

## Knitting Pattern and Recipes



### Class 93

#### Sensory band/twiddle muff

These are knitted double-thickness hand muffs with items such as ribbons, large buttons, lace, bits and bobs and textured fabrics attached securely, that patients with dementia can 'twiddle' to keep their restless hands occupied.

#### What you will need:

Wool - approximately one 150g ball will probably be enough depending on the type of wool. You can use many different wool colours and textures.

1 pair of needles (size depends on the type of wool used)

A tapestry/large needle for sewing up.

Oddments of yarn, ribbon, trimmings, buttons, beads etc. for embellishment.

You can use any wool but you will need to adjust the number of stitches you cast on depending on the size of the needle

and the type of wool. The measurements do not have to be exact. Double knitting wool on size 5-7 needles comes out at about 5-5.3 stitches per inch. Chunky wool on size 7-9 needles comes out at about 4 to 5 stitches per inch.

The width of the muff needs to be about 30cm/12", and the length of knitting needs to be twice the width (60cm/24").

For a lighter wool cast on 60 stitches, or the number to give you a width of about 30cm/12". For a chunky wool this will be about 48 stitches.

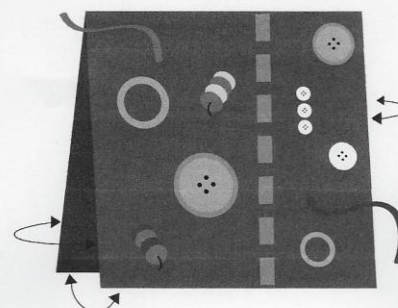
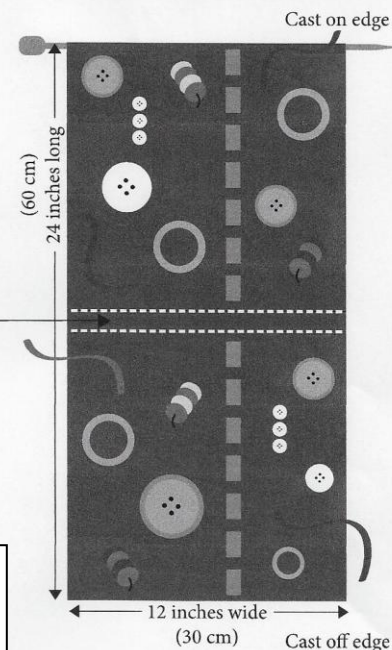
Keep knitting until you reach about 60cm/24" or double the width, then cast off. You can use just stocking stitch or a variety of patterns and techniques, i.e. one row knit, one row purl, moss stitch, rib etc. Then follow the diagram.

#### Step 1

Decorate the muff on the right side of the knitting. Leave a small area half way down that is free of decoration.

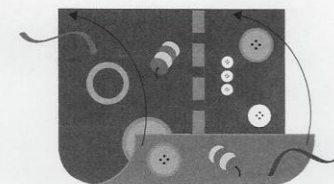
#### Step 2

Fold along the middle, with the decoration showing on both sides and then sew up the three open edges.



#### Step 3

Sew the cast on/cast off edge to the fold edge, and sew together to make a tube that has double thickness and is decorated inside and out.



### **Class 78**

#### **Honey and almond cake**

75g/2¾oz soft margarine  
75g/2¾oz soft light brown sugar  
2 eggs  
175g/6oz self-raising flour  
1 tsp baking powder  
4 tbsp milk  
2 tbsp clear honey  
50g/1¾oz flaked almonds

#### **Syrup**

225g/8oz honey  
2 tbsp lemon juice

Preheat the oven to 180°C/350°F/gas mark 4. Grease and line an 18cm/7" round, loose-bottomed (if possible) cake tin.

Place the margarine, sugar, eggs, flour, baking powder, milk and honey in a large mixing bowl. Beat well with a wooden spoon for about 1 minute or until all the ingredients are thoroughly mixed together. Spoon into the prepared tin, smooth the surface with the back of a spoon or knife, and sprinkle with the almonds. Bake for 40-50 minutes or until the cake is well risen and an inserted skewer comes out clean. Meanwhile, make the syrup.

#### **Syrup**

Combine the honey and the lemon juice in a small saucepan and simmer over a low heat for about 5 minutes or until the syrup coats the back of a spoon.

As soon as the cake is removed from the oven, pour over the hot syrup slowly, letting it soak into the cake. Leave the cake in the tin to cool for at least 2 hours.

### **Class 81**

#### **Sticky date cake**

400g/14oz mixed dried fruit  
225g/8oz dates, chopped  
275g/10oz butter or margarine, plus extra for greasing the cake tin  
1 x 400g tin condensed milk  
150g/5½oz wholemeal flour  
150g/5½oz plain flour  
Pinch of salt  
Scant teaspoon bicarbonate of soda  
1 heaped tablespoon chunky marmalade  
Blanched almonds and glace cherries for the top (optional)

Preheat the oven to 170°C/325°F/gas mark 3. Grease and line a 20cm/8" square OR a 23cm/9" round cake tin.

Melt the butter in a saucepan then add the dried fruit, dates, condensed milk, marmalade and 275ml of water. Bring this to the boil, stirring frequently so that the mixture doesn't stick to the bottom of the pan, and allow to simmer for 3 more minutes. Pour the mixture into a large bowl and allow to cool.

In another bowl, mix the wholemeal and plain flours with the salt and bicarb. Once the fruit mixture is cool, fold in the flour mixture and transfer into the greased and lined cake tin. If you like, decorate with some of the whole blanched almonds and glace cherries. Place a double layer of baking parchment over the top to keep it from burning and bake in the pre-heated oven for approximately 1¾ hours.

At the end of the cooking time, take the cake out of the oven and leave it to cool in the tin for 10 minutes before turning it out onto a cooling rack.

### **Class 82**

#### **A coconut and raspberry loaf cake**

150g/5½oz butter or margarine, plus extra for greasing the cake tin  
150g/5½oz golden caster sugar  
1 teaspoon vanilla extract  
3 eggs  
250g/9oz self-raising flour  
100g/4oz desiccated coconut  
4 tablespoons semi-skimmed milk  
4 tablespoons raspberry jam

#### **Icing**

75g/3oz icing sugar  
2 teaspoons raspberry jam  
2 tablespoons desiccated coconut

Preheat the oven to 180°C/350°F/gas mark 4. Grease and line a 900g/2lb loaf tin, making sure that the paper projects at least 1cm/½" above the rim of the tin.

Beat the butter, caster sugar and vanilla extract until light and fluffy. Beat in the eggs one at a time, with a little of the flour.

Fold in the desiccated coconut, remaining flour and the milk. Spoon three-quarters of the mixture into the tin, cover with the raspberry jam, and spoon the remaining cake mixture on top.

Bake for 35 minutes, cover with foil and return to the oven for 20-25 minutes until the cake is just golden. Leave to cool.

Meanwhile, mix the icing sugar and jam, adding 1-2 teaspoons of warm water to make a smooth icing. Drizzle the icing over the cake and sprinkle the coconut on top.

### **Class 102**

#### **Jam thumbprint buns**

200g/8oz self-raising flour  
100g/4oz butter or margarine  
100g/4oz caster sugar  
1 tablespoon milk  
1 pinch of salt  
1 egg  
Jam for filling

Preheat the oven to 220°C/425°F/gas mark 7. Grease and flour a baking tray.

Mix the flour and salt in a large bowl. Rub in the butter/margarine using your fingertips. Stir in the caster sugar, then make a well in the centre. Whisk the egg lightly and stir in with a wooden spoon, add the milk to make a doughy mixture.

On a floured board, knead the dough mixture and divide into 12 portions. Shape each one into a round bun and place on the prepared baking tray. Make a hollow in the centre by gently pushing in your thumb and then put the jam in the middle.

Bake for 10-12 minutes, until the buns are well risen and brown. Cool on a wire rack.

*Enter 3 for the Show.*

