

THE GREAT STAND UP TO CANCER BAKE OFF



**EVERYTHING YOU
KNEAD TO KNOW**



YOUR FUNDRAISING GUIDE



WELCOME TO THE GREAT STAND UP TO CANCER BAKE OFF!

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We're so pleased you've decided to join us and bake up some tasty treats, to turn into a whole load of dough for life-saving research.

Join our baking fundraisers across the country by taking on an At Home Technical Challenge, virtual fundraiser or getting the rest of your household involved with a VIP baking experience.

COVID-19 GUIDANCE

When planning your fundraiser, ensure that you follow the current COVID-19 guidelines and restrictions for your area. When you are preparing your bakes, remember to follow good sanitation practices, including regular hand washing and if you plan to share your bakes, we recommend that you wear a mask if possible. If you or anyone in your household have any symptoms, have tested positive or have been in contact with someone with COVID-19, you must follow isolation regulations and therefore should not bake for others. You could fundraise at another time or plan something virtual instead.

Check out the latest Government guidance and restrictions, as well as any rules determined by the Governments of Scotland, Wales and Northern Ireland where applicable for updates.

However you fundraise, you will be raising life-saving dough for cancer research – and we really need that, now more than ever.

Thank you, from the Soggy Bottom of our hearts.



DOORSTEP DELIVERY

BAKE SALE BASICS

STEP 1. Decide what you're going to bake and how much you'll charge

You could keep it simple with tray bakes and biscuits or offer Showstoppers too for a bigger donation.

STEP 2. Choose a date for your baking and deliveries

Suss out how long you'll need for baking and pick a day or days for baking and doing your doorstep deliveries on your daily walk.

STEP 3. Spread the word

Let your local neighbours, family and friends know what you're baking and when. You can download the handy invites on our site, or message local contacts and groups on Whatsapp and social media channels.

STEP 4. Take orders and donations

Use your online fundraising page as your very own online bakery and list the items available and the prices too. Ask people to get in touch to place their order and then once you've confirmed, they can pay with a donation to your page too.

STEP 5. Line up your ingredients

Make sure you pick up any ingredients you need with your food shop and if you'd rather not lend out your reusable containers, you could pick up some paper bags or cardboard boxes for deliveries too.

STEP 6. Get baking

You don't need us to tell you how to do this bit! But just a little reminder to keep washing your hands and wear a mask while baking if possible and of course enjoy it!

STEP 7. Label your bakes

Use the bake labels and tags available on our site to label your bakes and add any key ingredients and allergens.

STEP 8. Make your deliveries

Combine your deliveries with your daily exercise and keep things contact free by sending a message when the bakes are safely delivered to the doorstep.

STEP 9. Pat yourself on the back

You're a Star Baker in our eyes, you've baked your heart out and raised life-saving cash, thank you!



THE AT HOME TECHNICAL CHALLENGE

The notoriously tricky Technical Challenge can test even the most competent of bakers in the Bake Off tent. Now it's your turn to give it a go. Get your friends, family or colleagues together virtually to see who can complete this Technical Challenge for Stand Up To Cancer.

1. CHOOSE YOUR RECIPE

Use the official Technical Challenge recipe for Fruit Turnovers in this guide or choose your own recipe to suit the tastes of the group. Depending how good your bakers are, you could remove the baking time or keep the photo hidden to add to the challenge.

2. INVITE FRIENDS, FAMILY OR COLLEAGUES TO JOIN YOU AND TAKE ON THE TECHNICAL CHALLENGE

In return, ask for a donation to your online Giving Page.

3. DECIDE YOUR ROLE

Will you take part in the baking too or take the lead on organising and being an impartial judge?

4. SHARE THE INGREDIENTS LIST WITH YOUR BAKERS A WEEK IN ADVANCE

Make sure they have plenty of time to get everything they need – hold on to the full recipe until the day before so that there's no time for a trial run, but enough time for any early prep that's required.

5. GET TOGETHER USING THE VIDEO CALLING CHANNEL OF YOUR CHOICE

Send out the details in advance so that everyone can get set up.

6. CHANNEL YOUR INNER MATT LUCAS

Start with a little intro as the host and a reminder of why you're all here:

Welcome to The Great Stand Up To Cancer Bake Off Technical Challenge.

Twenty celebrities are taking to the famous Bake Off tent to put their baking skills to the test and raise money for life-saving cancer research and I'm so pleased you've all joined me to do the same. If you've all got your whisks at the ready, we'll get started. We have X minutes to complete the recipe (or at least try to) and will re-gather at the end of that time to see how we all got on!

7. TIMERS AT THE READY. ON YOUR MARKS, GET SET... BAKE!

Stay on as a group while you bake so you can share your triumphs, slip-ups and laughs along the way.

8. WHO WAS UP TO THE CHALLENGE?

At the end of the baking time, share the results of your Technical Challenge.

You'll be able to tell a lot from whose bake looks like the picture and who looks like they've crumbled! You'll have to ask your participants to give you an honest review of how it tastes, or if they've got someone else in their household, they could give it a mark out of ten.

9. CELEBRATE THE BEST BAKE AND TUCK INTO THE RESULTS WITH A NICE CUP OF TEA

Say a big thank you to everyone who has taken part for helping to raise life-saving cash and hopefully you will all have had a few laughs along the way.



THE TECHNICAL CHALLENGE

PAUL HOLLYWOOD'S FRUIT TURNOVERS



INGREDIENTS (SERVES 6)

FOR THE ROUGH PUFF PASTRY

300g all purpose flour, plus extra for dusting
Pinch of salt
50g butter, chilled and cut into cubes

6–8 tbsp water
120g butter, frozen
1 egg, beaten, to glaze

FOR THE FILLING:

410g can apricot halves, drained
15g caster sugar
½ tsp almond extract

2 tbsp cornflour
Juice of 1 small lemon
24 raspberries

FOR THE ICING:

100g icing sugar, sifted
Juice of ½–1 small lemon

STEP 1. For the rough puff pastry, mix the flour and salt together in a bowl. Rub in the chilled butter until the mixture resembles breadcrumbs. Gradually add enough water to form a dough.

STEP 2. On a lightly floured surface, roll out the dough to a rectangle measuring 30cm x 12cm. Grate half of the frozen butter over the bottom two thirds of the dough. Fold down the top third and fold up the top third as if you were folding a letter. Rotate the dough 90 degrees and roll it again into a 30cm x 12cm rectangle.

STEP 3. Grate the remaining frozen butter over the bottom two thirds of the dough. Fold down the top third and fold up the bottom third, again as if you were folding a letter. Rotate the dough 90 degrees. Wrap the dough in clingfilm and freeze for 15 minutes. Remove from the freezer and refrigerate for 15 minutes.

STEP 4. For the filling, cut the apricot halves into 4 pieces. Place the apricots in a frying pan with the sugar, almond extract, cornflour and lemon juice.

STEP 5. Cook over a medium heat for 10 minutes, stirring often, until relatively dry. Remove from the heat and spread out on a plate, to cool. Chill in the freezer for 10 mins.

STEP 6. Heat the oven to 220°C/200°C fan/Gas 7. Roll out the pastry on a lightly floured surface to a 25 x 37cm rectangle. Cut six 12cm squares out of the pastry.

STEP 7. Divide the apricot filling into 6 and place one portion into the centre of each pastry square. Spread the filling out a little and dot 4 raspberries over each filling.

STEP 8. Brush the edge of one half of each square with some of the beaten egg, then fold over the other side and seal. Crimp the edges with a fork and pierce the top to allow air to escape.

STEP 9. Place on a baking sheet and brush with beaten egg. Bake for 15–20 minutes until dark golden brown.

STEP 10. For the icing, mix the icing sugar with enough lemon juice to make a thick drizzle icing. Drizzle over the turnovers and leave to set.

MORE WAYS TO RAISE SOME DOUGH

If a technical challenge isn't for you, we've mixed up a few other ideas to get you started. Or let your creative juices flow and do whatever suits you best.

TAKE ON A BAKING CHALLENGE

Master a new recipe

Get sponsored to take on a particularly technical recipe. Don't forget to share your slip ups and triumphs to boost donations.

Take commissions for bread or biscuit portraits

Take bespoke commissions and ask for payments to your online Giving Page.

Bake something Instagram worthy

Share, donate and challenge a friend.

GO VIRTUAL

Have a virtual viewing party

Watch a marathon of The Great Stand Up To Cancer Bake Off on All4. Don't forget to donate!

Baking trivia

Be quiz master of your very own baking themed quiz and ask for a donation to enter.

Lead a decorating tutorial

Show how to master the perfect crumb coating or a beautiful piping technique – your skills are definitely worth a fee.

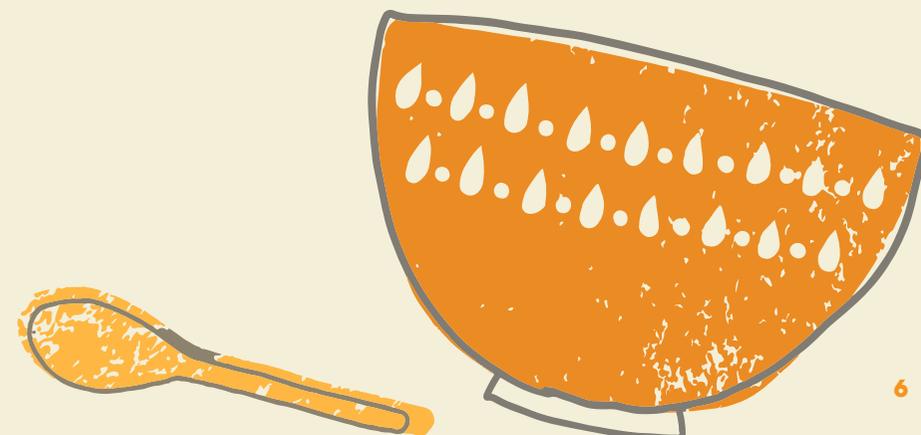
TREAT YOUR HOUSEHOLD TO A VIP BAKING EXPERIENCE

Afternoon tea

Pull out all the stops and serve up an afternoon tea for your household. Ask them to donate what they think it's worth.

Showstopping lesson

Teach the rest of your household to bake a Showstopper for a donation.



CHEESE AND SPRING ONION SCONES

Savoury scones make a good option for a cake sale among all the sweet fairy cakes, buttercream and sprinkles. Although they're best eaten on the day of baking, the scones reheat beautifully. They are delicious with a bowl of tomato soup, or simply spread with butter as a snack.



INGREDIENTS (MAKES 10-12)

300g plain flour

3 tsp baking powder

1 tsp English mustard powder

½ tsp smoked paprika

Pinch of salt

50g unsalted butter, cubed and chilled

125g mature Cheddar cheese, grated

25g Parmesan cheese, finely grated

4 spring onions, trimmed and finely sliced

100ml whole milk, plus 1 tbsp for brushing

Freshly ground black pepper

YOU WILL NEED

Baking sheet, greased, then lined with baking paper, 6cm round cutter

HANDS ON: 20 MINUTES

BAKE: 15 MINUTES

STEP 1. Heat the oven to 200°C/180°C fan/Gas 6.

STEP 2. Sift the flour, baking powder, mustard powder and smoked paprika into a large mixing bowl. Season well with pepper, then add the salt and butter.

STEP 3. Using your fingertips, rub the butter into the dry ingredients until only small flecks are visible. Reserve 1 tablespoon of the Cheddar, then add the remainder to the bowl, along with the Parmesan and the spring onions and mix to combine.

STEP 4. Make a well in the centre and pour in the milk and 100ml water. Using a palette or round-bladed knife, mix until the dough is just combined. Turn out onto a lightly floured work surface and very lightly knead the dough for 10 seconds, until combined.

STEP 5. Flatten the dough into a disc, about 2-3cm thick. Dip the cutter into plain flour to prevent it sticking and stamp out as many rounds as you can. Place the rounds on the lined baking sheet, leaving a little space between each scone to allow for spreading during baking. Gather the trimmings, flatten out and stamp out more scones to give 10-12 in total.

STEP 6. Brush the top of each scone with a little milk and scatter evenly with the reserved Cheddar. Bake on the middle shelf for 13-15 minutes, until well-risen and golden brown. Remove from the oven and leave to cool on a wire rack.

PEANUT BUTTER AND RASPBERRY BLONDIES

The middle of each of these blondies is filled with jam and peanut butter, then topped with a fresh raspberry. Ready in under an hour they are a good choice to whip up in an evening and take into the office or share with friends over coffee the following day.



INGREDIENTS (MAKES 16)

125g unsalted butter, cubed

75g roasted unsalted peanuts, roughly chopped, plus extra 1 tbsp (chopped) for sprinkling

200g plain flour, sifted

1 tsp baking powder, sifted

150g light brown soft sugar

50g golden caster sugar

Pinch of salt

75g white or dark chocolate chips, or a mixture

1 tbsp freeze-dried raspberry pieces (optional)

75g crunchy or smooth peanut butter, plus 3 tbsp

2 eggs

1 tsp vanilla paste

3 tbsp homemade or good quality raspberry jam

16 raspberries

YOU WILL NEED

20cm square traybake tin, greased, then lined (base and sides) with baking paper

HANDS ON: 20 MINUTES

BAKE: 24 MINUTES

STEP 1. Heat the oven to 200°C/180°C fan/Gas 6.

STEP 2. Melt the butter in a heavy-based saucepan over a medium-low heat. Continue to heat the melted butter, swirling the pan from time to time for another 2 minutes, until it smells nutty and toasted, and turns golden brown. Tip the butter into a bowl and leave to cool for 3-4 minutes.

STEP 3. Meanwhile, tip the peanuts into a bowl with the plain flour, baking powder, light brown soft sugar, caster sugar and pinch of salt and mix to thoroughly combine. Add the chocolate chips and freeze-dried raspberry pieces, if using.

STEP 4. Add the 75g peanut butter to the melted butter along with the eggs and vanilla paste and whisk to combine. Add to the dry ingredients and mix to combine. The mixture will be firmer than regular brownies. Spoon into the lined tin and spread level.

STEP 5. Using a teaspoon, make 16 evenly spaced indents in the brownie mixture so that there will be one indent in the centre of each blondie. Spoon ½ teaspoon of peanut butter into each indent, followed by ½ teaspoon of raspberry jam. Top the jam with a fresh raspberry and sprinkle over the extra peanuts.

STEP 6. Bake for 22-24 minutes, until firm, risen and golden brown.

STEP 7. Leave to cool completely before cutting into 16 squares with a raspberry in the middle of each one.



ALEXE'S STORY

STANDING UP TO CANCER

At just 25, Alexe Deane has already been through a lifetime of worry, but now she's coming out the other side.

While giving birth to her son Khari, Alexe suffered heart failure. As she underwent a heart transplant, Khari fell ill and needed a liver transplant. And as she struggled to cope with this, in 2018, Alexe was diagnosed with a rare form of cancer.

Alexe said: "I was in shock. I just felt I'd had to go through all that - my transplant, my son's transplant - and now I was facing eight rounds of chemotherapy and radiotherapy, all over Christmas. I didn't think I could cope with it. But then I thought, I've fought so hard just to stay alive, I have to cope."

Thankfully Alexe did cope and she is working her way back to good health, inspired by Khari, now a lively three-year-old. Alexe has always been a keen baker, and has started making cakes for special occasions for family and friends now too.

Alexe knows just how important research is to create new tests and treatments, so she is encouraging people to get involved and bake up some life-saving dough with The Great Stand Up To Cancer Bake Off.

THE WASHING UP

So, what to do when it's all over? You've baked your heart out and you've raised life-saving cash – **THANK YOU!** You deserve a standing ovation and a long sit-down with a nice cup of tea (and maybe a leftover slice of something tasty)...

But before you relax, it's time to send us the dough – as soon as possible please, so we can put it to use right away, funding life saving cancer research.

If you've collected the cash on your online Giving Page, it'll come straight to us without you having to lift a finger.

If you're looking for other ways to pay in, please visit SU2C.ORG.UK/PAY-IN.

SHARE YOUR BEST PHOTOS

We'd love to see what you baked up! Send us your pictures on Twitter, Instagram or Facebook or share with the hashtags #StandUpToCancer and #GBBO.

QUESTIONS

If you have any questions or need any other information, email info@standuptocancer.org.uk.





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