



St Luke's

# Celebration of Life

## Peach Melba Smoothie

Serves 2

### Ingredients

410g peach halves, tinned or fresh

100g fresh raspberries/summer berries, frozen

100ml orange juice

150g custard



### Method

Throw all ingredients into the blender and blend together. This recipe can be adapted with different fruit depending on individual preferences - why not try some alternatives in your blender and see what you prefer?

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## Pimms

### Ingredients

200ml Pimm's No. 1

600ml lemonade

Mint sprigs, sliced cucumber,  
sliced orange and strawberries,  
to serve



### Method

Fill a jug with ice and pour over the Pimm's and lemonade. Give it a good stir then add the mint, cucumber and fruit.

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## Classic scones

Serves 8

### Ingredients

350g self-raising flour, plus more for dusting

1 tsp baking powder

85g butter, cut into cubes

3 tbsp caster sugar

175ml milk

1 tsp vanilla extract

squeeze lemon juice (see tips below)

beaten egg, to glaze

jam and clotted cream, to serve



### Method

Heat the oven to 220C/200C fan/gas 7. Tip the self-raising flour into a large bowl with 1/4 tsp salt and the baking powder, then mix.

Add the butter, then rub in with your fingers until the mix looks like fine crumbs. Stir in the caster sugar.

Add the vanilla extract and a squeeze of lemon juice to the milk.

Put a baking tray in the oven. Make a well in the dry mix, then add the liquid and combine it quickly – it will seem pretty wet at first.

Scatter some flour onto the work surface and tip the dough out. Dredge the dough and your hands with a little more flour, then fold the dough over 2-3 times until it's a little smoother. Pat into a round about 4cm deep. Take a 5cm cutter and dip it into some flour. Plunge into the dough, then repeat until you have four scones. You may need to press what's left of the dough back into a round to cut out another four.

Brush the tops with a beaten egg, then carefully arrange on the hot baking tray. Bake for 10 mins until risen and golden on the top. Eat just warm or cold on the day of baking, generously topped with jam and clotted cream.

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## Victoria Sponge

### Ingredients

200g caster sugar

200g softened butter

4 eggs, beaten

200g self-raising flour

1 tsp baking powder

2 tbsp milk

### For the filling

100g butter, softened

140g icing sugar, sifted

drop vanilla extract (optional)

half a 340g jar good-quality  
strawberry jam

icing sugar, to decorate



### Method

Heat oven to 190C/fan 170C/gas 5. Butter two 20cm sandwich tins and line with non-stick baking paper.

In a large bowl, beat 200g caster sugar, 200g softened butter, 4 beaten eggs, 200g self-raising flour, 1 tsp baking powder and 2 tbsp milk together until you have a smooth, soft batter.

Divide the mixture between the tins, smooth the surface with a spatula or the back of a spoon.

Bake for about 20 mins until golden and the cake springs back when pressed.

Turn onto a cooling rack and leave to cool completely.

To make the filling, beat the 100g softened butter until smooth and creamy, then gradually beat in 140g sifted icing sugar and a drop of vanilla extract (if you're using it).

Spread the buttercream over the bottom of one of the sponges. Top it with 170g strawberry jam and sandwich the second sponge on top.

Dust with a little icing sugar before serving. Keep in an airtight container and eat within 2 days.

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