

The background of the image is a lush, colorful garden. In the foreground, there's a mix of green grass and various flowers, including red, yellow, and purple ones. A small, rectangular stone or metal object sits on the grass on the left. Behind the garden, there's a dense line of trees and bushes under a bright blue sky with scattered white clouds.

Recipes of West Bank

All The Food



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Jerusalem Artichoke Soup

One of the first meals George had in Copenhagen, back in February 2019, this is an official recipe from Høst that he e-mailed to request. At the restaurant, it was served in three layers; soup, foam, and topped with toasted artichoke pieces. As an aside, Auntie Claire also went to this restaurant completely independently in 2014 and it was only in 2023 when looking through an album was the coincidence discovered.

Ingredients

Makes 4, but freezes well!

350 g	Jerusalem Artichokes , peeled and cut into squares
1	White Onion , diced
1	Garlic Clove
2 stalks	Fresh Thyme
2 tbsp	Olive Oil
5 dL	Vegetable Broth
2 dL	38% Cream
100 g	Butter
1 tsp	Salt
Taste	Lemon Juice

Method

Oven off, hob medium-high

- 1 Fry artichokes, garlic, onions, and thyme in a pan with olive oil until golden.
- 2 Add the vegetable broth and simmer for ~1 hour.
- 3 Add the cream and bring to the boil again. After boiling, use a blender until it is completely smooth.
- 4 Add the butter. Reserve some to toast small chopped parts of the artichoke for topping.
- 5 Season with salt and lemon juice.



**Spaghetti
with
Prawns
and
Rocket**

Requested by Charlotte.

Ingredients

Makes 4

455 g	Spaghetti
400 g	Prawns , raw
2	Garlic Cloves , peeled and finely chopped
2 heaped tbsp	Sun-dried Tomato Purée
3 good glugs	Extra Virgin Olive Oil
1	Lemon , juiced and zested
2 handfuls	Rocket
75 mL	White Wine
1-2	Red Chillies , crumbled
Taste	Sea Salt & Black Pepper

Method

Oven off, hobs medium

- 1 Cook your spaghetti in a large pan of salted boiling water according to the packet instructions.
- 2 Meanwhile, heat extra virgin olive oil in a large frying pan and toss in the garlic and chilli.
- 3 As the garlic begins to colour, add the prawns and sauté them for a minute.
- 4 Add the white wine and the tomato purée and simmer for a couple of minutes
- 5 When the pasta is ready, drain it in a colander, reserving a little of the cooking water.
- 6 Toss the spaghetti with the sauce, squeeze in the lemon juice and add half the chopped rocket. Add a little more of the reserved cooking water if you want to loosen the sauce a bit.
- 7 Correct the seasoning. Divide between four plates and sprinkle with the grated lemon zest and the rest of the rocket leaves.

A photograph of a large, square stone fortification perched atop a grassy hill. The fort has a thick, layered stone wall and a small, square tower-like structure on top with two chimneys. A tall, thin metal flagpole stands prominently in front of the fort. The sky is overcast and grey.

Tiramisu

Rebecca made this for Gabriella's 30th in Northumberland. Hands down best ever tiramisu.

Ingredients

Makes 6

4	Eggs , separated
75 g	Caster Sugar
450 g	Mascarpone
2 tbsp	Sweet Marsala
2 tbsp	Dark Rum
100 ml	Espresso
16-24	Savoiardi Biscuits , or boudoir if unavailable
Handful	Cocoa Powder , to dust

Method

Oven off

- 1 Whisk three of the egg whites until stiff, then set aside.
- 2 Whisk the egg yolks with the sugar until pale and voluminous, then whisk in the mascarpone, a little at a time, until smooth and well combined.
- 3 Gently fold the three whites into the mascarpone mixture with a large metal spoon, being careful to knock as little air out as possible.
- 4 Stir the booze into the coffee and pour into a shallow dish.
- 5 Dip each biscuit into the liquid until it is a pale coffee colour, then arrange to cover the base of a shallow glass dish.
- 6 Spoon a third of the mascarpone mixture on top, followed by a good sprinkle of cocoa, then repeat the layers, finishing with a layer of the cheese and cocoa.
- 7 Cover and refrigerate for six hours before serving. Finish with a little more cocoa to make it look respectable.

A photograph of a large, triangular stone fortification, likely a castle or a fort, situated on a grassy hillside. The structure is built of light-colored stone and features a prominent tower at the top. A tall, thin pole stands on the roof of the tower. The sky is overcast and grey.

**THE
Buns**

The absolute classic bun recipe from West Bank. Communicated whilst lying on the couch asking how to make buns.

Ingredients

Makes 12

3	Eggs
6 oz	Self-raising Flour
6 oz	Margarine
6 oz	Sugar

Method

Oven 180 °C

- 1 Mix everything together.
- 2 Load into bun trays. Put in oven until it's 'done'.

Christmas Muffins

10 muffins

75g caster sugar

250g self-raising flour

25g ground almonds

½ tsp bicarb of soda

1 tsp baking powder

50g dried apricots

Zest 1 orange

75g unsalted butter

4 cloves

100ml Squeezed orange juice (2 oranges)

100ml milk

1 egg beaten.

oven 180° fans 14

put all dry ingredients into a bowl

melt butter with cloves allow to cool & infuse

remove cloves add egg, milk, orange juice

mix into dry ingredients. put into

muffin cases cook 20mins best warm.

Christmas Muffins

A Christmassy muffin.

Ingredients

Makes 10

7 oz	Caster Sugar
250 g	Self-raising Flour
25 g	Ground Almonds
½ tsp	Bicarbonate of Soda
1 tsp	Baking Powder
50 g	Dried Apricots
1	Orange , zested
75 g	Butter , unsalted
4	Cloves
100 ml	Orange Juice , ~2 oranges
100 ml	Milk
1	Egg , beaten

Method

Oven 180 °C

- 1 Put all dry ingredients into a bowl.
- 2 Melt butter with cloves before allowing it to cool down whilst infusing.
- 3 Remove cloves; add egg, milk, orange juice.
- 4 Mix liquid into dry ingredients.
- 5 Spoon into muffin cases.
- 6 Cook 20 mins; eat best when warm!



THE
Biscoffi

Italian for biscuit.

Ingredients

Makes 30 slices

250 g	Plain Flour
250 g	Caster Sugar
1.25 tsp	Baking Powder
3 medium	Eggs , lightly beaten
50 g	Dried Sweetened Strawberries , chopped
100 g	Dried Apricots , chopped
50 g	Medjool Dates , pitted and chopped
75 g	Shelled Pistachio Nuts
50 g	Whole Blanched Almonds
50 g	Shelled Hazelnuts
1	Lemon , zested

Method

Oven 180 °C

- 1 Mix the flour, sugar and baking powder in a large bowl.
- 2 Add half the beaten eggs and mix well, then add another quarter and mix again.
- 3 Add the final quarter a little bit at a time until the dough takes shape but isn't too wet; you may not need to use all of the eggs!
- 4 Add the fruit, nuts and lemon zest and mix well.
- 5 Divide the dough into six, rolling into sausage shapes about 3cm in diameter placed at least 6 cm apart on a lined baking tray, then lightly flatten the 'sausages'. 
- 6 Bake for 20–30 minutes until golden brown.
- 7 Remove from the oven and leave for 10 minutes to cool and firm up.
- 8 Using a serrated knife, cut the biscotti on an angle into slices 5 mm thick.
- 9 Lay the slices on the baking tray, return to the oven and cook for 8 minutes, then turn the slices over and cook for a further 10-15 minutes or until a pale golden colour.
- 10 Cool on wire racks, then store in airtight jars.



Limoncello

Vodka, but Italian, so it's classy.

Ingredients

Makes 700 mL

700	mL	Vodka
200	g	Caster Sugar
8	unwaxed	Lemons , zested and juiced

Method

Oven off, don't let liquid boil

- 1 Warm a little of the vodka in a pan and add the sugar until it is all dissolved.
- 2 Remove from the heat. Add the lemon juice, zest, and the remaining vodka.
- 3 Pour into a bottle and freeze.

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Christmas 2025