



If you're in need of something to cook
You have no further to look
So get in the mood
For some millennium food
With the recipes here in this book

Darren Powles

ACKNOWLEDGEMENTS

The Editor would like to thank everyone who has assisted in the production of this booklet.

Most of the recipes have been donated by people living in Ingham, but the ones from further afield have come from friends and families of residents who asked if they might contribute.

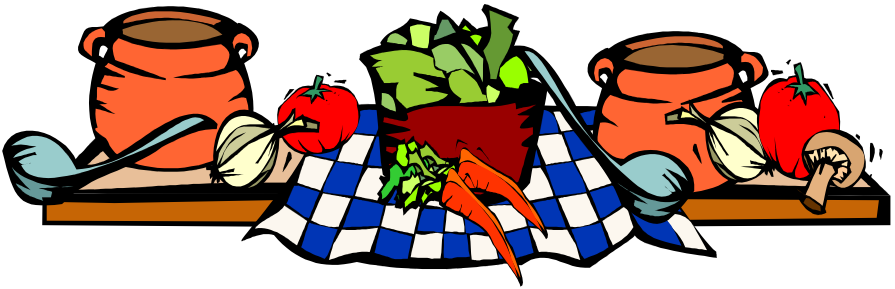
Thanks also to Delia Smith and Patrick Anthony for responding to a request for a recipe.

Proceeds from the sale of this booklet will go towards the Millennium Project, a Village Sign, the design of which is printed on the cover.

CONTENTS

Starters.....	Page 4
Fish Dishes.....	Page 8
Meat & Poultry Dishes.....	Page 11
Vegetarian Dishes.....	Page 21
Desserts.....	Page 27
Cakes and Sponges.....	Page 36
Relishes.....	Page 45
Snacks and Treats.....	Page 49
Cooking with Honey.....	Page 52
Notes.....	Page 59

Starters



Tuna Starter - Barbara Mixer

- 210g(7 1/2 oz) can Tuna Fish, drained and flaked
- 210g(7 1/2 oz) can Potato Salad
- 25g(1oz) Butter, melted
- 2 Hard-boiled Eggs, chopped
- 110g(4oz) Cucumber, diced
- 1 tablespoon Parsley, chopped
- 25g(1oz) Soft White Breadcrumbs
- Salt and Black Pepper

1. Mix all ingredients together well and transfer to a loaf tin.
2. Chill.
3. Turn out onto a bed of lettuce and tomato and garnish with lemon slices.

Potted Prawns - Sandra Hales

- 4 Spring Onions
 - 450g(1lb) Peeled Prawns
 - 2 teaspoons Horseradish Sauce
 - 150ml(1/4 pint) Mayonnaise
 - 2 tablespoons Lemon Juice
 - Pinch of Cayenne
 - Salt and Pepper
 - 75g(3oz) Butter (save for top)
1. Chop spring onions, put in liquidiser with 225g(8oz) prawns, mayonnaise, horseradish and lemon juice. Blend to a paste.
 2. Add salt and pepper and fold in remaining prawns.
 3. Press mixture into individual ramekins, melt butter and pour over.
 4. Put into the 'fridge' for about 30 minutes.
 5. Decorate top with a prawn and watercress if desired.

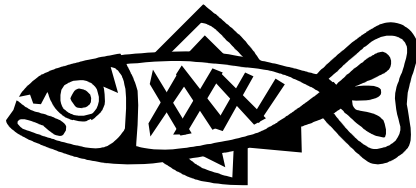
Serve with hot buttered toast.

Carrot and Coriander Soup - Ann Kent

- 450g(1lb) sliced Carrots
 - 1 large Potato, peeled and sliced
 - 1 medium Onion, peeled and sliced
 - 25g(1oz) Butter or Margarine
 - Pinch of Sugar
 - 150ml(1/4 pint) Creamy Milk
 - The juice and rind of one Orange
 - 725ml(1 1/4 pints) Chicken Stock
 - 1 teaspoon Ground Coriander
 - Salt and Pepper
 - Chopped Parsley
1. Heat butter in a pan, add vegetables and cook until soft.
 2. Add coriander, salt and pepper and mix well.
 3. Add orange juice, rind and stock. Bring to the boil and cook for 4 minutes.
 4. Liquidise, add milk, garnish with parsley.



Fish Dishes



Trout with Sage and Brandy - Faith Hubbard

- 4 whole Trout (gutted) weighing about 230g(8oz) each
 - 25g(1oz) Plain Flour
 - 75g(3oz) Unsalted Butter
 - 4 Bay Leaves
 - 8 to 10 Sage Leaves, chopped or 1 1/2 teaspoons Dried Sage
 - 55ml(2fl oz) dry White Wine
 - 55ml(2fl oz) Brandy
 - Fresh Sage to garnish
1. Rinse the trout and pat dry.
 2. Lightly coat with the flour.
 3. Heat the butter in a heavy based frying pan, add the sage and bay leaves and sauté until the butter is golden brown.
 4. Add the trout and fry over a high heat, turning only once until the skins are crunchy and golden.
 5. Add the wine and brandy and cook for a further 5 minutes.
 6. Garnish with fresh sage and serve immediately with the crunchy sage and bay leaves.

Fish Steaks with Cream Sauce - Faith Hubbard

- 4 Fish Steaks (any fleshy white fish can be used)
 - 1 tablespoon Olive Oil
 - 40g(1 1/2 oz) Butter
 - 50g(2oz) Onion, chopped
 - 1 large Garlic Clove, crushed
 - 4 sprigs Parsley, chopped
 - 1 1/2 tablespoons Plain Flour
 - 75ml(3fl oz) Single Cream
 - 90ml(3 1/2 fl oz) Milk
 - Pinch of dried Oregano or Basil
 - Salt and Pepper to taste
 - 1 Lemon, sliced, and sprigs of Parsley to garnish
1. Heat oil and one third of the butter in a frying pan and sauté onion for 5 minutes.
 2. Stir in garlic and parsley and cook for a further 1-2 minutes, then transfer mixture to a shallow ovenproof dish.
 3. Heat oven to 180C/350F/Gas Mark 4. Place fish steaks in the dish and spoon some of the onion over.
 4. Cover with foil and bake 20-25 minutes.
 5. Melt the remaining butter in a small pan and stir in the flour.
 6. Cook for a few minutes over a low heat, and then blend in the cream, milk, herbs and seasonings. Simmer until the sauce thickens.
 7. Transfer fish and onion to a serving dish. Stir fish juices into the sauce and spoon over the fish.
 8. Garnish with lemon slices and parsley.

Good served with buttered noodles and a crisp green salad.

Meat & Poultry Dishes



Savoury Pork Chops - Eva Pestle

- 2 Pork Chops or Pork Fillets
 - 2 tablespoons Lemon Juice
 - 2 teaspoons Demerara Sugar
 - 1 teaspoon Dry Mustard
 - Cooking Apples (sweetened if preferred)
1. Grease a casserole dish and lay chops side by side (having trimmed off excess fat).
 2. Mix together lemon juice, sugar and mustard and pour over the chops.
 3. Slice raw apple over the chops.
 4. Cover and cook for 45 minutes at 180C/350F/Gas Mark 4.
 5. Remove cover and cook for a further 10 - 15 minutes until brown.



Liver Stroganoff - Sally Rice

- 25g(1oz) Butter
 - 1 tablespoon Oil
 - 1 medium Onion, peeled and finely chopped
 - 450g(1lb) Calves Liver
 - Seasoned Flour for dusting
 - 6 tablespoons Dry Sherry
 - 110g(4oz) Button Mushrooms, sliced
 - 150ml(1/4 pint) Soured Cream
1. Heat the butter and oil in a large frying pan, add the onion and fry gently for 3-4 minutes.
 2. Dust the strips of liver in the seasoned flour, add to the pan and fry gently, turning the liver, for 2-3 minutes.
 3. Stir in sherry and mushrooms. Bring to the boil and simmer for a further 3 minutes.
 4. Stir in the cream and heat through without boiling.
 5. Serve hot with buttered noodles or mixed roasted vegetables.

Chilli Beef & Basil With Thai Rice Timbale

- Patrick Anthony

Serves 2

- 6 tablespoons Groundnut Oil
- 16 large fresh Basil Leaves
- 300g(10oz) Rump Steak
- 2 tablespoons Thai Fish Sauce
- 1 teaspoon Soft Dark Brown Sugar
- 2 fresh Red Chillies, sliced into rings
- 3 Cloves Garlic, chopped
- 1 teaspoon chopped fresh Root Ginger
- 1 Shallot, thinly sliced
- 2 tablespoons finely chopped fresh Basil Leaves
- Lemon Juice
- Salt & Pepper
- Thai Jasmine Rice, to serve



1. Heat the oil in a wok and when hot add the whole basil leaves and fry for about 1 minute. Quickly lift out and drain on kitchen paper.
2. Remove the wok from the heat and pour off all but 2 table-spoons of the oil.
3. Cut the steak across the grain into thin strips.
4. In a bowl, mix together the fish sauce and sugar. Add the beef, mix thoroughly and then leave to marinate for about half an hour.
5. Reheat the oil until hot, then add the chillies, garlic, ginger and shallot and stir-fry for 30 seconds. Add the beef and chopped basil, then stir-fry for about 3 minutes. Add a squeeze of lemon juice and seasoning to taste.
6. Place mixture on serving dish, sprinkle with basil leaves and serve at once with Thai jasmine rice.

Farmhouse Pork Fillet With Cognac, Mustard & Cream

- Patrick Anthony

Serves 4

- 550g(1lb 4oz) Pork Fillet
- 1 Tart Eating Apple (Granny Smith)
- 40g(1 1/2 oz) Unsalted Butter
- 1 tablespoon Caster Sugar
- 1 small Onion, finely chopped
- 2 tablespoons Cognac
- 1 tablespoon Meaux Coarse Grain Mustard
- 150ml(1/4 pint) Double Cream
- 2 tablespoons fresh chopped Parsley
- Salt & Pepper
- Flat Leaf Parsley, to serve

1. Cut the pork fillet into thinly sliced discs.
2. Peel and core the apple and cut into thick slices.
3. Heat the wok and add half the butter. When the butter is hot add the apple slices, sprinkle with the sugar and stir fry for 2/3 minutes. Remove the apple from the pan and keep to one side.
4. Wipe the wok clean with kitchen towel.
5. Heat the pan again and add the remaining butter and stir-fry the pork fillet and onion together for 2/3 minutes until the pork is golden and the onion has begun to soften. Stir in the cognac and boil until it is reduced by half. Then stir in the mustard.
6. Add the cream and simmer for 1 minute, then stir in the chopped parsley.
7. Serve garnished with parsley.

Bangkok Chicken and Rice - Karen and Mark Newstead

Serves 6 to 8

- 1.26kg(3 1/2 lb) Chicken
- 2 medium Onions
- 1 Bayleaf
- 1 large sprig Parsley
- Salt and Black Pepper
- 450g(1lb) Long Grain Rice
- 3 tablespoons Olive or Vegetable Oil
- 2 level tablespoons Peanut Butter
- 1/2 level teaspoon Chilli Powder
- 110g(4oz) Peeled Prawns
- 110g(4oz) Smoked Cooked Ham
- 1 level teaspoon Cumin Seeds, ground
- 1 1/2 level teaspoons Coriander Seeds, ground
- 1 large Clove Garlic, crushed
- Good pinch of Mace or Nutmeg

Garnish:

1/2 Cucumber, 2 Hard Boiled Eggs, 8-12 unpeeled Prawns

Preparation time: 40 minutes

Cooking time: 2 3/4 hours

1. Put chicken into a large pan with one peeled whole onion, bayleaf and parsley. Season with salt and black pepper. Cover with cold water and bring to the boil.
2. Remove any scum from the surface. Cover and simmer for 2 hours or until the chicken is tender.
3. Lift out chicken to cool and strain the stock. Use to cook the rice until just tender.
4. Strain rice, cover with a dry cloth and leave to cool.
5. Remove skin from chicken and remove meat from the bones.
6. Peel and slice remaining onion. Heat oil in a large pan and fry onion until starting to brown.
7. Add peanut butter and chilli powder, stir. Add peeled prawns, diced ham, chicken and finally the rice, which should be dry and fluffy. Continue frying until the rice is slightly brown. Add cumin, coriander and garlic, stir in mace or nutmeg. Season with salt and pepper and stir.
8. Place on a hot serving dish and garnish with unpeeled cucumber, wedges of hard boiled eggs and unpeeled prawns.

This dish can be accompanied with side dishes of:

- A. Mango Chutney
- B. Sliced Tomatoes dressed with lemon juice and sugar
- C. Sliced Oranges. Green and Red Peppers and raw Onion in Vinaigrette Dressing
- D. Small wedges of Pineapple
- E. Fried sliced Banana and Lemon juice
- F. Fresh, shredded, toasted Coconut
- G. Almonds and Cashew Nuts fried in butter

Stewed Rabbit and Onions - Audrey Hinton

Enough for four or five persons

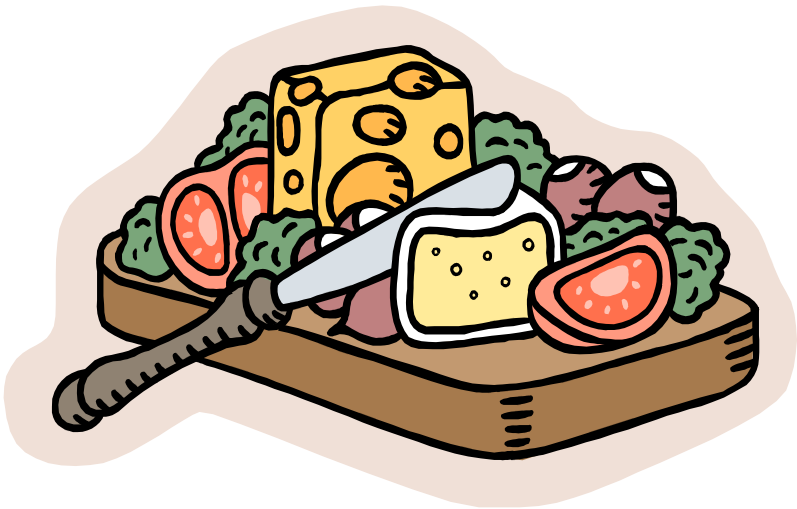
- 1 Rabbit 1s. 4d. or 1s. 8d.
- 3 or 4 Onions 1/2 d.
- 25g(1oz) Flour and 150ml(1/4 pint) Milk 1/2 d.

Total Cost 1s. 5d. or 1s. 9d.

1. Skin the rabbit by first making a slit underneath and take out the insides. Break the first joint of each leg and cut off at the joint. Draw the skin off first at the hind legs, then draw it over the fore-legs and head. Take out the eyes. Cut the rabbit into joints with a sharp knife.
2. Wash it quickly in cold water and put into a saucepan with hot water and the onions. Stew slowly for one hour.
3. Take the onions up and chop them on a board.
4. Blend the flour smoothly with the milk.
5. Take the pieces of rabbit up on a plate and stir into the saucepan, the flour and milk. Stir until it boils, then stir in seasoning and chopped onion.
6. Put back the pieces of rabbit to get warm, and serve on a hot dish.

This recipe was taken from a cookery book won as a prize by Audrey's Auntie in 1914, hence the inclusion of the cost of Ingredients.

Vegetarian Dishes



Nut Roast - Penny Underwood

- A thick slice of Granary Bread - as crumbs
 - 110g(4oz) Chopped Nuts
 - Fresh or Dried Herbs to taste
 - 1 large Onion chopped and fried
 - 2 large Mushrooms chopped and fried
 - Tomato or Pepper (red/yellow/green) to taste and add colour
 - 1 Egg
 - Salt and Pepper to taste
1. Mix all ingredients together and bind with the egg.
 2. Put into a greased dish with slices of tomato and grated cheese on top.
 3. Bake at 150-170C/300-325F/Gas Mark 3 until browned and bubbling.

Is very tasty after freezing and re-heating.



Cheesy Leeks - Barbara Mixer

- 6 - 8 Leeks
- Salt and Pepper
- 50g(2oz) Butter
- 50g(2oz) Flour
- 125ml(4fl oz) Cream, approximately
- 75g(3oz) Grated Cheese
- Paprika
- 2 tablespoons White Breadcrumbs

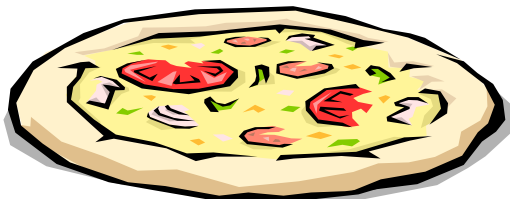
Cooking Time: 40 minutes

Oven Temperature: 190C/375F/Gas Mark 5

1. Trim the roots and upper green parts from the leeks, wash thoroughly and cut in half lengthways. Put in a pan with a small amount of boiling, lightly salted water and simmer for about 6 minutes. Drain, and set the cooking water aside.
2. Melt the butter in a pan, stir in the flour and cook for a few minutes.
3. Gradually add 150ml(5fl oz) of the reserved cooking liquid and continue stirring until the sauce is smooth and thick. Add cream to give the required consistency, season to taste and stir in two-thirds of the cheese.
4. Arrange the leeks in a buttered ovenproof dish, spoon the sauce over them and sprinkle with a little paprika. Mix the remaining cheese with the breadcrumbs and sprinkle over the sauce. Dot with a little butter and cook for about 20 minutes, or until the topping has crisped.

Pizza - Penny Underwood

- 110g(4oz) Self Raising Flour
 - 25g(1oz) Margarine
 - 50g(2oz) Cheeses, grated
 - Salt to taste
 - Mixed Herbs to taste
 - 2 tablespoons Milk
 - 1 Egg
 - Small tin or fresh Tomatoes
 - A few Mushrooms, sliced
 - 1 small Onion, chopped
1. Set oven at 190-200C/375-400F/Gas Mark 6-7.
 2. Rub the margarine into the flour and salt. Mix in the grated cheese and herbs.
 3. Beat the egg into the milk and add to the flour mixture to make a scone type dough. Flatten onto a greased baking tray. (For a crisper base put in the oven for 5 - 10 minutes before adding topping).
 4. Fry onions until soft, add mushrooms and stir together. Spread over the base and add the tomatoes and any other vegetable or flavouring to your own taste.
 5. Grate over some extra cheese. Bake for approx. 15 minutes.



Asparagus and Cheese Tart - Roz Carrington

Pastry:

- 110g(4oz) Self Raising Flour
- 25g(1oz) Lard
- 25g(1oz) Margarine
- Cold Water to mix

Filling:

- 400g(14oz) tin Asparagus Spears
- 2 medium Eggs
- 40g(1 1/2 oz) Cheddar Cheese, grated
- 1 tablespoon grated Parmesan Cheese
- 275ml(1/2 pint) Single Cream
- Salt and freshly ground Black Pepper

1. Pre-heat oven to 180C/350F/Gas Mark 4.
2. Make pastry, roll out and use to line an 8" flan tin, greased. Prick base all over with a fork and cook for 10 minutes.
3. Remove from oven and increase heat to 190C/375F/Gas Mark 5. Drain asparagus and arrange over pastry base. Sprinkle on the cheddar cheese.
4. Whisk the eggs and beat into the cream with a good seasoning of salt and black pepper. Pour mixture over the asparagus and cheese, sprinkle the parmesan on top.
5. Bake in oven for 40 - 45 minutes or until the centre is firm and the filling golden brown and puffy.

Delicious eaten hot or cold and can be served as a starter with a side salad or as a main course with fresh vegetables.

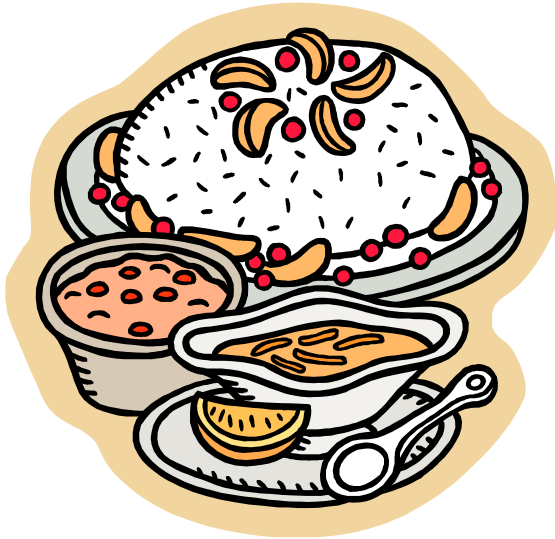
Rosemary Roast Potatoes - Faith Hubbard

Serves 4 to 6

- 1kg(2lbs 4oz) Potatoes
 - 1 Garlic Clove crushed (optional)
 - 3 tablespoons Olive Oil
 - 2 tablespoons White Wine (optional)
 - 2 sprigs Rosemary finely chopped
1. Wash but do not peel the potatoes and cut into large chunks, place in salted cold water and bring to the boil, simmer for 4 minutes. Drain.
 2. Place the potatoes in a roasting tin, sprinkle with olive oil, rosemary (and garlic and wine if using). Roast until crisp and golden, oven setting 200C/400F/ Gas Mark 6.

This recipe works equally well with both old and new potatoes but cooking times may vary.

Desserts



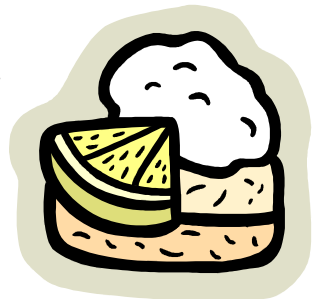
Lemon Gateau - Jan Blossom

(Not for the faint hearted - uses raw eggs)

Serves 8 to 10

- 1 1/2 packets - 8 Trifle Sponges
 - 110g(4oz) Unsalted Butter
 - 4 Eggs, separated
 - 2 large Lemons
 - 275ml(1/2 pint) Double Cream, whipped
1. Beat sugar and butter until light and fluffy. Add beaten egg yolks and beat well. Beat in lemon juice a little at a time, (it may curdle - not to worry). Whisk egg whites stiffly and fold in. Add grated lemon rind.
 2. Cut sponges in half lengthwise and put a layer in a 1 1/2 - 2 pint soufflé dish or, if possible, a loose bottomed cake tin.
 3. Add a layer of lemon mixture, another layer of sponge, lemon mixture again and finish with a layer of sponge. Cover with a layer of foil or a plate. Put in the 'fridge' over night (can be left for a couple of days without harm).
 4. Run a palette knife round the sides and turn out.
 5. Cover with whipped cream and decorate as desired.

This is very rich!



Baked Banana Slices - Sally Rice

- 25g(1oz) Butter
 - 3 small Bananas
 - 35g(1 1/2 oz) Brown Sugar
 - Juice of one small Lemon
 - 25g(1oz) Chopped Nuts or *Glace* Cherries
1. Put the butter into an ovenproof dish and place in oven 150C/300F/Gas Mark 2 for 10 minutes.
 2. Peel the bananas, slice in half lengthways and put into the dish. Turn to coat evenly with the butter, sprinkle with sugar, lemon juice and nuts or cherries.
 3. Return to oven and bake for 10 minutes.

Delicious with sour cream or yoghurt.

Moist Lemon Honey Sponge - Patrick Anthony

Serves 9

- 150g(5oz) Self Raising Flour
- 1 teaspoon Baking Powder
- 120g(4 1/2 oz) Caster Sugar
- 6 tablespoons mild and light Olive Oil, plus extra for greasing
- 3 tablespoons Milk
- 2 Eggs
- Finely grated rind of 1 Lemon

For the syrup:

- A little Water
- Juice of 2 or 3 Lemons
- 75g(3oz) Granulated Sugar
- 2 tablespoons Clear Honey

For the topping:

- Thick Greek Yoghurt or Fromage Frais, to serve

1. Preheat the oven to 180C/350F/Gas Mark 4.
2. Grease a 20cm/8" square deep cake tin and line the base and sides with greased greaseproof paper.
3. First make the sponge. Sift the flour and baking powder into a bowl and stir in the sugar.
4. In another bowl, mix the oil, milk, eggs and lemon rind well together. Pour into the flour mixture and stir with a wooden spoon until creamy, then beat well for 2 minutes.
5. Pour the mixture into the prepared tin and level the surface, ensuring the mixture fills the corners of the tin.
6. Bake in the preheated oven for 35-40 minutes, or until well risen, golden and springy to the touch. Leave to cool in the tin for 5 minutes.
7. Loosen the sponge from the tin and turn out onto a plate (the plate needs to be large and deep enough to hold the cake while soaking it in the hot syrup).
8. To make the syrup, add enough water to the lemon juice to make it up to 225ml(8fl oz) Pour into a saucepan and add the sugar. Stir over a low heat until the sugar dissolves. Boil for 3 minutes, and then stir in the honey.
9. Remove from the heat. Prick the top of the cake with a fine skewer and spoon the hot syrup over the cake. Leave to cool completely. Cut into portions and serve with spoonfuls of Greek yoghurt or fromage frais.

Pear & Almond crumble - Roz Carrington

- 410g(14 1/2 oz) can Pear Halves in fruit juice
 - 75g(3oz) Ground Almonds
 - 50g(2oz) Demerara Sugar
 - 1-2 teaspoons Ground Cinnamon
 - 1 tablespoon Flaked Almonds
1. Preheat grill to medium heat.
 2. Arrange pear halves in shallow dish (ovenproof) and pour 2 tablespoons of juice from can over them.
 3. Mix together the ground almonds, demerara sugar and ground cinnamon then spoon over the pears smoothing the mixture down a little.
 4. Place dish under grill until top turns brown (only takes a few minutes). Remove from heat.
 5. Place flaked almonds on foil under grill to brown (takes approximately 1 minute).
 6. Sprinkle the flaked almonds over the pear crumble and serve piping hot with either custard or cream.

Quick sweet - Steve Carrington

Serves 2

- 1 Grapefruit
- 1 Granny Smiths Apple
- 1 tablespoon Sultanas (optional)
- 1 teaspoon Demerara Sugar (optional)

1. Prepare grapefruit into bite size segments.
2. Cut apple into slices (do not peel). Place together in suitable serving dishes and sprinkle with sultanas, and demerara sugar if desired. Serve with ice cream or cream (optional).

These simple ingredients are very complementary to each other and make this a tasty sweet.

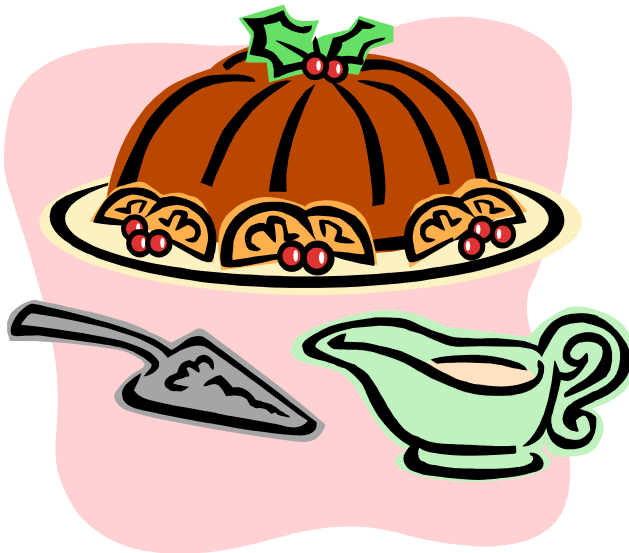


Christmas Pudding - Katie Cossey

This quantity will make two medium sized puddings, enough for 4 - 6 people

- 225g(8oz) Raisins
- 225g(8oz) Sultanas
- 225g(8oz) Currants
- 225g(8oz) Mixed peel
- Peel and juice of a Lemon
- 225g(8oz) Orange Marmalade
- 225g(8oz) Plain flour
- 225g(8oz) Breadcrumbs
- 225g(8oz) Suet
- 225g(8oz) Demerara Sugar
- 50g(2oz) Ground Almonds
- One teaspoon of Salt
- One dessertspoon of Baking Powder
- Half teaspoon Mixed spice
- Quarter teaspoon of Cinnamon
- Quarter teaspoon of Ground Ginger
- 3 Eggs
- 275ml(1/2 pint) of Milk

1. Mix sifted flour, salt, spices and baking powder.
2. Add breadcrumbs, ground almonds, sugar, and dried fruit.
3. Add grated lemon rind and strained lemon juice.
4. Mix in the marmalade and well-beaten eggs.
5. Beat well while adding the milk.
6. Cover with a cloth and leave until the next day.
7. Fill the greased basins with the mixture
8. Cover with greaseproof paper, then tinfoil or pudding cloth and tie securely.
9. Steam for ten hours, keeping an eye on water and replacing as required.
10. When cooked and cooled remove paper and foil and replace with fresh covers.
11. Store in a cool, dry airy place until required.
12. Best made 2-3 months before Christmas.
13. Reheat by steaming for at least 2 hours.



Cakes and Sponges

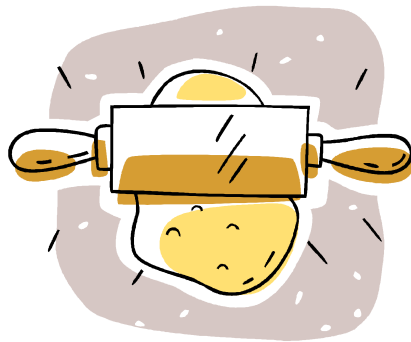


Fruit Buns - Penny Underwood

- 225g(8oz) Self Raising Flour
 - 1/4 teaspoon Salt
 - 75g(3oz) Butter or Margarine
 - 75g(3oz) Sugar
 - 110g(4oz) Dried Fruit/Chopped Dates/Mixed Peel/Chopped Nuts/Chopped Apricots or what ever you fancy!
 - 1 Egg beaten into 150ml(1/4 pint) Milk
 - Few drops Almond Essence if liked
1. Sieve flour and salt and then rub in the fat. Stir in the sugar and dried fruit or whatever you are using.
 2. Beat egg and whisk into milk. Stir into dry ingredients until mixture drops easily from the spoon.
 3. Put into a well-greased deep bun tray and bake for 15 - 20 minutes at 200C/400F/Gas Mark 6, until well risen.

Raspberry Buns - Penny Underwood

- 225g(8oz) Self Raising Flour
 - 110g(4oz) Caster Sugar
 - 110g(4oz) Butter or Margarine
 - 1 Egg Yolk
 - 75ml(1/8 pint) Milk
 - Raspberry Jam or fresh Raspberries
1. Sieve flour, rub in butter or margarine and add the sugar. Mix in egg yolk and enough milk to make pastry firm enough to roll.
 2. Roll out and cut into rounds using a pint glass.
 3. Put a teaspoon of jam (or fresh raspberries if using) in the centre of each round, moisten edges with milk and bunch up to enclose the jam. Turn over and brush with milk.
 4. Place on a greased tray or into a bun tray and bake for 10 to 15 minutes at 200C/400F/Gas Mark 6 until well-risen and golden brown.
 5. Serve with cream.



Gingerbread - Diane Pestell

- 225g(8oz) Self Raising Flour
 - Pinch of Salt
 - 2 teaspoons Ground Ginger
 - 225g(8oz) Golden Syrup
 - 75g(3oz) Margarine
 - 50g(2oz) Demerara Sugar
 - 4 tablespoons Milk
 - 1 Egg
1. Sieve the flour, ginger and salt into a large bowl.
 2. Melt the margarine, sugar and syrup.
 3. Beat the eggs and add the milk.
 4. Add the melted mixture and egg mixture to the dry ingredients and stir well.
 5. Put into a greased and lined tin 9 1/2 x 7 1/2 inches.
 6. Bake at 160C/325F/Gas Mark 3 for approx 30 minutes.

Tray Bake - Pauline Anthony

Base:

- 75g(3oz) Margarine
- 175g(6oz) Self Raising Flour
- 110g(4oz) Demerara Sugar

Topping:

- 175g(6oz) Demerara Sugar
- 110g(1oz) Coconut
- 50g(2oz) Glace Cherries
- 110g(4oz) Sultanas
- 50g(2oz) Margarine
- 2 Eggs
- Either 75g(3oz) Chopped Nuts and 2 tablespoons Cornflour or 175g(3oz) Rolled Oats
- Vanilla Essence

1. Crumble all base ingredients together and flatten into a Swiss Roll tin.
2. Cook for 15 minutes at 180C/350F/Gas Mark 4.
3. Mix all the topping ingredients together and spread over the base.
4. Cook for 20 minutes and when cool, cut into fingers.

Norfolk Scone - Faith Hubbard

- 450g(1lb) Self Raising Flour
- 1 level teaspoon Salt
- 110g(4oz) Butter or Margarine
- 2 Eggs
- 150ml(5fl oz) cold Milk

Filling:

- 25g(1oz) softened Butter or Margarine
- 110g(4oz) Currants
- 1/2 level teaspoon Nutmeg
- 75g(3oz) Soft Brown Sugar
- 25g(1oz) Demerara Sugar

1. Sieve flour and salt, rub in butter until mixture resembles fine breadcrumbs.
2. Beat the eggs and add to the flour with the milk until the mixture forms a soft dough (take care to add the milk a little at a time as the full amount may not be required). Knead the dough lightly.
3. Halve and roll out both pieces to measure about 8" round and 3/4" thick. Place one round on a greased baking tray. Spread with the softened butter. Mix together the currants, nutmeg and brown sugar and spread evenly over the softened butter. Place the second round on top and press down lightly.
4. Divide the top into 8 wedges and sprinkle with the demerara sugar.
5. Bake in oven 200C/400F/Gas Mark 6 for 35 - 40 minutes.

Low-Fat Moist Carrot Cake - Delia Smith

Serves 12

- 175g(6oz) Dark Brown Soft Sugar, sifted
- 2 large Eggs, at room temperature
- 120ml(4fl oz) Sunflower Oil
- 200g(7oz) Wholemeal Self Raising Flour
- 1 1/2 teaspoons Bicarbonate of Soda
- 3 rounded teaspoons Mixed Spice
- Grated zest 1 Orange
- 200g(7oz) Carrots, peeled and coarsely grated
- 175g(6oz) Sultanas

For the topping:

- 250g(9oz) Quark (skimmed-milk soft cheese)
- 20g(3/4 oz) Caster Sugar
- 2 teaspoons Vanilla Extract
- 1 rounded teaspoon Ground Cinnamon, plus a little extra for dusting

For the syrup glaze:

- juice 1/2 small Orange
- 1 dessertspoon Lemon Juice
- 40g(1 1/2oz) Dark Brown Soft Sugar

You will also need a non-stick baking tin measuring 25.5 x 15cm (10 x 6 inches) and 2.5cm (1 inch) deep, the base lined with silicone paper (parchment).

Pre-heat the oven to 170C/325F/Gas Mark 3.

I have been making carrot cake for years, and each time it seems to improve with a little tinkering here and there. Last year I attempted a low-fat version rather reluctantly, not believing it was possible. Now I have to admit it's become one of my favourites. It's also one of the quickest, easiest cakes ever.

1. Begin by whisking the sugar, eggs and oil together in a bowl using an electric hand whisk for 2-3 minutes. Then sift together the flour, bicarbonate of soda and the mixed spice into the bowl, tipping in all the bits of bran that are left in the sieve. Now stir all this together, then fold in the orange zest, carrots and sultanas. After that pour the mixture into the prepared tin and bake on the centre shelf of the oven for 35-40 minutes, until it is well risen and feels firm and springy to the touch when lightly pressed in the centre.
2. While the cake is cooking, make the topping by mixing all the ingredients in a bowl until light and fluffy, then cover with cling film and chill for 1-2 hours or until needed.
3. Now you need to make the syrup glaze, and to do this whisk together the fruit juices and sugar in a bowl. Then, when the cake comes out of the oven, stab it all over with a skewer and quickly spoon the syrup over as evenly as possible. Now leave the cake on one side to cool in the tin, during which time the syrup will be absorbed. Then, when the cake is completely cold, remove it from the tin, spread the topping over, cut it into 12 squares and dust with a little more cinnamon.

Copyright Delia Smith 1998 - Recipe reproduced by permission from Delia's How to Cook (Published by BBC Worldwide).

Lemon Drizzle Cake - Elizabeth Fiddy

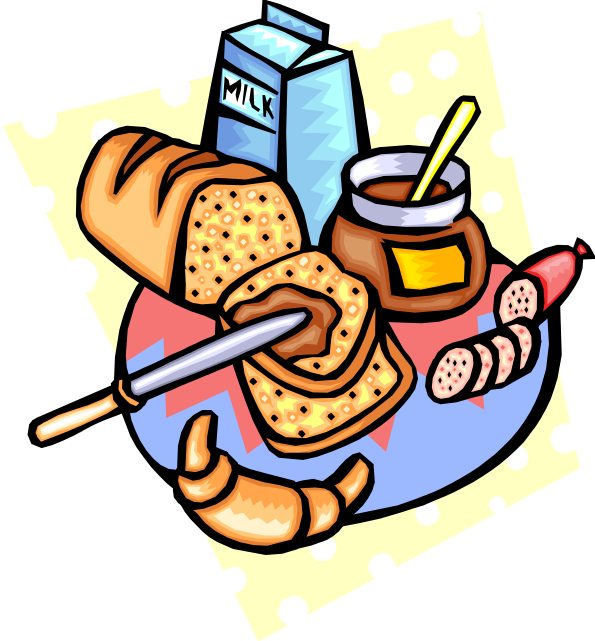
- 110g(4oz) Margarine
- 75g(3oz) Caster Sugar
- 2 Eggs
- 110g(4oz) Self Raising Flour
- Rind of one Lemon

Topping:

- 50g(2oz) Icing Sugar
- 1 tablespoon Honey
- Juice of one Lemon

1. Cream margarine, caster sugar, lemon rind and 1 tablespoon honey together.
2. Beat in eggs and sifted flour.
3. Place in a greased 7" tin and bake in a moderate oven 180C/350F/Gas Mark 4 for 45 minutes or until sides shrink from tin and top is springy.
4. Turn out onto a wire tray.
5. Put lemon juice, icing sugar and honey into a small saucepan, stir over a low heat until dissolved, then bring to the boil.
6. Pierce the top of the cake while it is still warm with a skewer and slowly pour the hot syrup over the cake, allowing time for it to be absorbed.
7. Leave to cool.

Relishes



Rhubarb and Orange Chutney - Ann Kent

Makes about 2.25kg(5lbs).

- 920g(2 1/2 lbs) Rhubarb, trimmed
- 3 large Onions
- 900g(2lbs) Demerara Sugar
- 1 level tablespoon Mustard Seed
- 1 level tablespoon Salt
- 2 large Oranges
- 845ml(1 1/2 pints) Malt Vinegar
- 450g(1lb) Stoned Raisins
- 1 level tablespoon Peppercorns

1. Wash the rhubarb and cut into small pieces.
2. Finely grate the orange rind and squeeze out and strain the juice from the oranges.
3. Skin and finely chop the onions. Place in a large preserving pan with the rhubarb, raisins, orange juice, vinegar and sugar.
4. Tie orange rind and spices in a piece of muslin and add to pan with the salt. Bring to the boil and simmer for about 2 hours or until thick and pulpy with no free liquid, stirring occasionally.
5. Remove the muslin bag, pour into hot jars, cover and seal.

Cucumber Relish - Elizabeth Fiddy

Makes 1.1 - 1.35kg(2 1/2 - 3lbs)

- 2.4kg(4lbs) Cucumber
 - 50g(2oz) Salt
 - 1 Red Pepper and 1 Green Pepper
 - 225g(8oz) Onion
 - 3 sticks Celery
 - 10g(1/2oz) Mustard Seed
 - 350g(12oz) Sugar
 - 425ml(3/4 pint) White Vinegar
1. Peel and dice the cucumber, sprinkle with salt and leave overnight.
 2. Drain liquid from cucumber.
 3. Remove seeds from peppers and dice.
 4. Peel and chop onions.
 5. Chop celery.
 6. Place all in a large saucepan with the remaining ingredients. Stir over a low heat until sugar has dissolved. Bring to the boil and boil for 30 minutes, uncovered.
 7. Pour into hot jars and seal.

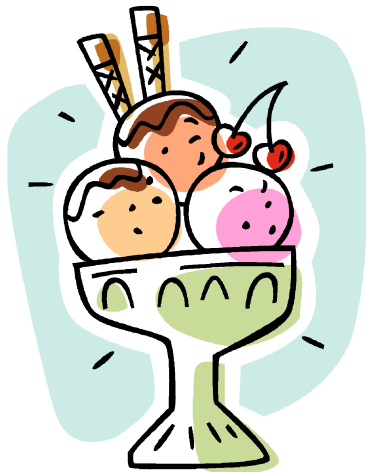
Bread and Butter Pickle - Janet Body (Somerset)

- 16 cups thinly sliced Cucumber
 - 1/2 cup Coarse Salt
 - 7 cups sliced Onion
 - 1 cup Sweet Red Pepper Strips (about one red pepper)
1. Mix all together, cover with ice cubes and let stand for 2 to 3 hours.
 2. Strain and pour away liquid.

Bring to the boil:

- 4 cups White Wine Vinegar
 - 6 cups Granulated Sugar
 - 1 1/2 tablespoons Celery Seed
 - 2 tablespoons Mustard Seed
 - 1 1/2 teaspoons Tumeric
 - 1/2 teaspoon White Pepper
1. Boil for 10 minutes, then add cucumber mixture. Bring back to the boil.
 2. Remove from heat, pack into jars and seal at once.
 3. Mature for one month.

Snacks and Treats



Norfolk Rusks - Eva Pestle

- 225g(8oz) Self Raising Flour
 - 110g(4oz) Margarine
 - Pinch of Salt
 - 1 Egg
 - A very small amount of Milk
1. Mix ingredients together as for pastry.
 2. Roll out to 1/2 - 1" thick and cut into rounds.
 3. Bake in a hot oven till light brown.
 4. Halve and cool.
 5. Return to a cool oven and bake till hard and crisp.
 6. When cold, store in an airtight container.

These are very good with butter and/or cheese.

Baileys (A good imitation) - Bernice Phillips

- 3 fresh Eggs
 - 275ml(1/2 pint) fresh Single Cream (double can be used)
 - 1 small can Condensed Milk
 - 1 teaspoon Vanilla Essence
 - 1 dessertspoon Liquid (Camp) Coffee
 - 1 teacup Irish Whiskey
1. Whisk all ingredients together, then bottle.
 2. Keep refrigerated.

Drink within a couple of months.

You may find it difficult to keep that long - too delicious!

Cooking With Honey

by Elizabeth Fiddy



Honey Rock Cakes

- 225g(8oz) Self Raising Flour
 - 75g(3oz) Margarine
 - 25g(1oz) Brown Sugar
 - 1/2 teaspoon Ground Ginger
 - 50g(2oz) Clear Honey
 - 1 Egg plus a little Milk
 - 50g(2oz) Sultanas or Currants
1. Rub fat into flour, add other ingredients and bind with egg and milk mixture to make a stiff dough.
 2. Put in heaps onto a greased baking sheet.
 3. Bake in a hot oven 200C/400F/Gas Mark 6 for 20 minutes.
 4. Cool on a wire tray.

Honey Orange Cake

- 110g(4oz) Margarine
- 2 tablespoons Clear Honey
- 75g(3oz) Sugar
- 2 Eggs
- 225g(8oz) Self Raising Flour
- Rind and juice of one small Orange

1. Cream fat, sugar and honey.
2. Add eggs and flour with orange rind and enough juice to make a soft dropping consistency.
3. Divide mixture between two Victoria Sandwich tins and bake in a moderate oven 160C/325F/Gas Mark 3 until sides shrink from tin and top feels springy.
4. Turn onto a wire rack to cool.

Filling:

- 150g(5oz) Butter or Margarine
 - 175g(6oz) Icing Sugar
 - 1 1/2 tablespoons Honey
1. Cream all ingredients together and use to sandwich sponge together and to decorate the top.

This recipe is equally successful using the rind and juice of a lemon instead of the orange.

Halloween Pie

- 900g(2lbs) Cooking Apples, peeled and sliced
 - 4 tablespoons Honey
 - 4 tablespoons Golden Syrup
 - 1/2 cup Water
 - 1/2 teaspoon Cinnamon
 - Short Crust Pastry
1. Place all ingredients in a pan and simmer gently until cooked. Allow to cool.
 2. Line a pie dish with short crust pastry, fill with the cooked apple mixture. Cover with a pastry lid and sprinkle with sugar. Bake in a medium oven until pastry is golden brown. Serve hot with custard or cold with cream.



Honey Bread and Butter Pudding

- 3 - 4 thin slices of Bread, buttered
 - 50g(2oz) Sultanas
 - 2 Eggs
 - Honey
 - 425ml(3/4 pint) Milk
1. Spread the buttered bread with honey, and then cut into strips or triangles.
 2. Arrange in layers in a greased ovenproof dish, sprinkling sultanas between the layers.
 3. Warm the milk. Lightly whisk the eggs and pour the warmed milk onto them, stirring all the time. Strain over the bread and leave to stand for 15 minutes.
 4. Bake in a moderate oven 180C/350F/Gas Mark 4 for 30 - 40 minutes until set and lightly browned.

Honey Fruit Cake

- 225g(8oz) Honey
 - 110g(4oz) Butter
 - 2 Eggs
 - Pinch Nutmeg
 - 225g(8oz) Self Raising Flour
 - 110g(4oz) Sultanas
 - 50g(2oz) Mixed Peel
1. Cream butter and honey. Beat eggs well and add alternately with the sifted flour.
 2. Add fruit, peel and nutmeg and enough milk to make a soft dropping consistency.
 3. Put into a well-greased 7" cake tin and bake in moderate oven 160C/325F/Gas Mark 3 for approximately 2 hours.

Upside Down Pudding

- 2 small Cooking Apples, peeled, cored and cut into rounds
 - 25g(1oz) Margarine
 - 3 tablespoons Honey, melted
 - Red Jam
 - 110g(4oz) Margarine
 - 75g(3oz) Sugar
 - 1 tablespoon Honey
 - 2 Eggs
 - 110g(4oz) Self Raising Flour
1. Melt the 25g(1oz) margarine and pour into the base of a pie dish.
 2. Place apple rounds in base and fill centres with red jam.
 3. Cover with the 3 tablespoons honey.
 4. Cream the margarine with sugar and honey, beat in the eggs and add the flour. Pour over the apples.
 5. Bake in a moderate oven 180C/375F/Gas Mark 5 until sponge is springy to touch.
 6. Turn out onto a dish, apple side up and serve hot with custard or cream.

Notes

Notes