

Shamrock Cupcakes (Makes 18 cupcakes)

Using Loprofin Low Protein Mix

Ingredients

100g soft margarine

100g caster sugar

200g of Loprofin Mix

2 teaspoons of Loprofin or PK Foods Egg Replacer

2 teaspoons of baking powder

150ml of Low protein milk e.g. Loprofin Milk or Prozero Milk

Method

1. Place the margarine and sugar in a large bowl. Beat well until light in texture and creamy coloured.
2. Combine the Loprofin Mix, Egg Replacer and baking powder.
3. Beat into the creamed mixture, alternating with the low protein milk (one minute if using an electric mixer, 2-3 minutes with a wooden spoon), until a soft smooth batter is achieved.
4. Divide the mixture between 18 cake cases in bun tin.
5. Bake the buns in a preheated oven for 20-25 minutes at 190°C/375°F/Gas Mark 5, until well risen and firm to touch.
6. Cool on a wire rack.

Using Fate Cake Mix

Ingredients

250g packet of Fate Low Protein Cake Mix or Chocolate Flavour Cake Mix

65g soft margarine

125ml of warm water

A few drops of vanilla essence

Oven: 190°C/375°F/Gas Mark 5

Method

1. Place the Fate Low Protein Cake Mix into a mixing bowl.
2. Add the margarine, warm water and vanilla essence.
3. Mix for 1 minute with a wire whisk.
4. Leave to stand for 1 minute, and then stir before dividing the mixture into 12 paper cases set in a tin.
5. Bake for about 20 minutes until risen and browned.
6. Remove from the tin and place on a wire rack to cool.

Using Juvela Low Protein Mix

Ingredients

- 1 pack of Juvela Low Protein Mix
- 100g soft margarine
- 100g caster sugar
- 2 teaspoons baking powder
- 150ml cold water
- 2 teaspoons of vanilla essence (optional)

Method

1. Preheat oven to 190°C/375°F/Gas Mark 5.
2. Cream together the margarine and sugar in a large bowl.
3. Add the Juvela Mix along with the baking powder and the water and beat well until smooth and creamy.
4. Divide the batter between 8-10 cupcake cases.
5. Bake in the preheated oven for 12-15 minutes.

Using Loprofin Lemon or Chocolate Cake Mix

Ingredients

- 1 Loprofin Lemon or Chocolate Cake Mix sachet
- 120ml of sunflower oil
- 220ml of sparkling water

Method

1. Pour the contents of the sachet into a mixing bowl and add 120ml of sunflower oil, and mix with a spoon.
2. Add 220ml sparkling water and again mix well with a spoon.
3. Spoon the mixture into muffin cases and leave to stand for 15 minutes.
4. Bake in an oven for 45-55 minutes at 180°C/350°F/Gas Mark 4.

To Decorate the Buns

There are different options to decorate the buns.

Butter Icing

Ingredients

- 150g of softened butter
- 250g of icing sugar
- 1 teaspoon of vanilla essence

2 teaspoons of hot water

Few drops of green food colouring

Method

1. Place the softened butter in a mixing bowl and sieve the icing sugar over the top.
2. Add the vanilla essence and cream all the ingredients together with a wooden spoon or electric beater until well blended.
3. Once well combined, add the water and a few drops of green food colouring (depending on how green you want the icing).
4. Beat until smooth and creamy. Pipe or spread on top of the buns.

Idea

After step 2, you can divide mixture into 3 bowls. Add ½ teaspoon of water to each mixture. Add drop of green food colouring to one of the mixtures, add drop of orange/tangerine food colouring to the second mixture and do not add any food colouring to the third mixture. Beat each mixture until creamy. This will make your green, white and gold buns.

Suggestion

Icing gels can also be used to decorate cakes e.g. Dr. Oetker, Writing Icing or Wilton Icing Colours.

Icing Glaze

Ingredients

2 cups of icing sugar

2-6 tablespoons of hot water

½ teaspoon of vanilla essence

Few drops of food colouring for example: green, orange/tangerine

Method

1. Sieve the icing sugar into a bowl. Add 2 tablespoons of hot water and the essence to the icing and stir.
2. Stir until it forms a thick, creamy paste. If desired, thin the frosting into a glaze with additional tablespoons of hot water.
3. The food colouring can be added to the whole mixture or the mixture can be divided into 3. If it is divided into 3 (to present green, white and gold), a drop of food colouring can be added to two mixtures i.e. green to one and tangerine/orange to another and the remaining mixture can be left white.
4. Use immediately.
5. Spread or pipe on top the buns.

Frosting Using Royal Icing and Sugar Paste

Ingredients

Pack green sugar paste icing sugar (available in cake shops)

1 pack of ready-made royal icing (usually protein free but double-check label for protein content)

Shamrock 'cutter' required

Method

1. Roll out the green sugar paste to about 3mm thickness using a little icing sugar to prevent sticking. Cut out shamrock shapes and put to one side.
2. Prepare the royal icing as on the pack and cover the cupcakes with a spoon or pallet knife (Add green colouring if desired).
3. Place the green shamrock shapes on the icing before completely set.
4. Wait until fully set before serving.