



### Blue Peter Winter Bird Cake

1. Stir together unsalted peanuts, chopped nuts, e.g. Brazils, Walnuts, Hazelnuts  
raisin  
millet  
currants  
sunflower seeds  
ordinary bird seed  
hollyberries, hips and haws (if available)  
biscuit and cake crumbs  
kitchen scraps and fat - cut into fairly small pieces  
cheese rind, chopped apple (including peel and any bruised bits)
2. Pour melted dripping over mixture and stir well until all the ingredients are coated. (You can use cooking fat if you don't have dripping, but it must be animal fat and not vegetable fat).
3. Put the mixture into a cake tin with a movable bottom. Press down firmly, put a plate with a weight on top and leave for at least one day.
4. Push the cake out of the tin and cut into slices as required.

If you don't have some of these ingredients you can substitute almost any kitchen scraps, but never use salted peanuts or any other salty foods or desiccated coconut - this swells up inside the birds' stomachs.

N.B. The golden rule is half as much fat as your dry ingredients.

January 2000

BLUE PETER

**BBC TV**