

Come And Eat

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The title 'Come and Eat' comes from the Bible - John chapter 21 verse 12. This book is based on one originally put together in celebration of the centenary, in 1997, of Mackintosh Evangelical Church, Mackintosh Place, Roath, Cardiff, Wales, UK. It was to foster the tradition of entertaining and in recognition that many a lasting friendship and good conversation begins over a meal. Church members and others who had experienced Mack hospitality at some time were asked if they would like to contribute some favorite recipes to a simple 'cook-book'. The response was great with recipes coming from far and wide.

For this eBook other recipes have been added and some removed and recipes now have metric measurements although some Imperial units have been also retained for those who are more familiar with UK cooking. For common abbreviations e.g. tsp, dsp etc. and conversions see the tables at the end of this book.

There are recipes to suit all tastes and pockets, from the simple to the elaborate, from the well tried to the rashly 'experimental'. Many of the recipes are simple and easy to cook using ready prepared tinned ingredients or frozen pastry and you can experiment and change ingredients somewhat, don't be afraid to try something new. We have not tried all of the recipes personally so make them up at your own risk!

You've got the recipes, now follow His example and invite someone to come and eat.

Dennis and Freda Hawkes Spring 2016

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Starters

Ann's Cheesy Biscuits

3oz butter

3oz plain flour

3oz finely grated cheese e.g. Cheddar

Baking trays and oven at 160°C

Rub the butter into the flour with your fingers as if you were making apple crumble. Add the cheese. Press together into a ball of dough. Roll it out quite thinly, thinner than you would for pastry. Cut into biscuit-sized triangles, or any shape you want. Place on greased baking trays. If you want to, you can brush the top of each biscuit with beaten egg with a pinch of salt added to glaze.

Bake for about 6 to 8 minutes, until golden brown. After a short period to cool, remove biscuits on to a wire tray until cold. Store in an airtight tin, but they are much nicer if you eat them the same day as you make them.

Artichoke and Spinach Dip

1 jar (340 g) of marinated artichoke hearts

10 oz (283 g) frozen spinach

1 clove garlic (crushed)

4 oz (113 g) sour cream

12 oz (340 g) fresh mayonnaise

6 oz (170 g) Parmesan cheese (grated)

Defrost spinach in microwave and drain well. Add to a mixing bowl. Drain artichoke hearts and chop finely or liquidize. Add all remaining ingredients. Stir well. Reheat in microwave before serving.

“Great with crackers or chunks of bread”

Bulgur wheat, tomato and parsley salad (tabouleh)

225g bulgur wheat

100 to 200g tender parsley, finely chopped

Tomatoes – about 10 cherry tomatoes washed and chopped in half, or 3-4 tomatoes skinned and chopped - remove the wet seed material.

A few tender mint leaves, if you have them

1 small red onion, very finely chopped

Juice of a lemon

Salt

Olive oil, about 2 tbsp or whatever amount you feel is right.

Cook the bulgur wheat according to the instructions on the packet, or to 125g wheat add 600ml cold water, bring to the boil and simmer for 10-15 minutes until soft and the water has been absorbed. If the water has not been absorbed but the bulgur wheat is cooked when you try some, strain carefully until it is dry. Stir in the olive oil and allow to cool. Mix in the other ingredients, adding the lemon juice and salt until it tastes right to you. You could add crushed garlic as well.

Californian Prawn Cocktail

4 oz (113 g) cooked prawns

2 grapefruit

Shredded lettuce

3 tbsp mayonnaise

2 tbsp (30 ml) tomato purée

1 tbsp (15 ml) Worcester sauce

2 tbsp (30 ml) cream

Seasoning

Cut grapefruit in half, scoop out flesh using a curved grapefruit knife. Cut out pithy segment dividers and leave to drain in strainer. Add prawns to grapefruit flesh. Make sauce by mixing mayonnaise, tomato purée, Worcester sauce and cream together. Season and add a little sugar if desired. (The sugar can be added to the grapefruit flesh). Put shredded lettuce in base of grapefruit shells. Place drained grapefruit and prawns on top and spoon the sauce over. Decorate with a cherry.

Celery Soup

1 litre water

1/2 litre milk

2 oz (57 g) lean bacon/ham

1 oz (28 g) butter

2 tbsp (30 ml) flour

1 large head of celery

2 onions

Salt/pepper

Cut bacon/ham into dice/cubes.

Slice onions and celery.

Melt butter in a stew pan.

Fry vegetables without browning for 10 min. Add bacon, salt, pepper and water. Simmer for 30/40 min or until celery is tender. Strain, liquidize or rub through a fine sieve and return to pan, add milk and bring to the boil. Mix flour with a little milk, stir in and cook for 5-6 min. Season to taste and serve. Total time about 1 hour.

Serves 6.

Chestnut and parsnip soup

1 medium sized white onion, peeled and chopped

1 medium sized leek, carefully cleaned and thinly sliced

1 parsnip, either small or large depending on how much you like the taste of parsnip, peeled and chopped into pieces about 1cm cubed

1 clove garlic, peeled and chopped

About 2cm piece of ginger, peeled and chopped

1 tsp ground cumin

1.5 litres vegetable stock (e.g. use stock cubes)

200g of peeled, cooked (not dried) chestnuts, from a packet or tin, chopped

Butter and/or olive oil for frying

A liquidiser

Fry the parsnip pieces till soft in a pan with a lid. Meanwhile fry the onion separately, adding the garlic and ginger once the onions are part cooked. Add the leeks and fry till still green but becoming soft, then add the cumin and fry for a short while. Add the chestnuts and enough vegetable stock so you can liquidise the soup. Bring the liquidised mixture to the boil with the rest of the stock. If you don't eat it at once, you can keep for 2 days in the fridge, or freeze it. This soup is quite sweet because the chestnuts and parsnip are both sweet, and the ginger and cumin give it a good spicy taste.

Easy Tomato Soup

1 large onion

2 tins (400 g tin) of chopped tomatoes

1/2 pint (284 ml) vegetable stock

- 1 clove of garlic
- 1 dsp (10 ml) of sugar
- 1 dsp (10 ml) of olive oil

Chop the onion and fry gently in olive oil until the onion starts to turn 'see-through'. Crush the clove of garlic and add to the onions, fry briefly. Add vegetable stock, sugar and tomatoes. Simmer for about 30 min. Serve with lots of fresh bread.

Serves 4.

Egg and Spinach Rolls

- 2 eggs
- 1 tsp (5 ml) cornflour
- 2 tbsp (30 ml) water
- 1/2 lb (226 g) spinach
- 1 tsp (5 ml) salt
- 1/2 tsp (10 ml) sugar
- 1 tsp (5 ml) sesame oil
- 2 tbsp (30 ml) soy sauce.
- Pinch of MSG (monosodium glutamate)

Beat the eggs well. Scald the spinach lightly in boiling salted water and rinse it in cold water. Squeeze out the water and season the spinach with the soy sauce, sugar and sesame oil. Dissolve the cornflour in a little water and mix it with the beaten egg, MSG, sugar and salt. Fry the beaten egg mix on one side only in a thick square pan. Place the scalded spinach on the egg; roll it up and finish cooking. Make the other rolls in the same way. Place the rolls on a kitchen board and cut then diagonally with a sharp knife. Serve with soy sauce for dipping. Do not put too much spinach on the egg sheet, and the rolls will look prettier when cut.

Liver Pâté

- 6 rashers of streaky bacon
- 4 oz (113g) pork sausage meat
- 1/2 lb (226 g) liver
- 1 onion finely chopped
- 1 clove garlic
- Salt and pepper

- 1 tsp (5 ml) anchovy essence
- 1/2 tsp (10 ml) mace
- 1/2 tsp (10 ml) mixed herbs
- 1 egg
- 1 oz (28 g) margarine or butter
- 3 oz (85 g) fresh white breadcrumbs
- 2 tbsp (30 ml) sherry or milk

Remove rind from bacon, line base and sides of a 1 lb (453 g) loaf tin with rashers and press in firmly. Place sausage meat, onions, liver, garlic, seasoning, essence, mace and herbs in the liquidizer or food processor and pulp. Pour into a bowl add the remaining ingredients and mix together then pour this pâté into prepared tin and cover with double thickness of foil. Place tin in a *bain-marie* (water bath). Bake in oven at 160°C (325°F or gas mark 3) for 2 hours. Cool pâté in tin. Turn out when cold, Serve with toast and salad garnish.

Serves 10-16.

Salmon Mousse

- 1/4 pint (142 g) double cream
- 16 oz (453 g) tin of salmon (drained) preferably red
- 1 stick celery chopped
- 1 tbsp (15 ml) gelatin
- 3 tbsp water
- 1 tsp (5 ml) dried mustard
- 2 tsp (10 ml) sugar
- 3 tbsp vinegar

Dissolve gelatin in hot water, add mustard, sugar and vinegar. Mix together salmon and chopped celery. Mix all ingredients except cream together. Finally fold in double cream and put in wet mould to set. Turn out and decorate with cucumber and tomato.

Serves 4

Sicilian Caponata

- 2 aubergines
- 1 large red onion chopped small
- 4 sticks celery chopped into slices

1 red and 1 yellow pepper, deseeded and chopped/broken into pieces several cm in size.

400g can of chopped tomatoes

1dsp tomato puree

3tbsp wine vinegar

1 tbsp sugar

100ml water

salt for aubergines

olive oil

To your taste: olives, capers, anchovies, pine kernels, salt

Peel and slice the aubergines into rounds just under 1cm thick, and cut each round in half. Sprinkle with salt, place in a colander on a plate and leave for about 30 minutes. Brown liquid will drain out and the aubergine will fry better. Quickly wash off the salt (don't let the water get back into the aubergine!) and dry the slices in a cloth. Fry in olive oil until tender. This can take more olive oil than you expect.

Fry the onion and fry the celery in olive oil until they are both tender. Fry the peppers or, if you prefer, cook them on a tray in the oven with some olive oil for about 20 minutes.

Mix all the vegetables, add all the other ingredients and heat through. Serve hot, or cold depending on the weather and what you are using this dish for, e.g. with bread, on toast or as a side vegetable to a main meal. It will keep for several days in the fridge or it will freeze.

Smoked Aubergine Curry (An exclusive Punjabi (Sikh) Dish)

2 large aubergines

1 large tin of tomatoes

1 large onion

1-2 fresh chillies

1 tbsp (15 ml) fresh ginger

3-4 cloves fresh garlic

1 heaped tsp turmeric powder

1 heaped tsp Garam Masala

Salt to taste

Cooking oil

Fresh coriander (optional)

Place aubergines directly on medium gas flame (keep checking aubergines regularly, turn over when skin is almost burnt, should only take a few minutes. When skin on both sides is burnt they should be cooked, if you slide a knife in they should be completely soft). Chop onions, garlic and ginger, fry gently in cooking oil until slightly golden colour, then add spices and stir quickly and add tomatoes, stir and mash. Next add finely chopped up chillies and salt and stir, leave to simmer for a few minutes. Place aubergines (one at a time) on a dinner plate, and remove the skin, this can be quite messy and difficult because you only need the flesh and because the skin is burnt it crumbles and bits get mixed up with the flesh. Don't worry just pick out any big bits and add the rest to the simmering sauce, mix up and mash gently. Leave to simmer for a further minute then add chopped fresh coriander and it is ready to serve.

“Serving suggestions: This dish is best served with warm, generously buttered wholemeal or white pitta bread. Can be cooked in advance and stored in fridge for a couple of days. Luscious!!”

(Note Ed.: We left out the chillies and used broad leaved parsley instead of coriander and served it cold on savoury biscuits, also delicious!)

Serves 4-6.

Tomatoes on toast

Tomatoes and bread, olive oil and garlic, and a grill NOT a toaster!

Put olive oil on a plate and dip your slices of bread in it. Cut up your tomatoes, put in a pan with some more olive oil and cook while you grill the toast. Use a baking tray to hold your toast – it will be easier to clean than the grill pan. Ideally you rub a cut clove of garlic over the surface of the toast but I'd say it's easier to add chopped garlic to the tomatoes while you are cooking them. And the taste is much the same. Eat hot.

Tuna Fish Mousse

1 tin of tuna (160 g)

1 small tin (150 ml) of evaporated milk or double cream

1 pkt gelatin (11.7 g)

1 1/2 teacup water

1 tbsp (15 ml) salad cream

1 tbsp (15 ml) tomato ketchup

2 drops red food colouring

Pineapple rings, glacé cherry and raisins for decoration.

A little cream cheese

Chill milk or cream in fridge overnight. Put water in saucepan. Sprinkle on gelatin. Leave 5 min. Heat over very gentle heat until clear. Mix together tuna, salad cream, ketchup and food colouring until tuna is well broken up. Stir in gelatin. Whip chilled milk until thick. Fold in tuna mixture. Place in bowl or mould and leave to set in fridge. Turn out and serve on plate surrounded by pineapple rings cut in half. Use cream cheese and raisins to decorate. The mousse will freeze. Put in freezer before turning out of mould or bowl.

NOTE: For those not familiar with some of the terms used "evaporated milk" is an unsweetened milk product sold in tins in which 60% of the water has been removed.

Serves 5-6 with salads.

Vichyssoise

3 large leeks

1 oz (28 g) margarine or butter

1 medium sized onion, peeled and sliced

2 medium sized potatoes, peeled and sliced

1 pint (568 ml) vegetable stock

Salt and pepper

1/2 pint (284 ml) milk

Finely chopped parsley or chives to garnish

Prepare the leeks (trim top and bottom and peel away the outer leaf. Slit the leeks lengthwise down one side cutting right into the centre. Hold the leeks under running cold water to wash any soil or grit from the leaves). Slice the leeks very thinly. Melt the margarine or butter in a saucepan, add the leeks and sliced onion, cook until tender, add the potatoes and stock. Cover and heat for 10 minutes. Using a liquidizer or food processor, purée the soup until smooth. Add the milk to soup and reheat very gently until almost boiling, serve immediately.

[This soup is often served chilled - Ed.]

Wellies and Rubber gloves Soup

This soup is really delicious but can only be made in the Spring. You will need to be wearing Wellington boots and rubber gloves to collect the main ingredient - stinging nettles!

At one time nettle beds were a feature of the UK garden (they still are in some gardens!) because they are very nutritious. Pick the nettles when they are young and tender (pale green, the darker leaves are coarse and bitter). Wade into the nettle patch, and pull the tender leaves off the stems. You will

need about a carrier bag full. As well as the nettles you will need:

450 g potatoes

50 g butter

900 ml vegetable stock

Salt and pepper to taste

4 tbsp (60 ml) cream

Wash the nettles still wearing the rubber gloves of course (the Wellies can come off now!) shake off excess moisture and cook in a covered saucepan with only the moisture clinging to the leaves like you would for spinach. Cook for about 10-15 minutes until tender. Drain well. Boil the potatoes (peeled of course, this is a gourmet recipe after all!) for about 10 minutes or until cooked, and drain. To the nettles add the stock, boiled potatoes and butter, bring to the boil and simmer for a few minutes. Cool slightly and purée in a blender. After blending return to a clean pan and add salt and pepper to taste. Pour into serving bowls and decorate with a swirl of cream just before serving. Once you've got the hang of it you can try variations, less potatoes but some spinach and other vegetables etc. etc. When the nettles are ready in our local Roath Park so is the wild garlic so try some garlic flowers for decoration.

[NB. nettles are good as a vegetable on their own, served with a knob of butter]

Serves 3-4

Other Suggestions For Starters

- Half grapefruit grilled with brown sugar
- Smoked salmon with sprigs of fresh dill and rosé peppercorns
- Sliced avocado with pink grapefruit flesh, olive oil and salt
- Smoked mackerel with cream of horseradish
- Taramasalata with poppy and sesame seed biscuits
- Fresh mozzarella, tomatoes and basil, with olive oil and salt
- Rocket with olive oil and shavings of parmesan cheese

Remember to arrange attractively - *"The first bite is with the eyes"*.

Main Courses

All Purpose Curry Sauce (Asian Method)

Onions, 1 large or 2 small

Jeera seeds

Garlic

Garam masala

Coriander powder

Haldi powder

1 tin of tomatoes

Oil

1 lb (453 g) meat or vegetables or prawns

Jeera powder

Fresh ginger

Cook the meat with a little oil until it browns.

Chop onions add 1 tsp (5 ml) whole jeera seeds and cook on low heat until onions are golden brown. Add few cloves of garlic and 1 piece (about 1 inch long) ginger (grated). Add garam masala, 1 tsp (5 ml) salt, 1 tsp (5 ml) haldi, 2 tsp (10 ml) jeera powder, 2 tsp coriander powder (10 ml) and 1 tin of tomatoes and continue to cook until oil comes to the top of sauce. Add meat or vegetables or prawns to the sauce and cook for a further 15 min on medium heat stirring regularly. (If using vegetables cook only until tender). Add 1/2 pt (284 ml) -1 pt of boiling water depending on how thick you want the sauce. Leave to cook on low heat for 30-45 min, until the meat is cooked. Serve with rice or chapattis.

Serves 4.

Bacon and Mushroom Quiche

Several slices of back bacon

Large handful of button mushrooms

2 eggs

Several cherry tomatoes halved

Parmesan cheese

Flat leaf parsley

Garlic

Seasoning

Butter or olive oil and flour

Cut up the bacon and fry gently for 2 or 3 minutes and drain off any liquid. Add sliced mushrooms, chopped garlic and seasoning and cook for a further 4-5 minutes. Put this mixture into a non-stick fluted flan tin / quiche pan with loose base. NOTE: use quantities to suit the size of your tin. Mix together beaten eggs and chopped parsley and pour into the flan dish. Add halved tomatoes cut side up and scatter with grated Parmesan cheese. Bake in a preheated oven at about 180°C for 15-20 minutes. Slice and serve hot or cold with a salad, e.g. rocket, chicory, baby leaf salad etc.

Serves 3-4

Caribbean Chicken

4 chicken joints

2 large onions (chopped)

1 clove garlic (crushed)

1/2 pint (284 ml) chicken stock

100 g tomato purée

1 oz (28 g) brown sugar

3 tbsp vinegar

1 tsp (5 ml) Worcester Sauce

1/2 tsp (10 ml) salt and a pinch of cayenne pepper

2 tsp (10 ml) dry mustard

1 green pepper (sliced)

1 tsp (5 ml) dried mixed herbs

Fry joints in oil till brown on both sides. Remove from pan. Fry chopped onion and garlic. Add stock, blend in tomato purée, sugar, vinegar, Worcester Sauce and mustard. Add sliced green pepper and herbs. Transfer all this plus chicken to casserole dish. Bake in medium oven for 2-2 1/2 hours.

Serve with rice.

Cheese and Potato Hotpot

1/2 kilogram (about 1 lb) potatoes

1 small onion

1/2 cup (142 ml) of milk

200 g (7 oz) cheese preferably a mature cheddar

Salt and pepper

Lightly grease a medium-sized fireproof dish (about 1 litre capacity). Peel and cut the potatoes into slices about 5-6 mm thick (1/4 inch). Slice the onion thinly. Cut the cheese into 10 or 12 slices. Arrange a layer of potatoes in the dish, lightly season, and cover with half the cheese slices and onion. Add another layer of potato, lightly season, and cover with the remaining cheese slices. Pour the milk over the potato layers. Bake in a moderate hot oven (gas Mark 5) for 1 1/2 hours

"This dish is similar to Potato Boulangère but is simpler to make, has cheaper ingredients and is easier to pronounce!"

Serves 2 or 3.

Chicken alla Auntie Deirdre

4 chicken breasts

12 slices smoked streaky bacon

Stuffing:

1 celery stick or carrot

2 oz (57 g) no soak apricots

1 oz (28 g) pumpkin seeds or small pine nuts

1 egg beaten

1 small onion

1 oz (28 g) butter

3 oz (85 g) white breadcrumbs

Grated rind of small orange

Freshly chopped dill

Slice the chicken breasts in half lengthwise. Flatten chicken slices with a rolling pin between sheets of greaseproof paper, be careful not to break the flesh. Melt butter and fry finely chopped onion and celery for 8 min and mix with breadcrumbs. Add snipped apricots to mixture with seeds, dill, and orange rind. Season and bind with egg to make stiff mixture. Divide mixture between flattened chicken slices, 1/4" from edge Roll up each breast and tuck in ends. Wrap bacon round chicken If necessary secure with wooden cocktail sticks or string. Put in tin, brush with oil and cook for 35 min at 190 degrees.

NOTE: We don't know who Auntie Deirdre was but her recipe is good.

Serve hot or slice when cold.

Chicken Breasts in Marsala

Two skinless chicken breasts

A little dry Marsala (an Italian wine)

Flour

Oregano, salt and ground black pepper

Slice each chicken breast into two thin pieces lengthwise. Coat the chicken slices in flour into which some oregano, salt and pepper has been mixed. Shallow fry the pieces in olive oil until golden brown and cooked right through. Add some Marsala to the pan turn down the heat, cover and simmer gently. Thicken the sauce with extra flour if necessary before serving. Serve with spaghetti and vegetables such as courgettes and a side dish of grated carrot with garlic and olive oil and chicory.

Serves 2-4

Chicken Teriyaki

2 -3 chicken thighs, boned and opened out

Oil for frying

Green peppers

Marinade A:

3 tbsp (45 ml) soy sauce

1 tbsp (15 ml) Sake (or substitute dry sherry)

1 tbsp (15 ml) 'Mirin' (Mirin is a sweet Sake and gives food a sweet glaze, it can be substituted for with 1 tbsp (15 ml) Sake and 1 tbsp (15 ml) sugar)

1 tsp (5 ml) juice squeezed from fresh ginger

Mixture B:

1 tbsp (15 ml) Mirin

1 tbsp (15 ml) sugar

Pierce chicken through skin to prevent shrinking when cooked. Put chicken in marinade for 20-30 min. Heat oil in frying pan; dry off chicken and sauté - skin side down over medium heat. When browned turn, reduce heat and then cook covered for about 10 min. Remove chicken from pan, drain, pour remaining marinade into pan, add mixture B and bring to boil. Add chicken again to pan, cook until marinade is almost evaporated. Remove chicken from pan. Slice diagonally. garnish with green peppers. now it's ready to eat!

"Teriyaki's universal appeal has made it one of the most popular of Japanese dishes abroad, absolutely one of my favorites."

Serves 2-3.

Chicken with Tomatoes and Garam Masala

5 tbsp vegetable oil
3/4 tsp whole cumin seeds
1 inch cinnamon stick
6 whole cardamom pods
2 bay leaves
1/4 tsp whole peppercorns
6 oz (170 g) onions, peeled and finely chopped
6 - 7 cloves garlic, peeled and finely chopped
1 inch cube fresh ginger, peeled and finely chopped
1 tin of tomatoes
3 lb (1360 g) chicken pieces, skinned
Salt
1/2 tsp cayenne pepper
2 tsp (10 ml) garam masala (see below)

Heat the oil in a large, wide pot over a medium-high flame. When hot, put in the cumin seeds, cinnamon, cardamom, bay leaves and peppercorns.

Stir once and then put in the onions, garlic and ginger. Stir this mixture around until the onion picks up brown specks. Now put in the tomatoes, chicken, salt and cayenne pepper. Stir and bring to the boil. Cover tightly, turn heat to low and simmer for 25 minutes or until chicken is tender. Stir a few times during this cooking period. Remove cover and turn up heat to medium. Sprinkle in the garam masala and cook, stirring gently, for about 5 minutes in order to reduce the liquid somewhat. NB the whole spices, apart from cumin, in this dish should not be eaten.

Serve with plain rice.

If you prefer to make your own garam masala rather than buy it ready made: Place 1 tbsp (15 ml) cardamom seeds, 2 inch cinnamon stick, 1 tsp (5 ml) cumin seeds, 1 tsp (5 ml) whole cloves, 1 tsp (5 ml) black peppercorns and 1/4 nutmeg into a grinder and grind for about 40 seconds (or until spices are finely ground). Store in a small jar with a tight-fitting lid, away from heat and light.

Serves 6.

Chilli Prawns with ginger

550 g shelled frozen prawns
Salt
Freshly ground black pepper
3 tbsp Chinese wine [or sherry Ed.]
1 egg-white
1 tbsp (15 ml) cornflour
Fresh red chillies to suit your taste
25 mm knob fresh ginger
2 cloves garlic
Oil for deep-frying
2 tbsp (30 ml) light soya sauce
1 tbsp (15 ml) Chinese vinegar
1 tbsp (15 ml) sugar

Season prawns with salt and pepper and sprinkle with half the wine. Set aside for 20 minutes. Beat the egg white with the cornflour and pour over the prawns, tossing well to ensure an even coating. Chop the chillies and ginger and crush the garlic. Heat the oil in a wok until it starts to smoke and deep-fry the prawns until golden, then remove, drain thoroughly and set aside. Pour off most of the oil, re-heat the wok and add the chilli, ginger and garlic. Stir-fry over a fairly high heat for 3 - 4 minutes, then add the soya sauce, vinegar, sugar and remaining wine and bring to the boil. Stir well, then lower the heat, replace the prawns and cook for a further 45 seconds.

CAUTION: "When stir-frying the chillies, make sure the kitchen is well ventilated, as it may cause the chef to choke and others in the house to cough!!!! Despite the caution, do try it, the results are delicious."

Serves 4 - 6.

Chinese Chicken Breasts and Vegetables

2 pieces of chicken breasts
2 peppers
1/2 onion
1 piece of fresh ginger (10 g)
Vegetable oil for cooking
1 tbsp (15 ml) fermented black beans (washed)

- 2 tbsp (30 ml) dark soya sauce (i.e. Soy, Superior Sauce)
- 2 tbsp (30 ml) sherry
- 1 tsp (5 ml) corn flour
- 1 tsp (5 ml) sugar
- 1 tsp (5 ml) salt

Slice chicken breasts into pieces (about 1 cm x 1 cm x 4 cm). Add 1 tsp (5 ml) corn flour and 1 tbsp (15 ml) sherry into a bowl with soya sauce meat and mix together. Deep fry the chicken in hot oil in a wok, keep stirring the during the cooking. Take the meat out of the wok and drain. Slice the peppers into pieces of equal size to the chicken. Chop onion and ginger and stir fry then add peppers and continue for about 5 minutes. Add the fried meat and continue to fry for 1-2 minutes. Add soya sauce, salt, sugar and the rest of the sherry and black beans to the meat and vegetables and fry for a further 2 minutes. All frying takes place with medium heat, stirring continually.

Serves 2 or 3

Chinese Tomatoes and Eggs

- 3 eggs
- 1 lb (453 g) tomatoes
- 1 small onion
- 6 tbsp (90 ml) vegetable oil [*groundnut oil is good Ed.*]
- 1/2 tbsp (7 ml) sugar
- Salt

Beat the eggs with a pinch of salt. Cut onion and tomatoes into small pieces. Fry eggs in 4 tbsp (60 ml) hot oil in a frying pan (or Wok) and then take them out. Fry onion in 2 tbsp (30 ml) hot oil in a frying pan for 1 minute. Add tomatoes into the pan and fry them with the onion for 2 minutes. Add sugar and salt into the pan. Add the fried eggs and mix together with the onion and tomatoes.

Important: All frying is done by the use of medium heat and stirring the dish regularly during frying. This is a simple and tasty accompaniment to other Chinese dishes.

Serves 4.

Chunky Chicken Salad

- 4 chicken breasts
- 3 tbsp fat free mayonnaise
- 1 apple (green or red), chopped

- 1 tsp (5 ml) salt
- 8 oz (227 g) celery, chopped finely
- 4 oz (113 g) green grapes (seedless) halved.

Wash and remove fat from chicken. Add chicken to saucepan of cold water, bring to the boil and cook for 20 min until done. Cut chicken into bite sized pieces. Add all ingredients in a bowl and serve.

"Tastes even better if kept in a refrigerator overnight."

Serves 4

Cold Sichuan Noodles

- 1 ball of wheat flour noodles [try 1/2 a 250 g pkt of Sharwood's Thread Egg Noodles]
- 2 tbsp (30 ml) vegetable oil [peanut oil is nice]
- 4 oz (113 g) bean sprouts

Sauce:

- 1 oz (28 g) fresh ginger
- 1 clove garlic
- 1 tsp (5 ml) sesame oil
- 1 tbsp (15 ml) dark soy sauce
- 2 tbsp (30 ml) Chinese black vinegar [from Chinese supermarket]
- 1 dsp (20 ml) sugar
- 1/2 tsp (2.5 ml) gourmet Powder [MSG]
- 1/4 tsp chilli oil sauce [from Chinese supermarket or make by frying
- 1 tsp (5 ml) chilli powder in 4 tbsp (60 ml) oil for 1-2 min]

Cook noodles in boiling water according to instructions on the packet (about 3-5 min). Wash with cold water in a colander and leave to drain (30 min but covered to stop drying out) then mix with 2 tbsp (30 ml) of vegetable oil.

Wash the bean sprouts and put into boiling water, boil for 2-3 min, drain and leave to cool.

Squeeze the ginger in a garlic press to get the juice and puree the garlic and mix all other sauce ingredients together.

Mix the sauce with the cold noodles and bean sprouts and serve.

This dish makes a good accompaniment to other Chinese dishes or goes down well at buffets.

Serves 4.

Fish Curry Made With Yoghurt

- 2 lb (906 g) filleted white fish
- 10 tbsp of natural yoghurt
- 1 lb (453 g) of chopped onions
- 1 tbsp (15 ml) Madras Curry Powder
- 4 tbsp (60 ml) vegetable oil
- 1/2 tsp of ginger
- 1 crushed garlic clove
- Large pinch sea salt

Cut the fish into suitable portions and marinade in $\frac{1}{2}$ the yoghurt for 1 hour, turning occasionally.

Fry the onions until they begin to colour.

Stir in the ginger vigorously, until some onions are turned to paste.

Stir in the other spices/curry powder. Add the rest of the yoghurt.

Bring the mixture to the boil.

Add the fish and the marinade and stir.

Cook slowly in a covered pan/wok until the fish is cooked.

Serve with rice and mango chutney.

Vegetarians can omit the fish and use the recipe as a sauce to go with stir fried vegetables and peeled lightly fried almonds.

This is quick and cheap. It tastes authentic! Above all - be generous with all the ingredients!

Serves 6

Fish Head Curry

- 1 large fish head
- 2 large brown onions
- 2 large tomatoes
- 4 fresh red chillies
- 2 fresh green chillies
- 25 mm (1 inch) knob fresh ginger
- 2 cloves garlic
- 3 tbsp vegetable oil
- 2 tbsp (30 ml) curry powder

2 curry leaves
2 tbsp (30 ml) tamarind water
400 ml (14 fl oz) thin coconut milk
Salt to taste

Wash the fish head under cold running water and pat dry. Slice the onions, quarter the tomatoes and finely chop the chillies, ginger and garlic.

Mix the curry powder with a small quantity of cold water to form a smooth paste. Heat the oil in a large pan and fry the onion, ginger and garlic for 2 - 3 minutes, then add the chillies and continue to cook for a further 3 minutes, stirring frequently.

Next, add the curry paste and curry leaves, cover the pan and cook over a moderate heat for 2 minutes, then remove the lid and slowly pour in the tamarind water and coconut milk, stirring to blend thoroughly.

When simmering, add the fish head and the tomatoes and season to taste with salt.

Cook for 8 - 10 minutes over a moderate heat until the fish is completely cooked.

Transfer the fish head to a serving plate and keep warm. Increase the heat under the pan and reduce the sauce by one quarter, then pour this over the fish and serve with plain rice.

Note: "In many "Western" kitchens the fish head is used only for stock, or indeed may be wastefully discarded, yet here is to be found some of the tastiest meat on the fish. So even though fish fillets could be substituted by the unadventurous for a similar result, the recipe is highly recommended in its original form."

Serves 4 - 6.

Garlic and Ginger Braised Aubergine

2 tbsp soy sauce
1 tbsp clear honey
1 tbsp rice vinegar
2 tbsp sesame oil
2 cloves garlic, thinly sliced
3 cm piece of fresh ginger, thinly sliced
2 aubergines cut into small pieces
530 g chopped vegetables stir fried
700 g rice

Chopped coriander to decorate

Stir together the soy sauce, rice vinegar, honey and set aside. In a wok stir fry garlic and ginger in sesame oil until softened. Add the aubergine and cook until soft and brown, about 7 minutes. Add the soy sauce mixture and vegetables for a further 5 minutes until tender. Cook the rice and divide into 4 bowls then spoon the aubergine mixture on the top and sprinkle with coriander. Total time about 30 minutes

Serves 4

Gougère de Volaille

Choux Pastry:

1/4 pt water
2 oz (57 g) butter/marg.
3 oz (85 g) plain flour
2 beaten eggs
2 oz (57 g) grated cheese
Salt, pepper
1/2 level tsp mustard

Filling:

1/2 oz (15 g) butter
1/2 oz (15 g) cornflour
4 oz (113 g) cooked chicken
1/4 pt stock
Salt, pepper, herbs, (Tabasco if liked)
Chopped onions, sliced mushrooms or peppers

Topping:

1 oz (28 g) grated cheese mixed with dry breadcrumbs

Boil water and marg, remove from heat, add flour to hot liquid and beat rapidly to form a smooth dry mixture. Add beaten eggs to make a soft dough. Add cheese, salt, pepper and mustard.

Melt butter in frying pan, fry onion, mushrooms or peppers.

Add cornflour and stock, bring to the boil, season well. Add herbs and meat.

Spoon most of the pastry mixture into an open ovenproof dish lining the base and sides. Fill with the meat and sauce, partially cover the edge of the filling with the rest of the pastry and cover the centre with grated cheese and

breadcrumbs, decorated with slices of tomato.

Bake gas mark 6, 200°C for 30-40 min.

This recipe can equally well be made with cooked ham, turkey or unsmoked bacon.

Serves 4

Korean Spring Chicken Stew

1 3/4 lb (around 800 g) whole spring chicken

1/3 cup of tiny soured salted shrimp (available in Chinese supermarket)

5 tbsp chopped green spring onion

1 tbsp (15 ml) chopped garlic

1 tbsp (15 ml) juice of squeezed fresh ginger

1 tbsp (15 ml) sesame oil

2 tbsp (30 ml) sesame salt

Freshly ground black pepper

5 hot red peppers

5 hot green peppers

1 onion

Cut the chicken into smallish pieces, mix with the salted shrimp, garlic, ginger juice, spring onion, sesame oil and salt and black pepper and let stand.

Fry the seasoned chicken lightly in a pan. Pour in enough water to cover the chicken and simmer on a low but steady heat.

Cut the round onion, hot red peppers, hot green peppers into 1/4 inch square pieces.

When the chicken broth has almost evaporated add the onion and peppers and stir-fry briefly.

Serves 6

Lamb Bolognese

1 lb (453 g) minced lamb

1 green pepper

1 large onion

6 oz (170 g) mushrooms

3 cloves of garlic - chopped finely

1 jar of spaghetti sauce (any size)

1 - 2 carrots

mixed herbs

Freshly ground black pepper, 1/2 tsp (10 ml) sugar, salt and a little oil.

Dice all vegetables and garlic and fry for a few minutes, add meat and stir until browned, add herbs and seasoning, add spaghetti sauce.

Put into slow oven for 1 hr, the longer it cooks the more the flavours blend.

Serve with fresh tagliatelle and mixed green salad (packet is fine especially one with French dressing). Sprinkle on grated Parmesan cheese.

This same mixture makes a very good lasagna. Just add white sauce (see under 'Miscellaneous') i.e. layer sheets of lasagna with meat then white sauce (about 3 layers) then top with grated cheese. Cook in a medium oven about 45 min.

Serves 4-6

Leek and Chicken Pie

1 Chicken breast

3 good size leeks

1/2 packet streaky bacon

1/2 packet JusRoll puff pastry

1/2 packet chestnuts

Sage

1 egg

Fry bacon and chicken separately until just cooked, but not hard!

Add chopped leeks to pan and cook mixture until leeks are tender

Season to taste

Add sage leaves and crumbled chestnuts, strain off liquid

Put mixture in pie dish

Cover with Jus Rol pastry

Brush with beaten egg

Place in hot oven for about 1/2 hour until golden

Serves 3

Mackintosh Plaice!

Fish, plaice (or salmon works well)

White sauce (see 'Miscellaneous')

Onion

Mushrooms

Mashed potatoes

Garlic

Salt and pepper to taste

Butter

Accompanying vegetables - courgettes, green pepper, onion, mushrooms, peas, etc.

Cut plaice (or salmon) into 2 pieces, brush with melted butter and grill for 2-3 min until sealed. Put into individual pie dishes.

Fry onion and mushroom in a little butter salt, pepper and garlic. Put a layer onto the fish; cover with white sauce then a layer of mashed potato.

Put in hot oven until heated through and fish is cooked. Sprinkle cheese on top if liked and brown under the grill.

Serve with vegetables tossed in hot butter a cooked to taste.

Serves 2

Melon and Basil Salad

One Cantaloupe melon (the sort that are orange inside with a yellowy green skin)

A generous bunch of fresh basil (It won't work with dried Basil)

500 g packet of pasta shapes (penne or twirls are best they give the salad more volume than spaghetti or tagliatelle)

Olive oil (a generous dash)

200 g of smoked lardons, or smoked bacon, or Parma ham in small squares.

Lemon juice and salt to taste

Put the pasta to cook (Do not overcook it. The salad is horrible with mushy pasta)

Dice the melon into a large salad bowl after removing the skin and seeds.

Strip the basil leaves off the stalks and chop finely. Add to the melon

Once the pasta is cooked, run it under the tap to cool it down then add it to the melon and basil give it a dash of olive oil, be generous!

("Be generous! You've got this far. It would be a shame to spoil it by being calorie conscious!")

Toss it all

Fry the lardons or bacon, don't fry Parma ham!

Add the meat progressively, tossing the salad as you go to avoid it clumping together too much.

Add the lemon juice to taste. Add salt to taste (Is the meat salty? Did you put salt in the pasta water? If so be careful not to over salt.)

Add more basil at the end if you feel it needs it.

"I saw a bowl of this salad in a Cavaillon delicatessen window. I studied it for a few minutes, then went home and tried to copy it. The results have been appreciated".

Serves 4

Mini Quiches

1 packet Jus Rol frozen puff pastry

6 oz (170 g) onions

1/2 lb (226 g) streaky bacon

6 oz (170 g) mushrooms

6 oz (170 g) cheese

4 eggs

1 pint (568 ml) milk

Pepper and salt

Olive oil

Roll out pastry thinly. Cut pastry into circles large enough to line the pattie, muffin or fairy cake tin you are using. (I use a 2 3/4 inch cutter).

Cut bacon into small bits, chop onions, skin and chop mushrooms. Fry all three separately.

Whisk eggs with a fork, add milk, pepper and salt, give a final mix with a whisk.

Grate the cheese.

Put into each small-uncooked pastry case, a little onion, mushroom and cheese. Pour in milk/egg mixture to the top of the pastry case.

Cook in a hot oven (220°C) for about 15-20 min. They rise and look soufflé-like, deflating when taken out of the oven.

Serve as a savoury.

Serves 6

Moroccan Delight

750 g lamb or beef diced
Chicken stock cube
Large onion
2 sticks celery
2 carrots
1 tin tomatoes
1/2 cup dried prunes
Handful chopped coriander leaves
1 cm ginger finely chopped
2 tsp cinnamon
2 tsp cummin
1 tsp tumeric
Chilli pepper to taste
Olive oil
Salt and pepper

Brown the meat in olive oil in an ovenproof pan. Add vegetables and continue to cook until soft about 8-10 minutes. Add spices and cook for a few minutes more. Add tomatoes, stoned prunes and the stock (about 500 ml) and put in oven 150°C for a couple of hours. Sprinkle with chopped coriander and serve with couscous (instructions for cooking couscous are on the packet!)

Serves 4-6

Mushroom Puff Pasties

2 blocks of 225 g frozen puff pastry
1 egg, beaten

Filling:

1 onion, chopped
1 carrot, coarsely grated
1 medium potato, coarsely grated
45 ml sunflower oil
225 g sliced mushroom (use the tasty brown ones if possible)
30 ml soy sauce
15 ml tomato ketchup

15 ml dry sherry (optional)

A good pinch of dried thyme

Salt and ground black pepper.

Roll out the thawed pastry until they are 6 mm (1/4 inch) thick and cut each into four 15 cm (6 in) squares. Reserve a little pastry for decoration.

Cover the pastry and set aside in a cool place to rest.

Make the filling by gently frying the onion, carrot and potato in the oil for 5 min, then add the mushrooms, soy sauce, ketchup, sherry, thyme and seasoning.

Cook, stirring occasionally, until the mushrooms and vegetables have softened and feel quite tender. Cool.

Divide the filling between the eight squares, placing it to one side across the diagonal.

Brush the pastry edges with beaten egg then fold over into triangles and press well to seal. Crimp each pastie edge.

From the extra pastry cut out shapes to decorate the pasties. glaze with beaten egg.

Set on baking sheets and cook at 200°C (400°F gas Mark 6) for 15-20 min until golden brown and crisp.

Serves 4

Onion Tart

Shortcrust pastry as you like it - made with 150 g flour

250 g onions

100 g smoky bacon chopped small

50 g butter

30 g flour

1/4 litre milk

Salt and pepper

Peel and chop the onions and fry in 20 g of the butter for 15 minutes at a low heat, covering the pan.

Add the pieces of bacon after 10 minutes.

Make a Béchamel (white sauce) [See "Miscellaneous"] with the remaining 30 g butter, 30 g flour and 1/4 litre milk - the sauce will be thick.

Add the onions and bacon to the completed sauce.

Roll out the pastry to 2 mm thick. Place in a tart dish and prick with a fork.
Put the onion and bacon sauce in the pastry case.
Cook in a hot oven (220°C) for 40-50 minutes, but reduce the heat after 20 minutes.

Serves 4.

Pork Fricassée

1 pkt of pork steaks or chops without bone or small pork joint
1/2 - 3/4 lb (475 g) button mushrooms
3 - 4 cloves of garlic, chopped finely
1 large onion
Plain flour
Milk
1 carton sour cream
Oil for frying + butter
Salt and pepper to taste

Cut pork into thin strips and fry in oil and butter mixture with chopped onion and garlic until sealed. Add sliced mushrooms.

Sprinkle on about 2 - 3 tbsp plain flour and stir until absorbed.

Add about 1/4 - 1/2 pt (284 ml) milk depending on how much meat you have used and stir until dissolved, (not too thin).

Add carton of sour cream and adjust with water to get the sauce consistency as you like it.

Cook in slow oven for 1 - 1 1/2 hours until meat is very tender, stirring occasionally.

Serve with either Basmati rice or mashed potatoes, vegetables or green salad. This recipe can also be made with beef.

Serves 4

Prawns In Curry Sauce (Western Method)

8 oz (227 g) peeled prawns
2 small onions
1 tbsp (15 ml) olive oil
1 rounded tsp curry powder
1 level tbsp plain flour

1/4 pt fish or chicken stock
1 rounded tsp tomato pureé
1 rounded tbsp mango chutney or apricot jam
Juice of half lemon
1 oz (28 g) unsalted butter
3 tbsp double cream

Peel and chop 1 onion.

Heat oil in saucepan, add onion, cover pan and fry over low heat for 2-3 min until onions are soft, not brown.

Stir in curry powder and fry gently for a few minutes.

Blend in flour and cook 2-3 min.

Gradually add stock, stir until sauce thickens and comes to the boil.

Add purée, chutney, lemon juice and simmer for 5 min, then strain sauce through sieve.

Rinse prawns in cold water and drain dry.

Peel and chop last onion.

Heat butter in frying pan and fry until soft and add prawns.

Blend in the curry sauce and bring mixture to the boil. Stir in cream and remove from the heat.

Arrange prawns in sauce within a ring of boiled rice. Alternatively serve with chapattis.

Serves 4.

Poacher's Plait

1 lb (453 g) rough puff pastry (*see recipe under "Miscellaneous"*)
6 oz (170 g) streaky bacon
1 lb (453 g) pork sausage-meat
2 oz (57 g) button mushrooms
1 small onion - chopped
1/2 tsp dried sage
Salt and pepper to taste
Egg to glaze

Make the puff pastry as per recipe.

Into a basin put sausage-meat, chopped bacon, salt and pepper and sage.

Add chopped onion and mushrooms, mix well together.

Roll pastry into a rectangle and place mixture in the middle leaving a generous margin all round. Make diagonal cuts in the margin of the pastry. Damp the pastry and fold down both ends to seal the plait and then put strips across the mixture first from left then right etc. making the plait.

Brush with beaten egg and bake in a hot oven, 220°C (gas Mark 7) for about 10 minutes.

After about 10 minutes turn oven down to 200°C (gas Mark 6) for a further 45 minutes.

Serves 6

Quick Pizza

6 oz (170 g) shortcrust pastry (see separate recipe in "Miscellaneous")

Filling:

2-3 oz (85 g) grated cheese

1/2 onion

1/2 pepper (green or red)

2 tomatoes

Chilli pepper

1/4 lb mushrooms

Cooking oil

Roll pastry into 8 in flan tin.

Wash and slice tomatoes, mushrooms, onion and pepper or any filling you like.

Put in a large bowl, add grated cheese and a few good shakes of chilli pepper, mix well.

Brush pastry base with oil and press filling mixture in base well.

Cook in centre of oven at 220°C (gas Mark 7) for 25-35 minutes.

Serves 2

Quick Sweet and Sour Chicken

4 boneless chicken breasts

1 (400 g) tin of chopped tomatoes

1 (400 g) tin of ratatouille

1 jar Uncle Ben's Sweet and Sour Sauce

1 tbsp (15 ml) olive oil
1 tbsp (15 ml) plain flour
Pinch of pepper and salt

Cut each chicken breast into 5 or 6 chunks, flour and seal in hot olive oil in a frying pan.

Drain off any fat and add the tomatoes, ratatouille and sweet and sour sauce. Simmer thoroughly for 40-50 min.

Ensure the chicken is cooked through thoroughly before serving with rice (about 2 oz (57 g) per person)

Serves 6-8.

Recipe for Disguising the Flavour of Goat

6 tomatoes
12 green beans
2 green peppers chopped
2 large onions chopped
1 pinch of oregano or marjoram
1 bay leaf
Parsley
1 tsp (5 ml) salt
1 stock cube
Pinch of sage or mixed herbs
1/2 tbsp (30 ml) garlic salt
Leftover goat
Grated potatoes to thicken
Fresh black pepper

In a large pan, with just enough boiling water to cover the bottom dump your vegetables and stock cube.

When tender add leftover goat, chopped up, and the herbs spices and salt. Stew for 1 hour.

Add raw grated potatoes and or more tomato juice if required. Cook until done.

Serve over spaghetti or noodles.

Serves 4

Romanian Dill Stew - Mâncărîca de Marar

- 1 lb (453 g) of beef (or chicken or lamb)
- 1/2 lb (226 g) fresh dill
- 1 lb (453 g) onions
- 1 tomato (or 1 tsp (5 ml) of tomato paste)
- 1 tsp (5 ml) lemon juice (or juice from 1/2 lemon)
- Flour to thicken
- Salt

Cut the meat into 1 inch cubes.

Boil in 2 cups of water, covered at medium heat until soft.

Cut the onion as fine as you can and fry in two tbsp of oil until golden, mixing it all the time (10-15 min). Don't brown it.

Add the onion to the meat and boil them together, with a little salt, for another 10 min at medium heat.

Let it stand until it stops boiling, then add the dill very finely cut. The dill will preserve its flavour if it is not boiled. Add the lemon. Serve with fresh slices of bread, dipping the bread into the delicious sauce.

Serves 4

Salmon and Egg Pie

- 2 oz (57 g) butter
- 15 oz tin of salmon, pink or red
- 4 eggs - hard boiled
- 1 good-sized onion
- 2 oz (57 g) plain flour
- 3/4 pint of milk
- 12 oz (340 g) puff pastry (frozen)
- Salt and pepper

Boil eggs. Cut up onion finely and fry gently with butter or oil. Stir in flour add milk, salt and pepper. When mixture thickens cook for a few minutes.

Remove from pan to cool, then add contents of tin of salmon and the eggs cut into small pieces.

Grease 12 inch x 10 inch baking sheet. Roll out puff pastry thinly, use half to line the baking sheet and put mixture on this leaving a margin around the edge that you damp with milk. Lay the rest over the top and press together

around the edges. This top pastry cover should have diagonal cuts in two rows along it. Brush with egg milk or just milk to glaze. Bake for 20 min or so at 400°F (200°C or gas Mark 6). Serve hot or cold.

Serves 6-8.

Salsa Chicken

4 chicken breasts

8 oz (227 g) salsa

8 oz (227 g) cheese (grated, any kind)

Wash chicken and place in a glass or metal pan. Cook chicken for 15 minutes on each side in a hot oven (180°C)

Put 2 oz (57 g) salsa and then sprinkle 2 oz (57 g) grated cheese per piece of chicken.

Cook until cheese is melted.

For a low fat version use low fat cheese, it's just as tasty.

Serves 4

Sardine, Tomato and Sweetcorn Noodles

300g wheat noodles or spaghetti

4 x 95g tins of sardines

195g tin of sweetcorn

Grated zest and juice of 1/2 lemon

Chopped parsley

Cook noodles or spaghetti and drain. Into the hot pan add broken up sardines and sweetcorn with lemon zest and juice. Add the hot pasta serve into bowls and sprinkle with parsley. Very simple, only takes about 15 minutes.

Serves 3-4

Sausage Plait

9 oz (255 g) puff pastry

6 oz (170 g) sausage meat

1 lb (453 g) cooking apples (Granny Smiths work as well if you can't get cooking apples)

2 oz (57 g) white bread crumbs

2 tbsp (30 ml) coarse grain mustard

1 onion - chopped (garlic optional)

2 tsp dried parsley
Salt and pepper to taste
A little oil

Pre-heat the oven to 200°C.

Heat oil in pan and fry onions. Add chopped apples and cook for 3-4 minutes.

Mix with breadcrumbs, mustard, parsley and sausage-meat - season well.

Roll pastry into a rectangle.

Place mixture in the middle and cut diagonal strips at the edges then damp the pastry with some water - fold down both short ends to seal the plait and then put the strips across the mixture - first from left then right - then left etc.

Brush with beaten egg and cook until golden brown - approx. 40 minutes.

“Variations - try adding mushrooms and peppers! We enjoy this plait served with potato, veg. And gravy - but can be served cold with salad.”

Serves 6.

Sesame Plaice

4 plaice fillets about 6-8 oz (227 g) each
1 oz (28 g) butter
1 bunch spring onions
1-2 tbsp (30 ml) lemon juice
1 tbsp (15 ml) sesame seeds
Salt and pepper to taste

Melt butter, fold fish fillets in half, add to the pan, cover and cook over a low heat for 3-5 min each side.

Add chopped spring onions, lemon juice and sesame seeds, salt and pepper. Cook for a further min. Serve with courgettes fried in olive oil, mange tout peas with pasta, mashed potatoes or Italian bread.

Serves 4

Sichuan Chicken Legs

40 Chicken drumsticks (legs)
Soy sauce (both dark and light)
Sichuan peppers
Aniseed (8-angles)
Dried chillies to taste

Ginger.

Cover with water in large saucepan and add lots of Soy sauce both dark and light, Sichuan peppers, aniseed (8-angles), dried chillies to taste, and a generous helping of chopped ginger. Add some sugar and a little MSG powder. Simmer for about an hour or two until meat is tender. Allow to cool taking out and serving these tasty drumsticks cold. The quantities are not critical as you see and the chillies especially can be adjusted according to taste! Makes good party food prepared in advance and they always go down well.

Serves 40

Spaghetti alla Carbonara

Spaghetti for 2 people

2 eggs

3 rashers of bacon

2 tbsp (30 ml) of cream

Salt and freshly ground black pepper to taste

Cook the spaghetti until it is firm (*al dente*) in slightly salted water then drain.

At the same time fry the bacon then cut into small strips.

Beat the eggs and pour over the spaghetti, add the bacon and return to a low heat mixing all the time until the egg coating the spaghetti is lightly scrambled. Add the cream and freshly ground pepper, stir and serve.

A very simple classic Italian dish. Serve with a light salad and some black olives.

Serves 2.

Steak Upside Down Pie

Filling:

2 onions

2-3 tomatoes

1/4 mushrooms

2 oz (57 g) dripping

1/2 pt (284 ml) stock

12 oz (340 g) minced beef

Seasoning

Topping:

6 oz (170 g) self-raising flour

Seasoning

2 oz (57 g) fat

2 oz (57 g) cheddar cheese

1 egg yolk

Milk

Chop vegetables and fry in dripping until soft.

Add stock and minced beef, stir until a smooth mixture, season well.

Cook for 15 min only in an uncovered pan, stir from time to time.

Meanwhile prepare the topping.

Sieve flour with seasoning, rub in fat and grated cheese, bind with egg and milk to make a soft dough. Form into 7-8 inch round.

Put meat mixture into an ovenproof dish, top with the dough.

Bake in the centre of oven gas mark 4-5 for 40-50 min or until pastry is cooked. When cooked, turn upside down and serve with creamed carrots and sauté potatoes.

Serves 4 - 6.

Sweet and Sour Chicken

1 pack of chicken breasts (~350 g)

1/4 green pepper (chopped into small cubes)

1/4 yellow pepper (chopped into small cubes)

1/4 red pepper (chopped into small cubes)

1 egg (beaten)

2 shallots (sliced)

Marinade:

1/2 tbsp (7 ml) Shaoxing wine (from Chinese shop)

1/2 tbsp (7 ml) salt

1 tbsp (15 ml) light soya sauce

A dash of sesame oil

A pinch of white pepper

Seasonings/sauce:

1/4 cup of water

salt to season

1 tbsp (15 ml) light soya sauce
2 tbsp (30 ml) of sugar
1/2 tbsp (7 ml) brown vinegar
A dash of sesame oil
A pinch of white pepper
Some cornflour to thicken

1) Remove fat from chicken, rinse, wipe dry and cut into pieces.

Tenderize with back of chopping knife.

Put into marinade and leave for half an hour or longer

2) Add 1/2 beaten egg into the marinated chicken.

Dust with some flour and deep fry in hot oil until golden.

Drain and dish up.

3) Heat 1 tbsp (15 ml) of oil, sauté the shallots then remove from pan.

Put in all the chopped peppers and stir-fry.

Splash wine and stir in seasoning.

Thicken with some cornflour water.

Pour the sauce onto the fried chicken.

Serves 2.

The Sultan Fainted

3 aubergines
2 onions
4 cloves garlic
2 cans chopped tomatoes
Chopped parsley
Olive oil for frying
Salt

Cut 3 aubergines in half (longways) and make criss-cross cuts into the flesh. Sprinkle cut side with just enough salt to season and leave for about 10 minutes, turn over onto a rack and leave to drip (about 30 mins). This firms the flesh up by removing some water. Wash off salt very quickly and dry with clean kitchen towel.

Fry in oil in a pan that can go in the oven until golden on the cut side. Bake in oven at a medium heat for about 30 min or until very soft all through.

Slowly fry in a saucepan chopped onions and garlic until soft and golden (about 30 mins with a lid on). Reduce the volume of the tomatoes a little by simmering in a saucepan with the lid off, then mix in the onions and parsley. Put this mix on top of the aubergines and bake in oven until thoroughly heated through. Add parsley. Can eat hot or cold.

(Note: the Sultan fainted when he saw such a delicious dish!)

Serves 2-4

Vegetable Lasagne

Lasagne sheets (ones that don't need precooking) Spinach flavoured green coloured ones look good.

Raw vegetables- in winter use for example some of the following: several celery sticks, several carrots, several leeks, half a cauliflower, half a butternut squash, a large onion. In summer use an aubergine, several peppers of different colours, a large onion.

Olive oil

400g can of chopped tomatoes

About 120 grated cheese

About 120g butter

About 2tbsp flour

Milk to make a white sauce- not too thick. Perhaps about 300 ml.

Pepper

Take a large dish the right size to take your vegetable sauce with the cheese sauce over it without bubbling over in the oven- stand it on a baking tray if you think it might bubble over. Heat oven to 160oC

Precook your washed, peeled, chopped vegetables. The cauliflower can be boiled for about 5 minutes. Other vegetables should be fried in olive oil; alternatively the butternut squash/peppers (deseeded) could be roasted on a baking tray in the oven with olive oil for about 20 minutes. Add the vegetables to the can of tomatoes in a pan and heat through.

Make the cheese sauce: melt the butter in a pan, stir in the flour, increase the heat and add the milk a little at a time with stirring to avoid lumps forming. When the sauce seems of the right thickness, stir in the cheese and some black pepper. You may not need to add any salt as the cheese and butter have salt in them.

Vegetable Mix

2 oz (57 g) butter

Salt and pepper

Garlic cloves

Very little water

Raw vegetables e.g. courgettes, tomatoes, onions, mushrooms, sliced potatoes, green pepper, broccoli florets.

Melt butter - put veg. in pan in this order, onions, potatoes, green pepper, courgettes, sliced mushrooms, broccoli florets. Between each veg. allow 2 minute approx. This vegetable dish can accompany most meals.

Vegetable Terrine

This terrine uses about 350 g each of carrots; leeks; red cabbage; frozen peas and mushrooms .

Finely grate the carrots and chop the leeks, red cabbage and mushrooms. Lightly fry leeks, cabbage and mushrooms separately with some seasoning and herbs and set aside.

Mix 120 g breadcrumbs, pine nuts and 5 beaten eggs and add a fifth to each of the vegetables. It may be easier to add the breadcrumbs and nuts first then add a beaten egg after those are mixed in.

In a 1 kg loaf tin, well buttered or with a greaseproof lining, add each of the mixtures in turn starting with the carrots that will be on top when finally turned out. Layer the colours in turn and end with the mushroom mix as this will be at the bottom.

Bake for one hour in a moderate oven. Allow to stand for at least 10 minutes before turning out. Serve hot.

Serves 5

Desserts

Apple Amber

4 large cooking apples

3 oz (85 g) brown sugar

2 oz (57 g) butter or marg.

3 eggs

1 lemon

Cherries and angelica to decorate

Short pastry/puff pastry trimmings

Castor sugar

Line edge of a pie dish with thin strips of pastry about 3 inches wide, and decorate the edge with overlapping leaves or small rounds of pastry, which must be securely fixed by means of the white of an egg.

Peel and slice apple. Stew them gently with butter, sugar, lemon rind until tender. Then pass through a fine sieve.

Add egg yolks.

Pour mixture into dish, bake gently for 20-30 min at 350°F (gas Mark 4, 180°C).

Pile the stiffly whisked egg whites on the top.

Dredge liberally with castor sugar.

Decorate with cherries and angelica.

Replace in cool oven (300°C, gas Mark 2, 150°C) until whites of eggs harden and acquire colour, 30-40 min. Serve hot or cold.

Serves 6 - 7

Apple crumble

Several cooking apples, depending on size (NOT eating apples. Bramley apples are the most common in the UK)

250g flour

125g butter cold and hard from the fridge

125g brown sugar e.g. demerara sugar

Some sugar to sweeten the apples as necessary

A shallow oven-proof dish

Oven at 160oC

Peel the apples, cut into quarters and remove the core. Slice the apples, place in a pan with very little water, cover with a lid and cook on a medium heat for a few minutes, stirring occasionally, until the apple slices start to go soft. The time will vary with the type of cooking apple you use. Place the apples in your oven-proof dish to cover the bottom of the dish. Add sugar if the apples taste sour. If you like cloves you can add a few, or blackberries, plums or blueberries if you have some.

To a mixing bowl, add the flour and the butter cut into small pieces. Rub the butter into the flour with the tips of your fingers until the mix resembles crumbs. Mix in the brown sugar. Cover the apples with a layer about 1-2cm thick of crumble. If you have crumble mix left over, freeze it for the next time you make a crumble.

Cook in the oven for about 30 minutes or until the crumble has gone golden brown and starts to look crisp. Eat hot or cold with ice-cream or custard. A cooked apple crumble will freeze.

Serves 6 - 7

Apple Meringue

1 pkt frozen short crust pastry

Bramley cooking apples (do not put any sugar in the apples!)

3 egg whites

6 oz (170 g) white sugar

Thaw and roll out pastry. Line a pie dish - prick and partly cook in very hot oven. Reduce heat.

Peel core and cook apples in a pan with a few spoonfuls of water - watch they don't burn!

Whip egg whites until very stiff and add sugar.

Into part cooked pastry case put very hot apple, top with meringue mixture making sure it is touching the pastry all round. Return to oven to cook on low to medium heat for about 3/4 hour. Watch meringue doesn't burn.

Serves 4

Black Forest Trifle (1)

1 chocolate Swiss roll

1 black cherry jelly

1 tin of black cherries (pitted)

Custard powder

Sugar

Milk

Cream

Chocolate flakes

Keep juice from cherries to add to jelly when making up.

Put slices of Swiss roll at the bottom of a dish, then put cherries on top of the sponge.

Pour on jelly and leave to set.

Make one pint of custard and pour over jelly when cold.

Decorated with whipped cream and add small flakes of chocolate.

Serves 8

Black Forest Trifle (2)

1 chocolate sponge or Swiss roll

1 tin of cherry pie filling

1 chocolate instant pudding

Juice from any tinned fruit

Hundreds and thousands or something similar for decoration

Whipped cream (optional)

Slice 1/2 the chocolate sponge in a bowl. Pour some juice over to soften. Empty pie filling over the sponge. Slice rest of the sponge on top of filling. Put rest of the juice over the top.

Make up instant pudding and pour over the sponge. Decorate when the instant pudding has set.

Serve with whipped cream if desired but this dessert is quite rich and can stand alone without the addition of cream.

Serves 4-6

Bread and Butter Pudding

1 1/2 - 2 slices of buttered bread

2 tbsp (30 ml) dried fruit

2 eggs

1 egg yolk

1 oz (28 g) granulated sugar

1/2 pint (284 ml) very creamy milk

Vanilla essence and ground cinnamon

Cut off the crusts from the buttered bread and cut into fingers. Layer in shallow dish, butter side up. Sprinkle with dried fruit as you go.

Beat the eggs with sugar, add milk and vanilla essence. Strain on to bread, sprinkle with ground cinnamon and leave to stand for 30 min. Heat oven to 180°C.

Place pudding into roasting dish of hot water, cook for approximately 45 min or until custard is set and the top is light brown and crusty.

As an alternative you can use dried apricots cut small with brown sugar, instead of the sultanas.

Serves 2

Chocolate Roulade

6 oz (170 g) plain chocolate

5 eggs

6 oz (170 g) castor sugar

3 tbsp hot water

Melt the chocolate in a basin over hot water. Add 3 tbsp hot water to the melted chocolate.

Separate the eggs and beat the yolks with the castor sugar.

Add chocolate to yolks and sugar. Beat up egg whites until stiff and fold into chocolate mix.

Put in a 13 inch x 9 inch baking tray lined with greased greaseproof paper or baking parchment. Bake in a moderate oven 160°C fan oven for 45-50 min.

Cover with greaseproof paper and damp tea towel overnight.

When ready to serve, dust a sheet of greaseproof paper with icing sugar and turn out roulade, top cooked side underneath. Trim the edges, cover with whipped cream and roll up by lifting the paper until the cakes folds down and form it into a roll on your plate. Dust with icing sugar and serve.

Serves 4-6

Chocolate Sorbet

This is a recipe everyone should know, completely delicious and sorbet is very low in calories...

1 oz (28 g) cocoa

15 fl oz (450 ml) water

5 oz (150 g) plain chocolate

5 oz (150 g) caster sugar

Simmer the cocoa in the water for 5 min. Chop the chocolate and mix with the sugar. Pour the water mix over the chocolate and sugar and stir in. When cool, churn in an ice cream maker until thickened then freeze.

If you haven't got an ice cream maker, fear not. Pour the cold mixture into a shallow container and freeze, taking it out of the freezer and beating it well every hour to break up the ice crystals until it's nicely thickened. Then leave it to freeze completely.

It might just about serve four very polite people with restrained appetites. My advice is to make double so you've got enough for seconds.

Serves 4

Chocolate Truffle Loaf

7 oz plain chocolate

6 oz (170 g) block creamed coconut

4 oz (113 g) unsalted butter

6 slices pineapple, drained and chopped or 1 tin of crushed pineapple

10 oz (283 g) ginger biscuit, ground

Line 2 lb (906 g) loaf tin with foil

Melt chocolate, coconut and butter together, stir. Stir in the fruit, then biscuits. Pour into tin and chill for 24 hours.

Store in fridge and serve in thin slices.

"Can be frozen, It's very rich so do slice thinly. For special occasions serve with whipped cream".

Serves 4

Clafouti

100 g plain flour

3 tsp baking powder

100 g sugar

Pinch of salt

2 eggs

1/2 pint (284 ml) double cream

500 g pitted black cherries (or 2 tins drained)

20 g butter

Sieve flour, baking powder and mix in salt and sugar.

Make a well in centre of mixture and mix in beaten eggs and cream.

Blend together to form a smooth mixture. Add cherries.

Butter an oven-proof dish, pour in mixture and dot with butter.

Bake for 45 min at 180°C. Serve hot or cold.

Serves 2

Daffodil Pudding

2 x 13 oz (435 g) tins crushed pineapple

1 pineapple jelly (pint size)

Small tin of evaporated milk

Strain pineapple and dissolve jelly in 1/4 pint of pineapple juice.

Divide this into two. Make one half of this jelly-in-juice up to 1/2 pint (284 ml) with rest of pineapple juice, adding some water if necessary. Pour into dish and leave to set.

Meanwhile keep other half of jelly-in-juice in warm place to stop it setting. When jelly-in-juice in dish is set, whisk pineapple into remaining half of jelly

Whisk evaporated milk until light and frothy into pineapple and jelly mixture. Pour over set jelly in dish and leave to set in fridge.

Serve with cream or crème fraîche, according to taste. Best eaten the same day.

“NB. It is essential to make this on St David’s Day in order to get the authentic daffodil flavour”.

Serves 6

Impossible Pie

1/2 cup (142 ml) of plain flour

1/2 tsp (2.5 ml) of baking powder

1 cup (284 ml) of coconut

1/4 cup (70 ml) of margarine

1 tsp (5 ml) of vanilla essence

1 cup (284 ml) white sugar

Pinch of salt

2 cups of milk

4 eggs

Place all the ingredients in to a blender at one time and blend until mixed together. Pour into a buttered 10 inch pie dish. Bake in a preheated oven, 180°C (gas Mark 4) for 1 hour. When cooked the crust will be at the bottom the custard in the middle and the coconut on the top.

[The woman who contributed this recipe says: “Impossible Pie” that’s what it’s called! As I flipped through my new cookbook, naturally I just had to stop and read this recipe; It did seem impossible or at least highly unlikely. All I had to do was toss 9 ingredients into the blender, give it a whirl, place it in the oven for 60 minutes and Hey Presto! I would have a pie with the crust on the bottom where it belonged, and coconut on the top. Amazingly it worked!]

I thought of my own life, a jumble of obligations, ambitions, activities and goals. Sometimes, they seem to get all mixed up, and I lose all sense of purpose and order. Can God straighten it all out? He has done so for many other people. I remember reading about C I Scofield, who had lost his business and family and was fast losing his health because of alcohol. One day he turned to Christ, asking him to bring order and meaning out of the chaos of his life. The Saviour did the “impossible” and in later years he became an expert in Greek and Hebrew and authored the Scofield bible. I thought also of a friend who met Christ as a child but had tried to run her own life and made a mess of it. She had divorced her husband, left her children, trying to straighten things out on her own. At the depth of failures she called upon Christ and she is now reunited with

her husband and family.

When I lose perspective, when everything goes wrong and I feel like giving up I think about "Impossible Pie". I can't always see why things are the way they are, or how it will turn out, but God can. I can only put my trust in Him. Are you trying to run your own life - and failing miserably? Then turn in faith to Jesus. He did the impossible in my life and He's waiting to do it for you.]

Serves 4-6

Lemon Flummery

3 eggs

5 tbsp castor sugar

2 lemons

1 envelope of gelatin

4 tbsp (60 ml) boiling water

Separate eggs, put yolks in a large bowl, add sugar. grate lemons and squeeze juice, put in bowl with yolks and sugar, whisk lightly. Mix the gelatin with 4 tbsp (60 ml) of boiling water; stir 'till all has dissolved. Put egg whites in a large bowl, whisk until stiff, fold into yolk mixture, then add gelatin. Pour into a large dish (or 6 small dishes) leave to chill.

NOTE: The eggs in the recipe are not cooked so use ones that are guaranteed not to contain salmonella!

Serves 6

Missouri Mud!

1/2 lb (226 g) or (1 pkt) Lincoln biscuits

1 15 oz can crushed pineapple

1/2 pint (284 ml) whipped cream - until stiff but not too stiff

2 oz (57 g) butter or margarine, 1 beaten egg and 2 oz (57 g) castor sugar creamed together

This sweet is arranged in layers in a fruit bowl as follows:

Bottom layer:

1/3 of crushed Lincoln biscuits.

1/3 of the creamed butter, egg and sugar.

1/2 of the whipped cream.

1/2 of the crushed pineapple

1/3 of crushed Lincoln biscuits....

Repeat this layer again ending with the biscuits. Put in refrigerator for a few hours before serving. The dish may be frozen. See note on raw eggs above.

Serves 4

Not-Quite-Authentic-Italian-Pizza!

1 ready-made pizza base

2/3 tbsp of chocolate spread

Fruit e.g. apples, bananas, pears, grapes etc. Chopped

Bag of marshmallows, quartered

Spread chocolate spread over the pizza base until well covered.

Spread the chopped fruit evenly over the pizza base (I have found 1 apple, 1 banana, 1 pear and a few grapes/strawberries covers a 'normal' size pizza base) then cover with the marshmallow pieces.

Cook in a preheated oven gas Mark 4/5, (350°F. 180°C) for about 8 min or according to the instructions on the pizza packet or until marshmallows go all brown and crispy.

Enjoy while still warm and crispy.

Serves 4-6

Pavlova

3 medium or large eggs

6 oz (170 g) castor sugar

Fruit (strawberries or raspberries)

Whipped cream

Make the meringue the night before you need it. The meringue will keep wrapped in aluminium foil, or better in an airtight container, for several days.

Separate the eggs and beat the whites until stiff, do not over-whisk. Add the sugar slowly. Spread in a circle of about 25 cm (10 inch) diameter on baking parchment, put blobs, about dessertspoon size, around the edge and swirl each of them with a skewer to make peaks. Cook at 140°C for 1 hour and leave in the oven to cool overnight.

Fill with whipped cream and fruit just before serving.

Note: You can freeze the yolks providing you add a small amount of either sugar or salt first. You can use the yolks then in e.g. Zabaglione or Hollandaise sauce respectively, but avoid giving semi cooked egg products to young children, elderly people or pregnant women.

"You can use dessertspoons of meringue cooked in the same way for individual meringues. Put two together with cream".

Serves 6

Pineapple Fluff

Medium tin of unsweetened pineapple slices

Cold water as required

1 lemon jelly

3 tbsp evaporated milk

Whipped cream

Angelica leaves

Drain pineapple juice into a jug and keep rings for top of sweet.

Make up juice to 1 pint (568 ml) with water. Bring almost to boiling point and pour over jelly, stir until dissolved and leave to cool.

Whisk evaporated milk until thick.

Whisk jelly, then mix together and whisk again. Pour into serving dish and leave until set.

Arrange pineapple rings on top. Decorate with piped cream and angelica leaves.

Pineapple and Chocolate Mousse

1 tin of pineapple pieces (425 g)

4 oz (113 g) cooking chocolate

2 large eggs

2 oz (57 g) sugar

1 pkt gelatin (11.7 g)

1/2 pt (284 ml) double cream

Separate eggs. Whip whites until stiff.

Whip 1/2 of the cream.

Drain pineapple, reserving 1/2 cup (142 ml) of juice. Melt gelatin in juice over gentle heat until clear.

Remove from heat and add chocolate. Leave until melted.

Whisk yolks with sugar until thick. Whisk in gelatin and chocolate mixture with another 1/2 cup (142 ml) of pineapple juice.

Fold in whipped cream and pineapple pieces. Fold in stiff egg whites.

Pour mixture into bowl, leave to set in fridge. (The mixture can be frozen if required).

To serve, top with remainder of double cream, whipped. See earlier note about using raw eggs!

Serves 2

Quick Banoffi Pie

4 oz (113 g) toffee flavour Treat (Silver Spoon)

1 pint (568 ml) double cream

1 oz (28 g) butter

3 medium bananas

8 inch short-crust cooked pastry case

Place the toffee flavour Treat, 10 fl oz cream and the butter in a small saucepan. Heat gently until the butter has melted. Bring to the boil and bubble for about 5 minutes, stirring constantly until the mixture thickens and turns golden.

Thickly slice the bananas and place in the pastry case. Pour over the warm toffee sauce.

Leave to cool, then chill until set for about 45 minutes.

Whisk the remaining cream until it just holds its shape and spoon over the pie. Drizzle over plenty of toffee flavour Treat to serve.

Serves 2

Quick Kewstoke Ice Cream

4 eggs

1/2 pt (284 ml) whipping cream (or Elmlea Whipping)

4 oz (113 g) castor sugar

2-3 drops vanilla essence

Separate eggs, breaking whites into 3 pt bowl, yolks into small bowl.

Mix egg yolks until blended.

Whisk egg whites until stiff, beat in sugar and gradually pour yolks into mixture using whisk to fold in gently.

Whisk cream until it stands in soft peaks.

Using metal spoon fold cream into egg mixture and mix well.

Add vanilla essence or any other flavouring required.

Pour mixture into shallow container with fitting lid and freeze, (it takes approximately 4 hours to freeze). See earlier note about using raw eggs!

Serves 2

Raspberry Mousse

1 can 340 g Ideal Milk (evaporated milk) boiled for 5 min and then allowed to cool

2 tins raspberries

2 raspberry jellies

Dissolve the jellies in some raspberry liquid.

Purée the rest, add to the jelly mixture and allow to cool.

Beat the Ideal Milk till it at least doubles in volume, fold in or beat in the jelly mixture and pour into individual serving dishes.

It deep freezes well.

Serves 4

Rhubarb and Orange Meringue

1 lb (453 g) early rhubarb

1 orange

2 oz (57 g) granulated sugar (or 3 level tbsp Canderel, also known as Nutrasweet, aspartame)

1 1/2 oz (57 g) cornflour

2 eggs (yolks can be omitted if required)

3 oz (85 g) castor sugar (or 4 tbsp (60 ml) Canderel)

Prepare cool oven 170°C.

Wash, trim and cut rhubarb into short lengths and place in shallow, oven-proof dish.

Grate rind and squeeze juice of orange into jug and make up to 3/4 pt with water.

Blend granulated sugar and cornflour into a saucepan with the liquid and bring to boil then simmer for 3 min, stirring constantly. Allow to cool slightly.

Separate eggs and stir yolks into orange sauce. Pour over rhubarb.

Cook in centre of oven for 20 min.

Turn oven down to 150°C.

Whisk egg whites until stiff and dry, whisk in 1/2 the castor sugar and beat until stiff again.

Fold in remaining sugar and spread over mixture.

Cook for further 20-25 min. until the meringue is golden brown and the rhubarb is tender.

Supposed to serve 6!

Tarte Tatin

- 100 g butter
- 120 g sugar
- 4 eating apples
- Vanilla essence (or a vanilla pod)
- 200 g puff pastry (frozen is good)

Grate or slice butter thinly and put in 22 cm ovenproof pan and cover evenly with the sugar.

Peel core and halve apples and place rounded side down into the butter/sugar in the base of the dish.

Cover dish with the rolled out pastry and tuck well into the edge of the dish. Use a wooden spoon so as not to touch the hot caramel. Prick with a knife.

Heat pan over a medium heat for about 10 minutes until the light brown caramelised sugar mixture starts to bubble through. Do not overheat.

Transfer to oven, 180°C, and cook for a further 30 minutes.

Leave to cool then turn over on to a plate. Serve with ice cream or crème fraîche. This recipe also works well with tinned half peaches or half pears.

Serves 4

Uncooked Raspberry Cheesecake

- 1 tin of raspberries
- 1 raspberry jelly
- 1 tub Philadelphia cheese
- 1 raspberry yogurt

Base:

- Digestive biscuits
- Butter
- Sugar
- 1/4 - 1/2 pt (284 ml) double cream

Crush digestive biscuits in a plastic bag

Melt butter and sugar in a saucepan over a low heat - do not allow to boil.

When sugar has dissolved add crushed biscuits and stir together.

Tip into a plain dish.

Put raspberry jelly into a jug and pour on the juice from a tin of raspberries - melt in a microwave for about 2 min. or melt over a pan of boiling water.

Mix together with hand mixer, the Philadelphia cheese and yogurt - stir in the tin of raspberries (retain a few for decoration) - add cooled jelly, mix and put in fridge until just beginning to thicken.

Pour onto the biscuit base and return to fridge until fully set.

Cover with a layer of whipped cream and decorate with raspberries.

Serves 2

Viennese Applestrudel

Apples - obviously! (5-6 depending on size)

Raisins

Breadcrumbs

Puff pastry

Walnuts

Cinnamon

1 lemon

1 egg

Icing sugar

Peel and core the apples, cut them into quarters and slice them into small pieces.

Take 5 or 6 tbsp (90 ml) of breadcrumbs and fry them in oil or margarine until they are golden brown.

Put the apple slices and fried bread crumbs into a big bowl, add the juice of the lemon, 1 tsp (5 ml) of cinnamon, raisins (as much as you like but 2-3 tbsp is a guide) and some chopped walnuts to taste. Mix all the ingredients.

Take the puff pastry (*"I hope you can buy it ready made, otherwise it takes ages because you have to fold and roll the dough about 200 times to get a proper puff pastry!"*).

Roll the puff pastry into a rectangle and spread the apple mixture lengthwise in the middle of the pastry and fold it so that it looks like a Strudel. Turn over the short ends, fold over the sides and make cuts through to the filling.

Put the "Strudel" carefully on a baking tray, brush the top with egg yolk and bake for 40 min at 200°C.

Let the Strudel cool and dust with icing sugar.

Serve plain or with custard or double cream. *"Guten Appetit!"*

Cakes and Pastries

Apple and Cinnamon Cake

280 g self raising flour
1 1/2 tsp (10 ml) cinnamon
1/2 tsp (10 ml) salt
227 g Demerara sugar
57g raisins
227 g apples finely chopped
113 g melted butter
2 large eggs beaten
175 ml milk

Sift the flour, cinnamon and salt into a bowl.

Stir in the sugar, raisins and apple.

Add the melted butter, eggs and milk and beat until smooth.

Pour into a greased 8 inch square cake tin and bake at 180°C (350°F or gas Mark 4) for 1 to 1 1/4 hours until done.

"The cake is always moist and never lasts long in our house"

Serves 4

Banana Cheese Cake

Step 1:

1 cup (284 ml) of crushed biscuits
2 dessertspoons of castor sugar
2 oz (57 g) of melted butter or margarine

Step 2:

1/4 cup of castor sugar
1 dsp (10 ml) of coffee
1 rounded dessertspoon of gelatin
pinch of salt
3 egg yolks
1/4 tsp of vanilla essence

Step 3:

3 ripe bananas

8 oz (227 g) of Philadelphia or similar cheese

Step 4:

3 egg whites

3 dessertspoons of sugar

Step 5:

1/2 pint (284 ml) cream

Make base of 1) and leave to set.

Mash 3). In small saucepan whisk 2) , bring to boil and leave to cool. Whisk 4) and also Whisk 5) into gentle peaks.

Gently mix 4) with 3) and add 2) finally add 5)

Place this mixture on top of 1) and leave to set. Note earlier warning about using raw eggs!

Serves 4-6

Banana and Yoghurt Cake

4 oz (113 g) margarine

8 oz (227 g) brown sugar

1 beaten egg

8 oz (227 g) wholemeal self-raising flour

4 tbsp (60 ml) natural yoghurt

2 mashed ripe bananas

4 oz (113 g) mixed chopped nuts

Cream margarine and sugar and beat in the egg.

Add half the yoghurt and half the flour.

Beat in remaining yoghurt, flour, bananas and nuts. Mix well.

Place in greased loaf tin and bake at 180°C (gas mark 4) for 1 hour.

Serves 2

Bara Brith

8 oz (227 g) raisins or sultanas

4 oz (113 g) brown sugar

8 oz (227 g) wholemeal flour

1 egg

8 oz (227 g) cold tea

Soak the fruit and dissolve the sugar in the tea.

Then mix the flour and the egg with the fruit and sugar, which has been soaked.

If the mixture is too liquid, add a little more flour.

Bake in a loaf-tin for 30 - 40 minutes. Serve buttered.

Boiled Fruit Cake

1 cup (284 ml) of castor sugar

2 cups of mixed fruit

1 cup (284 ml) water

6 oz (170 g) butter or margarine

Place these ingredients in a saucepan and simmer for 20 min.

Mix in the following:

2 cups self raising flour

2 eggs

1 1/2 tsp (10 ml) mixed spice

Put the complete mixture in a tin and bake at 175°C (gas Mark 3-4) for 1 1/2 hours.

Serves 3-4

Celebration Cake

150 g plain wholemeal flour

1/2 tsp (10 ml) salt

1 tsp (5 ml) cinnamon

1 tsp (5 ml) mixed spice

1/2 tsp (10 ml) grated nutmeg

225 g raisins

225 g currents

225 g sultanas

100 g glacé cherries (dried and quartered)

100 g flaked almonds

150 g margarine

50 g soft brown sugar

3 eggs (beaten)

3 tbsp brandy

1 tsp (5 ml) bicarbonate of soda (dissolved in warm water)

Grease and line a 20 cm round cake tin with a double thickness of greaseproof paper.

Sift together the flour and spices.

Mix together the fruit and nuts.

Cream the margarine and sugar together until pale and creamy.

Gradually beat in the eggs adding a tbsp of flour with each egg.

Fold in the remaining flour, fruit brandy and bicarbonate of soda.

Spoon the mixture into the prepared tin and make a slight dip in the centre of the mixture with the back of a wooden spoon.

Place in a preheated oven at 300°F for about 2½ hours until a skewer comes out clean when inserted.

Cover the cake with several thicknesses of greaseproof if it starts to become too brown.

Turn out onto a wire rack to cool.

(Optional - after cooling, turn over, prick with a skewer and dribble some more brandy onto the base).

Serves many!

Chocolate Toffee Crunch

Shortbread base:

6 oz (170 g) plain flour

4 oz (113 g) butter

2 oz (57 g) sugar

Cream butter and sugar until fluffy, work in the flour, press into greased Swiss roll tin. Cook in oven at 200°C (400°F gas Mark 6) for 15-20 min.

Toffee:

4 oz (113 g) margarine

2 oz (57 g) sugar

1 dsp (10 ml) of syrup

Small tin of condensed milk

Boil toffee ingredients in saucepan until mixture thickens and leaves the side of the pan. Spread on top of cooled shortbread. Allow to cool and set.

Chocolate topping:

4 oz (113 g) melted chocolate (half milk, half plain)

Pour chocolate topping over toffee base, allow to set, cut into squares or fingers.

NOTE: Condensed milk is milk that has 60% of the water removed and has around 40% sugar added so is very sweet.

Serves 4-6

Chocolate Cake

12 oz (340 g) self-raising flour

12 oz (340 g) margarine

12 oz (340 g) caster sugar

3 tbsp cocoa powder

6 large eggs

Mix ingredients in blender.

Place in a large, square, greased tin lined with greaseproof paper.

Cook until firm at gas mark 6.

Topping:

Cocoa powder

Margarine

Icing sugar

Cream all together and spread over cake.

Serves 6

Chocolate Crumbs

8 oz (227 g) biscuit crumbs

3 oz (85 g) margarine

1 tbsp (15 ml) sugar

1 tbsp (15 ml) golden Syrup

3 dsp cocoa

Chocolate to cover (Kake Brand)

Place margarine, sugar, syrup and cocoa in saucepan over low heat.

Stir occasionally. Melt well and add biscuit crumbs.

Turn mixture into lined tin (twice this amount fills a Swiss roll tin) , press

down. Cool.

Melt chocolate and apply.

Cut into desired pieces.

Serves 4

Chocolate Crispy Cakes

Cooking chocolate (plain or milk)

Rice crispies or corn flakes

Melt the chocolate in a saucepan or in the microwave and add the rice crispies (or corn flakes).

Stir well to ensure they are well coated in the chocolate.

Spoon out into cake-cups and allow chocolate to cool and harden.

Christmas cake

8 oz (225g) butter

8 oz (225g) soft light brown sugar

1 tbsp black treacle

5 eggs

9 oz (250g) plain flour, sifted

1 tsp mixed spice

1 tsp grated nutmeg

6 oz (175g) ground almonds

Grated rind of a lemon and an orange

7 oz (200g) chopped glace cherries

6 oz (175g) raisins

9 oz (250g) sultanas

12 oz (350g) currants

2 tablespoons orange juice

2 tablespoons brandy (or milk)

A 9 inch (23cm) round or 8 inch (20cm) square tin, lined with baking paper. Look on the web for "how to line a cake tin" if you need help here. More baking paper or grease proof paper to cover the top during cooking.

Newspaper and string

A thin metal skewer with a point, to check if the cake is cooked through.

An oven!

Cream (i.e. beat together until soft and light colour) the butter and sugar. Beat in treacle and beaten eggs. Add flour and dry ingredients and beat together, then add orange juice and brandy (milk). Heat the oven to 140 degrees C. Place mix in lined tin, make the top level and tie several thicknesses of newspaper around the tin with string. Stand the tin in the oven on several thicknesses of newspaper. This helps to stop the cake burning during the slow cooking. The newspaper will smell of drying newspaper, don't worry. Cook for 3 and a half hours at 140 degrees C. During cooking the top of the cake will start to look very brown – protect it at this point by covering the top with several layers of greaseproof paper or baking paper. After about 2 and a half hours start testing every 15 minutes if the cake is cooked by inserting the skewer into the centre. If the skewer comes out clean the cake is cooked. This cake should be made about 6 weeks before Christmas. Add a tablespoon brandy to the underside of the cake every few weeks if you want to. It will keep for several months wrapped in tinfoil. Traditionally the cake is covered in marzipan, then in Royal Icing.

Easter biscuits

140g butter

115g sugar

1 egg, beaten

220g self raising flour

a quarter of a teaspoon each of baking powder and cinnamon

30g currants

grated rind of half a lemon

one or more greased baking trays

an oven set at 180 degrees C

a rolling pin

a 7 or 8cm diameter cutter

Beat the butter and sugar together until pale then mix in the beaten egg. Add all the dry ingredients and mix to make a stiff dough. Put flour on the work surface and roll out the dough to about 5mm thick. Cut out the biscuits, space them out on the baking tray and bake for about 8 minutes. Sprinkle with sugar while they are very hot if you like. Cool and keep in an airtight tin.

Easy Overnight Cake

1 mug bran

- 1 mug sugar (Demerara is good)
- 1 mug milk
- 1 mug sultanas
- 1 mug Self Raising flour

Mix ingredients, except the flour, and leave overnight in the fridge. Next day mix in 1 mug of flour, spoon mixture into greased loaf tin and cook for about 1 hour at 160°C. Test with a skewer before turning out on to a wire tray to cool.

Serve slices spread with butter.

[Note: Any mug can make this cake!]

Serves 4

Florentines

- 3 oz (85 g) golden syrup
- 3 oz (85 g) butter
- 1 1/2 oz (40 g) flour
- 2 oz (57 g) glacé cherries (chopped)
- 1 oz (28 g) sultanas
- 3 oz (85 g) flaked almonds
- 4 oz (113 g) plain chocolate (melted)

Grease two baking sheets. Place the golden syrup and butter into a saucepan and melt.

Stir in the flour, sultanas, glacé cherries and flaked almonds. Mix well and leave to cool.

Place spoonful of the mixture onto the baking sheet about 4 in (10 cm) apart.

Bake at 375°F (190°C) (gas mark 5) for 10-15 minutes until golden brown.

Leave to cool and remove from trays. When cold spread the undersides with melted chocolate and make decorative lines with a fork.

Serves 3

Lemon or Orange Cake

- 2 eggs
- 4 oz (113 g) margarine
- 6 oz (170 g) castor sugar
- 6 oz (170 g) self raising flour
- Grated rind of 1 lemon or orange

4 tbsp (60 ml) milk (or 3 tbsp milk and 1 tbsp (15 ml) of lemon or orange juice)

Put all ingredients in a bowl. Mix together and put into a well greased tin or lined tin. Cook at 180°C (350°F or gas Mark 4) for about 1 hour. While still hot mix the fruit juice with some icing sugar and pour over the cake.

Serves 3-4

Lemon Cake

12 oz (340 g) self-raising flour

12 oz (340 g) margarine

12 oz (340 g) caster sugar

6 large eggs

Mix in blender. Place in a large, square, greased tin lined with greaseproof paper.

Cook until firm at gas mark 6 (200°C).

Topping:

Juice and grated rind of a large lemon

2 oz (57 g) margarine

4 oz (113 g) sieved icing sugar

Cream all together and spread over cake.

Serves 6

Macaroons

4 oz (113 g) ground almonds

8 oz (227 g) castor sugar

2 egg whites

Flaked almonds for decoration

Mix dry ingredients well.

Beat egg whites very stiffly and fold in the dry ingredients.

Place in spoonful on rice paper or Bakewell paper and decorate with flaked almonds.

Bake in oven at 350°F for approx. 20 min until golden.

Serves 4

Microwave Coconut Ice

1 lb (453 g) granulated sugar

7 fluid oz milk

1/2 lb (226 g) butter

2 oz (57 g) desiccated coconut

Put sugar and milk into a large bowl - microwave on high for 6 minutes. Remove, stir in butter and coconut, microwave high for 10 minutes, stir 2 or 3 times during cooking.

Stand for 5 min, stir several times. Pour into 6 in square tin. Cool.

Serves 6

Microwave Chocolate Fudge

1 lb (453 g) sieved icing sugar

2 oz (57 g) sieved cocoa

4 oz (113 g) unsalted butter

1 tsp (5 ml) vanilla essence

2 tbsp (30 ml) milk

Put all except vanilla essence into bowl and microwave on high for 2 minutes. Beat well and add vanilla.

Pour on to suitable tray. Cool for two hours

Serves 6

New Zealand recipe for Apricot Fudge Cake

113 g butter

85 g brown sugar

1 cup (284 ml) cut up dried apricots

1/2 tin of sweetened condensed milk

1 pkt crushed Wine biscuits

Desiccated coconut to decorate

Melt butter, brown sugar and condensed milk. Add apricots and biscuits. Press into a greased tin and sprinkle with coconut. Set in fridge and cut into squares.

"More-ish! Keep in freezer if any left."

Serves 3

Old Testament Cake - (Authorized Version!)

4 1/2 cup (142 ml) s 1 Kings 4:22

1 1/2 lb (680 g) Judges 5:25

2 cups Jeremiah 6:20
2 cups 1 Samuel 30:12
2 cups Nahum 3:12
2 cups Numbers 17:8
2 tsp 1 Samuel 14:25
6 oz (170 g) Jeremiah 17:11
1 1/2 tsp Judges 4:19
2 tsp Amos 4:5
1 pinch Leviticus 2:13

Season to taste with:

2 Chronicles 9:9

Method:

Proverbs 23:14

Bake 1 1/2 - 2 hours at about 160-180°C until a skewer comes out clean.

Oslo Apple Cake

Apple layer:

3 large cooking apples
2 oz (57 g) sugar
1 tsp (5 ml) grated lemon rind
1 tbsp (15 ml) lemon juice

Cake layer:

8 oz (227 g) self raising flour
4 oz (113 g) fat
4 oz (113 g) castor sugar
1 small egg

Peel core and slice the apples and cook with sugar, lemon rind and juice. (If necessary add a little water but keep a firm mixture)

When soft strain and remove any surplus moisture.

Cool thoroughly.

Sieve flour and rub in fat.

Add half the sugar and the egg. Knead together and then add rest of sugar.

Roll or press out 2/3 of dough in 8 inch round tin.

Add apple mixture.

Roll out remaining dough, cut into strips and make lattice design over the top of the apple.

Bake in the centre of a moderate oven, 350-370°F (gas Mark 4/5) for 40 min.

“Eat either hot with coffee or allow to cool and serve with cream”

Serves 4

Pice Ar Y Maen - Welsh Cakes (Old Recipe)

8 oz (227 g) self raising flour

1/2 tsp baking powder

2 oz (57 g) margarine

2 oz (57 g) lard

3 oz (85 g) sugar

2 oz (57 g) currents

1/4 tsp mixed spice

Pinch salt

1 egg

A little milk

Rub fat into flour. Add dry ingredients.

Add egg and milk.

Mix as for short pastry. Roll out cut into rounds and bake on a griddle. Control the heat of the griddle so it takes about 2-3 minutes for each side to turn a golden brown.

Sprinkle with castor sugar.

Serves 3-4

Simnel Cake

500g marzipan

175g butter

175g sugar (demerara light brown sugar or white sugar)

3 eggs, beaten

200g self raising flour

1 teaspoon baking powder

grated rind of a lemon and an orange

475g of a mixture of currants, sultanas, raisins and glace cherries

a teaspoon or less of almond or vanilla essence

about 1 tablespoon of milk

A 20cm diameter cake tin preferably with a loose base

Greaseproof paper to line the tin, or a round greaseproof paper cake tin liner of the right size

A rolling pin and a spoonful of icing sugar

An oven set at 170 degrees C

A spoonful of jam, preferably apricot

A grill

Roll out 200g marzipan to a round piece the same size as the cake tin. Use some of the icing sugar to stop the marzipan sticking to the work surface.

Beat the butter and the sugar together until light and creamy then mix in the beaten eggs and vanilla or almond essence. Add all the dry ingredients and mix well. Add enough milk to make the mixture less stiff, soft enough to fall off a spoon. Half fill the tin with the mix and add the round of marzipan. Put the rest of the cake mix on top. Cook at 170 degrees C for about 50 minutes, covering with greaseproof paper if the surface looks overcooked, then turn down the oven to 150 degrees C and cook for about another 45 minutes or more, until a sharp metal skewer put into the cake comes out clean, without soft uncooked cake mixture sticking to it.

Cool the cake. Take about 100g of the marzipan to make 11 balls of about 2cm diameter to represent Jesus's 11 faithful disciples. Roll out the rest of the marzipan using the icing sugar to the diameter of the cake. Melt a spoonful of jam in a small saucepan and cover the surface of the cake with it. Place the marzipan circle on the cake and the 11 balls around the edge, using a bit of jam to make them stick. Heat the grill and put the cake under it. Watch the marzipan all the time, and take the cake out when the marzipan is going brown – don't let it burn!

Sultana and Walnut Loaf

8 oz (227 g) self raising flour

1 tsp (5 ml) mixed spice

4 oz (113 g) sugar

4 oz (113 g) sultanas

4 oz (113 g) chopped walnuts

1 large egg

1 teacup of milk

Mix dry ingredients. Add egg and milk. Bake 1 hour in moderate oven. Slice and butter.

Serves 4

Toffee Marshmallows

1/4 lb toffee

1/4 lb marshmallows

4 oz (113 g) margarine

4 oz (113 g) sugar

Small box of rice crispies

Line a tin using Bakewell paper

Place ingredients into a saucepan, melt until bubbling stirring constantly.

Add rice crispies.

Empty into Swiss roll tin.

When cooled cut into pieces - *"Mmm!"*

Miscellaneous

Apple Chutney

3 lb (1360 g) cooking apples (Bramley)

1 lb (453 g) Demerara sugar

1 1/4 lb onions

1 tsp (5 ml) cayenne pepper

1 tsp (5 ml) mustard powder

1 tsp (5 ml) salt

1 pint (568 ml) vinegar

Peel core and slice the apples. Chop the onions, but not too finely. Add apples and onion to vinegar and sugar and boil to a pulp. Add the other ingredients and boil for a further 10 minutes. It's probably a good idea to have the windows open whilst you are doing this part. Pour into clean hot jars.

Makes approximately 7 lb. Note: If you are using windfalls make sure you have 3 lb (1360 g) of prepared apples.

Béchamel Sauce (White Sauce)

This is the very basic flour-thickened sauce, useful in many recipes and it requires only butter, flour and milk. Remember 1 part by weight of flour contains enough starch to thicken about 10 parts of liquid to a sauce consistency.

1 oz (28 g) butter (or more if you like)

1 oz (28 g) flour (plain or self raising it doesn't matter)

1/2 pint (284 ml) milk

Melt the butter, remove from the heat and stir in the flour little by little until there are no patches of white flour left. This mixture is called a *roux*.

Finally add the milk little by little stirring all the time, return to the heat until it thickens.

There are many variations you can try - for a cheese sauce add grated cheese, a parsley sauce add parsley, onion sauce, onions etc.

Bread

1 level tsp sugar

3/4 pint tepid (hand hot) milk and water mixed

1 level tbsp of dried yeast

1 1/2 lb (680 g) strong white flour

1 level tsp salt

2 oz (57 g) lard or white fat

Milk to glaze

Using a fork, whisk the sugar into the tepid milk and water until dissolved.

Sprinkle on the yeast and leave until there is a good froth on top (about 10 to 15 min).

Sift the flour and salt together, then rub in the lard.

Make a well in the centre of the flour and pour in the yeast liquid.

Mix to a rough dough in the bowl and then turn out on to an un-floured surface and knead for a few minutes until the dough is smooth and elastic.

Shape into a ball.

Place in a floured bowl, cover closely with a warm towel and put in a warm place until the dough has doubled in size.

Knead lightly, and put into a well greased bread tin and leave to prove for about 20 min. Set the oven to hot 220°C (425°F or gas Mark 7) and bake for about 30 minutes.

[This is a baker's recipe and he wrote. *"There is something very satisfying about baking your own bread"* - and he should know!]

Bread Sauce

- 1 onion
- 10 - 20 cloves
- Bay leaves
- 1/2 tsp allspice
- Milk
- Black pepper
- White breadcrumbs

Peel the onion, top and tail it then stud it with cloves to taste. Put in a small pan with enough milk to cover (at least to submerge the cloves). Add a few bay leaves and some allspice. Heat the milk. I usually forget about it and let it boil but it doesn't have to. Turn down the heat as low as possible and cover the pan. It should be left for at least 30 minutes to let the flavours infuse the milk, longer if you can. Family tradition is that the milk is heated in the morning before church and then turned back on when we return from the service.

About 10-15 minutes before serving remove from the heat. Remove the onion, any bits of clove that have fallen off and the bay leaves. Stir breadcrumbs into the milk, a handful at a time, until they have absorbed nearly all the milk. Stir in a little black pepper (or a lot if you are that way inclined) and pour the sauce into a dish. Cover with cling film and leave it to stand in a warm place until you need it - wherever you would normally warm your dinner plates. If you want a richer sauce you can stir in some butter and/or cream before leaving to stand.

Deciding how many breadcrumbs to add to your sauce is an inexact science. You need roughly 2 oz (57 g) for a starting volume of 1/2 pint (284 ml) of milk. This amount varies depending on how thick you like your sauce and how dry the bread is: the drier it is the less you need. All is not lost though, you can simply chuck any you have left into the frying pan.

Red Cabbage

- Red cabbage, finely sliced
- Olive oil
- 1 dsp balsamic vinegar
- A cup of vegetable stock from half a stock cube
- 1 dsp brown sugar

1 dsp raisons

Place the cabbage in a pan with a lid, with enough olive oil to fry it. Fry it for about 10 minutes, stirring and adjusting the heat so it does not burn. Add the vegetable stock, replace the lid and cook on a low heat for about 30 minutes, stirring occasionally. Add the balsamic vinegar and cook leaving the lid off for 5 minutes or so. Add the sugar and raisons and cook with the lid on and stirring occasionally until it is as tender, or as crunchy, as you like it. Good as a vegetable for winter roast Sunday lunches.

Roast potatoes and parsnips

Maris Piper potatoes are best. King Edward potatoes are good too, but they fall apart more easily.

Parsnips

Groundnut oil (this allows cooking at a high temperature)

Peel and cut up the potatoes into same sized pieces and the parsnips into big chunks. Place in separate pans, boil with the lid on in salted water till soft to a fork. Drain all the water away carefully and leave with the lid off to dry out for a short time. The potatoes should have a floury appearance and be on the point of breaking up. You can roast potatoes and parsnips in the oven if you are roasting meat for Sunday lunch, and if you are at home for up to an hour to keep an eye on how they are cooking. However, to cook crispy roast potatoes in about 15 minutes, cover the base of a frying pan with oil and heat it. Add a potato piece and if it starts to bubble around its edges, the oil is hot enough to add all the potatoes VERY CAREFULLY – you don't want to get splashed with hot fat or get any water in the fat. Add the parsnips too. Parsnips go brown more quickly as they contain more sugar than potatoes. Keep turning the potatoes and parsnips over and remove each one when it is as brown as you like it. Add more oil if you need to. Keep the potatoes and parsnips warm in a dish in the oven and eat as soon as possible.

Roast Winter Vegetables

A medium cauliflower, washed, drained and cut into florets.

2 red onions, peeled and cut into eighths lengthways

Some sticks of celery, washed and sliced

1 or 2 beetroot, boiled whole till soft (about 45 minutes), cooled, skinned and cut into pieces -wear an apron, beetroot stains!

A squash e.g. butternut squash, peeled, cut in half, seeds removed. Cut into chunks.

1 tbs cumin seeds

However much garlic you like, maybe 5 cloves, peeled and chopped

Salt

Olive oil to roast the vegetables

A pan big enough to spread out all the vegetables

Oven at about 170°C

Start by roasting the butternut squash, with added olive oil. After maybe 15 minutes when the squash is starting to become softer, add the onions. After another 10 minutes, stir and add the cauliflower on top. After another 10 minutes, add the celery, garlic, salt, cumin seeds and beetroot and stir. Roast for another 10 minutes or till cooked as you like it, maybe a total of 45 minutes. If you don't like beetroot or celery, leave them out! You could add shredded green cabbage at that point instead. Maybe you would prefer just cauliflower on it's own, roasted with olive oil for about 20 minutes, with garlic, salt, cumin seeds added about 10 minutes before the end. This gives crisper cauliflower. Or you can roast shredded green cabbage on its own with olive oil, cumin seeds and salt – this only takes about 5 minutes, stir it to stop it going brown on top..

Rough Puff Pastry

1 lb (453 g) plain flour

1/4 tsp salt

6 oz (170 g) butter

1/4 pint cold water

1 tsp (5 ml) lemon juice.

Sift the flour and salt into a bowl, cut butter into tiny cubes and add butter to flour. Using a knife mix to fairly soft crumbly paste with water and lemon juice. Draw together with fingertips. Turn out onto a floured board and shape into a block. Roll into a 1/4 inch thick rectangle measuring about 18 inches by 16 inches, fold in three, envelope style, by bringing bottom third over middle third and folding top third over. Seal open edges by pressing firmly together with a rolling pin. Give pastry a 1/4 turn so that folded edges are to right and left. Roll out - fold and turn three more times.

(This is the pastry as used in the Poacher's Plait recipe).

Shortcrust Pastry

6 oz (170 g) flour

11/2 oz (57 g) lard or white fat

11/2 oz (57 g) butter, cold from the fridge

Pinch of salt

Sieve the flour, add salt, cut fat into small cubes, rub into flour 'till mixture looks like breadcrumbs. Add cold water, a spoonful at a time, until the mix just comes together.

Roll pastry out.

(This quantity is suitable for the Quick Pizza recipe).

Uncooked Apple Chutney

450 g apples, any sort, peeled and cut

337 g Demerara or Barbados sugar

450 g onions

8 chillies (for sweet chutney 10 or less is enough for up to 4 lb apples)

284 ml vinegar

450 g chopped dates (I use 1/2 dates 1/2 raisins)

Mince, chop or use processor, for apples dates, raisins, onions and chillies.

Add pinch salt, sugar and vinegar.

Leave overnight, stir well and bottle in clean jars (as for jam).

Can be eaten immediately, but better matured if disciplined enough.

I usually make 4 times the above quantity i.e. 4 lb cooking apples.

1-3-5 Pancakes

1 egg

85 g (3 oz) plain flour (about 3/4 of a teacup)

142 g (5 oz) (i.e. 1/4 pint) milk

Sieve the flour into a bowl make a well in it, break the egg into the hollow, add a little milk and whisk. Continue whisking and adding milk until the mixture is creamy with no lumps. Use a liquidizer if you're making a lot but for just a few a bowl and a hand-held wire whisk means less washing up. (For French crêpes use more milk to give a thinner mixture and delicate pancake called a crêpe). Cook pancakes in a hot pan using butter, when one side is done the pancake slides around if you shake the pan, toss to turn them over. Good luck!

Traditionally sprinkle with sugar and a squeeze of lemon juice as a dessert but also try pancakes filled with chicken in white sauce or other savoury filling as a main course.

Conversions

Approximate Equivalents

Imperial	Metric
1 teaspoon (tsp)	5 ml
1 dessertspoon (dsp)	10 ml
1 tablespoon (tbsp)	15 ml
1 cup	284 ml
1 pint (pt)	568 ml
1 3/4 pint	1 litre
0.5 oz	15 g
1 oz	28 g
2 oz	57 g
3 oz	85 g
4 oz	113 g
5 oz	142g
6 oz	170 g
7 oz	198 g
8 oz	227 g
9 oz	255 g
10 oz	283 g
12 oz	340 g
1 lb	453 g
2 1/4 lb	1 kg

Note: For non-British users of this recipe book Self Raising flour (SR) is plain flour with a chemical raising agent (baking powder, mostly bicarbonate of soda) added.

Oven Temperatures Conversion

Description	°C	°F	Gas Mark
	70	150	
	80	175	
	90	200	
	110	225	
	120	250	
	140	275	1
Cool	150	300	2
Warm	160	325	3
Moderate	180	350	4
Fairly Hot	190	375	5
	200	400	6
Hot	220	425	7
Very Hot	230	450	8
	250	475	9
	260	500	