



ROGERS FOODS NEWSLETTER

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Recipes of the Month

RED VELVET COOKIES

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BAKING FOR OTHERS GIVES YOU A SHOT OF OXYTOCIN - THE LOVE HORMONE

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Love Is In The Air... And In The Oven!

Looking for another reason to get into the kitchen and whip up some sweet treats? Valentine's Day is just around the corner and we have a plethora of fun and beautiful desserts for you to make for that special someone in your life. From heart-shaped cookies to decadent chocolate cakes, our website is full of inspiration to help you spread the love this Valentine's Day. Don't forget to post your creations on one of our social media feeds for a chance to be featured to our followers! We absolutely adore seeing your lovely work and sharing it with our community. 🍰💕 Don't forget to use hashtags such as #ValentinesDayBaking, #SweetTreats, and #BakeWithLove to reach even more baking enthusiasts. So, put on your apron, preheat that oven, and let's bake some love together! Let's spread the sweetness this Valentine's Day and create memories that will last a lifetime. We can't wait to see what you come up with! Happy baking!

#RogersValentinesDay #MadeWithRogers

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RED VELVET COOKIES



Prep Time - 50 min Bake Time 10 min Yield - 12 Cookies

Adapted from The Preppy Kitchen.

INGREDIENTS

- 1 cup unsalted butter (226g)
- 1 cup granulated sugar (200g)
- 1 egg
- 2 teaspoons vanilla extract (10mL)
- 2 cups Rogers Foods All Purpose Flour (240g)
- ¼ cup cocoa powder (25g)
- ½ teaspoon baking soda
- ½ teaspoon baking powder
- ¼ teaspoon kosher salt
- 1 tablespoon hot brewed coffee (15mL)
- 1 tablespoon liquid red food colouring (15mL)
- ¾ cup chopped semisweet chocolate chips (130g)
- 12 ounces cream cheese softened, (340g)

- 1 cup powdered sugar sifted, (100g)
- 2 tablespoon milk or heavy cream (30mL)
- 1 cup white chocolate chips (150g)

INSTRUCTIONS

- Sift the flour, cocoa, salt, baking soda, and baking powder into a bowl then whisk together and set aside.
- Using a stand or hand mixer, beat butter and sugar in a bowl until creamy, about 2 minutes. Beat in egg and vanilla until combined.
- Gradually add flour mixture to butter mixture, beating on low speed until just combined.
- Add coffee and red food colouring until evenly combined. (do not over-beat).
- Fold in 1 cup chopped chocolate.
- Refrigerate dough for 30 minutes.
- Scoop dough using a 1 tablespoon scoop; gently roll between your hands to make smooth balls. Place dough balls on a parchment-lined rimmed baking sheet, spacing about 2 inches apart.
- Bake at 350° until edges are firm, 10 to 12 minutes.
- Let cool on pan 10 minutes; transfer cookies to a wire rack, and let cool completely.
- Using a stand or hand mixer, beat cream cheese and powdered sugar until smooth. Beat in milk or heavy cream, if desired.
- Spread about 1 tablespoon filling onto bottom sides of half of cookies. Top with remaining cookies, bottom-sides down.
- Microwave white chocolate in a small bowl in 30-second intervals until smooth (about 3 times).
- Spoon melted white chocolate into a ziplock plastic bag. Snip the corner off the bag, and drizzle cookies as desired. Freeze cookies for about 15 minutes to let chocolate set.

RED VELVET DONUTS



PREP TIME: 20 minutes
COOK TIME: 10 minutes
NUMBER OF SERVINGS: 12

INGREDIENTS

For the Donuts:

- 1 cup Rogers Foods All Purpose flour 119g
- 2 tablespoons cocoa powder
- 3/4 cup brown sugar
- 1/2 teaspoon salt
- 1 teaspoon baking powder
- 1/2 cup buttermilk 113g
- 3 tablespoons butter melted
- 1 teaspoon vanilla extract

- 1 large egg at room temperature
- 4 drops red food colouring
- 1 teaspoon espresso powder

For the Cream Cheese Glaze:

- 3 ounces cream cheese 90g, soft, room temp
- 3 tablespoons unsalted butter soft, room temp
- 1 teaspoon vanilla extract
- 2 cups confectioners' sugar sifted
- 4 tablespoons milk

INSTRUCTIONS

For the Donuts

- Preheat to 350 degrees F.
- Butter a donut pan.
- Whisk the dry ingredients.
- In another bowl, whisk together the buttermilk, melted butter, vanilla, and egg. Fold the wet mixture into the dry mixture.
- Add drops of red food colouring and mix until you reach a desired colour.
- Transfer batter to a piping bag. Snip off the tip.
- Bake for 10 minutes. Test with a toothpick.
- Let the donuts cool on a wire rack.

For the Cream Cheese Glaze

- In a stand mixer fitted with a paddle attachment, beat together cream cheese and vanilla until smooth.
- Add in sifted confectioners sugar and milk. Add milk until you reach a desired consistency.
- Beat for about 5 minutes.
- Dip donuts into frosting.
- Sprinkle leftover crumbs onto glaze.

Notes

- If you don't use any food colouring they end up a dusty brownish pink which is beautiful in its own way but not in a way that photographs well.

- You can play around with the thickness of your glaze by adding milk slowly until you're pleased with the consistency. It will vary slightly based on how you pack your sugar, ambient humidity etc.
- This glaze is amazing on basically everything so try it on your next bundt or pound cake.

TOMATO TART WITH OLIVE OIL PASTRY



INGREDIENTS

- 3 tbsp olive oil
- 2 large onions, halved and finely sliced
- 2 cloves garlic, crushed
- 2 tbsp Dijon mustard
- 100g gruyère, grated
- 50g Grana Padano, grated
- 300g cherry tomatoes, halved (use a variety of colours, if you like)

PASTRY INGREDIENTS

- 350g Rogers Foods All Purpose Flour
- 150ml olive oil

DIRECTIONS

- To make the pastry, mix the flour with 1 tsp salt then stir in the olive oil and just enough water so it comes together as a dough (you'll need about 4-5 tbsp). Roll out the pastry between 2 sheets of baking paper to the thickness of a 20p coin then use to line a 23cm or 24cm tart tin. Trim the edge and chill while you make the filling.
- Heat 3 tbsp olive oil in a large non-stick frying pan and add the onions and a good pinch of salt. Fry very gently for 20-30 minutes or until meltingly soft and golden. Add the garlic and cook for another couple of minutes. Cool and mix in the mustard and cheeses.
- Heat the oven to 190C/fan 170C/gas 5. Bake the tart shell for 20 minutes then take out and cool.
- Spread the cheesy onions over the base of the tart. Sit the tomatoes on top in a single layer, cut-side up, and season. Put the tart back in the oven for another 20-25 minutes or until the pastry is crisp and the tomatoes are slightly golden. Serve just-warm.



WELLNESS CORNER

Rogers Foods Registered Holistic Nutritionist, Tammy-Lynn

BAKING FOR OTHERS WILL GIVE YOU A SHOT OF OXYTOCIN! SO WHAT ARE YOU WAITING FOR?



Did you know that doing a good deed for somebody else can boost your mood and make YOU happier? 😊 The feel-good hormone that is created when we perform acts of kindness is called oxytocin. Oxytocin is often referred to as the "love hormone." It increases trust, empathy, and connection with others when released. When we engage in acts of kindness and generosity, our brains release oxytocin, increasing happiness and well-being. Not only does it benefit

the person receiving the good deed, but it also positively affects the person performing the action (that's you!) It's a win-win situation!

Baking is a perfect example of an act of kindness and love that creates oxytocin. Baking for a special someone can contribute to the overall experience of celebrating Valentine's Day in several ways.

Firstly, it shows thoughtfulness and effort, as taking the time to bake something homemade demonstrates a personal touch that store-bought treats may not have. This can make the recipient feel loved and appreciated.

Additionally, baking can be a bonding and enjoyable experience for both the baker and the recipient. It provides an opportunity to spend quality time together, whether collaborating on a recipe, laughing over kitchen mishaps, or enjoying the delicious results. Sharing a homemade treat can create a sense of intimacy and warmth, as it is a tangible expression of affection. It also allows for a more personalized and meaningful gift, as the baker can tailor the treat to the recipient's preferences or dietary restrictions, further showing consideration and care.

Baking for a special someone can take the Valentine's Day experience to another level by adding a personal, thoughtful, and enjoyable element to the celebration. The time and effort put into creating a homemade baked good show thoughtfulness and care, making the recipient feel unique and loved. Additionally, baking can develop a sense of warmth and togetherness, as the smell of freshly baked goods can evoke feelings of comfort and nostalgia. Sharing your homemade treats with loved ones can create a sense of bonding and connection, creating lasting memories. Baking for a loved one can add a personal and heartfelt touch to the holiday, making it more meaningful and memorable for both the baker and the recipient.

So what are you waiting for? Use one of our Valentine's Day themed recipes and do something not just good for others, but good for you too! Spread love and happiness this Valentine's Day with homemade baked goods. Show someone you care by taking the time to bake something special for them. You'll not only bring joy to their day, but you'll also boost your own mood and well-being in the process.

#SpreadLove #BakingForHappiness #ValentinesDayBaking #ActsOfKindness
#OxytocinRelease #ShareTheLove #MoodBoostingActivities #LoveHormone
#BakingForOthers #HappinessIsHomemade #BakeAndShareLove
#ValentinesDayTreats #ShareTheJoy #BakingWithLove