

5 JUNE 2015  
WWF.ORG.UK/WILD

# WEAR IT WILD



GO WILD FOR YOUR PLANET  
DRESS TO EXPRESS YOUR WILD SIDE  
Recipe book  
Warning: fiercely tasty recipes inside



# GO WILD IN THE KITCHEN

On 5 June 2015, hundreds of Wear it Wild events will take place across the UK. At every one of them there's more than likely to be an opportunity to sell some tasty treats in return for a donation.

That's why we've produced this fantastic recipe book - one that contains eight scrumptious wild-themed dishes that you could make for your family, friends, colleagues or wider community.

When creating our recipe book we followed our Livewell principles as much as possible. This means it predominantly features healthy food such as our stripy fruit snake and vegetable jungle curry. But you'll also find some mouthwatering occasional treats in it too, including our delicious panda chocolate cake.

If you decide to whip up your own delectable dishes for **Wear it Wild**, please do your best to follow our Livewell principles. With just a little bit of extra effort, you can make fantastic party food and snacks that are packed with taste but also low in fat, salt and sugar.

So, come on! Grab your pinny and grease your baking tin. It's time to go wild in the kitchen.

## Send us your photos

If you create a dish from our **Wear it Wild** recipe book, please take a photo of it and yourself (if you're not shy) and email it to [wearitwild@wwf.org.uk](mailto:wearitwild@wwf.org.uk)

Or if you create your own original **Wear it Wild** dish, please send a photo of it and a recipe (if possible) to the same address. We're always on the look out for new recipes for the 2016 edition of this book.



# OUR LIVEWELL PRINCIPLES

The food we eat has a massive impact on our health as individuals and on the health of our planet as whole. This is why WWF supports six Livewell principles that everyone can easily adopt.

By following them every day, you can reduce your impact on the environment and improve your health. Please make a difference today. Just by adapting our diets slightly, we can create a future in which people and nature thrive together.

- 1 Eat more plants** – enjoy vegetables and whole grains!
- 2 Eat a variety of foods** – have a colourful plate!
- 3 Waste less food** – one third of food produced for human consumption is lost or wasted.
- 4 Moderate your meat consumption, both red and white** – enjoy other sources of protein such as peas, beans and nuts.
- 5 Buy food that meets a credible certified standard,** such as MSC, free range and Fairtrade products.
- 6 Eat fewer foods that are high in fat, salt or sugar.** Make foods such as cakes, sweets and chocolate, as well as cured meats, chips and crisps, an occasional treat. Choose water and avoid sugary drinks. Remember fruit juices only count as one of your five a day, no matter how much you drink.

## Food and our planet

The food we produce and eat is putting our planet's natural environment under great stress, but WWF is working hard to help tackle this serious problem. Find out more at [wwf.org.uk/food](https://www.wwf.org.uk/food)



# PANDA CHOCOLATE CAKE

This scrumptious cake is the perfect showstopper for a Wear it Wild bake sale, garden party or dinner with family and friends. Enjoy!

## Ingredients

### Chocolate cake

- 170g granulated sugar
- 210g plain flour
- 60g unsweetened cocoa powder, sifted
- 1 1/2 teaspoons baking powder
- 1 1/2 teaspoons baking soda
- 1 teaspoon salt
- 2 large eggs, room temperature
- 230g sour cream, room temperature
- 120ml vegetable oil
- 1 1/2 tablespoons vanilla extract
- 240ml boiling water

### Vanilla buttercream

- 220g unsalted butter, room temperature
- 280g icing sugar
- 1 teaspoon vanilla extract
- 2 tablespoons double cream
- Black icing colour gel



## Method

1. Preheat oven to 350F/180C/fan 160C/gas mark 4. Grease and lightly flour two 20cm cake pans, a 20cm diameter stainless steel mixing bowl and one cup of a muffin tin. Set aside.
2. In a large bowl, mix together sugar, flour, cocoa powder, baking powder, baking soda and salt. Crack in the eggs, spoon in the sour cream, and pour in the oil and the vanilla extract. Mix with a wooden spoon until just combined. Pour in the boiling water, and slowly mix until smooth and liquidy.
3. Pour 200ml of the cake mix into each cake pan, fill one muffin tin and pour remaining batter into the stainless steel bowl.
4. Transfer everything to the oven. Bake 15 minutes for the muffin, 25 minutes for the cakes, and 35 minutes for the domed cake. Let cakes cool completely before frosting.
5. To prepare the frosting, use an electric mixer to combine the butter, double cream, vanilla extract and icing sugar. Mix on medium to high speed until pale and fluffy.
6. Transfer a quarter of the frosting to a small bowl. Gradually stir in black icing colour gel to achieve desired colour. Set aside.
7. To assemble the cake, place one flat cake layer on a serving plate, spread 180ml of buttercream frosting on top. Place the other flat cake layer on top, spread 180ml of frosting on top of this layer and then top with the domed cake. Cover the entire head with the rest of the buttercream frosting. Chill the cake in the refrigerator for at least 15 minutes to harden the frosting.
8. Cut the cupcake in half vertically for the two panda ears. Smear black buttercream over cupcake ears. Attach ears to sides of the head with toothpicks.
9. Place remaining black frosting in a piping bag fitted with a small plain nozzle. Pipe the edges of the panda eyes. Fill in with frosting but leave a small opening. Smooth and then pipe a nose.
10. Cover the cake and refrigerate. Remove from refrigerator an hour before serving.

# MONKEY BANANA CUPCAKES

Great to look at and even better to taste, these cupcakes are guaranteed to put a smile on the faces of your little monkeys.



## Ingredients (Makes 12)

### Banana cupcakes

- 125g butter, at room temperature
- 125g caster sugar
- 2 medium eggs
- 125g plain flour
- 2 teaspoons baking powder
- 2 small/medium bananas, mashed

### Monkey faces

- 300g icing sugar, sifted
- 100g unsalted butter, at room temperature
- 40g cocoa powder, sifted
- 40ml milk
- Few squares of a milk chocolate bar, melted
- 24 Banana chips
- 400g ready-to-roll fondant icing
- Yellow icing colour gel

## Method

1. Preheat oven to 350F/180C/fan 160C/gas mark 4. Line a bun tin with 12 cupcake cases.
2. In a mixing bowl, cream butter and sugar until fluffy. Gradually beat in the eggs until mixture is smooth. Fold in flour, baking powder and bananas.
3. Divide the mixture between the 12 cases and bake for 20-25 minutes. Leave to cool and set aside.
4. For the chocolate frosting, beat the icing sugar, butter and cocoa powder together in freestanding electric mixer (or use a handheld electric whisk) on medium/slow speed, until the mixture comes together and is well mixed.
5. Turn the mixer down to a slower speed. Add the milk to the butter mixture, a couple of tablespoons at a time.
6. When the milk has been incorporated, add the melted chocolate.
7. Once all the chocolate has been combined, turn the mixer up to a high speed.
8. Continue beating for about 5 minutes, until it is light and fluffy. Set aside.
9. Dust work surface with icing sugar and place ready-to-roll fondant icing on it. Create a well in the icing and add a small amount of yellow icing colour gel. Knead fondant until you get a block colour. You may need to add additional gel if colour isn't strong.
10. Roll fondant to a 3 to 4mm thickness. For each cupcake, cut out one 5cm-diameter round and four 2cm-diameter rounds. Cut a straight edge on each of the 2cm rounds.
11. To create a monkey face, make two small horizontal slits with a paring knife in opposite sides of one cupcake, just above paper liner. Partially insert a banana chip (the thinner the better) into each slit. Cover the cupcake and the banana chips with chocolate frosting. Repeat for all 12 cupcakes, reserving remaining frosting for the detail.
12. For eyes, press two 2cm rounds at the top of each cupcake. For the mouth, overlap the bottom of the eyes with the 5cm round. For the ears, place the two remaining 2cm rounds on each side, with straight sides facing in. Pipe pupils, nose and mouth with reserved frosting.

# STRIPY FRUIT SNAKE

Super healthy and super easy to make, our stripy fruit snakes are perfect for the whole family.



## Ingredients

- Bananas
- Strawberries
- 1 teaspoon of melted milk chocolate

## Method

1. Take a wooden skewer and thread alternate 1 to 2cm slices of strawberry and banana along it. Leave 2cms free at the end and the beginning of the skewer.
2. Cut a 4cm chunk of banana lengthways down the middle. Place the flat side of one of the halves on a chopping board and shape to create the snake's tail. Push on to the end of the skewer.
3. Cut off the top of a large strawberry and push the flat end on to the other point of the skewer to form a head.
4. Cut off two very small pieces of banana and place on the top of the head for eyes. Dot with the melted milk chocolate for pupils. Add a tongue with a long, thin slice of strawberry.
5. Repeat the process to create as many snakes as you want.

## Create your own species of fruit snake

Add slices and chunks of kiwi, pineapple, apple, pear, melon or any other suitable fruit to create an even stripier snake. Although do make sure that a snake featuring fruit that browns quickly is eaten not long after serving.

# LION HEAD HOUMOUS WITH VEGGIE DIPPERS

Roar into action and create this healthy and delicious party snack. But be warned, it tastes so good that you might have to make a pride of dips.

## Ingredients

- 400g can chickpeas, drained
- 1 garlic clove
- 1 large red pepper, about 100g
- 1 tablespoon tahini paste
- juice ½ lemon
- 4 walnut halves, chopped
- carrots, cut into batons
- yellow pepper, cut into batons
- courgettes, cut into batons
- celery sticks, cut into batons
- green pepper, cut into batons

## Method

1. Cut off the top of the red pepper, 1cm down its body. Set aside. Cut the remaining body in half and remove the membrane and seeds. Oil the skin lightly, then place skin-side up on a baking sheet and grill on high, until the skin blackens and blisters. Place the hot peppers in a heatproof bag and seal tightly. Leave to cool. Peel the charred skin from the peppers.
2. Put the chickpeas, garlic, roasted pepper, tahini and lemon juice in a bowl. Blitz with a hand blender or in a food processor to make a thick purée. Stir in the walnuts. Put the houmous mixture in a bowl in the middle of a large plate and place this plate on a larger serving dish or a baking sheet covered in foil.
3. Cut pieces from the top of the red pepper you set aside to create two eyes, a nose and a mouth for your lion and assemble them on top of the houmous. Take a look at a real lion's face to guide you.
4. On the plate that the houmous is stood on, lay batons of carrot and yellow pepper until you have a thick lion's mane.
5. On the serving dish or baking sheet, lay batons of courgette, celery and green pepper to create a grass effect. Feel free to use any other green vegetables to create the grass.



# TROPICAL FISH PIZZA

Shoaly not! A healthy pizza that tastes fantastic and looks incredible? Yep, our tropical fish pizza delivers on both fronts.

## Ingredients

### Pizza base

- 100g strong white flour
- 100g strong wholewheat flour
- 1 teaspoon or 7g sachet easy-blend dried yeast
- 125ml warm water
- pinch of salt

### For the topping

- 200g can chopped tomatoes, juice drained
- 12 cherry tomatoes, halved
- 1 large courgette, thinly sliced using a peeler
- 200g can sweetcorn, juice drained
- 1 red pepper, sliced into strips
- 1/2 small red onion
- 40g mozzarella, torn into pieces
- 1 tsp capers in brine, drained
- 9 green olives, (8 roughly chopped, 1 cut in half horizontally)
- 1 garlic clove, finely chopped
- 1 tbsp olive oil
- 2 tbsp chopped parsley, to serve

## Method

1. Mix the flours and yeast with a pinch of salt in a food processor fitted with a dough blade. Pour in the water and mix to a soft dough, then work for 1 minute. Remove the dough and roll out on a lightly floured surface to a fish shape that is about 35cm across and 25cm from top to bottom. Lift onto an oiled baking sheet.
2. Spread canned tomatoes over the dough to within 2cm of the edges. Arrange cherry tomatoes, courgettes, mozzarella, sweetcorn, red pepper, red onion and mozzarella to give your fish a fantastic look. Mix the capers, chopped olives and garlic, then scatter over the top. Place half of your cut olive as an eye and shape a mouth from the other half. Drizzle the pizza with the olive oil. Leave to rise for 20 minutes.
3. Heat oven to 475F/240C/fan 220C/gas mark 9 or the highest setting. Bake the pizza for 10-12 minutes until crisp and golden around the edges. Scatter with the parsley to serve.

### Fish food:

This recipe features our favourite toppings for a tropical fish pizza. But you could also use lots of other healthy toppings, such as spinach, egg, broccoli, mushrooms or MSC-labelled tuna.





# VEGETABLE JUNGLE CURRY

Cook up a storm with this Thai favourite.  
It's the ideal Wear it Wild dish to serve  
after a long sponsored walk or run.

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## Ingredients (Serves 6)

- 2 red chillies, deseeded and finely chopped (plus 1 red chilli, deseeded and sliced, to garnish)
- 4 shallots, peeled and roughly chopped
- 2 stalks of lemon grass, trimmed, outer leaves removed and roughly chopped
- 5cm piece of fresh ginger (or use galangal, if you can get it)
- 2–3 tablespoons red Thai curry paste
- 1 tablespoon yellow bean sauce (optional)
- 2 tablespoons shrimp paste (optional)
- 2 tablespoons sunflower oil
- 1/4 butternut squash, peeled and sliced into chunky pieces
- 200g pack of green beans (or use long beans, trimmed and chopped)
- 200g pack of baby corn, sliced in half lengthways
- 1 small head of broccoli, cut into florets
- 400ml can of coconut milk
- 300ml hot vegetable stock
- 2 teaspoons palm sugar (or use brown sugar, if you like)
- 1 tablespoon dark soy sauce
- Juice of 1 lime

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## Method

1. Add chillies, shallots, lemon grass and ginger to a food processor and whizz until a paste, or use a pestle and mortar. Add red Thai paste, yellow bean paste (if using) and shrimp paste (if using), and whizz or grind to combine.
2. Add oil to a large wok, along with butternut squash, beans, corn and broccoli, and stir-fry for a couple of minutes. Add paste and turn to coat, then pour in coconut milk, stock, sugar, soy sauce and lime juice, and bring to the boil.
3. Reduce to a simmer and leave for about 20 minutes, or until squash is tender. Taste and adjust, as needed. Garnish with chillies and serve with brown rice.



# OATY CHEESE AND ROSEMARY ANIMAL BISCUITS

A savoury snack everyone will be happy to give a donation for. You could also make gingerbread versions as a sweet treat too.



## Ingredients

- 100g rolled oats
- 100g plain flour
- 1 tablespoon fresh rosemary, chopped
- 50g white vegetable fat
- 100g mature cheddar cheese
- 1 teaspoon clear honey
- 3 tablespoon milk

## Method

1. Preheat the oven to 350F/180C/fan 160C/gas mark 4.
2. Mix the rolled oats, flour, rosemary, salt and pepper in a mixing bowl. Rub in the vegetable fat using clean finger tips until the mixture resembles fine breadcrumbs. Mix in the grated cheese.
3. Stir together the honey and milk and add to the dry ingredients. Bring the mixture together to form a soft dough, then roll out on a lightly floured surface to 1cm thickness.
4. Using animal cutters stamp out as many rounds as possible and place onto a non-stick baking sheet.
5. Cook for 15 minutes. Allow to cool on tray for 15 minutes then carefully remove to a wire rack to cool completely. Keep stored in an airtight container for up to 1 week.

## How to create your favourite animals

There are lots of online shops that sell cookie cutters for a wide range of animal shapes. But if you want to create an animal that you can't find a cutter for (maybe a three-toed sloth), simply draw its outline on some grease proof paper, cut it out with scissors and then use a knife to cut out your desired shape from your dough. Simple.

# SPARKLING PINK FLAMINGO WATER

A refreshing drink that's perfect for serving at a  
Wear it Wild party or picnic. But can you drink  
a full glass while standing on one leg?

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## Ingredients (serves 6)

- 750ml cranberry juice (not from concentrate)
  - 750ml pink grapefruit juice (not from concentrate)
  - 750ml sparkling mineral water
  - 2 limes
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## Method

1. Combine the cranberry juice, grapefruit juice and sparkling water in a large pitcher. Stir and add ice. Pour into tall glasses and add a squeeze of lime to each.
2. Serve with a slice of lime and a cocktail umbrella!



# WEAR IT WILD TEAM


Any questions? Contact the team!


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#### Why we are here

To stop the degradation of the planet's natural environment and to build a future in which humans live in harmony with nature.

[wwf.org.uk](http://wwf.org.uk)

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