

Starters

Courgette Pate

Ingredients

100 gm Butter (4 oz)

4 Spring onions

2 Egg(s)

Black pepper

300 gm Courgettes (12 oz)

1 Tbsp Parsley

Salt

Method

Dice the courgettes. Chop the spring onions and parsley finely. Saute the courgettes in half the butter. Add the spring onions and parsley. Put the vegetables into a food processor and puree. Beat the eggs. Put the rest of the butter into the pan and lightly scramble the eggs. Add the the courgette mixture and puree again. Put into a greased bowl and chill for at least 2 hours. Serve with toast or biscuits.

Variation

Fresh Pea:

Use fresh peas in place of the courgettes and mint instead of parsley. Cook the peas before proceeding as per the recipe. The peas make a much more solid mixture so thin a little with water.

Asparagus:

Use lightly boiled or steamed asparagus in place of the courgettes.

Filo Parcels

Ingredients

1 packet Filo pastry

Required filling

Butter/oil

Method

Take a sheet of filo pastry, brush with a mixture of melted oil and butter or margarine. Cut in half across the long side to make 2 pieces. Place a small amount of filling in the centre of one end of each piece, fold in the sides over the filling and then roll. Seal the end with a little more of the oil/butter mixture. Brush over the roll with more oil/butter and place on a baking dish.

When the baking dish is full or you have made enough, bake at 180°C (350°F, Gas Mark 4) until golden brown.

Notes

The parcels can be made in advance and kept in a fridge until required.

Variation

Fillings

Goats cheese.

Spinach and ricotta.

Samosa mix (see Samosa recipe).

Gazpacho Soup

Ingredients

3 Slices of bread	2 Garlic clove
½ Cucumber	1 Green peppers
1 Red peppers	1 Onions
600 gm Tomatoes (1½ lb)	80 ml Olive oil (3 fl oz)
2 Tbsp Vinegar	½ tsp Salt
½ tsp Black pepper	½ tsp Majoram
1 tsp Basil	300 ml Tomato juice (10 fl oz)

Method

Cut the bread (preferably brown bread) into cubes and pour the tomato juice over them. Leave to soak for about 5 minutes. Chop the garlic, cucumber, peppers, onion and tomatoes. Put the chopped garlic and all the vegetables into a food processor together with the bread and puree the soup. Add the oil, vinegar, salt, pepper, marjoram and basil and mix well. The soup should be the consistency of single cream so add more tomato juice if necessary.

Chill the soup for at least an hour before serving.

To serve, chop some cucumber, spring onion, pepper and tomatoes into small dice. Cut some bread into small dice and fry them to make croutons. Ladle the soup into a bowl and spoon a little of each of the garnishes into the soup.

Notes

Fresh tomatoes or tinned tomatoes can be used in place of the tomato juice. You may need to add extra liquid (water or vegetable stock) to get the correct consistency.

Prawn and Haddock Terrine

Ingredients

225 gm Cooked prawns (8 oz)	700 gm Smoked haddock (1½ lb)
100 gm Butter or margarine (4 oz)	100 gm Breadcrumbs (4 oz)
2 Lemon(s), juice and zest	2 Egg(s)
Parsley	Salt
Black pepper	

Method

Pre-heat the oven to 150°C (300°F, Gas Mark 2).

If the prawns are large, chop them into smaller pieces. Squeeze the juice of half a lemon over them and season with salt and pepper.

Put the remaining lemon juice and the zest into a food processor. Add the boned and skinned haddock cut into chunks. Reduce to a puree. Soak the breadcrumbs in the melted butter, then stir in the well beaten eggs. Beat into the fish mixture, then add the prawns and chopped parsley.

Put into a buttered loaf tin, covered with a foil lid pierced to allow the steam to escape. Stand in a roasting dish half filled with water. Cook for 1.5 hours.

Serve with thin toast.

Samosas

Ingredients

25 gm Root ginger (1 oz)	200 gm Potatoes (8 oz)
50 gm Onions (2 oz)	150 gm Peas (6 oz)
1 Chilli	1 Tbsp Coriander leaves
½ Tbsp Lemon juice	1 tsp Cayenne pepper
1 tsp Garam marsala	1 tsp Coriander seeds
1 tsp Salt	

Method

Cook the potatoes and allow to cool. Cut them into small dice - about 2cm square.

Chop the onions. Peel and finely chop or grate the ginger. Finely chop the chilli and coriander leaves. Dry roast the coriander seeds and crush.

Heat the oil and fry the onions, ginger and chilli. Add the cooked peas, then the rest of the ingredients and mix well.

Use filo pastry to make the samosas (see Filo Parcels).

Notes

The amount of chilli required will depend on how hot the chilli is and how hot you like it. Add it gradually and taste to get the right degree of hotness. Remember that once it is inside the pastry it will be less hot.

The mixture improves with keeping so try to make it a day in advance. It can also be frozen.

If you do not have coriander seeds use ground coriander instead.

Cakes and bread

Apple Cake

Ingredients

200 gm Plain flour (8 oz)	75 gm Sultanas (3 oz)
100 gm Butter or margarine (4 oz)	100 gm Caster sugar (4 oz)
2 tsp Baking powder	1 pinch Salt
200 gm Apple diced or sliced (8 oz)	2 Egg(s)
1 Lemon(s), juice and zest	

Method

Preheat the oven to 175°C (350°F, Gas Mark 4).

Rub the butter or margarine into the flour, baking powder and salt. Add sugar, fruit, lemon juice and zest. Then add beaten eggs and mix well. Turn into a greased cake tin and bake for 1 hour.

Boiled Fruit Cake

Ingredients

100 gm Butter or margarine (4 oz)

300 gm Sultanas (12 oz)

200 gm Plain flour (8 oz)

1 tsp Mixed spice

100 gm Granulated white sugar (4 oz)

1 Egg(s)

2 tsp Baking powder

Method

Put the butter or margarine, sugar and sultanas in a saucepan and bring to the boil. Simmer for 20 minutes. Leave to cool.

Heat the oven to 150°C (300°F, Gas Mark 2).

Add the egg and dry ingredients to the fruit and mix well. Pour into a greased cake or loaf tin and bake for 1 to 1 1/2 hours.

Boston Bread

Ingredients

450 gm Wholemeal flour (1 lb)
200 gm Mixed dried fruit (8 oz)
4 Tbsp Golden syrup
pinch Salt

500 ml Milk (1 pint)
200 gm Granulated white sugar (8 oz)
1 tsp Bicarbonate of soda

Method

Warm the milk and the golden syrup. Add the bicarbonate of soda and then all the other ingredients. Spoon the mixture into a pudding bowl and steam for 3 hours.

Bread

Ingredients

450 gm Strong white flour (bread) (1 lb)

½ Tbsp Butter/oil

2 tsp Granulated white sugar

2 tsp Salt

2 tsp Yeast

500 ml Water (1 pint)

Method

Sprinkle the yeast onto the sugar and water and stir well. Leave for 10 minutes until frothy.

Put the flour and salt into a mixing bowl. Make a well in the flour and pour in the yeast and the oil or melted butter. For white bread only add an additional 1 Tablespoon of sugar. Mix with a knife and then knead for 10 minutes. Form the dough into a mound in the bowl, brush with oil to prevent the outside from hardening, cover with a large plastic bag or cling film making sure there is enough room for the dough to rise without touching and leave in a warm place for 1 and 1/2 hours to rise. At room temperature you will need to leave the dough to rise for 2 hours.

Knead the dough again for a few minutes, then form it into loaves and place in well-oiled loaf tins. Leave to rise again for a further hour.

Heat the oven to 220°C (425°F, Gas Mark 7). Bake the bread for 10 to 15 minutes then turn the oven down to 185°C (375°F, Gas Mark 4) for a further 30 to 45 minutes. Remove the loaf from the tin to cool.

Notes

To check that the bread is cooked, tap the base of the loaf. It should sound hollow. If it does not seem to be cooked, return to the oven for a few minutes longer.

Choux buns/Eclairs

Ingredients

60 gm Strong white flour (bread) (2½ oz)

50 gm Butter (2 oz)

pinch Salt

2 Egg(s)

150 ml Water (5 fl oz)

1 tsp Vanilla essence

Method

Preheat the oven to 200°C (400°F, Gas Mark 6).

Boil the butter and water. Add the flour stirring until you hve a smooth paste. Beat in the egg, salt and vanilla essence. Place mounds of the mixture on a greased baking tray and bake for 30 to 40 minutes. Pierce each bun or éclair to let the steam escape and leave to cool on a cooling rack.

Notes

Add 1 tsp of sugar instead of the salt if you want the buns to be sweet.

Delia Smith suggests using strong white flour instead of plain flour.

Coconut Cake

Ingredients

100 gm Butter or margarine (4 oz)	100 gm Granulated white sugar (4 oz)
100 gm Plain flour (4 oz)	1 tsp Baking powder
3 Tbsp Milk	3 Egg yolk(s)

Topping

3 Egg white(s)	100 gm Caster sugar (4 oz)
100 gm Desiccated coconut (4 oz)	1 tsp Cornflour

Method

Pre-heat the oven to 190°C (375°F, Gas Mark 5).

Cream the butter or margarine and sugar, then add the beaten egg yolks. Fold in the sieved dry ingredients and milk alternately. Spread the mixture into a well-greased and lined cake tin.

Beat the egg whites until stiff and then beat in the caster sugar. Fold in the coconut and cornflour. Spread the mixture over the cake. Bake for 1 hour.

Coconut Lime Cake

Ingredients

150 gm Plain flour (6 oz)	3 tsp Baking powder
150 gm Butter or margarine (6 oz)	3 Egg(s)
50 gm Desiccated coconut (2 oz)	2 Tbsp Coconut milk powder
2 Lime(s), juice and zest	

Icing

200 gm Icing sugar (8 oz)	3 Lime(s), juice and zest
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Method

Pre-heat the oven to 170°C (325°F, Gas Mark 3).

Grate the zest from the 2 limes onto a saucer and put to one side. Put the coconut into a bowl and pour the juice of the 2 limes over it. Leave to soak for about an hour.

Sift the flour, then add all the other cake ingredients including the coconut and lime zest. Whisk until thoroughly blended. This can be done in a food processor. Divide the mixture between two 8 inch (20cm) cake tins which have been greased and lined on the base with greaseproof paper or baking parchment. Bake for 30 to 35 minutes until the centres feel springy to the touch. Allow to cool for 5 minutes, then turn them out onto a cooling rack and remove the lining paper. Leave to cool completely.

Remove the zest from the remaining 3 limes. With a sharp knife remove the outer pith and then carefully remove each segment from the membrane, holding the limes over a bowl to catch any juice. Squeeze any remaining juice from the pith into the bowl. Sift the icing sugar onto the limes a bit at a time, taking care not to break up the segments too much. Allow the mixture to stand for 5 minutes, then spread half over one cake and scatter with half the zest. Place the other cake on top and spread the rest of the icing over the top. Decorate with the remaining zest. Leave the icing to firm up (in a fridge if necessary) before serving.

Coffee and Walnut Cake

Cake

1½ Tbsp Instant coffee	75 gm Walnuts (3 oz)
150 gm Plain flour (6 oz)	3 tsp Baking powder
150 gm Butter or margarine (6 oz)	150 gm Caster sugar (6 oz)
3 Egg(s)	

Syrup

1 Tbsp Instant coffee	55 ml Water (2 fl oz)
50 gm Demerara sugar (2 oz)	

Filling

1 Tbsp Instant coffee	1 Tbsp Caster sugar
1 Tbsp Walnuts	250 gm Mascarpone (9 oz)
200 ml Fromage Frais (7 fl oz)	

Method

Pre-heat the oven to 170°C (325°F, Gas Mark 3).

Toast all the walnuts by spreading them on a baking tray and placing in the oven for 7 minutes. Take care they do not burn. Reserve a few for decoration if required. Chop the rest.

For the cake, mix all the ingredients except the coffee, water and walnuts and whisk until you have a smooth well-combined mixture. This will require the butter or margarine to be soft. You can do this in a food processor if preferred. Mix the coffee in the boiling water. Fold the coffee and walnuts into the mixture. Divide the mixture between two 8 inch (20cm) cake tins which have been well-greased and lined on the base with greaseproof paper or baking parchment. Bake for 30 minutes.

For the syrup, mix the coffee and sugar and add boiling water stirring until dissolved. For the filling, whisk together all the ingredients except the reserved walnuts and chill until required.

When the cakes are cooked, remove from the oven and leaving them in the tins, prick them all over with a skewer or fork while they are still hot. Pour over the syrup as evenly as possible. When they are cold, turn them out and remove the lining paper. Spread half the filling over the first cake, place the second on top and then spread the remaining filling over the top. Decorate with the reserved walnuts. If you are not going to serve the cake immediately, keep it chilled in the fridge until required.

Creole Cake

Ingredients

400 gm Raisins (1 lb)	50 gm Dried cherries (2 oz)
100 gm Dried prunes (4 oz)	200 gm Currants (8 oz)
100 gm Candied peel (4 oz)	50 gm Mixed nuts (2 oz)
1½ tsp Vanilla essence	1 tsp Mixed spice
1 tsp Ground nutmeg	1 tsp Cinnamon
1 tsp Ground ginger	4 Tbsp Brandy
4 Tbsp Port	4 Tbsp Grand Marnier
3 Tbsp Water	1 Tbsp Muscavado sugar

Cake

250 gm Butter or margarine (9 oz)	250 gm Demerara sugar (9 oz)
250 gm Plain flour (9 oz)	1 tsp Baking powder
5 Egg(s)	

Method

Mix the fruit, spices and flavourings and warm on a low heat for 15 minutes. Stand overnight.

Pre-heat the oven to 135°C (275°F, Gas Mark 1).

Cream the butter or margarine and sugar, then add the well beaten eggs. Add the flour and baking powder, then the fruit and mix well. Pour into a large cake tin lined with greased brown paper (or grease-proof paper) and cover with another piece of paper to prevent burning. Bake for 3 to 4 hours until the cake is springy to the touch.

Notes

Any combination of dried fruits and nuts can be used. I usually include dried apricots. I also often increase the amount of fruit by up to a half.

Similarly different types of alcohol can be used to soak the fruit.

The spices can be altered to taste and more added if required.

Crumpets

Ingredients

100 gm Plain flour (4 oz)
pinch Salt
3 tsp Baking powder
1 Egg(s)

1½ Tbsp Granulated white sugar
125 ml Milk (¼ pint)
1 Tbsp Butter or margarine

Method

Beat the egg and sugar until fluffy. Stir in the melted butter, then half the milk. Add the sifted flour and baking powder, then the rest of the milk, beating well.

Heat a frying pan or griddle. Melt a small knob of butter and using a ladle or tablespoon, drop some mixture onto the pan. When the mixture forms small bubbles around the edge, turn the crumpet. When the other side is cooked, place onto a tea towel and cover to keep warm. Continue until the mixture is all used.

Notes

It is important to get the temperature of the pan just right, otherwise the crumpets either disintegrate or burn. Trial and error is the only way to get it right!

Date Nutbread

Ingredients

300 gm Plain flour (12 oz)	2 tsp Baking powder
50 gm Walnuts (2 oz)	100 gm Stoned dried dates (4 oz)
75 gm Granulated white sugar (3 oz)	50 gm Butter or margarine (2 oz)
2 Egg(s)	pinch Salt
200 ml Milk (7 fl oz)	

Method

Pre-heat the oven to 175°C (350°F, Gas Mark 4).

Sift the flour, baking powder and salt into a bowl. Stir in the sugar, walnuts and dates. Lightly beat the eggs and milk and pour into the centre of the dry ingredients. Beat well, then add the melted butter and mix. Pour into a greased loaf tin and bake for 1 hour.

Fridge Cake

Ingredients

400 gm Condensed milk (14 oz)

200 gm Nice biscuits (7 oz)

Method

Caramelise the condensed milk by placing the tin in a pan of COLD water and bringing it to the boil. Boil for about 2 hours, making sure that there is enough water to cover the tin(s) at all times. Take off the heat and allow to cool slightly before opening the tin and using.

Place a layer of Nice biscuits (say 5) on a board, broad side of biscuit to broad side. I usually cover the board with Foil first. Spread some of the caramelised condensed milk over the layer of biscuits. Cut a biscuit in half length ways with a sharp knife. Make the next layer with the half biscuit at each end and whole biscuits between. Cover with the condensed milk again. Continue to build the cake alternating whole biscuits and halves at each end until you have a cake the height you want. Spread the condensed milk over the sides and sprinkle with a few crumbs of biscuit. Put into the fridge to set.

To serve cut into slices about 2cm thick.

Notes

It is better to make the cake while the condensed milk is still warm.

Gingerbread

Ingredients

100 gm Butter or margarine (4 oz)	1 Egg(s)
100 gm Granulated white sugar (4 oz)	200 gm Plain flour (8 oz)
½ tsp Bicarbonate of soda	4 Tbsp Golden syrup
3 tsp Ground ginger	2 tsp Mixed spice
200 ml Water (7 fl oz)	

Method

Pre-heat the oven to 150°C (300°F, Gas Mark 2).

Cream the butter, sugar and golden syrup. Dissolve the bicarbonate of soda in warm water. Add the egg to the butter mixture and beat well. Then beat in the spices and flour alternately with the bicarb and water. Pour the mixture into a greased cake or loaf tin and bake for 1 hour. The cake should be springy to the touch.

Koeksisters

Ingredients

450 gm Plain flour (1 lb)

6 tsp Baking powder

pinch Salt

2 Tbsp Granulated white sugar

2 Egg(s)

300 ml Milk (10 fl oz)

2 Tbsp Butter

Syrup

800 ml Water (30 fl oz)

Lemon juice

800 gm Granulated white sugar (2 lb)

Cinnamon

Method

Rub the butter into the dry ingredients. Make a dough with milk and egg - not too soft. Leave to stand overnight.

Put the syrup ingredients into a saucepan and cook until thick. Leave to cool, then place in the fridge overnight.

Roll the dough thinly and cut into strips about 1 inch wide (30mm) and 3 inches long (10cm). Cut a slit down each strip leaving one end uncut and make into a plait. Deep fry 1 or 2 koeksisters at a time and immerse in COLD syrup immediately. Remove and leave to drain. Only a part of the syrup should be used at a time, keeping the rest cold. This ensures that the hot koeksisters properly absorb the syrup.

Lamington Cake

Ingredients

200 gm Butter or margarine (8 oz)

200 ml Milk (7 fl oz)

300 gm Plain flour (12 oz)

4 Egg(s)

400 gm Granulated white sugar (1 lb)

2 tsp Baking powder

Method

Pre-heat the oven to 185°C (375°F, Gas Mark 4).

Cream the butter and sugar. Add the well-beaten eggs. Fold in the sifted flour and baking powder alternately with the milk. Pour into a well-greased cake tin and bake for 1 to 1.5 hours.

Marsala Cake

Cake base

100 gm Plain flour (4 oz)	pinch Salt
1 tsp Baking powder	100 gm Butter or margarine (4 oz)
2 Egg yolk(s)	75 gm Caster sugar (3 oz)
125 ml Milk (5 fl oz)	

Filling

1½ Tbsp Cornflour	2 Egg yolk(s)
500 ml Milk (20 fl oz)	2 Tbsp Granulated white sugar
2 Tbsp Double cream	1 Tbsp Marsala wine

Meringue topping

2 Egg white(s)	3 Tbsp Caster sugar
1 tsp Cinnamon	

Method

Pre-heat the oven to 200°C (400°F, Gas Mark 6).

For the cake base, cream the butter and sugar. Add the well-beaten egg yolks. Fold in the sifted flour, salt and baking powder alternately with the milk. Pour into 2 well-greased cake tins and bake for about 10 minutes.

Reduce the oven temperature to 100°C (210°F, Gas Mark 0).

To make the filling, heat the milk to boiling point. Beat together the sugar and egg yolks, then add the cream. Stir in the cornflour, then add the boiling milk. Cook until thickened into custard. Remove from the heat and add the Marsala.

To make the meringue, beat the egg whites until stiff and then beat in the caster sugar. Fold in the cinnamon.

To assemble the cake, sandwich the cakes together with the custard filling. Cover the cake with the meringue and bake for at least 30 minutes until golden brown and firm.

Mrs Croft's Christmas Cake

Ingredients

400 gm Caster sugar (1 lb)	600 gm Plain flour (1½ lb)
400 gm Butter or margarine (1 lb)	1½ tsp Baking powder
1600 gm Mixed dried fruit (4 lb)	200 gm Stoned dried dates (8 oz)
100 gm Candied peel (4 oz)	Mixed nuts
200 ml Brandy (8 fl oz)	2 tsp Mixed spice
1 tsp Cinnamon	1 tsp Ground ginger
1 Tbsp Cocoa	1 Tbsp Marmalade
1 Tbsp Strong coffee	8 Egg(s)

Method

Soak the fruit in the brandy overnight - not the nuts (which are optional).

Pre-heat the oven to 175°C (350°F, Gas Mark 4).

Cream the butter and sugar and then add the eggs, beating until fluffy. Add the rest of the ingredients and mix well. Pour into a large cake tin which has been lined with brown paper or multiple layers of grease-proof paper. To prevent burning, cover the cake with a piece of brown paper. Bake for an hour then reduce the oven temperature to 120°C (250°F, Gas Mark ½) and bake for a further 3 hours. Use a skewer to test that the cake is cooked properly in the centre - it should come out clean if the cake is cooked through.

Norfolk Tea Loaf

Ingredients

275 gm Mixed dried fruit (10 oz)

175 gm Soft brown sugar (7 oz)

2 tsp Baking powder

250 ml Cold tea (½ pint)

275 gm Plain flour (10 oz)

1 Egg(s)

Method

Soak the fruit in the tea and sugar overnight.

Pre-heat the oven to 180°C (350°F, Gas Mark 4).

Add the lightly beaten egg to the fruit together with the dry ingredients and mix well. Put the mixture into a greased loaf tin and bake for 1.5 hours.

Orange Cake (or Lemon)

Ingredients

100 gm Butter or margarine (4 oz)

150 gm Plain flour (6 oz)

2 Egg(s)

4 Tbsp Milk

150 gm Caster sugar (6 oz)

2 tsp Baking powder

1 Orange zest

Topping

1 Orange juice

75 gm Caster sugar (3 oz)

Method

Pre-heat the oven 175°C (350°F, Gas Mark 4).

Put all the cake ingredients into a mixing bowl or food processor and mix well. Pour into a greased cake or loaf tin, lined with grease-proof paper or baking parchment. Bake for 40 to 50 minutes.

For the topping, mix the juice and sugar but do not completely dissolve the sugar. Pour the topping over the cake as soon as it comes out of the oven while it is still hot. Leave in the tin to cool.

Notes

You can also use the recipe to make small cup cakes. I use paper cases to do this.

Variation

For lemon cake, replace the orange zest and juice with lemon.

Parker House Rolls

Ingredients

400 gm Plain flour (1 lb)

1 Tbsp Granulated white sugar

1 tsp Salt

6 tsp Baking powder

3 Tbsp Butter or margarine

300 ml Milk (0.6 pint)

Method

Sift the flour, salt and baking powder. Add half the melted butter and sugar and mix to a smooth dough. Roll the dough to a thickness of 1/2 inch (10mm). Cut out rounds of dough with a 3 inch (75mm) cutter. Spread half the round with melted butter and fold over. Place the rolls on a baking tray and stand for 15 to 20 minutes in a warm place.

Heat the oven to Gas Mark 0.

Brush the tops of the rolls with melted butter and bake for 10 to 20 minutes. This makes about 15 rolls.

Rock Cakes

Ingredients

200 gm Plain flour (8 oz)

100 gm Caster sugar (4 oz)

1 Egg(s)

125 gm Mixed dried fruit (5 oz)

75 gm Butter or margarine (3 oz)

1 tsp Baking powder

1 Tbsp Milk

Method

Pre-heat the oven to 190°C (375°F, Gas Mark 5).

Sift the dry ingredients and then rub in the fat until it becomes fine crumbs. Add the sugar and dried fruit. Beat the egg and milk and stir into the mixture to make a firm dough. Put small mounds of the mixture onto a greased baking tray. Bake for 15 minutes until golden brown.

Shortcake

Ingredients

100 gm Plain flour (4 oz)

100 gm Granulated white sugar (4 oz)

100 gm Butter or margarine (4 oz)

1 Egg(s)

Method

Pre-heat the oven to 175°C (350°F, Gas Mark 4).

Cream the butter and sugar. Beat in the egg and then the flour. Spread into a greased cake tin and bake until golden brown.

Sponge Cake (Chocolate/Coffee/etc)

Ingredients

2 Egg(s)	150 gm Caster sugar (6 oz)
100 gm Plain flour (4 oz)	2 tsp Baking powder
2 Tbsp Milk	2 Tbsp Water
2 Tbsp Butter or margarine	Flavouring of choice

Method

Pre-heat the oven to 200°C (400°F, Gas Mark 6).

Melt the butter or margarine in the milk. Separate the eggs. Beat the egg whites until stiff, then add the yolks one at a time still beating. Then add the sugar gradually while continuing to beat. This can all be done in a food processor using the whisking attachment.

Fold the sifted flour and baking powder into the egg mixture and then fold in the butter mixture and the required flavouring with the water. Pour the mixture into a well greased cake tin approximately 7 inches in diameter, lined on the base with oiled grease-proof paper. Bake for 20 minutes. The cake should be springy to the touch. Turn out onto a cooling rack to cool and remove the paper from the base.

Notes

If you want to make 2 layers, divide the mixture between 2 cake tins.

For a bigger cake double the recipe. If a bigger cake tin is used you may need to cook the cake a little longer but be careful not to burn it.

Variation

Flavourings.

Chocolate:

Mix 1 heaped Tbsp of cocoa with the water and an additional Tbsp of water to form a paste. I usually add this to the melted butter mixture before folding it into the rest.

Coffee:

Use the water to make some strong instant coffee and proceed as per the recipe.

Orange/Lemon:

Substitute the water with orange or lemon juice and add some of the zest as well.

Swiss Roll

Ingredients

3 Egg(s)	3 Tbsp Caster sugar
3 Tbsp Plain flour	1 Tbsp Milk
1 tsp Baking powder	1 tsp Vanilla essence

Method

Pre-heat the oven to 190°C (375°F, Gas Mark 5).

Separate the eggs. Beat the egg whites until stiff, then add the egg yolks followed by the sugar still beating. This stage can all be done in a food processor.

Fold in the sifted dry ingredients. Add the milk and vanilla essence. Line a greased baking tray with greaseproof paper or baking parchment. Pour the mixture into the tray and bake for 7 to 10 minutes.

When cooked turn out immediately onto a damp cloth or tea towel sprinkled with caster sugar. Remove the paper from the base of the cake and trim the crisp edges. Spread with jam or other filling and gently roll up.

Notes

If the filling is cream, you will need to roll the cake up while it is warm, then unroll it when cool to add the filling before rolling it up again.

Tea Bread

Ingredients

200 gm Sultanas (7 oz)

175 gm Stoned dried dates (6 oz)

425 ml Hot tea ($\frac{3}{4}$ pint)

2 tsp Baking powder

2 tsp Mixed spice

25 gm Butter or margarine (1 oz)

200 gm Raisins (7 oz)

110 gm Dried apricots (4 oz)

350 gm Plain flour (12 oz)

50 gm Muscavado sugar (2 oz)

1 tsp Ground ginger

2 Egg(s)

Method

Soak the fruit in the hot tea overnight.

Pre-heat the oven to Gas Mark 0. Grease or line 2 loaf tins.

Put all the dry ingredients into a mixing bowl and mix well. Add soaked fruit and any liquid remaining and mix. Then add the rest of the ingredients and mix well. Divide between the 2 loaf tins. Bake for 50 to 60 minutes.

Notes

This tea bread freezes well.

Biscuits

Afghans

Ingredients

175 gm Butter or margarine (7 oz)	175 gm Plain flour (7 oz)
75 gm Granulated white sugar (3 oz)	75 gm Cornflakes (3 oz)
1 Tbsp Cocoa	1 tsp Baking powder
1 tsp Vanilla essence	

Method

Pre-heat the oven to 200°C (400°F, Gas Mark 6).

Cream the butter and sugar. Add the flour, baking powder, cocoa and vanilla essence. Work in the slightly crushed cornflakes. Form into small mounds and place on a greased baking tray. Bake for 10 minutes.

Caramel Squares

Ingredients

100 gm Butter (4 oz)	50 gm Granulated white sugar (2 oz)
200 gm Mixed dried fruit (8 oz)	1 Egg(s)
1 tsp Vanilla essence	400 gm Condensed milk (14 oz)
200 gm Marie biscuits (8 oz)	

Method

Melt the butter and sugar in a saucepan. Add the tin of condensed milk and the dried fruit and bring to the boil, stirring constantly to avoid the mixture catching on the base of the pan and burning. Beat the egg well and stir into the fruit mixture taking care not to scramble the eggs. Add the vanilla (or almond) essence and boil for about 2 minutes or until the mixture is caramel-coloured. Crush the packet of Marie biscuits quite finely using a food processor if you have one. Stir the biscuit crumbs into the fruit mixture. Spread the mixture into a well-greased baking tray and leave to cool. When quite firm, cut into squares.

Cheese Biscuits

Ingredients

50 gm Plain flour (2 oz)

50 gm Cheshire cheese (2 oz)

2 pinch Salt

pinch Cayenne pepper

50 gm Parmesan cheese (2 oz)

50 gm Butter (2 oz)

pinch Black pepper

Method

Pre-heat the oven to 190°C (375°F, Gas Mark 5).

Grate the Parmesan and Cheshire cheese. You can use a food processor for this. Sift the flour into a bowl and add the seasoning. Add the butter and parmesan to the flour and rub the mixture to a crumb consistency. Stir in the Cheshire cheese and work the mixture to form a dough. All the mixing can be done in a food processor if preferred. Roll the dough to a thickness of around 1/8 inch (3mm) and use a small cutter to cut out the biscuits. If you do not have a cutter, use a knife to cut strips (like cheese straws). Place on a greased baking sheet and bake for 10 to 12 minutes. Leave to cool and set.

Cheese Puffs

Ingredients

100 gm Cheddar cheese (4 oz)

2 tsp Baking powder

pinch Salt

100 gm Plain flour (4 oz)

250 ml Milk ($\frac{1}{2}$ pint)

pinch Cayenne pepper

Method

Pre-heat the oven to 250°C (500°F, Gas Mark 9).

Grate the cheese, using a food processor if preferred. Mix the dry ingredients and cheese. Add milk to make a sticky dough. Spoon small mounds of the mixture onto a greased baking sheet. Bake for 10 minutes. Serve while still warm.

Chocolate Crunchies

Ingredients

100 gm Butter or margarine (4 oz)

100 gm Plain flour (4 oz)

3 tsp Cocoa

2½ Tbsp Granulated white sugar

1 tsp Baking powder

75 gm Desiccated coconut (3 oz)

Topping

200 gm Icing sugar (8 oz)

Water

1 tsp Cocoa

Method

Pre-heat the oven to 150°C (300°F, Gas Mark 2).

Cream the butter and sugar, then add the dry ingredients. Spread the mixture into a greased baking tray. Bake for 30 minutes.

Mix the topping ingredients to a thick pouring consistency using boiling water to cook the cocoa a little. Pour the topping over the biscuit base whilst still warm. Leave to cool slightly before cutting into squares.

Coconut Pyramids

Ingredients

2 Egg white(s)

150 gm Desiccated coconut (6 oz)

125 gm Caster sugar (5 oz)

25 gm Plain flour (1 oz)

Method

Pre-heat the oven to 200°C (400°F, Gas Mark 6).

Beat the egg whites until stiff, then beat in the sugar. Fold in the coconut and flour. Place small mounds of the mixture onto a well-greased baking tray. Bake until golden brown.

Crunchies (or Flapjacks)

Ingredients

200 gm Oats (8 oz)	75 gm Desiccated coconut (3 oz)
100 gm Plain flour (4 oz)	200 gm Granulated white sugar (8 oz)
1 tsp Bicarbonate of soda	100 gm Butter or margarine (4 oz)
1½ Tbsp Golden syrup	

Method

Pre-heat the oven to 150°C (300°F, Gas Mark 2).

Mix the dry ingredients. Melt the sugar, golden syrup and butter. Pour over the dry ingredients and mix well. Spread evenly over a well-greased baking tray and bake until golden brown. Leave to cool slightly the cut into squares and leave to cool and firm.

Melting Moments

Ingredients

150 gm Butter or margarine (6 oz)

50 gm Caster sugar (2 oz)

150 gm Plain flour (6 oz)

50 gm Custard powder (2 oz)

Method

Heat the oven to 120°C (250°F, Gas Mark ½).

Cream the butter and sugar. Add the dry ingredients and mix well. Form the dough into small balls (walnut-sized), place on a greased baking tray and flatten with a fork to make a biscuit. Bake for 15 minutes. Leave to cool. The biscuits will firm as they cool.

Meringues

Ingredients

2 Egg white(s)

pinch Salt

100 gm Caster sugar (4 oz)

Method

Heat the oven to 120°C (250°F, Gas Mark ½).

Beat the egg whites until stiff (standing in peaks). Beat in the salt and most of the sugar, then fold in the remaining sugar. Bake until set and slightly brown. This will take between 1/2 to 1 hours.

Rice Crispie Biscuits

Ingredients

100 gm Marshmallows (4 oz)

100 gm Butter (4 oz)

1 tsp Vanilla essence

100 gm Rice Crispies (4 oz)

50 gm Chocolate (2 oz)

Method

Melt the marshmallows and add the butter and chocolate. Add the rice crisps and vanilla essence. Press into a greased baking tray and leave to set. Cut into squares.

Notes

The chocolate can be omitted if preferred.

Rusks

Ingredients

550 gm Strong white flour (bread) (20 oz)

300 gm Granulated white sugar (12 oz)

200 gm Butter (8 oz)

1 tsp Salt

Ingredients

2 tsp Yeast

1 tsp Granulated white sugar

100 ml Water (0.2 pint)

½ tsp Salt

Method

Stir the yeast into warm water with the sugar and salt. Mix the flour, sugar and salt in a mixing bowl. Add the melted butter to the yeast. Make a well in the flour and pour in the yeast mixture. Mix well and then knead the dough for 20 minutes. Brush the dough with oil, cover the bowl with a large plastic bag and leave to prove (rise) overnight.

Knead the dough again, then form into small balls placed close together in a deep greased baking tin. Leave to rise again until doubled in size.

Bake at 185°C (375°F, Gas Mark 4) for 1 to 1.5 hours. Separate while still hot.

To harden to rusks, lay on a cooling rack or baking tray and place in the oven to dry.

Notes

They are delicious both fresh and dried.

Scones

Ingredients

200 gm Plain flour (8 oz)

½ tsp Salt

170 ml Milk (6 fl oz)

4 tsp Baking powder

4 Tbsp Butter or margarine

Method

Pre-heat the oven to 200°C (400°F, Gas Mark 6).

Rub the fat into the dry ingredients using a food processor if preferred. Add the milk to make a soft dough.

Roll on a lightly floured board to a thickness of about 1/2 inch (10mm). Use a suitable sized pastry cutter to cut scones. Place on a greased baking tray and bake for 10 to 12 minutes until the scones are browned and cooked.

Variation

Fruit scones:

Add a handful of dried fruit to the mixture with the milk.

Rich scones:

Replace the milk with an egg and 5 floz (120ml, 1/2 cup) of milk.

Cheese:

Add grated cheese (eg cheddar) to the mixture with some cayenne pepper.

Shortbread

Ingredients

200 gm Butter (8 oz)

300 gm Plain flour (12 oz)

100 gm Caster sugar (4 oz)

Method

Pre-heat the oven to 175°C (350°F, Gas Mark 4).

Cream the butter and caster sugar. Work in the flour until thoroughly mixed. Spread into a well-greased baking tray and prick all over with a fork. Bake for 10 minutes at 175°C (350°F, Gas Mark 4) then for a further 25 minutes at 150°C (300°F, Gas Mark 2). Cut into fingers before the shortbread sets too hard.

Notes

If preferred, roll the dough to a thickness of 3/4 inch (15mm) and cut out biscuits with a pastry cutter. Place the biscuits on a baking tray and bake as before. You may need to keep an eye on the shortbread to avoid overcooking.

Puddings and desserts

Apple Crumble Cake

Ingredients

Wholemeal flour
200 gm (8 oz)

Brown sugar
Wholemeal flour

Method

Heat the oven to 200°C (400°F, Gas Mark 6).

Rub the fat into the flour and baking powder. Add the sugar. This can all be done in a food processor.

Put half the mixture into a round baking tin (preferably with a loose base). Then spoon the cooked apple onto the base leaving a gap at the edge. Cover with the rest of the crumble mix and gently firm with a spoon. Bake in a hot oven until golden brown. Serve hot or cold.

Notes

The crumble mix can be used just as a topping to any fruit if required.

Apple Crunch

Ingredients

100 gm Breadcrumbs (4 oz)

200 gm Brown sugar (8 oz)

Cooked apple

100 gm Butter or margarine (4 oz)

1 tsp Cinnamon

Method

Preheat the oven to 180°C (350°F, Gas Mark 4).

Put the cooked apple into a baking dish. Melt the butter or margarine in a frying pan, add the breadcrumbs and cinnamon, then the sugar and fry until crisp. Be careful not to burn the mixture. Spread the breadcrumb mixture over the apple and bake until brown.

Variation

Walnuts can be added if preferred.

Baked Custard

Ingredients

500 ml Milk (1 pint)

2 Egg(s)

Nutmeg (grated)

2 tsp Vanilla essence

2 Tbsp Caster sugar

Method

Preheat the oven to 150°C (300°F, Gas Mark 2).

Heat the milk until a skin forms on the surface (ie scald the milk). Beat the eggs and sugar until frothy, then add the vanilla essence and milk, beating well to prevent the eggs from scrambling. Pour the mixture into a greased baking dish. Grate a little nutmeg over the pudding. Stand the dish in a pan/dish of cold water and bake until set.

Baked Fruit

Ingredients

Pears	Plums
Peaches	Grapes
Apple diced or sliced	Oranges
Cinnamon	Water
Red wine	Nectarines

Method

Pre-heat the oven to 180°C (350°F, Gas Mark 4).

Cut the plums, peaches, nectarines, etc in halves or quarters and remove the stones. Peel, core and slice the apples and pears. Grapes and other soft fruit can be added whole. Peel the oranges and remove all pith, then cut into chunks. Place all the fruit in a large baking dish, sprinkle with cinnamon and add a little water or wine.

Bake until the fruit starts to caramelise.

Serve hot or cold.

Notes

The fruit can be frozen and used later. It also keeps very well in the fridge.

Serve it as fruit with cream, ice cream or mascarpone.

Also use it in pies, crumbles or with Grated Pastry.

Variation

Use any fruits you like. I have used apricots, mango and pineapple in the past - in fact any fruits I happen to have.

Use orange juice as some of the liquid.

Add ground ginger and some stem ginger in place of the cinnamon.

Bakewell Tart

Ingredients

100 gm Ground almonds (4 oz)

100 gm Caster sugar (4 oz)

1 tsp Almond essence

100 gm Butter or margarine (4 oz)

2 Egg(s)

Shortcrust pastry

Method

Preheat the oven to 200°C (400°F, Gas Mark 6).

First line a flan dish with shortcrust pastry - see recipe for Shortcrust Pastry or buy ready made. Spread a thin layer of raspberry (or other) jam over the base of the pastry. Cream the butter or margarine and sugar and then gradually beat in the eggs until fluffy. Add the ground almonds and the almond essence and beat well. Spoon the mixture over the pastry. Bake for 30 to 40 minutes.

Notes

The top tends to get very brown or burn so check it and turn down the oven temperature if necessary.

Bread and Butter Pudding

Ingredients

2 Egg(s)	2 Tbsp Granulated white sugar
800 ml Milk (1½ pint)	2 tsp Vanilla essence
5 Slices of bread	1 Tbsp Butter
2 Tbsp Raisins	Nutmeg (grated)

Method

Pre-heat the oven to 150°C (300°F, Gas Mark 2).

Thinly spread the slices of bread (usually white bread) with butter and layer them into a baking dish. You may need to cut the bread into halves or quarters to fit. Sprinkle the raisins over the bread.

Heat the milk in a saucepan until it starts to rise. Meanwhile beat the eggs in a bowl with the sugar and vanilla. Pour the milk over the eggs beating well to prevent the egg from scrambling. Pour the milk mixture over the bread. Grate some nutmeg over the pudding.

Stand the baking dish in a pan of cold water and bake until golden brown and set.

Variation

Marmalade

Replace the raisins with some marmalade. Spread the marmalade over the buttered bread and proceed as normal.

Lemon

Add some lemon juice and zest to the milk mixture taking care not to curdle it.

Cheesecake

Ingredients

150 gm Cream cheese (6 oz)

125 ml Water (5 fl oz)

50 gm Icing sugar (2 oz)

200 gm Onions (8 oz)

2 tsp Gelatine (or pectin)

125 ml Double cream (¼ pint)

Base

100 gm Digestive biscuits (4 oz)

Flavouring of choice

50 gm Butter (2 oz)

Method

To make the base, crush the biscuits, stir in the melted butter and mix well. Line the base of the flan dish or loose-bottomed cake tin with the biscuit mixture.

Sieve the cottage cheese, add the cream cheese and icing sugar and mix well. Add the required flavouring. Mix the gelatine or pectin in warm water, add to the cheese mixture and beat well. Leave the mixture in the fridge until almost set. Whip the cream until fairly stiff and fold into the cheese mixture. Spoon onto the biscuit base and leave in the fridge until set or ready to serve.

Notes

If the chosen flavouring is very liquid, adjust the amount of water used.

If you prefer you can omit the gelatine and water. In this case also omit the cream and use mainly cream cheese or mascarpone which is more solid and does not require a setting agent. The result will not be as firm and therefore not as easy to serve.

Variation

Ginger:

Add 2 teaspoons ground ginger plus diced stem ginger with some of the liquid if any. Use ginger biscuits instead of digestives.

Mango:

Cut a mango into small pieces, puree about 2/3s to add to the cheese mixture. Place the pieces of mango on the base before adding the cheese mixture.

Lemon:

Juice and rind of a lemon. Optionally put a layer of raspberries under the cheese mixture.

Passion Fruit:

Pulp of 5 or more passion fruit.

Soft fruit:

Puree the fruit eg raspberry, strawberry, etc. Optionally put a layer of the whole fruit under the cheese mixture.

Chocolate Torte

Ingredients

5 Tbsp Liquid glucose

5 Tbsp Rum

500 ml Double cream (20 fl oz)

75 gm Amaretti biscuit crumbs (3 oz)

400 gm Chocolate (1 lb)

Method

Crush the amaretti biscuits and cover the base of a buttered cake tin with the crumbs.

Melt the plain chocolate with the glucose and rum until smooth. Remove from the heat and leave to cool. Beat the cream until thick and then fold into the chocolate mixture. Pour over the biscuits. Cover with cling film and leave to chill overnight.

To serve, turn out onto a serving platter and dust with cocoa powder.

Notes

The rum can be substituted with another alcohol such as Amaretto or Brandy.

Creme Brulee (Isabel's)

Ingredients

3 Egg(s)

2 Tbsp Caster sugar

2 Tbsp Grand Marnier

3 Egg yolk(s)

500 ml Single cream (1 pint)

Demerara sugar

Method

Beat all the eggs with the caster sugar until creamy. Heat the cream and Grand Marnier. Put the egg mixture into a bowl over a pan of boiling water (or a bain marie). Pour the cream onto the egg mixture slowly and cook until it thickens. Be careful not to overcook it. Pour the mixture into ramekins and chill.

About 2 hours before serving, sprinkle the brown sugar over the surface of the custards to a depth of about 1/4 inch or 5 mm. Stand the ramekins in a large dish of crushed ice. Put under a hot grill until the sugar dissolves and forms a hard glaze. Be careful not to burn the sugar. Leave to cool.

Ginger Tart

Ingredients

2 Tbsp Ginger syrup	2 Tbsp Golden syrup
400 ml Water (15 fl oz)	2 tsp Custard powder
1 Tbsp Gelatine (or pectin)	2 Tbsp Stem ginger

Base

200 gm Ginger biscuits (8 oz)	100 gm Butter (4 oz)
1 tsp Cinnamon	

Method

To make the base, crush the ginger biscuits into crumbs using a food processor. Melt the butter and add the biscuit crumbs and the cinnamon. Line the sides and base of a flan dish with the biscuit mixture.

Stir the ginger syrup (from a bottle of preserved stem ginger) and the golden syrup and water until dissolved. Bring to a boil, add the custard powder and gelatine stirring to avoid lumps. Then add the sliced stem ginger. Pour into the biscuit base and leave in a fridge to set.

Honey and Nutmeg Ice Cream

Ingredients

250 ml Milk (½ pint)

2 Egg(s)

2 tsp Ground nutmeg

4 Tbsp Flaked almonds

2 Tbsp Honey

100 gm Raisins (4 oz)

250 ml Double cream (½ pint)

Method

Heat the milk and honey and pour them over the well beaten eggs, stirring well to prevent the eggs from being scrambled. Return the mixture to the saucepan and heat gently without boiling, stirring until the mixture thickens. Strain the custard into a bowl and add the raisins, nutmeg and almonds if used. Allow to cool. Whip the cream and then fold into the custard. Pour into a freezing tray and freeze.

Notes

The flaked almonds and raisins are optional.

Remove the ice cream from the freezer about an hour before serving to allow it to soften.

Lemon Meringue Pie

Ingredients

½ Tbsp Cornflour	50 gm Granulated white sugar (2 oz)
1 Lemon(s), juice and zest	2 Egg yolk(s)
125 ml Milk (¼ pint)	

Base

Shortcrust pastry

Meringue

2 Egg white(s)	50 gm Caster sugar (2 oz)
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Method

Pre-heat the oven to 200°C (400°F, Gas Mark 6).

Line a pie or flan dish with the shortcrust pastry (see recipe under pastry).
Blind bake until golden brown.

Reduce the oven temperature to 175°C (350°F, Gas Mark 4).

Mix the cornflour and milk in a saucepan and bring to the boil, stirring constantly to avoid lumps. Remove from the heat and add the sugar, lemon juice and zest. Allow to cool slightly.

Separate the eggs. Stir the well beaten yolks into the lemon mixture. Return the saucepan to the heat and bring to the boil again. Take care not to catch the mixture on the bottom of the pan. Pour the mixture into the cooked pie case.

Beat the egg whites until stiff and then add the caster sugar still beating. Spoon the meringue over the lemon filling and bake slowly until the meringue is golden brown.

Notes

If you prefer the lemon to be sharper, use 2 lemons instead of one.

Lemon Pudding

Ingredients

1 Tbsp Butter

200 ml Milk (7 fl oz)

2 Egg(s)

1 Lemon(s), juice and zest

2 Tbsp Plain flour

100 gm Granulated white sugar (4 oz)

Method

Pre-heat the oven to 120°C (250°F, Gas Mark ½).

Separate the eggs. Cream the butter and sugar. Add the well beaten egg yolks. Add the flour, lemon juice and zest and then the milk. Beat well.

Beat the egg whites until stiff. Fold the egg whites into the lemon mixture. Turn into a well buttered oven dish and stand the dish in a pan of cold water. Bake until golden brown and set.

Notes

To make the lemon sharper, use 2 lemons instead of one.

Lime Pie

Ingredients

4 Lime(s), juice and zest

400 gm Condensed milk (14 oz)

3 Egg yolk(s)

Base

150 gm Digestive biscuits (6 oz)

100 gm Butter (3½ oz)

Method

Pre-heat the oven to 180°C (350°F, Gas Mark 4).

Crush the digestive biscuits using a food processor if available. Melt the butter and add the biscuit crumbs. Line a flan dish with the crumb mixture and bake for 10 minutes.

Beat the egg yolks and the lime zest. Add the tin of condensed milk and whisk. Then add the lime juice. Pour onto the biscuit base and bake for 20 minutes.

Notes

If preferred whole eggs can be used instead of only the yolks.

Mrs Croft's Christmas Pudding

Ingredients

300 gm Breadcrumbs (12 oz)	200 gm Granulated white sugar (8 oz)
300 gm Mixed dried fruit (12 oz)	200 gm Suet (8 oz)
200 gm Carrots (8 oz)	50 gm Candied peel (2 oz)
2 Egg(s)	1 tsp Vanilla essence
pinch Salt	1 Nutmeg (grated)
1 tsp Ground ginger	1 tsp Mixed spice
1 tsp Ground cloves	1 tsp Gravy browning
1 Orange zest	2 Tbsp Brandy

Method

Soak the fruit in the brandy overnight.

Mix all the dry ingredients in a large bowl. Add one whole egg and a yolk and the gravy browning. Mix thoroughly and leave to stand for a few hours. Spoon the mixture into well-greased pudding basins lined with foil at the base. Cover with foil secured with a rubber band or string. Steam for 3 to 5 hours and then allow to cool. Store until required - the puddings will last for months.

To serve, steam for a further 2 hours before turning out onto a serving platter.

Orange Jelly

Ingredients

250 ml Orange juice (8 fl oz)

100 gm Granulated white sugar (4 oz)

1 Tbsp Gelatine (or pectin)

125 ml Lemon juice (4 fl oz)

250 ml Water (8 fl oz)

250 ml Milk (8 fl oz)

Method

Dissolve the sugar in the fruit juice. Dissolve the gelatine in the boiling water and add to the juice. Mix well to ensure the gelatine has properly dissolved. Pour the jelly into a serving bowl and carefully pour in the milk. Do not stir - you want the milk to separate slightly. Put into a fridge to set.

Pancakes

Ingredients

100 gm Plain flour (4 oz)

200 ml Milk (7 fl oz)

2 Tbsp Butter

2 Egg(s)

80 ml Water (3 fl oz)

pinch Salt

Method

Put the flour and salt into a mixing bowl. Make a well in the flour and beat in the eggs one at a time. Then beat in the milk and water to make a batter. Immediately before using the batter, stir in the melted butter.

Queens Pudding

Ingredients

500 ml Milk (1 pint)	50 gm Breadcrumbs (2 oz)
2 Egg yolk(s)	½ Tbsp Cocoa
1 Tbsp Granulated white sugar	25 gm Butter or margarine (1 oz)
40 gm Desiccated coconut (1½ oz)	1 tsp Vanilla essence

Meringue Topping

2 Egg white(s)	1 Tbsp Caster sugar
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Method

Heat the oven to 150°C (300°F, Gas Mark 2).

Heat the milk and pour it over the dry ingredients in a mixing bowl.

Separate the eggs. Add the well-beaten yolks and vanilla essence to the bread mixture and stir well. Pour into a lightly greased baking dish. Stand the dish in a pan of cold water and bake until set. Allow the pudding to cool slightly. Spread a thin layer of jam over the surface. I use raspberry or apricot jam.

Beat the eggs whites until stiff and then beat in the caster sugar. Spread the meringue over the pudding and bake until the meringue is golden brown.

Quick Vanilla Ice Cream

Ingredients

400 gm Condensed milk (14 oz)

200 ml Creme fraiche (7 fl oz)

275 ml Double cream (10 fl oz)

2 tsp Vanilla essence

Method

Beat the cream, creme fraiche, condensed milk and vanilla together well.
Pour into a freezing tray and put into the freezer.

Notes

If you prefer sweeter ice cream, reduce the amount of cream and creme fraiche. It is also possible to use only cream or only creme fraiche if you prefer.

Remove the ice cream from the freezer at least half an hour before serving to allow it to soften.

Variation

To make different flavours of ice cream, replace the vanilla essence with one of the following.

Lemon juice and zest.

Stem ginger with 1 or 2 teaspoons of ground ginger.

Pureed fruit such as strawberries or raspberries or mango.

Pulp from 4 to 6 passion fruit.

Coconut milk and optionally dessicated coconut.

Roly Poly Pudding

Ingredients

200 gm Plain flour (8 oz)
pinch Salt
1 Egg(s)

1½ tsp Baking powder
50 gm Butter or margarine (2 oz)
Milk or water

Syrup

700 ml Water (25 fl oz)
1 Tbsp Butter or margarine
1 tsp Cinnamon

200 gm Granulated white sugar (8 oz)
1 Lemon juice

Method

Pre-heat the oven to 190°C (375°F, Gas Mark 5).

Rub the fat into the dry ingredients. Add the beaten egg and sufficient milk or water to make a scone dough. Roll the dough to form a rectangle. Spread jam over the dough and roll into a sausage shape. Place the roll into a baking dish.

To make the syrup, put the sugar and butter into a saucepan. Add the boiling water, lemon juice and cinnamon. Do not completely dissolve the sugar. Pour the syrup over the roly poly and bake until golden brown. This takes about 20 minutes.

Seb's Christmas Pudding

Ingredients

50 gm Dried apricots (2 oz)	50 gm Dried pears (2 oz)
50 gm Dried peaches (2 oz)	50 gm Dried apples (2 oz)
50 gm Stoned dried dates (2 oz)	50 gm Dried cherries (2 oz)
50 gm Dried cranberries (2 oz)	100 gm Sultanas (4 oz)
100 gm Raisins (4 oz)	100 gm Currants (4 oz)
50 gm Stem ginger (2 oz)	2 Tbsp Candied peel
50 gm Flaked almonds (2 oz)	50 gm Ground almonds (2 oz)
50 gm Brazil nuts (2 oz)	50 gm Walnuts (2 oz)
100 gm Breadcrumbs (4 oz)	100 gm Grated cooking apples (4 oz)
100 gm Amaretti biscuit crumbs (4 oz)	1 Tbsp Muscavado sugar
2 Tbsp Suet	½ tsp Ground ginger
½ tsp Mace	½ tsp Ground cloves
1 tsp Cinnamon	1 tsp Allspice
1 tsp Cardamon	1 Bottle Port
3 Egg(s)	

Method

Mix all the dry ingredients, the grated apple and the whole bottle of port and leave to stand overnight. Beat the eggs and mix with the other ingredients to a dropping consistency. Spoon into well-greased pudding basins, cover with foil secured by string or a rubber band and steam for 3 to 4 hours.

To serve steam again for 2 hours and then turn out onto a serving platter.

Semi Freddo

Ingredients

2 Egg(s)

1 tsp Vanilla essence

50 gm Caster sugar (2 oz)

500 ml Double cream (17 fl oz)

Praline

200 gm Granulated white sugar (8 oz)

Mixed nuts

4 Tbsp Water

Method

To make the praline, dissolve the sugar in the water and then bring to the boil. Boil until the sugar turns caramel coloured (about 10 minutes). Stir in the toasted nuts and pour onto a greased baking tray and allow to set. Crush the praline into almost a powder.

Whisk the egg yolks, sugar and vanilla essence. Separately whisk the egg whites and cream. Fold the praline and cream into the egg yolks. Freeze for at least 40 minutes.

Steam Pudding

Ingredients

100 gm Butter or margarine (4 oz)

2 Egg(s)

1½ tsp Baking powder

100 gm Granulated white sugar (4 oz)

150 gm Plain flour (6 oz)

3 Tbsp Milk

Method

Cream the butter or margarine and sugar, then beat in the eggs. Add the dry ingredients and milk alternately. Pour into a greased pudding basin, cover with foil secured with string or a rubberband and steam for 1 1/2 to 2 hours.

Variation

Fudge:

Adjust the standard ingredients as follows:

5 oz butter or margarine (125 gm)

5 oz brown sugar (125gm)

2 Tbsp milk

1 Tbsp golden syrup

Coat the pudding basin with a fairly thick layer of butter or margarine and then more brown sugar before pouring in the mixture.

Upside-down pudding:

Adjust the standard ingredients as follows:

5 oz butter or margarine (125gm)

5 oz brown sugar (125gm)

fruit of choice (eg pineapple, apple, plums, etc)

Line the base of an greased ovenproof dish with fresh fruit (or tinned) before spooning the mixture over the fruit. Bake for 1 1/2 hours at 180°C (350°F, Gas Mark 4).

Steamed Pudding (Fruit)

Ingredients

6 Tbsp Plain flour	2 Tbsp Granulated white sugar
3 Tbsp Mixed dried fruit	1 Tbsp Golden syrup
3 Tbsp Butter or margarine	1 tsp Bicarbonate of soda
200 ml Milk (7 fl oz)	pinch Salt

Method

Melt the butter or margarine, add the sugar, golden syrup and salt. Mix the bicarbonate of soda into the milk. Add the flour and milk to the butter and then add the fruit, mixing well. Pour the mixture into a greased pudding basin and cover with baking foil secured with string or a rubberband. Steam for 2 hours.

Swansdowne Pudding

Ingredients

4 Tbsp Plain flour
1 Tbsp Butter
2 Egg(s)

3 Tbsp Granulated white sugar
1 l Milk (2 pint)
2 tsp Vanilla essence

Method

Heat the oven to 150°C (300°F, Gas Mark 2).

Cream the butter and sugar and then add the flour. The amounts make this quite difficult but do the best you can. Bring the milk to a boil, taking care not to burn the milk and stir gradually into the flour mixture avoiding lumps. Separate the eggs. Add the well beaten egg yolks into the milk together with the vanilla essence. Beat the egg whites until stiff, then fold into the mixture. Pour into a lightly buttered oven dish and stand the dish in a pan of cold water. Grate nutmeg over the top of the pudding and bake until firm and golden brown.

We serve this warm with a spoonful of golden syrup, but this is optional. It is also good cold.

Notes

If the mixture gets lumpy push it through a sieve and stir until smooth.

Upside-down Pudding

Ingredients

100 gm Butter or margarine (4 oz)	200 gm Granulated white sugar (8 oz)
2 Egg(s)	170 ml Milk (8 fl oz)
200 gm Plain flour (8 oz)	2 tsp Baking powder
pinch Salt	1 tsp Vanilla essence

Fruit base

50 gm Butter (2 oz)	2 Tbsp Golden syrup
Pineapple	

Method

Pre-heat the oven to 180°C (350°F, Gas Mark 4).

Cream the butter and sugar. Add well beaten eggs, then the flour and milk and vanilla essence alternately. Arrange the fruit at the bottom of a well greased baking dish and pour over the melted butter and golden syrup. Spread the cake mixture over the fruit. Bake for 40 minutes until firm and golden brown.

To serve, turn the pudding out onto a serving plate.

Variation

You can use whatever fruit you want such as apple, plums, apricots, etc.

Preserves

Apricot Jam

Ingredients

900 gm Apricots (2 lb)

1 Lemon juice

900 gm Granulated white sugar (2 lb)

Method

Cut the apricots in half and remove the stones. Place the apricot halves in a preserving pan, covering or layering with the sugar. Add the lemon juice and leave to stand overnight.

Place the preserving pan over a medium heat and allow the sugar to dissolve. Make sure it is completely dissolved before continuing. Turn the heat up to full and boil rapidly for 10 to 20 minutes, stirring from time to time to avoid burning. Make sure your pan is large enough to ensure it does not boil over. Check to see whether the jam is set by putting a small amount onto a cold plate, allow to cool and then push the jam with your finger. If it forms a crinkly skin it is done.

Heat some sterilised jam jars. Allow the jam to cool for about 15 minutes, then pour into the jam jars and seal.

Doverhouse Chutney

Ingredients

600 gm Plums (1½ lb)	600 gm Apple diced or sliced (1½ lb)
200 gm Tomatoes (red) (8 oz)	400 gm Raisins (1 lb)
100 gm Stem ginger (4 oz)	200 gm Onions (8 oz)
5 gm Chilli (¼ oz)	5 gm Garlic clove (¼ oz)
1½ Tbsp Salt	500 ml Malt vinegar (1 pint)
600 gm Demerara sugar (1½ lb)	

Method

Wash the plums, cut in half and remove the stones. Chop the tomatoes roughly into not too small pieces. Place the plums and tomatoes into a preserving pan. Finely chop the onions, apples, raisins and stem ginger. Add these to the pan together with the chopped garlic and chilli, the vinegar, sugar and salt. Cook the chutney very slowly for 1 to 1.5 hours until most of the liquid has evaporated, stirring occasionally to prevent the mixture sticking to the base of the pan. Put the chutney into heated jars and seal. Leave for a couple of months before eating.

Notes

To test whether the chutney is ready, make a channel across the surface of the chutney with a wooden spoon. If the spoon leaves a channel for a few seconds without it being filled with liquid then the chutney is ready.

Lemon Curd

Ingredients

75 gm Granulated white sugar (3 oz)

2 Egg(s)

1 Lemon(s), juice and zest

50 gm Unsalted butter (2 oz)

Method

Place the grated lemon rind and sugar in a bowl. In another bowl, whisk the lemon juice and eggs and pour this mixture over the sugar. Cut the butter into little pieces and add to the rest. Place the bowl over a pan of simmering water and stir frequently until thickened. This should take about 20 minutes. Put the lemon curd into a clean sterilised jars.

Variation

Passion fruit curd:

Replace the lemon juice with the pulp from 6 passion fruit

Miscellaneous

Brandy Sauce

Ingredients

100 gm Granulated white sugar (4 oz)	1 tsp Cinnamon
500 ml Water (1 pint)	2 tsp Cornflour
1 Tbsp Apricot jam	1 Lemon juice
250 ml Brandy (½ pint)	

Method

Mix the ingredients in a saucepan and bring to a boil.

Butter Icing

Ingredients

1 Tbsp Butter or margarine

Icing sugar

Flavouring of choice

Method

Cream the butter and add the sugar gradually. Add the flavouring required. If the mixture gets too stiff add a little liquid and then continue adding the icing sugar until you have the required amount of icing.

Suggested flavourings include:

Strong coffee

Chocolate either melted or made from cocoa into a thick liquid

Orange, lemon or lime juice

Passion fruit pulp

Caramelised Nuts

Ingredients

100 gm Walnuts (4 oz)

1 Tbsp Brown sugar

2 Tbsp Water

Method

Using a small pan, dissolve the sugar in the water and then bring to the boil stirring to avoid burning. Boil until the sugar has caramelised a little taking care not to burn. Do not leave unattended. Add the nuts and continue to cook until the nuts are coated and all the liquid has evaporated. Turn out and allow to cool.

Notes

The nuts are very good served in salad where they provide a sweet contrast to the sour of the dressing.

The nuts keep well in an air-tight container until required.

Variation

You can use white sugar if preferred.

Other kinds of nuts can also be used.

Dumplings

Ingredients

100 gm Plain flour (4 oz)

50 gm Butter or margarine (2 oz)

Black pepper

1 tsp Baking powder

pinch Salt

1 tsp Mustard

Method

Rub the fat into the dry ingredients. Add sufficient water to make a fairly sticky dough. Roll into small balls and drop into the boiling liquid or gravy. Cook for 20 to 25 minutes.

Notes

Suet can be used in place of the butter or margarine.

Ginger Beer

Ingredients

4.2 l Water (7½ pint)

1 tsp Yeast

50 gm Seeded raisins (2 oz)

1 tsp Tartaric acid

800 gm Granulated white sugar (2 lb)

50 gm Ground ginger (2 oz)

2 Tbsp Lemon juice

Method

Put the raisins in a jar with 1/4 cup of sugar and half fill with warm to hot water. Leave for about 2 days until the raisins float. Boil the water and sugar, put the ginger in a muslin bag and add. Cool to blood heat, then add the raisins, lemon juice (or essence) and tartaric acid. Mix the yeast in a little warm water and add. Leave for 2 to 3 days then bottle. Tie the caps on to prevent them popping off.

Mulled Wine

Ingredients

6 Tbsp Orange juice

2 Bottle Red wine

1 Tbsp Brandy

1 tsp Ground nutmeg

3 Tbsp Lemon juice

3 Tbsp Granulated white sugar

1 tsp Cinnamon

Method

Dissolve the sugar in the fruit juice. Add 2 bottles of red wine and heat until boiling, then add the brandy. Remove from the heat and add the spices. Serve while hot.

Notes

Use different spices such as allspice if preferred.

Salad dressing

Ingredients

2 Egg(s)

½ tsp Salt

50 ml Vinegar (2 fl oz)

½ tsp Mustard

1½ Tbsp Granulated white sugar

200 ml Single cream (8 fl oz)

Method

Hard boil the eggs. When cool, extract the yolks and mix with the dry ingredients. Then add the cream and vinegar. Cook over a pan of water until smooth and thick.

Vinaigrette (Stuart's)

Ingredients

½ tsp Mustard

½ tsp Black pepper

Sunflower oil

1 tsp Salt

2 Tbsp Granulated white sugar

Vinegar

Method

Mix the dry ingredients together until thoroughly blended. Add a small amount of the oil and mix to a thick paste. Add a small amount of the vinegar and mix thoroughly, Keep adding small amounts of oil and vinegar until all the dry ingredients have been emulsified. Continue adding larger amounts of oil and vinegar mixing well each time until the required amount of dressing is made - about a large cup full. Towards the end, check the taste and adjust the amount of vinegar accordingly. Store in a jar. Before use shake well to ensure the dressing is properly mixed.

Notes

Olive oil or a mixture of olive and sunflower oil can be used instead.

Any kind of vinegar can be used (malt, wine or cider). A little balsamic vinegar can be added as well.

Sweets

Chocolate Truffles

Ingredients

75 gm Butter or margarine (3 oz)

50 gm Chocolate (2 oz)

1 Tbsp Cocoa

1 Tbsp Drinking chocolate

100 gm Digestive biscuits (4 oz)

50 gm Icing sugar (2 oz)

2 Tbsp Strong coffee

Method

Melt the chocolate over a pan of hot water. Crush the digestive biscuits to crumbs using a food processor if available. Cream the butter or margarine and icing sugar. Do not use soft margarine. Add the melted chocolate, then the cocoa and drinking chocolate powder. Finally add the coffee and biscuit crumbs and mix well. Leave in the fridge until the mixture is firm enough to roll into balls - a couple of hours.

Roll teaspoonfuls of the mixture into balls and cover with chocolate vermicelli or strands. Place each ball in a small paper case and keep in the fridge until required.

Fudge

Ingredients

400 gm Condensed milk (14 oz)

100 gm Butter (4 oz)

200 ml Milk (7 fl oz)

900 gm Granulated white sugar (2 lb)

1 Tbsp Golden syrup

1 tsp Vanilla essence

Method

Dissolve the sugar in the milk until there are no crystals. Add the butter and golden syrup and bring to the boil stirring constantly to avoid burning. Pour in the condensed milk stirring well to avoid the mixture catching and burning.

On returning to the boil, cook the fudge for about 25 minutes stirring all the time until fairly brown. The mixture should be fudge-like on the edge of the pan at this point. Remove from the heat, add the vanilla essence and beat (with an electric mixer if preferred) until the mixture thickens into fudge. Pour into a well-greased baking tray and leave to cool. Cut into pieces before it hardens completely.

Notes

Get everything ready in advance because once you start to cook the fudge it needs to be stirred constantly otherwise it will catch and burn.

The condensed milk is equivalent to a normal tin. Open it ready before you start.

Pastry

Grated Pastry

Ingredients

200 gm Plain flour (8 oz)

2 tsp Baking powder

1 Egg(s)

100 gm Butter or margarine (4 oz)

75 gm Granulated white sugar (3 oz)

pinch Salt

Filling

Cooked apple

Method

Pre-heat the oven to 180°C (350°F, Gas Mark 4).

Cream the butter and sugar. Add the well-beaten egg, then the dry ingredients to make a stiff dough. Grate half the mixture (using the largest size of the grater) to line the base of a flan dish or cake tin. Put the filling onto the centre of the base leaving about 1/2 inch (15mm) around the edge. Grate the remaining pastry over the top. Bake until the pastry is crisp and brown.

Notes

The pastry can be used instead of crumble topping. In this case grate all the pastry over the top of the cooked fruit.

Variation

Any cooked fruit can be used for the filling, or mincemeat.

Hot Water Pastry

Ingredients

400 gm Butter or margarine (1 lb)

pinch Salt

300 gm Plain flour (12 oz)

300 ml Water (10 fl oz)

Method

Pre-heat the oven to 200°C (400°F, Gas Mark 6) to cook the pastry.

Cut the butter or margarine into small pieces in a mixing bowl. Pour on the boiling water and leave to stand for a few minutes. Add the flour and salt and mix well. Leave the pastry in a fridge until ready to use. Bake until golden brown.

Puff Pastry

Ingredients

200 gm Plain flour (8 oz)

pinch Salt

200 gm Butter or margarine (8 oz)

250 ml Water (½ pint)

1 Tbsp Lemon juice

Method

Sift the flour and salt. Mix the dough to a rolling consistency with the lemon juice and cold water. Use only as much of the water as you need.

Roll the dough into an oblong shape. Spread some of the fat over the pastry and fold. Seal the edges and roll out again. Repeat at least 7 times. Keep the pastry in a cool place until required.

To cook, heat the oven to 250°C (500°F, Gas Mark 9). Bake the pastry for 10 minutes then switch the oven off and leave to cook for a further 15 minutes. Take care not to let the pastry burn.

Notes

Delia Smith recommends using strong white flour instead of plain flour. She also uses a half and half mixture of butter and lard. She cuts the fat up into about 20 pieces and roughly works them into the flour with a palette knife before adding the lemon juice and water. It is important not to mix the fat too thoroughly at this stage. She then rolls the pastry, folds it over in thirds and seal the edges. This is repeated about 5 times.

I usually buy pre-made puff pastry - it is a lot easier!

Quick Flaky Pastry

Ingredients

200 gm Plain flour (8 oz)
pinch Salt

150 gm Butter or margarine (6 oz)
Water

Method

Make sure the butter or margarine is cold and therefore quite hard.

Sift the flour and salt into a large mixing bowl. Grate the fat into the flour using the largest grater you have. Use a palette knife to coat the fat with the flour while you are doing this. You want to keep the flakes of fat separate as far as possible. Still using the palette knife work the fat into the flour until it is crumbly. Add enough cold water to make a dough. Chill the pastry before using it.

Bake the pastry at 220°C (425°F, Gas Mark 7) for between 10 and 25 minutes depending on what you are using it for or until it is golden brown and cooked.

Shortcrust Pastry

Ingredients

200 gm Plain flour (8 oz)

pinch Salt

50 gm Lard (2 oz)

5 tsp Water

½ tsp Baking powder

75 gm Butter or margarine (3 oz)

1 Egg yolk(s)

Method

Rub the fat into the flour, salt and baking powder until crumbly. This can be done in a food processor if preferred. Beat the egg yolk and water. Add to the flour mixture and mix well to form a dough. If the pastry is not to be used immediately, keep it in a cool place (eg fridge) until needed.

Bake in a hot oven 200°C (400°F, Gas Mark 6) for about 10 minutes until golden brown.

Notes

If you are making twice the recipe, you can use 1 whole egg instead of 2 egg yolks. In this case, reduce the amount of water to about 8 tsp instead of 10.

Variation

Vegetarian:

Replace the lard with butter or margarine.

Sweet pastry:

Add 0.5 Tbsp of sugar to the egg and water.

Main courses

Cheese Souffle

Ingredients

50 gm Cheddar cheese (2 oz)

½ tsp Salt

250 ml Milk (½ pint)

pinch Cayenne pepper

4 Egg(s)

2 Tbsp Butter

1 Tbsp Plain flour

pinch Black pepper

½ tsp Mustard

Method

Pre-heat the oven to 150°C (300°F, Gas Mark 2).

Grate the cheese using a food processor if preferred. Separate the eggs into 2 clean bowls. Melt the butter, add the flour and stir until bubbling. Add the milk and seasoning and bring to the boil, stirring constantly to avoid lumps. Stir in the grated cheese and well beaten egg yolks. Leave to cool. Beat the egg whites until stiff and then fold into the cheese mixture. Pour into a well-greased oven-proof dish and bake for 20 minutes. Serve immediately or the souffle will collapse.

Lamb and Cashew Kebabs

Ingredients

300 gm Minced lamb (12 oz)	1 Onions
1 Garlic clove	100 gm Cashew nuts (4 oz)
3 Tbsp Coriander leaves	1 Lime juice
1 Chilli	1 tsp Cumin seeds
1 tsp Coriander seeds	pinch Salt
Black pepper	

Method

If the cashew nuts are not roasted, roast them by spreading them on a baking tray and placing them in an oven at 170°C (325°F, Gas Mark 3) for about 7 minutes, taking care not to burn them. Alternatively you can dry fry them for a few minutes.

Dry roast the cumin and coriander seeds in a frying pan over a medium heat for 1 to 2 minutes. Transfer them to a pestle and mortar and crush them to powder.

Put the onion, crushed garlic, cashew nuts, coriander leaves, chopped chilli, seasoning and spices into a food processor and chop. Then add the minced lamb and lime juice. Mix well. Roll the mixture into small balls or patties with your hands. Leave in the fridge until ready to use. To cook, either deep fry in a fryer or fry or grill the kebabs for about 5 minutes on each side. Serve with relish or sweet chilli sauce and salad.

Mealie Bread

Ingredients

Sweetcorn (3 Cups)

50 gm Plain flour (2 oz)

1 Tbsp Butter

1 tsp Salt

1 Egg(s)

4 tsp Baking powder

1 Tbsp Granulated white sugar

Method

Remove the kernels from the cob of the sweetcorn using a sharp knife.

Mince the sweetcorn using a food processor. Melt the butter. Beat the egg.

Mix all the ingredients together well. Pour into a greased pudding basin and steam for about 1 hour.

Notes

If fresh sweetcorn is not available, canned or frozen sweetcorn kernels can be used instead.

It takes about 3 medium sized sweetcorn to produce the required quantity of fresh sweetcorn.

Quiche Lorraine

Ingredients

100 gm Cheddar cheese (4 oz)

3 Egg(s)

½ tsp Black pepper

150 ml Single cream (5 fl oz)

½ tsp Salt

Base

Shortcrust pastry

Method

Make the pastry - see recipe for shortcrust pastry - or buy ready-made shortcrust pastry. Line a flan dish with the pastry.

Pre-heat the oven to 200°C (400°F, Gas Mark 6).

Combine the eggs, single cream, salt and pepper and beat well. Add any cheese or other flavouring. Pour the mixture into the base. Bake for about 25 minutes or until the quiche is set.

Variation

For normal Quiche Lorraine, lay slices of cheese such as Gruyere over the base of the pastry. Add pieces of crisp bacon. Pour over the mixture and cook as directed.

Other versions could use cooked vegetables such as asparagus, broccoli or mushrooms. These could also include some cheese if required.

Rice Chicken

Ingredients

2 Chicken breast	2 Onions
5 Bacon or pancetta	Salt
Black pepper	Celery salt
Rice (1 Cups)	2 tsp Majoram
100 gm Mushrooms (4 oz)	Water
White wine	

Method

Cut the chicken into pieces - about an inch square. Chop the onion and garlic. Cut the bacon (if used) into small pieces.

Heat the frying pan with a little oil. Brown the chicken pieces then add the bacon and onion, garlic and herbs. Season with salt and pepper and celery salt if used. Add the flour and mix, then add the liquid to make a fairly thin gravy. Add gravy browning if required and the mushrooms cut into pieces. Leave to simmer until the chicken is cooked.

Bring the chicken stew to the boil, then add the rice. Once the rice starts to boil, turn down the heat and leave to simmer until the rice is cooked and most of the liquid is absorbed. Take care not to let it stick to the pan too much and therefore burn.

Serve with salad.

Notes

I use either easy cook long grain rice or basmati rice. You need to have about 2½ cups of liquid to a cup of rice.

If you use pancetta, don't use too much or it will overwhelm the other flavours.

If preferred use a different herb such as oregano.

Variation

To make it richer, add cooked mussels or prawns.

Sweet and Sour Prawns

Ingredients

Uncooked prawns	2 tsp Cornflour
1 Tbsp Soy sauce	3 Tbsp Sunflower oil
1 Garlic clove	2 tsp Tomato puree
2 Tbsp Granulated white sugar	1 Red peppers
1 Onions	4 Tbsp Pineapple
2 Tbsp Vinegar	Water
Salt	Black pepper
Root ginger	1 Chilli

Method

Chop the garlic, about 1/2 inch (15mm) root ginger and chilli finely. Cut the red pepper, onion and pineapple into pieces. Marinade the prawns in soy sauce and a little lime juice.

Heat a wok and when hot add a little oil. Fry the onions, garlic, ginger and chilli, then add the vegetables and pineapple. Add the prawns and cook until they start to turn pink - about 2 to 3 minutes. Add the cornflour, sugar and tomato puree, then add the seasoning and vinegar. Add a little white wine or water if required. Serve immediately.

Thai Vegetable Patties

Ingredients

300 gm Courgettes (12 oz)	200 gm Cauliflower (8 oz)
200 gm Carrots (8 oz)	1 Lemon grass
50 gm Peanuts (2 oz)	1 Chilli
Root ginger	1 Egg(s)
1 Egg yolk(s)	100 gm Breadcrumbs (4 oz)
pinch Salt	

Method

Grate the courgettes, cauliflower and carrots using the coarse blade of a food processor or grater. Chop the peanuts finely. Chop the lemon grass very finely (using 1 piece of fresh lemon grass or equivalent dried or preserved lemon grass if preferred) and the chilli. Grate the piece of fresh root ginger - use a piece about 1 inch (4cm) in length. Mix the vegetables with the peanuts, lemon grass, chilli, ginger and salt. Break the egg and egg yolks into a bowl and beat lightly. Stir in the breadcrumbs and then fold in the vegetables.

Shape the mixture into small patties with your hands, squeezing them gently to hold them together. Roll the patties in flour. Heat some oil and shallow fry the patties over a medium heat for about 5 minutes on each side until golden brown and crisp. Drain on kitchen paper and keep warm. Serve with a garnish of salad and a dipping sauce of your choice (eg sweet chilli or satay).

Notes

I do all the grating etc in the food processor - first to do the breadcrumbs and then put them in a big bowl, then the peanuts and finally the vegetables. I hand chop the ginger, lemon grass and chilli. If you can't get fresh lemon grass, ginger and chilli use equivalent of dried or whatever.

The original recipe used 1 egg and 2 egg yolks but I thought that produced too much liquid. However if you think you need the extra you could use the extra yolk or maybe 2 whole eggs instead.

Welsh Rarebit

Ingredients

75 gm Cheddar cheese (3 oz)

1 Tbsp Plain flour

Milk

1½ tsp Grain mustard

12 gm Blue cheese (½ oz)

25 gm Butter (1 oz)

Cayenne pepper

2 tsp Worcestershire sauce

Method

Melt the butter in a pan, add the flour and then enough milk to make a thick white sauce. Bring to the boil. Add the cheese (the blue cheese is optional) and seasonings.

Yorkshire Pudding

Ingredients

100 gm Plain flour (4 oz)

2 Egg(s)

1 tsp Salt

200 ml Milk (0.4 pint)

Method

Sift the flour and salt into a mixing bowl. Make a well in the flour and whisk in the eggs one at a time, then add the milk still whisking. You want to get as much air into the mixture as you can. Leave to stand for about half an hour or more.

When ready to use, heat the roasting pan (or set of small pans) in a hot oven 200°C (400°F, Gas Mark 6) with a little oil or some fat from the roast beef. Whisk the batter again and pour into the hot pan. Bake for about 20 minutes. Serve immediately.

Notes

It is important to have the pan(s) very hot before pouring in the mixture and not to open the oven unnecessarily until the pudding(s) are done or they will flop.

Variation

This mixture can be used to make toad-in-the-hole. In this case start cooking the sausages in a hot oven with a little oil. When the sausages have started to brown, proceed as for Yorkshire pudding.

Vegetables and salads

Aubergine Bake

Ingredients

1 Aubergines

2 Onions

3 Tomatoes

Method

Peel and slice the aubergine into rings. Slice the onions and tomatoes. Fry the aubergine in olive oil and a little butter if required. Place the aubergine in a lightly oil baking dish. Season with salt and pepper. Fry the onions until lightly caramelised and place over the aubergine. Fry the tomatoes and layer over the onions. Season again. Sprinkle breadcrumbs over the dish with a little grated cheese if required. Bake in a hot oven 180°C (350°F, Gas Mark 4) until golden brown.

Notes

Frying the aubergine can use a lot of oil and butter. To reduce the amount toss the pieces of aubergine in olive oil first to coat them.

The breadcrumb topping is optional. Without it the tomatoes get a bit caramelised which is a nice alternative.

This dish keeps well in the fridge and can be reheated.

The quantity of each vegetable will depend on their sizes and how much you want to make.

Cooked Onion Salad

Ingredients

Onions

Sauce

1 Egg(s)

200 ml Vinegar (7 fl oz)

50 gm Granulated white sugar (2 oz)

pinch Salt

pinch Black pepper

Method

Peel the onions and cook in boiling water for 5 minutes.

To make the sauce, beat the egg and sugar. Add the vinegar, salt and pepper. Boil until the mixture froths, stirring constantly. Pour the sauce over the cooked onions and leave to cool. The onions can be kept in the fridge until required.

Notes

Use small onions if possible or shallots.

Roasted Tomatoes

Ingredients

Tomatoes

Olive oil

Thyme

Method

Slice the tomatoes in half. Lightly cover the base of a baking tray with olive oil and place the tomatoes on the tray. Season with salt and pepper. Sprinkle fresh thyme (or dried oregano) over the tomatoes and a little more olive oil. Bake in a hot oven 180°C (350°F, Gas Mark 4) until caramelised.

The tomatoes can be stored in a fridge until required or frozen. They can be used in salads or as tomato sauce.

Notes

This is a good way to use tomatoes which are slightly past their best or not very tasty. The baking intensifies their flavour and makes them like sun-dried tomatoes.

The number of tomatoes used will depend on how much you want to make and how big your baking dish is. I usually do a large amount at a time.

Roasted Vegetable Salad

Ingredients

Onions	Tomatoes
Red peppers	Aubergines
Squash	Olive oil
Black pepper	Salt
Oregano	

Method

Prepare the selected vegetables and cut into large pieces - tomatoes in half, peppers into 5cm strips, onions into thick slices, etc. Lightly cover the baking tray with olive oil, place the vegetable pieces onto the tray taking care not to make the layers too thick. Sprinkle salt and pepper and your chosen herb over the vegetables and a little more olive oil. Bake in a hot oven 180°C (350°F, Gas Mark 4) until slightly caramelised. Dress with a little balsamic (or other) vinegar. Serve warm or cold.

The salad keeps well in a fridge for at least a week and can be re-heated.

Notes

Any combination of vegetables can be used. Other possibilities are potatoes, sweet potatoes, courgette, etc.

Different herbs can be used too.

