Bake until a toothpick inserted in the centre comes out clean, 25 to 30 minutes.
- Brush warm cake with warm syrup.
- Cool in the pan for 10 minutes; transfer to a wire rack.

*If you don't have buttermilk you can substitute with one tablespoon of plain yoghurt and the rest of milk to make 60ml



Plum poppyseed muffins

85g unsalted butter, melted and cooled

1 large egg, lightly beaten

50g sugar

50g dark or light brown sugar

180g sour cream or a rich, full-fat plain yogurt

60g whole-wheat flour

125g all-purpose flour

¾ teaspoon baking powder

¾ teaspoon baking soda

¼ teaspoon fine salt

pinch of ground cinnamon

pinch of freshly grated nutmeg

20g poppy seeds

2 cups pitted and diced plums, from about 340g

zest of one orange (optional, I just love plums and orange together)

- Preheat the oven to 180C.
- Line twelve muffin cups.
- Whisk the egg with both sugars in the large bowl.
- Stir in the melted butter, then the sour cream/yoghurt.
- In a separate bowl, mix together the flours, baking powder, baking soda, salt, cinnamon, nutmeg, and poppy seeds (and zest if using).
- Stir dry mixture into the sour-cream mixture until it is just combined and still a bit lumpy.
- Fold in the plums.
- Divide batter among prepared muffin cups.
- Bake for 15 to 18 minutes, until the tops are golden and a tester inserted into the centre of a muffin comes out clean.
- Rest muffins in the pan on a cooling rack for 2 minutes, then remove them from the tin to cool them completely.



Lemon polenta cake (gluten free!)

133g soft unsalted butter

133g sugar

133g ground almonds

67g fine polenta (or cornmeal)

1 teaspoon baking powder

2 large eggs

zest of 1 lemon

For the syrup:

juice of 1 lemon

1 tablespoons sugar

- Preheat the oven to 180C.
- Line a 24cm springform pan.
- Beat the butter and sugar till pale and whipped.
- Mix together the almonds, polenta and baking powder, and beat some of this into the butter-sugar mixture, followed by 1 egg.
- Alternate dry ingredients and eggs, beating all the while.

- Finally, beat in the lemon zest and scrape the mixture into prepared tin.
- Bake in the oven for about 30 minutes.
- When toothpick comes out cleanish and the edges of the cake have begun to shrink away from the sides of the tin, remove from the oven to a wire cooling rack, but leave in the tin.
- Make the syrup by boiling together the lemon juice and icing sugar until sugar is dissolved.

- Prick the top of the cake all over with a toothpick, pour the warm syrup over the cake, and leave to cool before taking it out of the tin.



Oatmeal muffins

140g oats (any kind)

85g whole wheat or white flour

65g dark brown sugar

65g sugar

1.5 tablespoons natural oat bran (optional)

1 tablespoon wheat germ (optional)

1.5 teaspoons ground cinnamon

1 teaspoon baking soda

1/4 teaspoon fine salt

160ml buttermilk*

80ml oil

1 small egg

1/2 teaspoon vanilla extract

60ml boiling water

- Preheat the oven to 180C.
- Line twelve muffin cups.
- Whisk oats, flour, sugars, oat bran, wheat germ, cinnamon,

baking soda and salt in a large bowl.

- Add buttermilk, oil, egg, and vanilla; whisk to blend.
- Stir in boiling water and let stand 5 minutes.
- Divide batter among prepared muffin cups.
- Bake muffins until tester inserted into centre comes out clean, about 20 minutes.
- Rest muffins in the pan on a cooling rack for 2 minutes, then remove them from the tin to cool them completely.

* If you don't have buttermilk you can substitute with two tablespoons of plain yoghurt and the rest of milk to make 160ml



Zucchini cake with crunchy lemon glaze

70g almonds, pecans, or walnuts, toasted

140g flour

1/2 teaspoon baking powder

1/4 teaspoon baking soda

1/2 teaspoon fine salt

1 teaspoon ground cinnamon

1/2 teaspoon dried ground ginger

1/4 teaspoon freshly ground nutmeg

2 small eggs, at room temperature

175g cups sugar

125ml extra-virgin olive oil

1 teaspoon vanilla extract

150g finely grated zucchini

For the lemon glaze:

30ml lemon juice

30g sugar

70g icing sugar

- Preheat the oven to 180C.
- Line loaf pan (23 x 13cm).
- Finely chop the nuts.
- Sift together the flour, baking powder, baking soda, salt, cinnamon, ginger, and nutmeg. Set aside.
- Beat the eggs, sugar, and olive oil until light and fluffy.
- Add the vanilla.
- Mix in the dry ingredients, making sure everything is mixed in well.
- Stir in the chopped nuts and zucchini.
- Scrape the batter

- into the prepared cake pan and bake the cake for 30 to 35 minutes, until the toothpick inserted into the centre comes out clean.
- Make the glaze by whisking together the lemon juice, sugar, and icing sugar.
- Let the cake cool for 10 minutes, then carefully invert it onto a cooling rack.
- Brush the glaze over the cake and let the cake cool.



Orange chocolate chunk muffins

190g all-purpose flour
2 teaspoons baking powder
1/2 teaspoon salt
230g plain whole-milk yoghurt
200g white sugar
3 large eggs
2 teaspoons grated orange zest (approximately 1 orange)

1/2 teaspoon pure vanilla extract
120ml flavourless oil (vegetable or sunflower)
100g chopped dark chocolate

For the syrup:

80ml orange juice
10g sugar

- Preheat the oven to 180C.
- Line 12-cup muffin tin.

- Sift together flour, baking powder, and salt. Stir in chocolate.
- In another bowl, whisk together the yoghurt, sugar, the eggs, orange zest, vanilla and oil.
- Slowly whisk the dry ingredients into the wet ingredients.
- Divide the batter equally into into prepared muffin tin.
- Bake for 12-15 minutes or until a toothpick inserted in

the middle of a muffin comes out almost dry.

- Cook the orange juice and 10 grams sugar in a small pan until the sugar dissolves.
- Let muffins cool for a couple of minutes. Brush the orange syrup over each muffin and allow it to soak in (a pastry brush works great for this, as does using a toothpick to make tiny holes that draw the syrup in better).
- Remove from the pan. Cool.