



**B**e very careful not to spill your precious, crumbly mixture. Pop into a preheated 180°C oven for around half an hour. Remove the baking dish from oven after aforementioned time period. Goes well with ice cream, or if you are an impoverished student, two minute noodles and beans.

**Recessionally Yours Cupcakes**

Everyone's tightening their belts as the recession lays down upon us and food prices rise. In addition to recession woes, Auckland's unpredictable weather from rain to shine in the blink of an eye, can stir up runny noses and coughs. A break from worries and sniffles is needed, so let's take a moment to loosen our belt buckles, undo a few buttons and indulge in a sugary sweet baked treat. With the threat of catching a cold always looming on the horizon, there seems to be no better ingredient to use than Mother Nature's citrus power-house, the orange. Not only are oranges in season, but they are also full of Vitamin C and act as an immune system booster. So, without further ado, slip into a comfy apron, and enjoy baking.

*Cupcakes*  
 butter, room temperature - 200g  
 sugar - 1¾ cups  
 a large egg  
 flour - 1½ cups  
 baking powder - 1¼ teaspoons  
 milk - 1 cup  
 vanilla essence - 1 teaspoon  
 an orange

Put butter into a large mixing bowl and beat until soft. Add sugar and beat together with the butter until it appears light and fluffy (just like your heart will be after tasting a cupcake). Add egg and beat. Whisk together flour, baking powder and salt in another bowl. Add the dry ingredients alternating with the milk into the butter mixture. Add vanilla. Grate the orange rind and add one or two tablespoons into the mixture. Save the rest for the frosting.

Cut the orange in half and squeeze juice from one half into the mixture and stir together. Place cupcake liners into the tray. Scoop the batter into the cupcake liners, filling each about two thirds full. Bake for about around twenty minutes. To check and see if the cupcakes are ready, stick a knife through the middle and if it comes out clean then they are done. You can also press a fork onto the top of the cupcake, and if it springs back, they're ready. Allow cupcakes to cool in pan for a good five minutes. Take cupcakes out of pan and allow them to cool another ten minutes.

**A BREAK FROM WORRIES AND SNIFFLES IS NEEDED SO LET US TAKE A MOMENT TO LOOSEN OUR BELT BUCKLES AND INDULGE IN A SUGARY SWEET TREAT."**

JESSICA GEORGE

*Frosting*  
 butter, room temperature - 75g  
 powdered sugar - 1½ cups  
 vanilla essence - 1 teaspoon  
 the juice of an orange  
 grated orange rind

For the frosting, beat butter until creamy. Add powdered sugar (sifted if possible) and beat to combine. Add the vanilla. Squeeze juice from other half of your orange into mixture. Add remaining grated orange rind and mix together.

Beating together ingredients is much easier with a mixer, but I've made many a cupcake without one in my pre-mixer days, and I've got a great right bicep now. Plus, mixing ingredients by hand seems like a great way to relieve frustrations. Depending on how thick you'd like the frosting, you can add more powdered sugar (thicker) or add more vanilla or orange juice (thinner).

To assemble, first check to make sure the cupcakes are cool, otherwise the frosting will melt off into a puddle of dismay. Add a spoonful of frosting to the top of each cupcake and smooth over with a knife. There's nothing like a cupcake to warm the cockles of your heart. This recipe should make 15 to 20 cupcakes so happy eating! M