

Ruby, Lime & Coconut Polenta Cupcakes (GF)

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INGREDIENTS

CUPCAKE

- 250g salted butter
- 150g golden caster sugar
- 100g light brown sugar
- 100g ruby chocolate, melted and cooled
- 100g polenta
- 50g desiccated coconut
- 1 tsp baking powder
- 150g coconut flour
- 4 large eggs
- 1 lime, zest and juice
- Pink food colouring (optional)

ICING

- 250g full fat cream cheese
- 250g mascarpone
- 100g white chocolate, melted and cooled
- 1/2 lime, juice and zest

METHOD

1. Line a muffin tin with 12 deep cupcake cases and preheat the oven to 160 degrees fan.
2. Beat together your salted butter and sugars until light and fluffy. Add in the eggs, beat until combined.

3. Add the ruby chocolate and lime juice and zest and beat again until mixed thoroughly
4. In a separate bowl mix together the polenta, desiccated coconut, coconut flour, baking powder
5. Add the dry ingredients into the wet and beat again until just combined. If you are using it at this stage add a couple of drops of the pink food colouring and beat again until smooth
6. Spoon equal amounts into each cupcake case and bake for 22-25 minutes or until a skewer comes out clean.
7. Remove from oven, leave in the tin for 10 minutes then transfer to a wire rack to cool completely.
8. To make the icing, combine the cream cheese, mascarpone, white chocolate and lime juice in a bowl and beat until thick, creamy and holds its shape, pop in the fridge for 10 minutes before piping
9. Pipe onto the cooled cupcakes and top with the lime zest

Notes:

If you can't find ruby chocolate (I got mine from Tesco) just sub for white chocolate instead, it will give a slight different flavour but will be equally yummy!



ENJOY! If you opt for Ruby, Lime & Coconut Polenta Cupcakes, please do share a picture!

Strawberry & Mascarpone Eclairs

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Makes 10 – Part of [“Your Perfect Afternoon Tea”](#)

INGREDIENTS

Eclairs

150g plain flour
20g golden caster sugar
75g unsalted butter
75ml milk
125ml water
3 eggs
1 egg yolk

Filling

150g mascarpone
100g double cream
100g icing sugar
10-12 sliced strawberries

Topping

250g icing sugar

50g white chocolate
4 strawberries, chopped

Optional to decorate

Freeze dried strawberries

METHOD

1. Preheat your oven to 160 degree fan. Line a large baking tray with greaseproof paper
2. Combine in a saucepan the sugar, butter, milk and water and bring to the boil. Remove the pan from the heat and tip in the flour, beat the mixture (I use a wooden spoon until a dough is formed)
3. Tip into a food processor and pulse for a couple of minutes to cool
4. Add the whole eggs gradually, pulsing in between
5. Once it is fully combined to a smooth dough, pop the mixture into a piping bag (a 1.5cm nozzle) and pipe on to the greaseproof paper. Pipe each éclair about 10cm in length, then re-pipe another layer on top the same length, this makes it much easier once they are baked to cut into halves and keeps them light
6. Beat the yolk and the brush over the top of each éclair before popping in the oven
7. Bake for 50 minutes, the eclairs will be golden brown and dry. Place on to a wire rack to cool completely before filling
8. Whilst they cool prepare the filling. In a stand mixer or electric hand mix combine all the ingredients (except the sliced strawberries) and then beat until a stiff but pipeable mixture is formed
9. Next create the topping, using either a stand mixer or

electric hand mix beat all the ingredients until a stiff mixture is formed

10. To assemble, slice the cooled eclairs in half horizontally, lay the sliced strawberries on the bottom half, then spread or pipe the filling on top. Put the top half of the éclair back on, then spread the topping over the top. Optional: sprinkle freeze dried strawberries on top.



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