Ready, Steady, Cook Fairtrade!

Set up a long table, or two small tables, with following items to make a cake each:

For each chef: mixing bowl, wooden spoon, knife, one container with flour, wheatgerm, baking powder, salt & cinnamon. 2nd Container with sugar in. Put butter & grated lemon zest in bowl – hopefully it will be nice & soft by start of sketch. Box of eggs for each chef – one with 2 free range eggs in and the other with 2 caged hen eggs. Put three ripe bananas in front of each chef – one has Fairtrade bananas and one has non-Fairtrade ones. Have a loaf tin for each chef.

Have a long tablecloth over the table, so that you cannot see what is underneath. Put a fully cooked banana bread loaf, on a plate under the tablecloth, to be brought out at the end.

Have a tea pot, and two cups & saucers – so that “tea” can be poured out (I use just water, rather than tea)

If you have a screen, - put the list of ingredients on the screen for each chef – if not, you will have to write them up on a large sheet of paper (possibly flip chart paper)

Have an image of Ready Steady Cook behind the cooks – and if possible get the theme music from internet (you can down load this from a number of sites).

Sketch does not really need an introduction – just begin to play the music, and the two chefs can walk on, and stand by their tables.

FT Chef : Hello, my name is xxxx and I am going to make my favourite recipe, I call it Best Banana Bread, because it is made from the best ingredients, and as many of them are Fairtrade, you know that the producers are getting a good deal, as well as us.

Chef 2: Hello my name is xxxx and I am going to make my favourite recipe. I call it my Great Banana bread, because it tastes great and it’s easy to make.

FT Chef : I get all of my ingredients from the local supermarket.

Chef 2: So do I.
FT Chef: I make sure that I look out for the FT logo, and try to put in as many Fairtrade products as I can.

Chef 2: I look at the price, because all I care is that I can get the goods as cheaply as possible.

FT Chef: Here are the ingredients for my cake: point up to screen/list

Chef 2: Here are the ingredients for my cake: point up to screen/list

FT Chef: Are your eggs free-range? (both chefs begin to break their eggs into the bowl which has the butter in – then add the sugar to the mix)

Chef 2: No, they are 98p for 6 – really good value. (both chefs beat the mix)

FT Chef: Does it not bother you that those hens have not had a good life, that they may never have seen the light of day?

Chef 2: No, why should I bother with things like that. All I’m concerned with is that food is cheap. I don’t care about how it is produced, the cheaper the better, as far as I’m concerned.

FT Chef: I’m sorry to hear you feel like that. It does matter to me. I want my food to be produced in a healthy environment, and that the producer gets a good deal as well as me.

Chef 2: [shrugs]

FT Chef: Anyway – here’s how to make my cake: Heat up the oven to Gas Mark 4 – or if you have an electric oven 180 Centrgrade (both chefs put the other dry ingredients into the bowl & give it a stir)

Chef 2: Yep – I do that too.
FT Chef: Grease & flour loaf tin. [*hold up the loaf tin*]

Chef 2: Yep – same here. [*holds up his/her loaf tin*]

FT Chef: In a bowl – I’ve combined the butter with the caster sugar & grated lemon rind.

Chef 2: Yep – me too.

FT Chef: My lemon is a Fairtrade lemon, it comes from the Gamtoos Valley, South Africa. They supply Fairtrade oranges & lemons to Sainsburys. Being Fairtrade has really improved the lives of the workers. Fairtrade Foundation has worked with the owner of the farm on an empowerment project. Do you know what that is?

Chef 2: [shakes head]

(As this is going on, chefs can grate a little lemon rind into the mix)

FT Chef: Well, it’s a bit complicated, but the original owners of the Estate have passed ownership of 49% of the farm to some of their workers. All of the workers had been employed on the farm for at least 10 years, and got assistance with grants to raise the money to purchase their shares.

Chef 2: Sounds a bit like a “Right to Buy” scheme.

FT Chef: Yes, sort of. So, not only do the workers get a fair price for their work, they can now also get a share in the profits of the business. I like to know where my food comes from.

Chef 2: Good for them, and good for you. Still, I bet my lemon cost less than yours.

FT Chef: Yes – at the moment, the quantity of Fairtrade citrus fruit coming into this country is fairly low, so the costs is a little higher, but I think it is worth it. Anyway – our cake isn’t getting baked at this rate.....
Chef 2: Anyway now we have to add three bananas & mash them into the mix. [peel, break up and mash up the bananas into the mix – I suggest you slice them thinly, dropping the pieces into the mix, and then stir them in, for quickness]

FT Chef: [does the same]

Chef 2: I suppose you’ll tell me your bananas are special too.

FT Chef: Well, they are FT bananas, so yes, that makes them special. Bananas were one of the first FT products – and now, in some supermarkets they are the only ones you can get! Supermarkets must think it makes sense, and clearly their customers are happy. How much did your bananas cost?

Chef 2: 54p for the 3 –

FT Chef: Mine cost 65p, so you can see, once the product becomes more readily available, the cost drops and you hardly notice the difference. This is thirsty work – fancy a cup of tea? [pours out two cups of tea]

Chef 2: I suppose that has to be Fairtrade too?

FT Chef: Of course, what would you expect?

[both drink tea]

Chef 2: Well, while we’ve been talking, I’ve beaten the mixture thoroughly until the mixture is light & fluffy.

FT Chef: same here.

Chef 2: What do you do next?

FT Chef: Give it all a good mix – and then spoon it into the loaf tin. [both put the mix into the loaf tin]

FT Chef again: Bake for 50-60 mins, or until a skewer inserted in the centre comes out clean.
Both chefs put the cakes into the “oven” – under the table.

Chef 2: [Picks up the jar of cinnamon] FT cinnamon? What is that all about then? Isn’t it just a bit of bark? What’s the point of getting a FT label for that – it isn’t really a crop, is it?

FT Chef: Well- this cinnamon comes from Sri Lanka, and the particular area that this cinnamon comes from is primarily a tea producing area. Becoming a FT farm brings the workers a more stable income, so they can afford to diversify into other crops, such as peppercorns, cloves, vanilla, cinnamon & other spices. If they have a poor tea crop because of poor weather, this gives them another way to earn money. Only the stability of income from Fairtrade has enabled them to do this. Ok, at the moment Fairtrade spices are not widely available, but do you know what….

Chef 2: I can guess ..... you got yours from the supermarket?

FT Chef: Yep – They are a little more expensive, but by choosing them rather than the other brands, I am making my own little statement of solidarity with my fellow workers around the world. That the quality of their life matters as much as the quality of my and my family’s.

Chef 2: Well – what do you know, whilst we’ve been talking, the cake has cooked.

Both chefs take out the cooked cake, on a plate – probably easy if it is already cut up.
They offer each other a piece.

Both eat it – look as if they enjoyed it.

Chef 2: Your’s tastes as good as mine!

FT Chef: Of course But it leaves an even better taste, knowing that by buying FT, you care about how your food is produced, and the lives of our brothers & sisters across the world.
List of Ingredients: - the idea is that the recipes are identical apart from the words “free range” and “Fairtrade”

200g/ 7oz plain white flour
11.5ml / 2 ¼ teaspoon baking powder
2.5ml / ½ teaspoon salt
4ml / 1 ¾ ground Fairtrade cinnamon (optional)
60ml / 4 tablespoons wheatgerm
65g / 2 ½ oz butter at room temperature
115g / 4oz Fairtrade caster sugar
4ml / ¾ teaspoon of grated Fairtrade lemon rind
3 ripe Fairtrade bananas
2 Free Range eggs, beaten.