



From Grandma's
Kitchen



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Gluten Free Chocolate Brownies

Difficulty: Easy preparation

Preparation: 8 mins

Cooking: 30 mins

Makes: 15 squares

Ingredients

- 1 cup gluten free self raising flour
- ½ cup rice flour
- 1 cup brown sugar
- ½ cup cocoa powder
- 1 cup dark chocolate bits
- ½ cup walnuts (optional)
- 1 tsp vanilla essence
- 2 eggs
- 2 tblsp water
- 100g Cophero, melted
- Icing sugar or drinking chocolate to dust

TIP:

Rice flour may be replaced with chestnut or soy flour.

Walnuts may be replaced with chopped roasted hazelnuts.



Method

1. Pre-heat oven to 170°C.
2. Grease and line a 30 x 15cm slab tin.
3. In a large bowl combine the flour, brown sugar, cocoa powder, choc bits and walnuts. Mix thoroughly and make a well in the centre.
4. Whisk together the vanilla, eggs and water, and then pour the mixture onto the dry ingredients.
5. Pour the melted Copha into bowl and mix all ingredients together until just combined. Do not over mix.
6. Spoon mixture into the greased and lined baking pan and smooth the surface.
7. Bake the brownies in the pre-heated oven at 170°C for 30 minutes. The centre should still be moist.
8. Remove from oven and cool on a wire rack.

Assembly

Once brownies have cooled, cut into squares using a sharp knife and dust with icing sugar or drinking chocolate.



Lavender and Vanilla Coconut Ice

Difficulty: Easy preparation
Preparation: 15 mins
Cooking: No cooking required
Makes: 40 squares

Ingredients

- 250g Cofpa
- 1kg icing sugar, sifted
- 500g desiccated coconut
- 3 egg whites
- 1 tsp vanilla essence
- Lilac food colouring
- Lavender flavour
- 1 tsp lavender flowers dried
- Violets or lavender icing flowers to decorate

TIP:

This coconut ice is vegan friendly and gluten free.

Coconut ice can be flavoured and coloured to suit any taste.

Green and white (mint flavoured)

Pink and white

(strawberry or raspberry flavoured)

Yellow and white (lemon flavoured).



Method

1. Line a 30cm x 15cm slab tin with baking paper.
2. In a large bowl combine the sifted icing sugar and coconut. Mix well. Make a large well in the centre.
3. Melt the Copha in a small saucepan over a low heat; remove and add the vanilla essence. Pour Copha into the icing sugar and coconut mixture.
4. Whisk the egg whites until foamy but not stiff. Stir the egg whites into the mixture until well combined.
5. Divide the mixture in half. Press half the mixture into the slab tin; to make the mixture even press with a flat based glass. Refrigerate until firm.
6. Add a few drop of Lilac colour and lavender flavour to the remaining mixture and knead well to give the coconut ice an even colour. Taste mixture and adjust flavour if required.
7. Press the lilac mixture over the white coconut ice and press firmly. Sprinkle with lavender flowers and press firmly. Refrigerate coconut ice until firm.
8. Using a warm knife or shaped cutter cut the coconut ice into the required shapes. Decorate and serve as required.



Coconut Jam Drop Cookies

Difficulty: Easy preparation
Preparation: 10-12 mins
Cooking: 20 mins
Makes: 24

Ingredients

- 125g Cofpa, softened
- 60g castor sugar
- 1 tsp vanilla essence
- 1 egg, beaten
- 60g desiccated coconut
- 180g self raising flour, sifted
- Pinch salt
- 1 tblsp milk
- 1 cup desiccated coconut for rolling
- ½ cup jam (any flavour based on preference)

TIP:

Use gluten free flour for gluten free cookies if desired.

Some flavour variation ideas:

Make chocolate chip cookies by replacing coconut with chocolate chips.

For cherry nut cookies, replace jam with a glaze cherry and replace coconut with chopped nuts for rolling.

For stained glass cookies, replace jam with solid lollies.



Method

1. Pre-heat oven to 180°C. Cream together the Copha and sugar in the work bowl of a food processor.
2. Add the vanilla essence and egg; then gradually add the combined coconut, self raising flour and pinch of salt to the bowl.
3. Finally, pour in the milk, combining until a stiff dough is formed. Remove dough from the food processor and shape into walnut sized balls using wet hands.
4. Roll these cookie balls through the desiccated coconut. Place cookie balls onto lined baking trays.
5. Using your thumb, make a small indentation in each ball. Fill each indentation with a little of your favourite jam.
6. Bake cookies 12 -15 minutes until golden. Remove from oven and cool on the tray 5 minutes before carefully placing on a cooling rack.
7. Dust with icing sugar and serve.



Coconut Roughs

Difficulty: Easy preparation
Preparation: 10 mins /40 mins setting time
Cooking: No cooking required
Makes: 16-20

Ingredients

- 30g Copha
- 150g dark chocolate
- 1 cup shredded coconut
- 50g slivered almonds, toasted

TIP:

Copha and chocolate may also be melted in a bowl over gently simmering water.

These chocolate roughs are also delicious made with white chocolate and chopped hazelnuts.



Method

1. Place the Cofpa and chocolate into a glass bowl and microwave on 50% power for 1½ minutes.
2. Remove bowl and stir until Cofpa and chocolate are well combined.
3. Stir through the shredded coconut and toasted slithered almonds.
4. Line a large tray with baking paper. Place spoonfuls of mixture onto the lined baking tray and spread to approximately 10cm.
5. Allow to set until firm at room temperature (refrigerate if it's a warm day).
6. Remove chocolate roughs from baking paper carefully and store in a flat airtight container. Refrigerate until required.
7. Delicious served with coffee or as a treat anytime.





Tried and trusted Copha

Copha has been part of Australian history for more than 70 years. Developed in 1933, Copha quickly became popular with busy mums who wanted a no-fuss vegetable shortening for home baking and cooking.

Over the years, Copha has been strongly embraced by families, especially to make the much-loved Chocolate Crackles – a favourite kid's party food.

From birthday parties to baking at home with mum or grandma, Copha has always been associated with fun, family and sweet childhood memories.

For great party food ideas, including chocolate cake recipes to gluten free desserts, Copha is the ideal cooking ingredient!

Visit our website www.copha.com.au

Gluten Free Banana Cake

Difficulty: Moderate skills required
Preparation: 60 mins
Cooking: 10-12 mins
Makes: 8

Ingredients

Cake

- 125g Cophero
- 125g castor sugar
- 1 lemon zested & juiced
- 2 eggs
- 2 ripe bananas, mashed
- 2 cups gluten free flour or chestnut flour
- 2 tsp baking powder (gluten free)
- 1 tbsp golden syrup
- ½ cup desiccated coconut

Icing

- 30g Cophero, melted
- 2 cups icing sugar
- 1 tbsp lemon juice
- Zest of lemon to garnish
- Dried banana chips to decorate

TIP:

This cake can be prepared with regular flour if you are not gluten intolerant.

Banana can also be replaced with poached Apple, Pear or Apricots.

Store cake in an airtight container or tin for up to 7 days.



Method

1. Pre-heat oven to 170°C.
2. In the work bowl of a food processor, cream the chopped Copha and sugar together until light and creamy.
2. Add the lemon zest and eggs gradually to the Copha mixture.
3. Remove the mixture from the food processor into a large mixing bowl.
4. Fold through the mashed banana until well combined.
5. Sift the flour and baking powder together and fold through the mixture.
6. Finally stir through the golden syrup and desiccated coconut. Mixture should be a soft dropping consistency. If the mixture is still too thick, stir through 1 -2 tblsp of water.
7. Spoon the mixture into a greased and lined 24cm baking tin.
8. Bake in the pre-heated oven at 170°C for 50 -55 minutes or until cooked through.
9. Turn cake onto a wire rack and cool completely before icing and decorating.

Icing

1. Whisk together the melted Copha, icing sugar and lemon juice until well combined.
2. Spread mixture generously over the cooled cake and decorate with the lemon zest and banana chips.



Popping Candy Hedgehog

- Difficulty:** Easy preparation
Preparation: 15 mins / 40 mins refrigeration time
Cooking: No cooking required
Makes: 16 squares or 12 fingers

Ingredients

- 250g Cophera
- 4 tbsps cocoa powder
- 80g castor sugar
- 1 tbsps rum or coffee
- 250g shortbread biscuits, roughly chopped
- 50g red jelly lollies, chopped

Topping

- 30g Cophera
- 125g milk chocolate bits
- 50g popping candy pieces

TIP:

Hedgehogs may be stored in an airtight container for up to 1 month.

Hedgehogs are delicious with walnuts or M&Ms added to the mixture.

If you are gluten intolerant, replace shortbread biscuits with rice cookies or popcorn.



Method

1. Line the base and sides of 30 x 15cm slab tin with baking paper.
2. Combine the cocoa powder and castor sugar in a large bowl and mix well.
3. Melt the Copha in a small saucepan over low heat. Pour the melted Copha into the bowl and mix with the cocoa powder and sugar.
4. Stir in the rum and beaten egg.
5. Fold through the biscuit pieces and lollies. Mix together until well combined.
6. Press hedgehog mixture into the lined slab tin.

Icing

1. Melt together the remaining Copha and chocolate in a bowl. Microwave on 50% power for 1 minute. Stir until well combined.
2. Spread the topping mixture over the hedgehog evenly, sprinkle with poppy candy pieces and allow hedgehog to set.
3. Refrigerate for several hours before slicing into squares or fingers using a warm wet knife.
4. Serve as required.



Savoury Scone Pinwheels

Difficulty: Moderate skills required

Preparation: 12 mins

Cooking: 15 mins

Makes: 12

Ingredients

- 3 cups self raising flour
- ½ tsp baking powder
- ½ tsp salt
- 60g Copha
- ½ cup grated cheese
- 1 egg, beaten
- 300ml soda water
- Plain flour for kneading and rolling

Filling

- 3 tblsp tomato paste or pesto
- ¼ cup chopped bacon or salami
- ½ cup grated cheese
- Extra cheese for topping

TIP:

This savoury scone dough can also be made into a quick and easy pizza.



Method

1. Pre-heat oven 190°C.
2. In a large bowl combine the self raising flour, baking powder and salt.
3. Grate the Copha over the flour. Rub the Copha into the flour until mixture resembles fine breadcrumbs. Stir the grated cheese through.
4. Make a well in the centre of the flour mixture and pour in $\frac{3}{4}$ of the soda water and the beaten egg. Mix to a firm but tacky dough, adding more soda water if required.
5. Turn dough out onto a lightly floured board and knead gently.
6. Roll dough out to a long rectangle 40cm x 20cm.
7. Spread the dough with the tomato paste or pesto, then top with the bacon and grated cheese. Roll dough up as per a sponge roll. Cut dough into thick even slices.
8. Place pinwheels close together in a lightly floured non-stick 24cm baking cake tin.
9. Sprinkle pinwheels with a little extra cheese and bake in the pre-heated oven at 190°C for 12-14 minutes.
10. Cool on a wire rack and serve warm.



Honey Joys

Difficulty: Easy preparation
Preparation: 8-10 mins
Cooking: 10 mins
Makes: 18

Ingredients

- 60g Copha
- 2 tblsp honey
- 1/3 cup sugar
- 4 cups Corn Flakes

TIP:

These honey joys are gluten free.
Honey joys can also have sultanas,
dried cranberries or chocolate chips
added prior to baking.



Method

1. Pre-heat oven 150°C.
2. Melt together the Copha, honey and sugar in a saucepan over low heat, stirring until the sugar has dissolved. Allow mixture to cool slightly.
3. Place the corn flakes into a large mixing bowl, then pour the Copha mixture over. Mix well to coat flakes.
4. Spoon the honey joy mixture into muffin trays lined with paper cases.
5. Bake the honey joys in the pre-heated oven at 150°C for 10 minutes.
6. Remove tray from oven and cool on a wire rack. Honey joys will firm on cooling.
7. When cool, store in an airtight tin.



From Grandma's Kitchen to Yours!

This collection of special treats will bring back memories of enjoying Grandma's baking as children.

Whether it's a special event or just a nice little afternoon tea, Copha's collection of simple to make recipes has something for everyone and every occasion.

With **gluten free options** too like banana cake, no one has to miss out on enjoying the good old classics.

Try a recipe today, or to learn more about Copha visit www.copha.com.au



Betty King
Head Home Economist for World Bread Pty. Ltd.

Tells you how to make this amazingly easy
Ballerina Cake

Use only one bowl! You don't cream shortening!
No egg beating! Quick, easy method!

JUST "MELT 'N' MIX" WITH COPHA

Specially designed and tested at the Betty King Kitchen, here's a cake light and gay to a ballerina's appearance. The method is simple and easy for beginners or experienced cooks alike. It's so easy to make any order with Copha's "Melt 'N' Mix" method!

Ingredients: 4 cups Copha, 2 eggs, 1/2 teaspoon salt, 1/2 cup sugar, 1/2 cup flour, 1/2 cup milk, 1/2 cup raisins, 1/2 cup nuts.

Directions: Cream and Beat the 2 eggs. Melt the Copha and add the sugar, salt and flour. Beat well. Add the milk and raisins. Beat well. Add the nuts. Bake at 150°C for 15 minutes.

Butter: From the Copha and Milk.

Chocolate Ice Cream Dip

(This, like Copha, is a "dinner-up" ice-cream)
Kiddies love it - you'll love it too. A "hand-in-minute" recipe for your own children. Tasting for 15-20 mins.

Ingredients: 4 cups Copha, melted but not hot, 1/2 cup sugar, 2 cups Bubbles, 1/2 cup Bournville Cocoa, 1/2 cup milk.

Directions: Mix Copha, sugar and cocoa in a bowl. Add Bubbles and mix well. Press into a greased tin. Bake at 150°C for 15 minutes. Cool and break into pieces.

Chocolate Crackles

(No cooking to make this famous recipe!)
Bare Bubbles are back! Chase again you can make this crackle, with Copha, "Crackles" Special recipe, ready!

Directions: In a bowl, 4 cups Betty's Rice Bubbles, 1/2 cup Bournville Cocoa, 1/2 cup milk, 1/2 cup sugar, 1/2 cup Copha (melted), mix well. Press into a greased tin. Bake at 150°C for 15 minutes. Cool and break into pieces.

COPHA for all shortening purposes

Lemonade Scones

Difficulty: Moderate skills required
Preparation: 10-12 mins
Cooking: 15 mins
Makes: 12

Ingredients

- 3 cups self raising flour
- ½ tsp baking powder
- 1 tsp sugar
- 60g Copha
- 300ml lemonade
- 1 egg, beaten
- Plain flour for kneading and rolling

TIP:

If making date or sultana scones, add ½ cup of fruit and 1 beaten egg to the mixture.



Method

1. Pre-heat oven to 190°C.
2. In a large bowl, combine the self raising flour, baking powder and sugar.
3. Grate the Copha over the flour. Rub the Copha into the flour until mixture resembles fine breadcrumbs.
4. Make a well in the centre of the flour mixture and pour in $\frac{3}{4}$ of the lemonade. Mix to a firm but tacky dough, adding more lemonade if required.
5. Turn dough out onto a lightly floured board and knead gently.
6. Roll dough out to a 4cm thick circle.
7. Using a floured cutter, cut out scones. Re-roll dough as required.
8. Place scones onto a floured non-stick baking tray. Brush scones with beaten egg and bake in the pre-heated oven at 190°C for 12-15 minutes.
9. Cool on a wire rack and serve warm.



Gluten Free Mini Fruitcake

Difficulty: Moderate
Preparation: 30 mins
Cooking: 25 mins
Makes: 12

Ingredients

Mini Fruitcakes

- 100g (2/3 cup) raisins
- 100g (2/3 cup) chopped apricots
- 100g (½ cup) currants
- 100g (2/3 cup) chopped dates
- 50g (1/3 cup) mixed peel
- 80ml (1/3 cup) orange juice
- 2 tbslp brandy (optional)
- 125g (3/4 cup) diced Copha
- 225g (1 cup) firmly packed brown sugar
- 60ml (1/4 cup) sour cream
- 2 eggs
- 150g (1-1/4 cup) gluten free plain flour

- 75g (2/3 cup) gluten free self-raising flour
- 1 tsp ground cinnamon
- ½ tsp mixed spice
- 1/4 tsp ground nutmeg

For garnishing

- 30g (1/4 cup) toasted, flaked almonds
- Medley of mixed dried fruit

Lemon and cinnamon icing

- 125g (1 cup) icing sugar
- ¼ tsp ground cinnamon
- ½ tsp lemon zest
- 1 – 2 tbslp lemon juice

TIP:

Cake can be kept in air-tight container in pantry for up to 3 days.



Method

1. This is best done the night before. Combine all the dried fruit, orange juice and brandy (if using) in a bowl, cover and leave to soak overnight.
2. Preheat oven to 170°C (fan forced 150°C) 330°F/ 300°F. Lightly grease 2 six-cup friand pans.
3. Melt Copha in microwave or saucepan until fully melted. Whisk together melted Copha and brown sugar, add sour cream and whisk in eggs one at a time.
4. Sift together plain flour, self-raising flour, cinnamon, mixed spice and nutmeg in a separate bowl. Fold through the Copha mix. Add the soaked fruit, and stir through.
5. Divide batter equally into the prepared pans and bake for 25 to 30 minutes, or until a skewer inserted into the centre comes out clean. Remove pans from oven.
6. Set cakes aside in the pan for 5-10 minutes before turning onto a wire rack to cool completely.

Lemon and cinnamon Icing

1. Sift icing sugar and cinnamon into medium bowl. Add the lemon zest. Then pour in the lemon juice one tablespoon at a time, mixing until a smooth, thick icing is made.
2. To assemble, spread icing over the top of cakes. Top with a medley of mixed fruit and almonds. Allow the icing to set.



Rum Balls

- Difficulty:** Easy preparation
Preparation: 20 mins / 40 mins setting time
Cooking: No cooking required
Makes: 16

Ingredients

- 125g Copha
- 125g dark chocolate
- 1 ½ cups cake crumbs (chocolate or plain)
- 3 tbslp ground almonds
- 2 tbslp rum or brandy

To Coat

- 100g dark chocolate
- 30g Copha

Coatings

- Cocoa powder
- Chocolate sprinkles
- Ground praline
- Shredded coconut



TIP:

Dark, milk or white chocolate may be used as a coating for Rum Balls. Fruit cake crumbs may also be used in place of cake crumbs.

Method

1. In a large microwave safe bowl melt together the Copha & chocolate on medium power for 1 ½ minutes, stirring occasionally until mixture is smooth.
2. Fold the cake crumbs, almonds and rum into the chocolate mixture. Allow to cool.
3. Shape the mixture into 16 walnut sized balls and place the rum balls onto a tray lined with baking paper. Refrigerate until firm.
4. Melt the remaining Copha and chocolate together until smooth.
5. Place a bamboo stick into the centre of each rumball and dip into the chocolate mixture. Roll the rumball into the chosen coating and allow to set.
6. Repeat with remaining balls. Serve as required.



White Chocolate & Raspberry Rocky Road

Difficulty: Easy preparation
Preparation: 15 mins / 40 mins setting time
Cooking: No cooking required
Makes: 20 squares

Ingredients

- 100g Cofpa
- ¼ cup icing sugar
- 150g white chocolate, melted
- 100g pink marshmallows, halved
- 100g red raspberry jellies, halved
- 100g caramel popcorn
- ½ cup shredded coconut

TIP:

This rocky road is also delicious with dried cranberries or blueberries added. Nuts may also be used.



Method

1. Line the base and sides of a 15 x 30cm slab tin with baking paper.
2. Melt the Copha in a small saucepan over a low heat. Stir in the icing sugar until well combined.
3. Melt in the white chocolate in a large bowl in the microwave on 50% power for 1 minute. Stir and microwave for a further 30 seconds, then stir until smooth.
4. Add the Copha mixture to the chocolate and fold through all the remaining ingredients, coating well.
5. Press the mixture evenly into the lined tin and allow to set in a cool place or refrigerate.
6. When rocky road is set, cut into squares with a warm sharp knife and store in an airtight container until required. Rocky Road may also be drizzled with pink chocolate to decorate.





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