

Inspiring Home Cooking

— for Less —




**CLASSIC
BAKES**


**CHOCOLATE
HEAVEN**


**IN-SEASON
SNACKING**

**Gluten
Free**


**KIDS
CORNER**

SuperValu
Real Food, Real People



CLASSIC BAKES



Makes 18



Prep 10min



Cook 40min

VICTORIA SPONGE

INGREDIENTS

300g SuperValu plain flour
 2 tsp baking powder
 300g SuperValu butter, softened,
 plus extra for greasing
 300g SuperValu caster sugar
 5 large eggs
 1 tsp SuperValu vanilla extract

FOR THE FILLING AND TOPPING

6 tbsp SuperValu strawberry jam
 120ml SuperValu whipped cream
 300g fresh strawberries, sliced,
 plus extra to decorate
 SuperValu icing sugar,
 for dusting

METHOD

Preheat the oven to 180°C. Grease two 20cm cake tins and line the bottoms with non-stick baking paper.

Sift the flour and baking powder into a bowl and mix together. In a separate large bowl, beat the butter and sugar together until light and fluffy. Beat in the eggs one at a time, mixing well between each addition, then mix in the vanilla extract and fold in the flour. Divide the batter evenly between the prepared tins.

Bake in the oven for 25 to 30 minutes, until a skewer or toothpick inserted into the centre comes out clean/dry. Turn the sponges out onto a wire rack and leave to cool completely.

To sandwich the cake together, peel off the lining papers and spread three tbsp of jam on each sponge. Cover the jam on one sponge with the whipped cream and sliced strawberries. Place the second sponge on top, jam side down. Decorate the top with a few halved strawberries and dust with icing sugar.



€1.29



SuperValu Irish Creamery Butter
227g - €5.68/kg

TOP TIP

Try other types of jam and add flavours to the cream too, like a drop or two of vanilla essence.

SIMPLE LEMON CURD AND BLUEBERRY BUTTERFLY FAIRY CAKES



Makes 12



Prep 15min



Cook 20min

INGREDIENTS

100g SuperValu unsalted butter, softened
100g SuperValu self-raising flour
100g SuperValu caster sugar
2 SuperValu large eggs
1 lemon, finely grated, zest only
1 tsp baking powder

TO DECORATE

125g SuperValu Signature Tastes lemon curd
150ml SuperValu cream
36 small fresh blueberries
SuperValu icing sugar, for dusting (optional)

METHOD

Preheat the oven to 180°C. Line a 12-hole bun or fairy cake tin with fairy cake-sized paper cases.

Put all the ingredients for the fairy cakes in a large bowl and beat until smooth and well combined. Divide the batter evenly between the paper cases.

Bake in the oven for 15 - 20 minutes, until lightly golden, risen and cooked through. A skewer should come out clean/dry from the centre. Remove from the tin and leave to cool on a wire rack.

Once cool, use a sharp knife to slice the top off each fairy cake to give a disc. Cut this in half and set the pieces aside.

Spread an even amount of lemon curd on top of each fairy cake. Whip the cream to soft peaks, then spoon a small dollop in the centre of each one. Arrange two of the reserved fairy cake halves sitting upright on top of each one to resemble butterfly wings. Put three blueberries down the centre of each one. Dust with a little icing sugar if liked and arrange on a serving platter or cake stand to serve.



€1



SuperValu Fresh Cream
250ml - €4/ltr

CHOCOLATE LAYER CAKE WITH RASPBERRY BUTTERCREAM



Serves 17



Prep 20min



Cook 50min

INGREDIENTS

250ml water
150g SuperValu unsalted butter, plus extra for greasing
50g cocoa powder
450g SuperValu caster sugar
300g SuperValu plain flour
1 tsp baking soda
2 large eggs
150ml SuperValu sour cream
1 tsp SuperValu vanilla extract

FOR THE BUTTERCREAM

250g raspberries, fresh or frozen
300g SuperValu unsalted butter, softened
600g SuperValu icing sugar

METHOD

Preheat the oven to 170°C. Grease 4 x 20cm loose-bottomed sandwich tins and line with non-stick baking paper. Set the tins on two baking sheets.

Pour the water into a medium pan, add the butter and sift in the cocoa powder. Heat gently and stir until the butter is melted and the mixture is smooth. Set aside.

Put the sugar, flour and baking soda in a large bowl and stir to combine. Beat the eggs, sour cream and vanilla in a jug, then add to the flour. Add the melted butter mixture and whisk until the batter is smooth and combined. Divide evenly between the prepared tins, levelling them with the back of a spoon.

Bake for 30 to 35 minutes, swapping the trays around on the shelves halfway through. Once cooked, the cakes should be springy to the touch and a skewer inserted into the centre should come out clean. Leave to cool in the tins for 10 minutes before carefully removing and leaving to cool completely on wire racks.

Meanwhile, make the buttercream. Place the raspberries in a small pan and mash completely with a fork. Place the pan on a medium heat, bring to a gentle bubble and continue to cook for 6 to 8 minutes, stirring often, until reduced by half and thickened. The final mixture should weigh about 125g. Remove and leave to cool completely.

Beat the butter in an electric food mixer until pale and fluffy. Once the raspberry purée is completely cool, beat it in until well blended. Sift in the icing sugar in stages, beating it in well before adding the next. Spoon 200g of the buttercream into a piping bag fitted with a 1.5cm plain nozzle (or a hole cut to this size if using a disposable bag). Set aside until ready to use.

When ready to assemble, pipe a ring of buttercream in a circle right at the outside edge of one of the cakes. Pipe the rest of the bag of buttercream inside the ring and spread it smooth to fill the centre. You can just spread the buttercream all over if preferred, but the piped outer ring gives a neat finish once assembled. Repeat with another two layers, using 200g of buttercream each time.

Spread a little buttercream in the centre of a serving plate or cake stand and stack these three layers neatly on top of each other on this. Top with the remaining cake, then spoon the remaining buttercream into the piping bag and pipe dots of it all over the top. Piping in circles works best, starting with the outside edge and working inwards. Refrigerate until ready to serve.

This can be served straight from the fridge, or if you prefer to eat a softer buttercream, then remove about 1 hour before serving.

CHOCOLATE HEAVEN



TOP TIP

Use blueberries, strawberries or mixed berries instead of raspberries if preferred. Just ensure the purée is cooked enough so that it's almost jam-like rather than watery before adding to the butter.



62c



SuperValu Icing Sugar
500g - €1.24/kg



Marble the white and dark layers together with a kitchen knife if you like for a fun finish.

MARSHMALLOW-TOPPED CHOCOLATE FUDGE

INGREDIENTS

SuperValu sunflower oil, for greasing
1 x 400g tin of condensed milk
200g SuperValu white chocolate
1 tsp SuperValu vanilla extract
200g SuperValu milk/dark chocolate
50g SuperValu mini marshmallows

METHOD

Grease a 17.5cm square cake tin or baking dish with sunflower oil and line with non-stick baking paper, leaving a 5cm excess hanging over the edges to help you lift it out later.

Divide the condensed milk evenly between two medium bowls. Finely chop the white chocolate and add to one bowl along with the vanilla extract. Melt the white chocolate in the microwave in 30-second blasts, stirring between each go, or set over a pan of simmering water, shallow enough that the water doesn't touch the bowl. Once melted and smooth, remove and pour into the prepared tin, spreading it evenly.

Finely chop the milk or dark chocolate (or both) and add to the second bowl. Melt in the same way as the white chocolate, then spoon this in blobs all over the top of the white chocolate layer in the tin before spreading it evenly. Working quickly before the mixture sets, sprinkle the marshmallows in a single even layer on top, pressing them down gently to stick. Chill in the fridge for at least 3 or 4 hours, until set firm.

Lift the slab out of the tin and peel off the paper. Using a long sharp knife dipped in boiling water and wiped dry between each cut, slice into 36 pieces. These will keep for up to one week in the fridge in an airtight container, layered between parchment paper.



SuperValu Sunflower Oil 1ltr

€1.49

NO-CHURN INDULGENT CHOCOLATE ICE CREAM IN CHOCOLATE CUPS



INGREDIENTS

500g SuperValu milk/dark chocolate (100g + 400g)
1 x 400g tin of condensed milk
500ml SuperValu double cream

OPTIONAL TOPPINGS

Chopped chocolate bars like Crunchie, Mars, Flake, Maltesers and Rolos
chocolate chip cookies, crumbled
Crushed salted peanuts or other nuts, like pecans
Sauces like toffee or even more melted chocolate
Fresh fruits like berries, pomegranate, banana, orange and kiwi
Dried fruits like apricots, figs and raisins, chopped if large
Desiccated or shaved coconut, toasted
Edible sprinkles
SuperValu mini marshmallows

METHOD

Chop 100g of the chocolate and melt it in a large heatproof bowl set over a pan of simmering water or in 30-second blasts in the microwave, stirring regularly. Set aside to cool, then add the condensed milk and mix until thick and stiff.

Using an electric whisk, beat the cream in a separate bowl until stiff. Fold the whipped cream into the chocolate mixture until well blended. Pour this mixture into a container suitable for the freezer. Cover and freeze for at least eight hours or overnight, until frozen solid.

To make the chocolate cups, line a 12-hole muffin tin with paper cases. Melt the remaining 400g of chocolate as before and remove from the heat. Spoon a tbsp of it into a paper case and use a small brush to spread it from the bottom up the insides to coat the case completely. Repeat with the other cases. Set the remaining chocolate aside. Pop the muffin tin in the freezer for 20 minutes, until the cups are set.

Repeat the process of coating the cases with chocolate and freezing until set twice more, to give three layers in total. The melted chocolate will cool to room temperature, which is perfect for adding layers without melting the previous layer, but it should not be allowed to set. If it does, then melt it again as before, but not letting it get too warm.

Once the three layers are complete and set, and with cool hands, carefully peel the paper cases away from the chocolate to reveal the fluted cups.

Remove the ice cream from the freezer 10 to 20 minutes before serving, depending on how warm your room is, for ease of scooping and eating. Divide the ice cream between the chocolate cups and arrange on serving plates. Add any toppings you like and serve immediately before serving.

€1.09



SuperValu Double Cream
250ml - €4.36/ltr

CHOCOLATE HEAVEN

TOP TIP

Instead of chocolate, spread 250g of fresh raspberries, which have been crushed, over the base. The finished bars will be a little moister than the chocolate ones because of the raspberries, but just as lovely. Jam or caramel would also work well as a topping instead of the chocolate.



€1.72



SHORTBREAD CHOCOLATE CRUMBLE BARS



Serves 12



Prep 5min



Cook 45min

INGREDIENTS

300g SuperValu ground almonds
250g SuperValu plain flour
150g SuperValu caster sugar
pinch of fine sea salt
250g SuperValu unsalted butter, softened, plus extra for greasing
2 x 150g SuperValu milk or dark chocolate bars, finely chopped

METHOD

Preheat the oven to 180°C. Grease a 20cm square baking tin with butter and line with non-stick baking paper.

Place the ground almonds, flour, sugar and salt in a food processor and pulse together. Add the butter and blend briefly to form coarse crumbs. Tip half of the mixture into the baking tin and press it down to form an even, firmly packed layer. Placing a sheet of parchment paper over it and pressing it down with the base of a glass will make an easy job of this (just remember to remove the paper afterwards!). Reserve the remaining crumble mixture in the fridge.

Bake the base for 15 to 20 minutes, until lightly golden all over. Remove and sprinkle the chopped chocolate over in an even layer. Scatter the remaining crumble mixture evenly on top, pressing it down lightly. Return to the oven to bake for about 20 minutes, until the topping is light golden brown.

Remove and leave to cool a little in the tin before lifting out and leaving to cool completely. Cut into 12 bars or 16 smaller squares and enjoy. These will keep for up to three days, layered between parchment paper, in an airtight container in the fridge.

BLACKBERRY AND CREAM CHEESE TRAY BAKE



INGREDIENTS

a little sunflower oil, for greasing
225g SuperValu unsalted butter, softened
225g SuperValu caster sugar
4 eggs
175g SuperValu self-raising flour
50g SuperValu ground almonds
2 tsp baking powder
1 tsp SuperValu ground cinnamon
50g fresh blackberries
about ¼ tsp purple gel food colouring, optional

FOR THE TOPPING

200g full-fat cream cheese
100g SuperValu unsalted butter, softened
100g SuperValu icing sugar
1 tsp vanilla extract

FOR DECORATING

200g fresh blackberries
small handful of fresh mint leaves, optional

METHOD

Preheat the oven to 180°C. Grease a 20cm square loose-bottomed cake tin and line with non-stick baking paper.

In a large bowl or food mixer, beat the butter and sugar together until smooth and pale. Beat the eggs in one at a time with a spoonful of flour with each one. Add the remaining flour along with the ground almonds, baking powder and cinnamon and beat briefly until well combined. Lightly mash the blackberries with a fork and mix them in. If using, add enough food colour gel to give a good strong purple colour. Spread the batter level in the tin.

Pop in the oven to bake for 35 - 40 minutes. Once cooked, the cake should be well risen and springy to the touch and a skewer inserted into the centre should come out clean. Leave to cool a little in the tin before removing and leaving to cool completely on a cooling rack. If you used the food colour, the cake will most likely have unsightly outside edges. Trim these from the cake if liked.

Meanwhile, to prepare the topping, beat the cream cheese and butter together in a medium bowl to loosen, then sift in the icing sugar and add the vanilla and beat until smooth. Cover and keep in the fridge to firm up a little until needed.

To assemble, spread the topping evenly all over the cake. Cut into nine equal pieces. Arrange the blackberries, pointed side upwards, on top of each square. Decorate with mint if liked and serve.



IN-SEASON SNACKING



2 FOR €5



SuperValu Signature Tastes Blackberries
125g - €23.92/kg €2.99 each

BLUEBERRY ETON MESS



Serves 6



Prep 20min



Cook 45min

INGREDIENTS

4 large SuperValu egg whites
100g SuperValu caster sugar
125g SuperValu icing sugar
1 tsp SuperValu cornflour
1 tsp lemon juice

TOPPING

250g fresh blueberries
300g low-fat natural yogurt
small handful of fresh mint leaves,
to decorate (optional)

METHOD

Preheat the oven to 140°C. Line a large baking sheet with non-stick baking paper.

Reserve about 75g of the blueberries for serving and place the rest in a small pan. Add 1 teaspoon of water and cook over a low heat for 5 to 6 minutes, stirring often. As the berries soften and begin to pop, mash them with a fork to help release their juices. Once cooked, pour into a mini blender and blitz until as smooth as possible. Set aside to cool.

To make the meringues, place the egg whites in a food mixer and whisk on high to give soft peaks. Add the caster sugar and whisk for a few minutes more. Sift in the icing sugar and cornflour, add the lemon juice and whisk again for a few minutes, until firm and glossy.

Place a few dots of the meringue mixture under the paper on the tray as glue to stick. Spoon six equal amounts of the mixture on the tray, spaced well apart. Dot about one teaspoon of the blueberry purée on top of each one and use the tip of the spoon to swirl it in slightly.

Bake in the oven for 45 minutes, until crisp on the outside but not coloured. Turn the oven off, open the door slightly and leave the meringues in the oven until completely cool (about 1 to 2 hours).

Place a cooled meringue in each serving bowl. Allow each person to crush their own meringue and add dollops of yogurt, blueberry purée and a scattering of the reserved blueberries and mint (if using). Serve straight away.



Gluten Free

€1.27

Gluten Free



SuperValu Squeezy Honey
340g - €3.74/kg

TUTTI FRUTTI MINI PAVLOVAS



Serves 4-6



Prep 10min



Cook 2hr

INGREDIENTS

4 SuperValu egg whites, at room temperature
225g SuperValu caster sugar
1½ tsp gluten-free cornflour
1½ tsp white wine vinegar

FOR THE BERRY SYRUP

115g SuperValu caster sugar
1 lime, juice only
1 tbsp SuperValu honey
200g blackberries, redcurrants or Raspberries

FOR THE CHANTILLY CREAM

250ml SuperValu single cream
1 dstspn SuperValu icing sugar
½ tsp vanilla essence

FOR THE FILLING

passion fruit, seeds scooped out
fresh pineapple
fresh mango
kiwi fruit
fresh blackberries
tiny fresh mint leaves

METHOD

Preheat the oven to 100°C. Line a large baking sheet with non-stick baking paper.

It's very important that you use a spotlessly clean, grease-free bowl to whisk the egg whites, as you won't achieve the volume you want if there's any trace of grease in the mixture. Eggs at room temperature ensure good volume too. Clean your whisk attachment and bowl with boiling water before use. Use kitchen paper to wipe everything dry.

In a food mixer fitted with the balloon attachment, whisk the egg whites until they maintain soft peaks. Gradually add the caster sugar, spoon by spoon, mixing well after each addition. Once all the sugar has been added, run the mixer on high speed for 3 to 4 minutes. The biggest mistake people make is not mixing it enough, which means the pavlova won't hold its shape.

Put the cornflour and vinegar in a small bowl and mix to a paste. Add to the egg whites and mix well to fully combine. Place a drop of the meringue on the reverse side of the corners of the baking paper to hold it in place. Alternatively, you could use a silicone baking mat. Put 6 to 8 separate dollops of the meringue mixture onto the lined sheet.

Make a slight hollow in the centre of each one using the back of the spoon. This will hold the whipped cream and fruit when baked. Bake in the oven for 80 minutes. Leave the pavlovas in the oven, but turn the oven off and leave the door open to allow the nests to dry out and cool completely.

Meanwhile, to make the berry syrup, combine the sugar, lime juice and honey in a small saucepan set over a medium heat and stir until the sugar has dissolved. Bring to the boil, then add the berries and cook at a rapid boil for one minute. Remove from the heat and cool slightly.

Transfer to a food processor and blend until smooth, then strain through a fine-mesh sieve. This will keep for several days in an airtight container in the fridge.

For the Chantilly cream, put all the ingredients in a bowl and whisk together until soft peaks form. Chop the fruit into pieces about the size of a blackberry.

To serve, spoon some of the Chantilly cream into the hollow of each pavlova, then top with the fresh fruit. Drizzle the berry syrup over the pavlovas and scatter over the fresh mint just before serving.



STICKY TOFFEE PUDDING



INGREDIENTS

175g dark muscovado sugar
 75g SuperValu butter,
 plus extra for greasing
 70g treacle
 30ml golden syrup
 2 SuperValu eggs, at room temperature
 200g gluten-free self-raising flour
 200g pitted dates
 300ml water
 1 tsp baking soda
 SuperValu whipped cream,
 to serve

FOR THE TOFFEE SAUCE

100g SuperValu butter
 100g dark muscovado sugar
 200ml SuperValu double cream

METHOD

Preheat the oven to 180°C. Grease 8-10 dariole moulds, ramekins or small cups with a little butter.

Using the paddle attachment on a stand mixer, cream together the sugar and butter until light and fluffy. This should take about 10 minutes. Scrape down the bowl from time to time to ensure the mixture is fully combined. Add the treacle and golden syrup and mix well.

Add the eggs one at a time, then add the self-rising flour after the eggs have been fully incorporated. Mix together, scraping down the sides of the bowl, until all the ingredients are fully combined.

Place the dates in a saucepan with the water and bring to the boil. Remove the pan from the heat and purée the date mixture with a hand-held blender. Add the baking soda to the date purée and blend again, then add the date purée to the cake batter and mix well.

Pour the batter into the greased moulds and bake for 20 to 25 minutes, until the cake shrinks away from the sides of the moulds and springs back when gently pressed with a finger.

While the puddings are baking, you can make the toffee sauce. Melt the butter and sugar together in a saucepan, then add the double cream. Bring to the boil, then reduce the heat and simmer until the mixture coats the back of a spoon.

Serve the puddings while still warm, drizzled with the toffee sauce. Serve with whipped cream.

STORAGE

The puddings freeze well. Place them in a ziplock bag or sealed container and then place in the freezer. Defrost at room temperature, top with toffee sauce and reheat in a microwave.

Gluten Free

SuperValu Goodness Pitted Dates
 300g - €6.63/kg

€1.99



KIDS CORNER



TOP TIP

Use shards of the bark to decorate the top of cakes or cupcakes.

UNICORN BARK

INGREDIENTS

a little SuperValu sunflower oil, for greasing
200g white candy buttons
200g pink candy buttons
200g blue candy buttons
5ml silver metallic food paint
15g SuperValu mini marshmallows
1 tsp SugarCraft Hot Pink sparkling sugar
2 tsp SugarCraft Sweetheart Mix sprinkles
1 pack of 12 White Wild Rose sugar decorations

METHOD

Grease a 23cm x 33cm Swiss roll tray with a little sunflower oil and line with non-stick baking paper.

Melt each of the candy buttons in separate bowls in the microwave or set over a pan of simmering water, stirring regularly until smooth. Dot tablespoonfuls of each colour randomly all over the lined tray. Then, using the tip of a small palette or table knife, swirl the colours together to give interesting patterns as they marble, making sure to fill in all the gaps as you go.

Dot some of the silver edible paint around, then using the handle of a tsp or the tip of a skewer, marble that in too. Working quickly before everything sets, scatter the marshmallows over in a single even layer.

Sprinkle the sparkling sugar over in little patches. This has a better effect than just sprinkling it all over. Avoid sprinkling it on the silver paint if possible because it causes it to blacken. Next, scatter the heart sprinkles over, again in patches. Dot the flower decorations around the top.

Pop the tray in the fridge for about one hour, until set firm. Remove from the tray and break into shards. These are now ready for use.