



ROGERS FOODS NEWSLETTER

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Recipes of the Month

EASY CHRISTMAS
PUDDING RECIPE

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JULEKAGE DANISH
CHRISTMAS BREAD
RECIPE

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SNOWBALL COOKIE
RECIPE

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EMBRACING FIBRE FOR A
HEALTHY AND SATISFYING
CHRISTMAS FEAST

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CHRISTMAS BAKING
CONTEST - ENTER TO
WIN ONE OF THREE
CEBORY MIXERS

GETTING READY FOR A MERRY (& DELICIOUS) DECEMBER

The holidays are just around the corner, and we're here to sprinkle some festive cheer into your kitchen! 🌟 Our December newsletter is packed with delightful holiday baking recipes to warm your heart and home.

🎉 Featured Recipes:

- 🌲 Classic Christmas Pudding - A timeless tradition that's rich and fruity!
- 🇩🇰 Danish Christmas Bread - Dive into a Scandinavian holiday with this aromatic treat!
- ❄️ Snowball Cookies - Little bites of winter wonder!

Plus, don't miss our special nutritional section on how to Boost fibre in your Christmas Meals! Because who says indulgence can't be healthy too? 😊🌿

Sign up now for the perfect blend of nostalgia and nutrition in your holiday fare! 🔗🌟

#MadeWithRogers #FestiveBaking #HolidayRecipes
#ChristmasPudding #DanishChristmasBread
#SnowballCookies #HealthyHolidays #FibreBoost
#TisTheSeason #BakingJoy 📺💕

EASY CHRISTMAS PUDDING



PREP TIME: 20 MINUTES

BAKE TIME: 2.5 HOURS

SERVINGS: 8-10

INGREDIENTS

- 1 cup raisins
- 1 cup sultanas
- 1 cup **ROGERS FOODS ALL PURPOSE FLOUR**
- 2.5 tsp baking soda
- 1 cup finely grated butter (about 115g/4oz)
- 1 cup fresh brown breadcrumbs
- 1 cup light muscovado sugar
- 1 cup mixed nuts chopped plus extra to decorate
- 1 tsp ground cinnamon
- 1 tsp ground mixed spice

- 1 cup milk
- 1 large egg
- butter for greasing

For Butterscotch Sauce

- 85g butter
- 100g light muscovado sugar
- 200ml double cream
- 1 tsp vanilla extract

DIRECTIONS

- In a large bowl, combine all ingredients - minus the milk and egg, along with the spices until combined, then stir in the milk and egg. Once well combined, transfer into a buttered 1.5 litre pudding bowl.
- Cover with a double layer of buttered foil, making a pleat in the centre to allow the pudding to rise. Tie the foil securely with baking string, then place in a steamer or large pan containing enough gently simmering water to come halfway up the sides of the bowl—steam, covered with a lid, for 2½ hours. Check the water level during cooking, topping up with boiling water if necessary. If you are preparing this pudding ahead of time, remove the foil, let it cool slightly, then wrap it in cling wrap and then tin foil. If serving it immediately, unwrap and invert it onto a deep plate.
- For the sauce, put everything in a pot and bring slowly to a boil, stirring constantly. Allow to bubble away for 2-3 minutes, still stirring, until the sugar has dissolved and the sauce is pale caramel in colour and slightly thickened. Remove from the heat. Pour the sauce over the pudding and decorate with the whole mixed nuts.

We found this recipe from one of the great food sites we love, Good Food. We hope you enjoy it! <https://www.bbcgoodfood.com/recipes/easy-christmas-pudding>

JULEKAGE - DANISH CHRISTMAS BREAD



PREP TIME: 4 hours

COOK TIME: 50 minutes

NUMBER OF SERVINGS: 8-10

INGREDIENTS

Loaf:

- 3 1/2 cups **ROGERS FOODS ALL PURPOSE FLOUR**, plus more for dusting
- 1/4 cup granulated sugar

- 1/4 cup milk powder, such as Nestle Carnation Dry Milk Powder
- One 1/4-ounce package dry active yeast
- 1/4 teaspoon ground cardamom
- 1/4 teaspoon ground cinnamon
- Kosher salt
- 1/2 cup warm water (120 to 130 degrees F)
- 1/2 teaspoon pure vanilla extract
- 1/2 teaspoon finely grated lemon zest
- 1 stick (8 tablespoons) unsalted butter, at room temperature, plus melted butter for the bowl and cake pan
- 2 large eggs, lightly beaten, plus 1 large egg for the egg wash
- 1/3 cup dried cranberries
- 1/3 cup golden raisins
- 1/3 cup chopped candied orange peel
- 1/3 cup slivered almonds
- 2 tablespoons whole milk
- 2 tablespoons Swedish pearl sugar (Look up how to make your own - broken sugar cubes are a great substitute!)

Icing:

- 1 cup confectioners' sugar
- 4 to 5 teaspoons whole milk
- 1/4 teaspoon almond extract

INSTRUCTIONS

- For the loaf: Combine 1 cup of the **ROGERS FOODS ALL PURPOSE FLOUR** with the granulated sugar, milk powder, yeast, cardamom, cinnamon and 1 teaspoon of salt in the bowl of a stand mixer fitted with the paddle attachment. Pour in the hot water and mix to a thick batter at medium speed for about 2 minutes. Add the vanilla and lemon zest, then beat to combine. Add the butter and beat until it has fully worked into the dough, scraping down the sides of the bowl with a rubber spatula as needed, about 3 minutes. Pour in the beaten eggs, then beat until just combined.
- Switch to the dough hook. Gradually add the remaining 2 1/2 cups of flour with the mixer on low speed. Beat until the dough becomes a shaggy ball, then increase the speed to medium-high and knead until the dough is shiny and elastic, 8 to 10 minutes.
- Lightly grease a large bowl with melted butter. Transfer the dough to the prepared bowl, cover it tightly with plastic wrap, and let it rise in a slightly warm place until it has doubled in size, about 1 1/2 hours.
- Generously grease a 9-inch cake pan with melted butter. Lightly dust a work surface with flour. Punch down the dough and press it flat on the work surface. Mix the cranberries, raisins, candied orange and slivered almonds together in a small bowl, then sprinkle half of the mixture evenly on top of the dough. Fold the dough over

itself, then knead until the fruit and nuts are evenly distributed. Press the dough flat again, top with the remaining fruit and nut mixture, then fold and knead again.

- Gather and shape the dough into a 5 1/2-inch-diameter ball, then transfer it to the prepared cake pan. Cover loosely with plastic wrap and let rise in a slightly warm place until doubled in size, about 1 1/2 hours.
- Meanwhile, preheat the oven to 375 degrees F. Whisk the milk and the remaining egg together for the egg wash.
- Uncover the loaf, brush evenly with the egg wash, and sprinkle with pearl sugar. Bake until the top is well browned and glossy, 30 to 40 minutes. When the bottom of the loaf is tapped, it should sound hollow. Transfer to a wire rack to cool for 10 minutes, then remove from the pan to cool completely, top side up.
- For the icing, whisk the confectioners' sugar, 4 teaspoons of milk, and the almond extract together in a medium bowl until thick and smooth. If the icing is too thick, add 1 more teaspoon of milk. Drizzle the icing over the cooled loaf. Let it set for 5 to 10 minutes.

Thanks for the recipe! <https://www.foodnetwork.com/recipes/food-network-kitchen/julekage-7592328>

SNOWBALL COOKIES



PREP TIME: 30 minutes
COOK TIME: 15 minutes
NUMBER OF SERVINGS: 5 DOZEN

INGREDIENTS

- 1 cup unsalted butter, softened
- ½ cup powdered sugar
- 1 teaspoon vanilla extract
- 2 ¼ cups **ROGERS FOODS ALL PURPOSE FLOUR**
- 1 cup very finely chopped pecans
- ¼ teaspoon salt
- ⅓ cup powdered sugar, or more as needed

DIRECTIONS

1. Gather all ingredients. Preheat the oven to 350 degrees F (175 degrees C).
2. In a large bowl, beat butter, 1/2 cup powdered sugar, and vanilla with an electric mixer until smooth.
3. Gradually mix in **ROGERS FOODS ALL PURPOSE FLOUR**, pecans, and salt until completely incorporated.
4. Roll dough into walnut-sized balls and place 2 inches apart onto ungreased baking sheets.
5. Bake in the preheated oven until the bottoms are light golden brown but the tops are still pale, 12 to 15 minutes. (Try not to let the cookies get too brown; it's better to undercook them than to overcook them.)
6. Remove the cookies from the oven and let them sit briefly on the baking sheets before transferring them to wire racks.
7. Place 1/3 cup powdered sugar in a shallow bowl. Roll hot cookies in the sugar to coat them, then return them to the wire racks to cool.
8. Once cooled, roll the cookies in the powdered sugar once more.



with Rogers Foods Registered Holistic Nutritionist, Tammy-Lynn

EMBRACING FIBRE FOR A HEALTHY AND SATISFYING CHRISTMAS FEAST

The holiday season, especially Christmas, is synonymous with indulgent feasts and delectable treats. However, maintaining a healthy diet this season doesn't mean sacrificing flavour or satisfaction. Emphasizing fibre-rich foods can provide a fulfilling and health-conscious approach to holiday eating.

Understanding Fibre:

Fibre is crucial for maintaining digestive health, controlling blood sugar levels, and promoting a sense of fullness. There are two types of fibre: soluble, which dissolves in water and can help reduce cholesterol, and insoluble, which aids digestion. Foods rich in both types of fibre are essential for a balanced diet.



Incorporating Fibre-Rich Foods into Christmas Meals:

1. Breakfast Boosters:

- Begin the day with oatmeal topped with berries and nuts. Oats are a great source of soluble fibre, while berries add a burst of vitamins and antioxidants.
- Whole grain toast with avocado provides healthy fats and fibre to stabilize energy levels.

2. Appetizers and Snacks:

- Create a colourful veggie platter with hummus. Chickpeas in hummus deliver fibre and protein, while assorted vegetables offer crunch and nutrients.

Serve whole-grain crackers with a cheese platter. Including fruits like figs and pears enhances both flavour and fibre content.

3. Main Dishes:

- Opt for a roasted vegetable medley. Incorporate Brussels sprouts, carrots, and parsnips for a delightful side dish rich in fibre.

- Consider a hearty lentil or bean stew as a warming main course. These legumes are excellent sources of fibre and provide a plant-based protein boost.

4. Desserts and Treats:

- Choose fruit-based desserts. A baked apple with cinnamon and a sprinkle of oats can satisfy sweet cravings while delivering fibre.

- Experiment with whole grain flours in baking to increase fibre content in favourite holiday treats.

Balancing Tradition and Health:

Embrace traditional dishes by making minor adjustments. Use whole grain options for bread stuffing, add extra vegetables to casseroles, and modify recipes to reduce processed sugars and fats, replacing them with healthier alternatives like honey or mashed fruits.

Staying Mindful and Active:

- Practice portion control and savour each bite to enjoy the season's flavours truly.
- Engage in physical activities to boost metabolism and digestion.

Incorporating fibre-rich foods into your Christmas meals can be a rewarding way to enjoy the holidays without compromising your health. Focus on whole foods, creativity in the kitchen, and balance, ensuring a festive, delicious, and wholesome celebration this holiday season.

ROGERS FOODS CHRISTMAS BAKING CHALLENGE



We love the holiday season and know our loyal Rogers Foods followers do, too. For December, we will be running a baking challenge. We will encourage our Rogers Foods bakers to post their best Christmas savoury and sweet masterpieces, tagging #MadeWithRogers, for a chance to win one of three Cebory Electric Stand Mixers in a colour of their choice. Be sure to visit one of our social media pages for more information starting December 1st.

Good luck!

