

## Class 93 Twiddle Muffs

Twiddle muffs are sensory hand-muffs adorned with beads, large buttons, ribbons, lace, bits and bobs and textured fabrics, attached securely, and designed to provide comfort, warmth, and stimulation for people with dementia or Alzheimer's. By keeping restless hands occupied, they reduce anxiety, agitation, and provide calming stimulation.

Examples of twiddle muffs



## Recipes

### Class 76 Honey Oat Biscuits

75g/3oz porridge oats  
50g/2oz plain flour  
50g/2oz margarine  
50g/2oz granulated sugar  
1 level teaspoon of honey  
½ level teaspoon bicarbonate of soda

Preheat oven to 180°C/350°F/gas 4.  
Grease a large baking sheet.

Mix the porridge oats and flour together in a bowl.

Melt the margarine in a large saucepan, then add the sugar and honey.

Stir the bicarbonate of soda into the mixture.

Add the flour and oats to the pan and mix well.

Make walnut sized balls of the mixture and place them on the greased baking sheet, spacing well apart.

Bake in the oven for 11-15 minutes.  
Allow to cool on a wire cooling rack.

*Enter 5 biscuits for the Show.*

**Please take care to  
read the Recipes  
carefully**

**Only exhibit the  
number and/or size(s)  
given in the Schedule**

**Some cookery classes  
give maximum  
measurements,  
but you can enter a  
smaller size**

**Class 78**  
**Orange Almond Torte (gluten free)**

1 orange  
3 eggs  
200g/8oz golden caster sugar  
½ teaspoon baking powder  
250g/9oz ground almonds

Preheat oven to 180°C/350°F/gas 4.  
Grease and line an 8-9"/21cm-23cm round cake tin with baking parchment.

Boil the orange in water for 1 hour then cool.

Cut in 2, remove any pips then liquidise to a pulp.

Beat the eggs and sugar together until light and creamy.

Fold in the baking powder, orange and ground almonds.

Pour into the prepared tin and bake for 40-50 mins. Cool in the tin.

This freezes well.

Can be served with orange slices and crème fraiche.

NB: You could boil several oranges at a time, and freeze the extra ones either whole or as pulp for another time.

**Class 80**  
**Lemon Madeira Cake**

175g/6oz butter, softened  
175g/6oz caster sugar  
3 eggs  
250g/9oz self-raising flour  
1 lemon, finely grated zest and juice  
2-3 thin slices citron peel (optional)

Preheat the oven to 180°C/350°F/gas 4.  
Grease and line a 7"/18cm round cake tin with baking parchment.

Cream together the butter and sugar until pale and fluffy.

Beat in the eggs one at a time, adding a spoonful of flour with each egg.

Fold in the lemon zest and juice, and then fold in the rest of the flour.

Pour the mixture into the prepared tin and level the surface. Bake in the centre of the oven for 25 minutes.

Remove from the oven and place the citron peel slices on the top of the cake, if using.

Bake again for another 40-50 minutes or until the cake is just firm to the touch and a skewer inserted into the middle comes out clean.

Remove from the oven and leave to cool in the tin for 10-15 minutes.

Transfer from the tin to a wire rack to cool completely.

**Class 81**  
**Chocolate Brownies**

250g/9oz salted butter  
300g/11oz dark chocolate  
320g/11½oz caster sugar  
4 large eggs  
175g/6oz plain flour  
60g/2½oz white chocolate (to drizzle over the top of the brownies)

Preheat the oven to 190°C/375°F/gas 5.  
Grease and line a baking tin approximately 20cm/8" square with baking parchment.

In a large heavy based pan, melt the butter and dark chocolate over a low-medium heat.

Take off the heat, add the sugar and eggs, and use a wooden spoon to stir together.

Once everything is incorporated, stir in the flour.

Pour the chocolate mixture into the lined tin.

Bake for 30 minutes until just set with a slight wobble (don't test with a skewer).

Leave in the tin to cool completely before lifting out and cutting into squares.

To make the drizzle, put the white chocolate into a heatproof bowl and melt over a pan of barely simmering water, ensure the bowl is not touching the water. Once melted, stir and use a spoon to drizzle over the brownies.

*Enter 5 brownies for the Show.*

**Class 101**  
**Marshmallow crunch**

25g/1oz dried fruit/glacé cherries/nuts (you can choose which, or mix together)  
75g/3oz puffed rice cereal  
25g/1oz butter  
100g/4oz pink and white marshmallows

Grease a baking tin approximately 20cm/8" square.

If using, cut the glacé cherries into small pieces.

If you have large marshmallows, cut them in half.

Put the marshmallows and butter in a large pan and heat gently, stirring occasionally until everything has just melted.

Remove from the heat, mix in the cereal and dried fruit/glacé cherries/nuts (whatever you are using).

Spoon into the baking tin, spread evenly and leave to cool.

Cut into about 16 squares.

*Enter 5 squares for the Show.*