

## Fair trade recipes

Cooking with fair trade ingredients is increasingly easy as more products become available. Try some of our fair trade recipes.

### Starters and accompaniments

- [Salad Tip](#) Try this salad accompaniment
- [Cape chutney](#) This fruity chutney is perfect with cheese or cold meats.
- [Bombay salad](#) This salad, with its heady blend of flavours, serves four as a starter or side dish to a curry.

### Main courses

- [Spaghetti alla Norma](#) This recipe from Sicily is named after Bellini's opera.
- [Pasta with sun-dried tomato sauce](#) This delightful pasta recipe is tasty and easy to make. Enjoy!
- [Penne with prawns and creme fraiche](#) This simple seafood dish will delight your party visitors.
- [Olive and mozzarella pasta salad](#) This pasta salad combines the classic Mediterranean flavours of mozzarella and olives for a simple but tasty meal.
- [Pasta carbonara](#) This easy dish derives its name from the Italian for coal (carbone), possibly because of its popularity with charcoal makers.
- [Rainbow couscous](#) An ideal accompaniment to any meal, couscous is quick, easy to cook, and delicious served hot or cold.
- [Middle Eastern stuffed apples](#) A great way to use up leftover meat. For a vegetarian alternative, swap the chicken or turkey for fried aubergine or mushroom.

### Desserts, cakes and biscuits

- [Date and Walnut Cake with a twist](#) Featured on The Guardian website
- [Harvie Pudding](#) This pudding can be made with all sorts of combinations of fruit and base.
- [Fresh plum cake](#) Delicious as a pudding with cream. This freezes well and improves if kept for a couple of days in a cool place.
- [Frozen Christmas Pudding](#) If you fancy a change this Christmas, why not try this tasty alternative?
- [Fairtrade Bishop's Delight](#) A delicious and incredibly easy sweet that always goes down a treat at family, parish or party events. Quantities can be doubled, trebled or quadrupled according to requirements.
- [Honey ice cream](#) This fantastic ice cream offers a good excuse to indulge. It only takes a few minutes of actual working time - just don't tell people how simple it is!
- [Apricot and orange fool](#) When the temperatures rise during summer, try this delicious dessert for some cooling relief.
- [Chocolate biscuit bars](#) With chocolate, brazil nuts and fruit, these bars are irresistible.
- [Lime and ginger cheesecake](#) A creamy no-bake cheesecake suitable for all occasions, from dessert at a dinner party, or as part of a buffet.
- [Fruit scones](#) Delight your friends and family with a proper afternoon tea! Whip up a batch of fruit scones with Traidcraft strawberry jam and a pot of fair trade tea.
- [Fruity squares](#) These squares are a great snack to take to work or for kids' lunch boxes.
- [Walnut and honey pudding](#) This fair trade winter-warmer is just the thing to make cold nights a little more bearable.
- [Apricot flan](#) This flan can be served warm or cold, on its own or with cream or vanilla ice cream.

### Drinks

- [Elderflower cordial](#) This refreshing drink can be made in batches and stored in the freezer. Perfect for a summer's day.
- [Strawberry, banana, honey and oat smoothie](#) This tasty smoothie gives you a great, refreshing start to the day as well as providing you with two of your 5-a-day fruit and vegetables.