

BAKE A DIFFERENCE WITH FAIRTRADE



FAIRTRADE
FOUNDATION





**“ FAIRTRADE IS FREEDOM,
IT’S COMMUNICATION,
IT’S SUSTAINABILITY,
IT’S EMPOWERMENT,
IT’S EVERYTHING FOR US
IN A WORLD THAT’S SO
COMPETITIVE. ”**

Diomedes Rodriguez,
Fairtrade banana farmer,
Coobana co-operative, Panama

WELCOME, FAIRTRADE FANS.

It’s time to get your mixing bowls at the ready, set the scales and prepare to bake a difference!

The recipes in this book are all firm favourites with some of the businesses that go that little bit further for Fairtrade. The companies you’ll read about are campaigners to the core, working towards fairer trade since before the FAIRTRADE Mark even existed.

Their recipes feature some of the delicious Fairtrade ingredients produced by the hardworking farmers and workers at the heart of these unique brands.

Not only will you be whipping up treats galore this Fairtrade Fortnight, you’ll be supporting those businesses doing business differently. And that means stirring up change! Think campaigning with caramel, advocating with almonds, championing with chocolate... You get the picture!

Happy baking!



MAKES 12

CAFÉDIRECT MOCHA CRUMB MUFFINS

INGREDIENTS

Mocha crumb topping:

175g Fairtrade caster sugar
175g Fairtrade light brown sugar
1 tbsp Divine cocoa powder
1 tbsp Cafédirect Machu Picchu ground coffee
110g plain flour
¼ tsp salt
75g unsalted butter, melted

Muffins:

150g plain flour
150g Fairtrade light brown sugar
2 tbsp Divine cocoa powder
1½ tsp baking powder
½ tsp salt
2 tbsp Cafédirect Machu Picchu ground coffee
4 Divine Cappuccino Chocolate bars (35g each), chopped into 1cm pieces
100g Greek yogurt
100ml vegetable oil
3 large free range eggs
1 tsp Fairtrade vanilla extract
A dusting of Fairtrade icing sugar



METHOD

1. Preheat the oven to 180°C or Gas Mark 4.
2. Make the crumb topping. In a large bowl, combine the sugars with the cocoa powder, ground coffee, flour and salt. Add in the melted butter and stir until just combined. Don't overmix. The mixture should come together in large clumps. Set aside.
3. To make the muffins, in a separate bowl, mix the flour, brown sugar, cocoa powder, baking powder, salt and ground coffee.
4. Break up your Divine Cappuccino Chocolate bars and add them to this mixture.
5. Add the yogurt, oil, eggs and vanilla extract and mix until just combined.
6. Spoon out the muffin batter into 12 muffin cases about halfway to the top.
7. Press the set-aside crumb topping into the top of the muffin batter to ensure it stays put when it is baked.
Combined, the batter and the topping should reach ¾ of the way to the top of the muffin case.
8. Bake for 17-20 minutes or until a skewer comes out clean. Allow to cool before removing from the tin.
9. Dust with icing sugar before serving.
10. Muffins should keep in an airtight container for up to 5 days at room temperature.



MAKES 25 SMALL COOKIES

ZAYTOUN FAIRTRADE ALMOND AND DARK CHOCOLATE COOKIES

INGREDIENTS

100g Zaytoun almonds
200g self-raising flour
200g plain flour
½ tsp salt
170g unsalted butter, cut into chunks
200g Fairtrade dark brown, soft sugar
100g Fairtrade caster sugar
1 tsp Fairtrade vanilla extract
1 egg and 1 egg yolk
100g dark Fairtrade chocolate, cut into small chunks

METHOD

1. Preheat the oven to 200°C or Gas Mark 6 and line two large baking trays with parchment paper.
2. Roughly chop the almonds and then mix the chunks with the flours and salt in a large bowl.
3. Melt the butter, and then add the sugars and vanilla extract to the melted butter and whisk well. Allow to cool.
4. Beat the eggs into the mixture, then pour into the flour mix and stir well. Add the chocolate chunks and mix.
5. Roll the dough pieces into small balls, about the size of a walnut, and space them out on the baking trays. Flatten each ball slightly with the palm of your hand.
6. Bake for 10 minutes or until lightly brown. Let them cool before transferring to a cooling rack. Eat when cool or store in a biscuit tin.

DID YOU KNOW?

CAFÉDIRECT HAVE INVESTED OVER **50 PERCENT** OF THEIR PROFITS BACK INTO THE FARMER COMMUNITIES THEY WORK WITH – THAT'S **£6M** TO DATE.



Where to buy: Find Cafédirect in Waitrose.

DID YOU KNOW?



BUYING ZAYTOUN OLIVE OIL SUPPORTS 2,500 FAMILIES TO EARN A SUSTAINABLE LIVING IN PALESTINE.

Where to buy: Find Zaytoun online at zaytoun.org/stockists and on the high street in Oxfam shops and independent retailers.

MAKES 9 SLICES

DIVINE DOUBLE CHOCOLATE HAZELNUT SLICE

INGREDIENTS

Base:

175g Fairtrade pitted Medjool dates
60g Fairtrade almond butter
15g Divine cocoa powder
Pinch of salt

Filling:

Medium Fairtrade avocado
200g of Divine dark chocolate with hazelnut
1tbsp Fairtrade golden syrup
50g toasted chopped hazelnuts

METHOD

1. Preheat the oven to 170°C or Gas Mark 3. Line two 20cm x 30cm flat pans with baking paper.
2. Chop the avocado, dates and chocolate and set in separate bowls.
3. Divide the chocolate into two separate amounts of 120g and 80g.

DID YOU KNOW?



DIVINE CHOCOLATE WAS ESTABLISHED IN 1998 BY A CO-OPERATIVE OF COCOA FARMERS IN GHANA WHO OWN 44 PERCENT OF THE COMPANY AND SHARE IN ITS PROFITS.



4. Arrange the hazelnuts in a single layer and roast for 10 minutes.
5. When roasted, wrap in a kitchen towel and give an energetic rub to remove skin.
6. Chop nuts to a small to medium consistency and set aside.
7. Place the dates, cocoa powder, almond butter and a pinch of salt in a processor and blend until it forms a ball. Press the mixture into the pan to form your base and place in the fridge to chill.
8. Melt the 120g of chocolate for 2 minutes on a low heat. Pause every 40 seconds and stir.
9. Place the avocado and syrup in the processor and blend until smooth. Pour in the melted chocolate, a third at a time, blending each time. Once fully blended, add this layer of ganache to the date and chocolate base.
10. Melt the second 80g of chocolate for 2 minutes on a low heat and pour this over the ganache.
11. Decorate with the chopped roasted hazelnuts. Refrigerate to set. Place in the fridge to set and enjoy once chilled.

Where to buy: Find Divine in Waitrose, Wholefoods, Oxfam, Ocado and at divinechocolate.com

MAKES 12 SLICES

CHOCOLATE AND BEETROOT CAKE



METHOD

1. Preheat oven to 190°C or Gas Mark 5.
2. Grease and line a large loaf tin.
3. Melt the chocolate gently over a pan of simmering water, then remove from the heat and cool.
4. Beat the butter and sugar until light and fluffy, then add the egg yolks one at a time, making sure to beat well after each addition.
5. Beat in the cooled chocolate.
6. Sift in ground almonds, flour and cocoa, and fold in.
7. Purée or mash the beetroot, and fold in gently using a large metal spoon.
8. In a clean bowl with clean beaters, whisk egg whites until stiff peaks form, then fold in the chocolate and beetroot mixture.
9. Spoon into the greased tin and bake for 40 minutes or until the skewer inserted in the centre of the cake comes out clean.
10. Remove from the oven and allow to cool in the tin for 5 minutes, then transfer carefully to a cooling rack. Enjoy!

INGREDIENTS

150g Fairtrade dark chocolate (chopped)
150g butter
150g Fairtrade golden caster sugar
3 free range eggs, separated
50g ground almonds
120g self-raising flour
1 tbsp Fairtrade cocoa powder
250g cooked beetroot



DID YOU KNOW?

2019 IS TRAIDCRAFT'S 40TH BIRTHDAY! THEY WERE FOUNDED IN 1979, WHEN THEY PUBLISHED THEIR FIRST HAND-DRAWN CATALOGUE. TRAIDCRAFT INTRODUCED THE FIRST FAIR TRADE TEA, COFFEE AND SUGAR TO THE UK.

Learn more and find Traidcraft products online at: traidcraftshop.co.uk

MAKES 12 MINI BITES

SALTED CARAMEL SHORTBREAD WITH ROSEMARY & CASHEW NUTS

INGREDIENTS

Shortbread:

110g plain flour
50g Fairtrade caster sugar
50g unsalted butter (cold from the fridge)

Caramel:

1 can 379g condensed milk
50g Fairtrade caster sugar
90g Liberation salted oven-baked cashews and peanuts
2 sprigs of rosemary

Topping:

300g dark Fairtrade chocolate (get the best you can)
Sprinkling of rock salt
1 sprig of rosemary



This recipe was created for Liberation Nuts by Rebecca of Bakes from a Hackney Kitchen

METHOD

Start with the shortbread.

1. Line a small roasting tray or ovenproof dish with baking paper. Preheat the oven to 170°C or Gas Mark 3.
2. Mix the flour and sugars together.
3. Cut the butter into squares and rub into the flour mixture with your fingers until it resembles breadcrumbs.
4. Press the mixture into your baking tray. With a fork, make a few holes in the shortbread and bake in the oven for 20 minutes until it's just started to brown a little.

Meanwhile, get on with the caramel.

5. On the hob, heat up the condensed milk and sugar, and stir until the sugar has dissolved. During this process it's important you stir continually – if you leave it, it will burn! Throw in the rosemary sprigs and then simmer for 5 minutes until the mixture has thickened and darkened slightly. Set aside to cool.
6. Take the shortbread out of the oven and cool for 5 minutes. Pour on the caramel and remove the rosemary sprigs. Throw on your Liberation cashews and peanuts evenly and then put the whole thing somewhere to cool.
7. Once the caramel has hardened, melt the chocolate and pour it over the caramel. When cooled, place in the fridge to set.
8. Once the chocolate has hardened cut the shortbread into squares, sit back and enjoy the caramel, chocolate and nutty goodness.

DID YOU
KNOW?

Liberation
NUTS ABOUT FAIR TRADE

LIBERATION IS PART-OWNED BY THE FARMERS WHO GROW THE TOP QUALITY NUTS. FAIRTRADE PEANUTS, BRAZIL NUTS AND CASHEWS IN TESCO AND SAINSBURY'S ARE ALSO SUPPLIED BY LIBERATION!

Where to buy: Packets of salted oven-baked cashews and peanuts are available in Waitrose and Liberation peanut butter is available from Traidcraft.

MAKES 9 COOKIES

FAIRTRADE AVOCADO COOKIES



INGREDIENTS

1 ripe Fairtrade avocado
60ml maple syrup
100g Fairtrade nut butter
1 free range egg
50g Fairtrade cocoa powder
200g Fairtrade chocolate chips

METHOD

1. Preheat the oven to 180°C or Gas Mark 4.
2. Line a baking tray with greaseproof paper.
3. Mash the avocado until it has no lumps.
4. Mix in the maple syrup, then the egg, nut butter, cocoa powder and chocolate chips.
5. Split the mixture into 9 balls and place them on your baking tray.
6. Bake for 20 minutes.
7. Once they're cool, enjoy your yummy cookies.

SHARED INTEREST
INVESTING IN A FAIRER WORLD

DID YOU
KNOW?

IN 2018, SHARED INTEREST LENT MONEY TO 363 FAIR TRADE ORGANISATIONS IN 63 COUNTRIES. PRODUCERS SAY THE ABILITY TO ACCESS MUCH-NEEDED CREDIT FROM SHARED INTEREST HAS HELPED TRANSFORM THEIR COMMUNITIES. THEIR FINANCE SUPPORTS FAIRTRADE PRODUCTS SUCH AS COFFEE, FRESH FRUIT, NUTS AND COCOA.

Learn more about Shared Interest at: shared-interest.com

MAKES 1 LOAF

FAIRTRADE TEA BREAD

INGREDIENTS

500ml of strong Fairtrade tea
200g Tropical Wholefoods chewy banana chips
200g Tropical Wholefoods bogoya banana
125g Tropical Wholefoods Fairtrade raisins
130g Fairtrade demerara sugar
125g Tropical Wholefoods walnuts (roughly chopped)
1 large egg beaten into 2 tbsp milk
450g organic self-raising flour



METHOD

1. Heat oven to 170°C or Gas Mark 3.
2. Soak bananas and raisins for 60 minutes in well-brewed tea.
3. Line two roasting tins of 23cm x 23cm and 22cm x 11cm with baking paper and grease the paper with vegetable oil.
4. Place soaked fruit in food processor and blend for a minute.
5. Pour into a bowl and stir in the remaining ingredients.
6. Pour the mixture into the lined tins and spread evenly. Bake in the centre of the preheated oven for about 40 minutes until golden brown on top and springy to the touch in the centre.
7. Turn onto a wire rack immediately. As soon as it's cool, slice, toast and butter.

DID YOU KNOW?



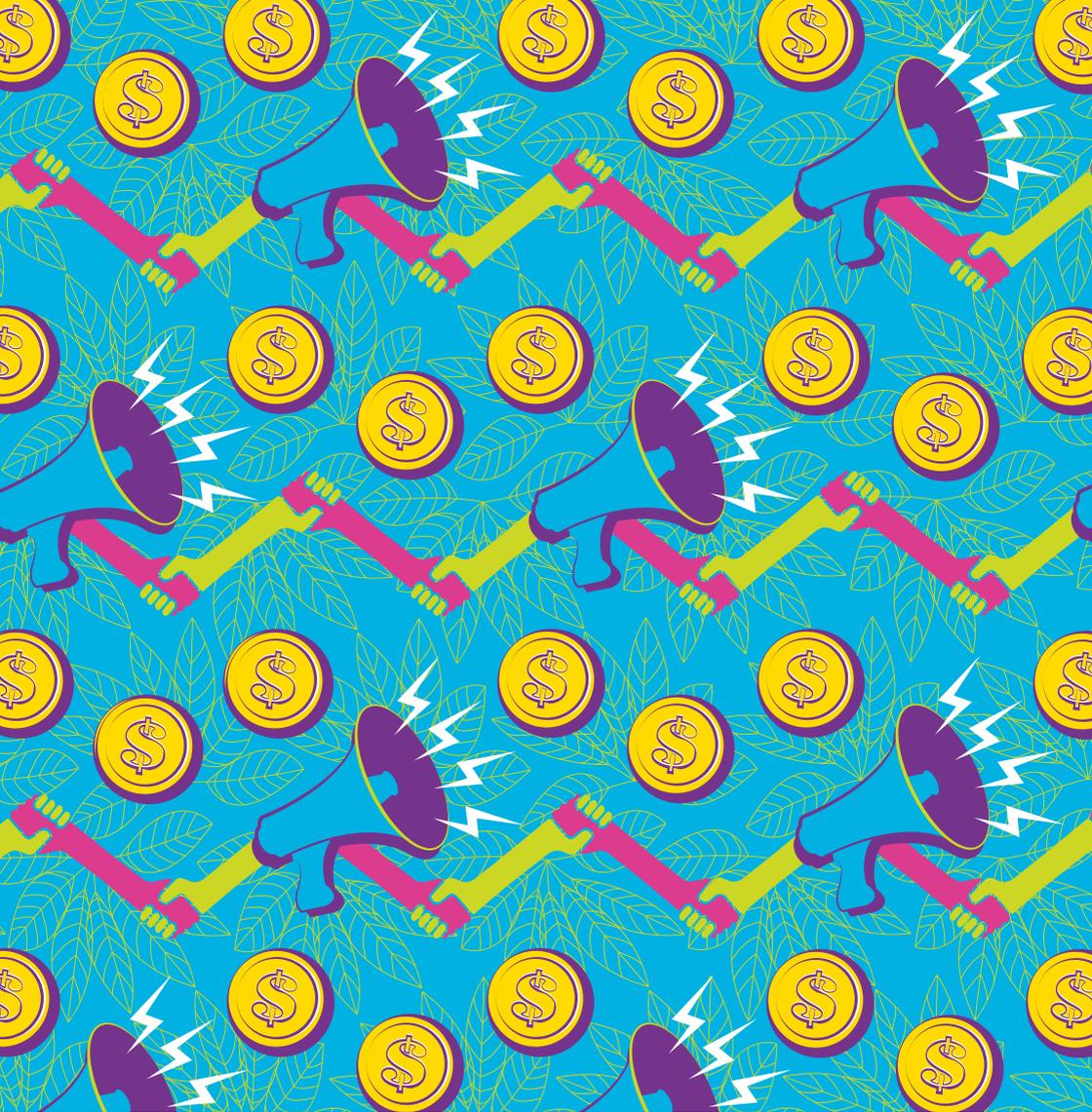
TROPICAL WHOLEFOODS IMPORTED THE FIRST-EVER FAIRTRADE APRICOTS TO THE UK. THESE APRICOT TREES ARE FED BY GLACIAL MELTWATERS FROM THE HIMALAYAN AND KARAKORUM MOUNTAINS!

Where to buy: Find Tropical Wholefoods in Oxfam shops, all good health food shops and online at tropicalwholefoods.com



**“ THANK YOU FAIRTRADE
FOR FIGHTING FOR US,
AND WITH US, ALWAYS ”**

Rosine Bekoin, cocoa farmer and
Secretary of the Women's Society of
CAYAT co-operative, Côte d'Ivoire



fairtrade.org.uk

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