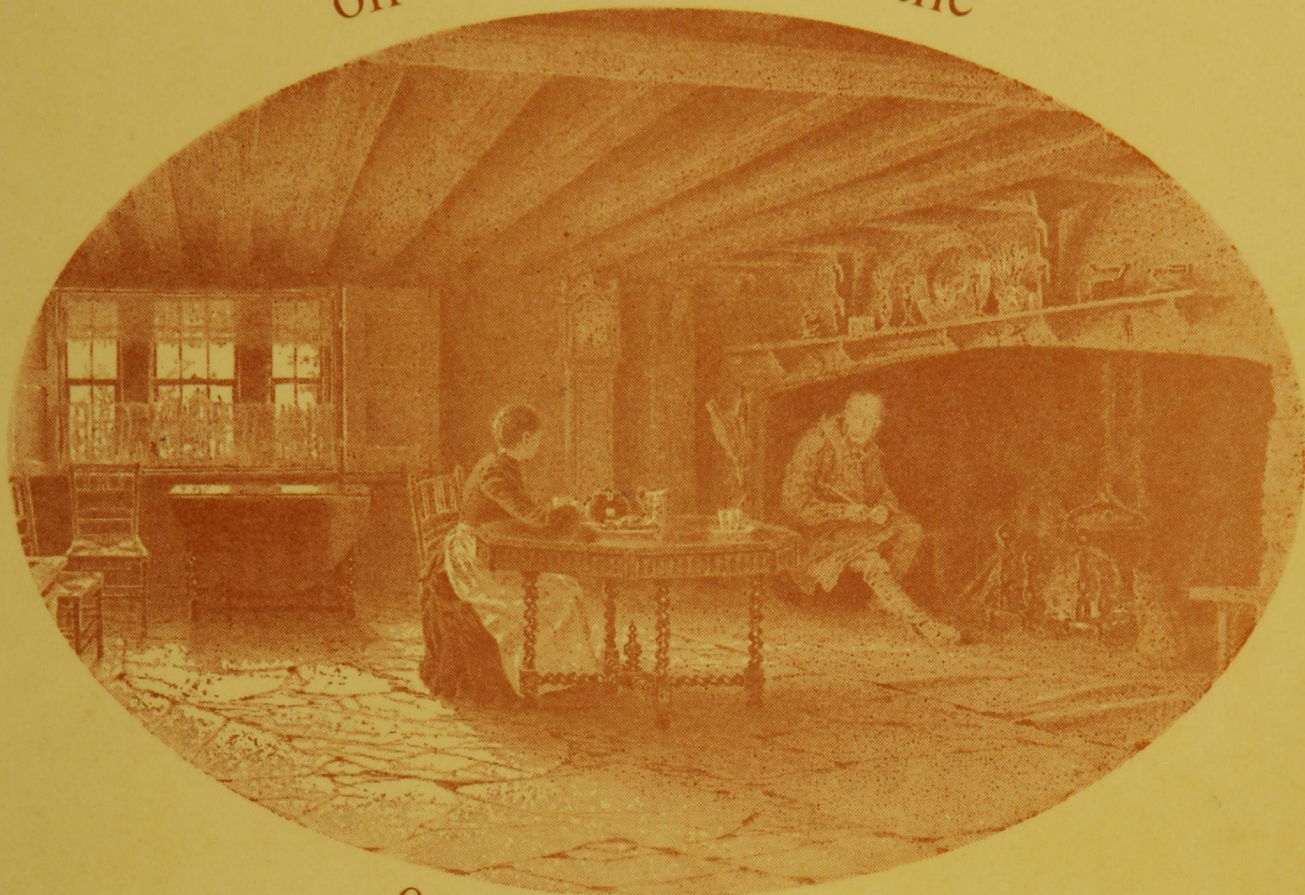


RECIPES

on the occasion of the



900th Anniversary

FROM
CHARLWOOD

THE CHARLWOOD FESTIVAL COMMITTEE

RECIPES FROM CHARLWOOD

**on the occasion of the
900th Anniversary**

Introduction by MRS. JEAN B. COGGAN

Illustrated by MERIDA DRYSDALE

Photographs of Old Charlwood kindly loaned by JEAN SHELLEY

Front Cover illustration drawn by W. BISCOMBE GARDNER (c. 1865)
Kindly loaned by MARY GIRLING

Edited by HELEN de COURCY

Published by THE CHARLWOOD FESTIVAL COMMITTEE

In aid of the restoration of the Parish Church of St. Nicholas, Charlwood

EDITOR'S NOTE

A book of recipes from the village was one of many fund-raising ideas included in the plans to celebrate the 900th Anniversary of Charlwood in 1980. The main object of this book is to help raise money for the restoration of St. Nicholas' Church in Charlwood.

The selection of recipes from over 200 submitted by 123 contributors in and around Charlwood has been made to give the widest possible variety, but in order to avoid duplication it has not been possible to publish all the recipes offered. However, at least one recipe from each contributor has been included.

It has not been necessary, of course, to do any testing as the recipes are well-tryed favourites and readers will be best able to judge for themselves which methods produce satisfactory results.

Each recipe has been set out by following the list of individual ingredients with the method of preparation required. This has been done to help the reader assess quickly the amount of work involved and the time required to prepare the dish.

For ease of reference it was decided that a glossary would be too cumbersome. Therefore, the layout of sections has been so designed that the reader, having selected the appropriate recipe section from the Contents page, will then find an index to individual recipes within that section on the reverse side of the section title page.

The general change to metrication necessitates the inclusion of an explicit and practical table of equivalents for oven temperatures, dry and liquid measures. However, it was felt that the usefulness of this book would be widened further with a comparison of Imperial, Metric and American measures in the Conversion Tables which can be found overleaf on page (iv).

The production of this book has been a most interesting venture and I hope it will give much pleasure and enjoyment to those who use it. Finally, I would like to thank everyone involved for their capable assistance; I am most grateful to them all and particularly to Ian Agnew who spent many hours giving help and encouragement throughout the whole project.

HELEN de COURCY

ISBN 0 9506617 0 8

FRONT COVER ILLUSTRATION: Highworth Farm Kitchen, Charlwood

First published October 1979

Reprinted March 1980

© 1979 THE CHARLWOOD FESTIVAL COMMITTEE

Printed in England by EDGEBURY PRESS, EASTBOURNE, SUSSEX

CONTENTS

	<i>Page</i>
Editor's Note	ii
Conversion Tables	iv
Acknowledgements	v
Introduction	vi
STARTERS	1
MAIN COURSES	11
PUDDINGS	29
CHEESE, EGG AND VEGETABLE DISHES	51
CAKES, BREAD AND BISCUITS	61
VARIOUS:	79
Fish Dishes	81
Sauces	83
Chutneys	83
Preserves	85
Sweets	86
Drinks	87
CELEBRATION CAKE	89
CELEBRATION CUP	89

DRY MEASURES – (Ounces to Grams)

IMPERIAL AND AMERICAN Ounces	METRIC Grams
1	28
$1\frac{3}{4}$	50
2	56
3	85
$3\frac{1}{2}$	100
4	113
5	143
16 (1 lb.)	453
2 lb. $3\frac{1}{4}$ oz.	1000 (1 kilogram)

LIQUID MEASURES – (Litres to Pints)
(Table A)

METRIC		IMPERIAL	
<i>Litres</i>	<i>Millilitres</i>	<i>Fluid Ounces</i> (nearest equivalent)	<i>Pints</i> (nearest equivalent)
1	1000	$35\frac{1}{4}$	$1\frac{3}{4}$
$\frac{3}{4}$	750	$26\frac{1}{2}$	$1\frac{1}{4}$
*	568	20	1
$\frac{1}{2}$	500	$17\frac{1}{2}$	$\frac{3}{4}$
$\frac{1}{4}$	250	$8\frac{3}{4}$	$\frac{1}{2}$
$\frac{1}{8}$	125	$4\frac{1}{2}$	$\frac{1}{4}$

LIQUID MEASURES – (International Equivalents)
(Table B)

IMPERIAL	AMERICAN (US)	METRIC (nearest equivalent)
1 teaspoon†	$1\frac{1}{4}$ teaspoons	6 millilitres
1 tablespoon or 2 dessertspoons†	$1\frac{1}{4}$ tablespoons	19 millilitres
$3\frac{1}{2}$ fl. oz.	$6\frac{2}{3}$ tablespoons	100 millilitres
4 fl. oz.	$\frac{1}{2}$ cup ($\frac{1}{4}$ pint US)	$\frac{1}{8}$ litre
$\frac{1}{4}$ pint or 1 gill	5 fl. oz.	150 millilitres
8 fl. oz.	1 cup ($\frac{1}{2}$ pint US)	$\frac{1}{4}$ litre
$\frac{1}{2}$ pint or 1 cup†	10 fl. oz.	300 millilitres
16 fl. oz.	1 pint (16 fl. oz. US)	*
1 pint (20 fl. oz.)	20 fl. oz.	600 millilitres
32 fl. oz.	1 quart (2 pints US)	*
34 fl. oz.	$4\frac{1}{3}$ cups	1 litre
1 quart (2 pints)	40 fl. oz.	1.2 litres

†British Standard Measures.

*Footnote for Liquid Measures: It can be seen from these tables that 1 PINT is not a workable fraction of A LITRE; whereas all the other fractions given equate to each other in a reasonably practical way.

For example: 1 fluid ounce = 28.4 millilitres.
It is therefore more practical to take 30 millilitres as the metric equivalent.

OVEN TEMPERATURE CONVERSIONS

Celsius or Centigrade °C	Fahrenheit °F	Gas Mark	
110	225	$\frac{1}{4}$	very cool
130	250	$\frac{1}{2}$	very cool
140	275	1	cool
150	300	2	cool
170	325	3	moderate
180	350	4	moderate
190	375	5	moderately hot
200	400	6	moderately hot
220	425	7	hot
230	450	8	very hot
240	475	9	very hot

ACKNOWLEDGEMENTS

We wish to extend our grateful thanks to everyone who has contributed so kindly their favourite and often much-cherished recipes for publication; for without their help this book would not have been published and in particular to Helen de Courcy who took on the extremely onerous task of Editor.

A number of people gave generously of their time to undertake and complete the many varied facets so essential for compiling a book of reference such as this and our thanks go to Mrs. Bishop at 'Charles', Victor at 'Stunts' and Mrs. Edwards and Mrs. Riddle at 'Maid Marion' for agreeing to act as 'post offices' for the collection of recipes.

Our special gratitude goes to Stephanie Grant for her initial ideas for this book and her labours at the typewriter together with Oonagh Crump, Gillian Huntington-Whiteley, Julie Lowe, Ruth Lowth and Sara Smart for their meticulous work in setting out the recipes ready for printing; also to Jane Hoyle and Rosemary Bentley for their help in the collation of material and subsequent proof reading.

The illustrations and photographs have added enormously to the interest and appearance of the book and in this respect we would like especially to thank Merida Drysdale for designing the charming illuminated lettering which head the individual sections; Jean Shelley for so kindly lending her unique collection of photographs of Old Charlwood and Mary Girling for the loan of the drawing of Highworth Farm kitchen which does much to enhance the cover of this book.

Our thanks are also due to Lady Farrer for her interest and helpful advice and finally to Ian Agnew, whose help and expertise on the technicalities of publication have been invaluable.

NICK HAGUE, *Chairman*
The Charlwood Festival Committee

INTRODUCTION

“If you have to cook for yourself or your family, why not enjoy it? Cookery books help us to get out of a rut in planning our meals. We are all busy people so we need ideas as to how to make attractive meals simply and quickly without a lot of fuss. We are never too clever in the kitchen to learn new tips. I find cookery books quite good bedtime reading. I recommend this one which will not only stir you to fresh adventures, but it will be helping to restore the parish church. If you buy one copy, buy another to send to a friend. May the project have much success. Best wishes for the 900th celebration.”

JEAN B. COGGAN
Lambeth Palace, SE1 7JU



T A R T E R S



STARTERS

SOUPS	Gazpacho	3
	Courgette Soup	3
	Dee's Pimato Soup	4
FISH	Prawns in Paradise	4
	Grapefruit and Prawn Cocktail	4
	Marinated Kipper Fillets	5
	Quick Fish Starter	5
	African Pickled Fish	6
	Salad Niçoise	6
PATE	Smoked Mackerel Pâté	7
	Turkey Giblet Pâté	7
	Country Pâté	8
	Chicken Liver Pâté	8
EGG	Egg Mousse	9
FRUIT	Pears in Tarragon Cream Dressing	9

Photograph on preceding page: The Rising Sun Inn, Charlwood, circa 1906

1 green pepper
fresh basil / parsley.

GAZPACHO

$\frac{1}{4}$ pint olive oil
3 cloves garlic, crushed
1 small onion, chopped
1 level teaspoon salt
5 tablespoons wine vinegar
15 oz. tin tomatoes / fresh
15 oz. tin tomato juice
1 cucumber, rinded and diced

To decorate:

1 large ripe Avocado,
peeled and diced
1 green pepper, chopped
1 red pepper, chopped
cucumbers
croutons

Blend thoroughly oil, garlic, onion, salt and vinegar in liquidiser. Add tomatoes, tomato juice and cucumber – blend again and sieve. Add avocado, green and red pepper for decoration.

Serve very cold with crusty wholemeal bread.

SERVES: 6

COMMENT: *This is a very quick and easy soup for those hot summer evenings! Freezes well too.*

MRS. J. LOWE

COURGETTE SOUP

1 lb. courgettes, thinly sliced
6 large spring onions, chopped
 $\frac{1}{2}$ head lettuce, shredded
1 tablespoon olive oil
 $\frac{3}{4}$ pint boiling water
Salt and pepper

To finish:

1 bunch chives, snipped
2 tablespoons cream

Heat oil in a large saucepan. Add courgettes, lettuce, onions and salt, stirring well. Put lid on pan and allow vegetables to sweat for about 20 minutes. Add boiling water and pepper and simmer for a further 20 minutes or until courgettes are absolutely tender.

Sieve or liquidize to a purée. Adjust seasoning and add cream and chopped chives.

Serve hot or chilled

SERVES: 4

COMMENT: *This soup is delicious on a summer's day especially as a starter for a dinner party. It is also a super way of using those overgrown courgettes out of the garden!*

MRS. B. WATKINS

DEE'S PIMATO SOUP

2 large tins Heinz tomato soup
1 large tin tomatoes, puréed
with juice
1 large tin pimientos, puréed
with juice

½ pint single cream
1 level tablespoon sugar
Black pepper
Tabasco to taste

Pour soup, puréed tomatoes and pimientos into a saucepan. Heat mixture and stir in cream and sugar; add black pepper and Tabasco to taste.

SERVES: 6

COMMENT: *This recipe started as a mistake when trying to stretch two tins of tomato soup for sudden guests. I thought the pimientos were tinned tomatoes and now my friends rave about the new taste.*

MRS. D. MARSHALL

PRAWNS IN PARADISE

Prawns
2 packets Philadelphia cream
cheese

1 tin consommé
½ teaspoon curry powder
Parsley

Put a few prawns in the bottom of individual dishes.

Mix consommé, reserving a little for glaze, with the cheese. Add the curry powder and pour over the prawns. Allow to set. Then coat with the remaining consommé. Set again.

Garnish with parsley.

SERVES: 6

MRS. M. GRANT

GRAPEFRUIT AND PRAWN COCKTAIL

2 grapefruit
½ small cucumber, rinded
and diced

4 oz. prawns
1 dessertspoon caster sugar
1 tablespoon mayonnaise

Cut grapefruit in half. Remove flesh into a bowl, add the sugar and leave for an hour or so.

Strain off juice and add the cucumber and prawns. Mix with mayonnaise. Remove pith from grapefruit shells and discard. Divide mixture into prepared shells or glasses if preferred.

SERVES: 4

COMMENT: *My favourite starter.*

MRS. J. LESLIE

MARINADED KIPPER FILLETS

8 kipper fillets, skinned

1 medium onion, sliced

2 bay leaves

Freshly ground black pepper

1 teaspoon mustard powder

2 dessertspoons brown sugar

2 tablespoons wine vinegar

¼ pint olive oil

Layer fillets in a small dish with the sliced onion, broken bay leaves and pepper between the layers.

Place the mustard, sugar, vinegar and oil in a jar and shake. Pour over the fillets. Cover the dish and leave in the refrigerator for not less than two days – leave two weeks if possible.

Serve with Cos lettuce and brown bread and butter.

SERVES: 8

COMMENT: *Also a useful supper dish for 4 people.*

MRS. A. M. STANTON

QUICK FISH STARTER

8-10 oz. fillet cod

1 tin Campbells condensed

mushroom soup

2 oz. cheese, grated

2 small packets crisps, crushed

Worcester sauce

Knob butter

Divide fish between 4 ramekin dishes. Add soup and cheese. Fry the crushed crisps in the butter and sprinkle on top with a few drops of Worcester sauce.

Bake in a moderately hot oven (190°C/375°F or Gas Mark 5) for 25 minutes.

SERVES: 4

MRS. W. PUGSLEY

AFRICAN PICKLED FISH

*3 lb. cod or similar, cleaned,
filleted and cut into 1 in. squares
4 oz. plain flour
1 teaspoon salt
¼ teaspoon black or white pepper
2 pints malt vinegar*

*5 bay leaves
4 large onions, sliced
1 teaspoon black or white
peppercorns
1 oz. medium curry powder (optional)
Fat for frying*

Sprinkle fish with salt and pepper and fry in hot fat.

Mix all the ingredients, except the fish, with the vinegar and boil the mixture, cooking the onions slightly.

Place the fish in a wide mouth jar in layers with the sliced onions and pour the liquid over. Close the jar tightly and leave for a week in the refrigerator.

SERVES: 16. Approximate cost £3.00 or 20p per portion.

COMMENT: *If kept cold this dish will keep for a number of weeks.*

A. R. DIGBY OVENS
The Rising Sun – Charlwood

SALAD NICOISE

*6 oz. flaked tuna, shredded ham,
chicken or prawns
6-8 oz. any cooked green
vegetable, i.e. broad beans,
French beans, peas
1 level teaspoon mixed herbs*

*½ cucumber, sliced
1 lb. tomatoes, peeled and
thinly sliced
Anchovy fillets
Black olives for decoration
French dressing*

Put meat or fish on the bottom of a shallow dish with the vegetables on top.

Scatter over the herbs. Next cover with the cucumber then arrange the tomatoes on top. Make a lattice of anchovy fillets on this and decorate with black olives.

Spoon over a well-seasoned French dressing.

Serve with brown bread and butter.

SERVES: 4

COMMENT: *I find this recipe can be a useful stand by, when fresh green salad is scarce, to accompany many dishes.*

MRS. B. JONES

SMOKED MACKEREL PATE

<i>10 oz. smoked mackerel, skinned, boned and flaked</i>	<i>1 level teaspoon black peppercorns, freshly milled</i>
<i>2 large teaspoons lemon juice</i>	<i>2 oz. butter, melted</i>
<i>1½ fl. oz. single cream</i>	

Put all the ingredients except the butter into a liquidiser for a couple of minutes.
Put into a terrine and cover with melted butter.

MRS. C. BROOKES

TURKEY GIBLET PATE

<i>Turkey neck and giblets</i>	<i>Salt, pepper and any further</i>
<i>¼-½ pint good made gravy</i>	<i>flavouring to taste</i>
<i>Good lump butter</i>	

Put giblets in a saucepan, cover with water and simmer for about 1 hour until soft.
Put the meat, taken off neck, with the giblets through a fine mincer three times or
blend in a mixer goblet.

Flavour well with salt and pepper and put in a saucepan with the gravy. Cook
gently for about 10 minutes until all is absorbed. Beat in butter and press into
any suitable container.

Serve when cold.

SERVES: About 4 depending on size and quantity of giblets.

COMMENT: *Any odds and ends of turkey and ham can be added to the giblets.*

MRS. P. BENHAM

COUNTRY PATE

4 rashers streaky bacon, rinded
2 bay leaves
8 oz. bread, crusts removed
2 eggs, beaten
 $\frac{1}{4}$ pint port
 $\frac{1}{2}$ teaspoon thyme
1 teaspoon ground mace or nutmeg
1 level teaspoon black pepper
6 level teaspoons salt

3 cloves garlic, finely chopped
 $\frac{1}{2}$ teaspoon mixed herbs
 $\frac{1}{2}$ lb. belly pork, cut into strips
and minced
 $\frac{1}{2}$ lb. smoked bacon trimmings,
minced
1 lb. pig's livers, minced
1 lb. chicken livers, minced

Well grease a 3 pint terrine or loaf tin. Arrange bay leaves in the centre of the base and cover with flattened and stretched rashers.

Soak bread in beaten eggs, add port and mash well. Mince pork, bacon trimmings and livers and add garlic, thyme, herbs, mace and seasonings. Stir in the bread mixture blending all ingredients well together.

Turn into prepared terrine and cover with foil and a lid. Stand in a large baking tin of hot water, with crumpled foil underneath terrine to prevent over-baking, in a moderate oven (170°C/325°F or Gas Mark 3) for 2½ hours. Allow to cool. Turn out.

Serve with French bread or toast.

SERVES: 12

COMMENT: *This is a robust, rough textured country liver pâté, like the 'terrine de campagne' for which France is renowned.*

MRS. P. COOMBES

CHICKEN LIVER PATE

Chicken livers
Little butter for frying
1 onion, chopped

2 eggs, hard boiled and
chopped
Seasoning to taste

Fry the onion gently in the butter (do not allow onion to crisp). Add chicken liver and cook 8 – 10 minutes, turning often.

Put onion, liver and hard boiled eggs into a basin and pound with a fork. Add a little of the melted butter if necessary to make a thick paste. Season to taste.

COMMENT: *This pâté is delicious served with crisp toast as a starter or as a sandwich filling. My mother used to make this for me many years ago.*

MRS. A. DOUGHTY

EGG MOUSSE

8 eggs, hard boiled
1 tin consommé
1 carton sour cream
½ pint mayonnaise
1 sachet gelatine
Salt and pepper

To decorate:
Glacé cherries
Bay leaves

Mash the eggs adding salt and pepper to taste. Melt the gelatine in the tin of consommé. Then add threequarters of the consommé plus all the other ingredients to the mashed eggs.

Put in the refrigerator and when set pour on the remaining consommé which will set as a brown glaze.

Decorate with glacé cherries, bay leaves as desired.

SERVES: 6

COMMENT: *This makes a delicious and decorative dish for any dinner party.*

MRS. R. BENTLEY

PEARS IN TARRAGON CREAM DRESSING

3-4 pears, peeled, cored and cut
in half. (Use ripe, juicy
pears such as Comice allowing
half per person)
Paprika
Lettuce

Dressing:
1 egg, beaten
2 rounded tablespoons caster
sugar
3 tablespoons tarragon vinegar
Salt and pepper
¼ pint double cream

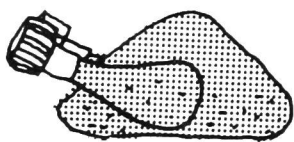
For the dressing, beat the egg in a bowl with a fork, add sugar and gradually add the vinegar.

Stand the bowl in boiling water and stir until it thickens. When the mixture is the consistency of thick cream, remove from heat, season very lightly and leave until cold. Then partially whip the cream and fold in the dressing.

Lay the pear halves on lettuce leaves on individual plates. Cover with dressing and sprinkle with paprika.

SERVES: 6-8

MRS. M. GRANT





A
I
N

C
O
U
R
S
E
S



MAIN COURSES

BEEF	Sussex Stewed Steak	13
	Beef Pot Roast	13
	Beef Stroganoff	14
	Bobotee – (South African Dish)	14
	Piccadillo	15
	Curried Minced Beef	15
	Minced Beef Pasties	16
	Beef Galantine	16
	Our Favourite Family Pasty	17
	Sausage and Rice Loaf	17
LAMB	Greck Lamb	18
	Stuffed Lamb (with a difference)			18
	Lamb Dyan	19
	Jellied Lamb's Tongues	19
PORK	Glazed Pork Loin	20
	Spicy Spare Ribs	20
	Barbecued Spare Ribs	21
	Barbecued Pork Chops	21
	Ham and Pineapple	21
VEAL	Veal Steak in Cream Sauce		22
	Veal and Ham Pie	22
POULTRY AND GAME	Paprika Chicken	23
	Greenings Chicken	23
	Chicken Elizabethan	24
	Diana's Goddess Gorge	24
	Poulet à la Crème	25
	King Turkey	25
	Ballotine of Duck	26
	Casserole Pheasant with Chestnuts			26
	Rabbit with Prunes	27
LIVER	Liver and Bacon Casserole		27
	Liver Stroganoff	28
MEAT ACCOMPANIMENTS	Drip Pudding	28

Photograph on preceding page: 'Smith's Charity 1627', Bread and Beef Day 1943

SUSSEX STEWED STEAK

*2 lb. chuck steak, cut in one or
two pieces if possible*

1 large onion, sliced

Flour

*5 tablespoons port or any red
cooking wine*

5 tablespoons stout

*2 tablespoons wine vinegar or
mushroom ketchup*

Salt and pepper

Season and flour meat and put it in a shallow baking dish in which it just fits. Place slices of onion on top of meat. Pour in the port, stout and vinegar. Cover with greaseproof paper or foil and the lid. Put in a very cool oven (130°C/250°F or Gas Mark ½) for at least 3½ hours.

Serve with baked potatoes and baked onions which can be put in the oven at the same time.

SERVES: 6

COMMENT: *A useful dish for the reluctant cook. Takes only 5 minutes to prepare, but the meat emerges beautifully tender and the sauce is rich and thick.*

MRS. M. DRYSDALE

BEEF POT ROAST

3 lb. topside of beef

*10½ oz. tin condensed mushroom
soup*

1 packet dried onion soup

6 fl. oz. red wine

*Potatoes and carrots, sufficient
for 8 people, peeled and left
whole*

*Few sticks celery, chopped
(optional)*

Line a large roasting tin with foil, leaving sufficient foil at sides to make a complete parcel. Remove string and any additional fat from joint if rolled.

Place meat in tin and put carrots, potatoes and celery around. Sprinkle dried onion soup over vegetables. Spread mushroom soup over meat (do not dilute) and pour over wine. Fold foil to make a parcel and cook in a very cool oven (130°C/250°F or Gas Mark ½) for at least 5 hours.

Serve with horseradish sauce.

SERVES: 8-10

COMMENT: *A highly convenient complete meal – delicious and easy – which takes 10 minutes to prepare and no washing-up.*

MRS. H. DE COURCY

BEEF STROGANOFF

*1½ lb. fillet steak, beaten and
cut into strips 1 in. wide*

8 oz. mushrooms

1 small onion, chopped

½ pint sour cream

4 oz. butter

Nutmeg

Salt and black pepper

Fry the onion in half the quantity of butter until soft but not brown. Add the beef and cook quickly for about 5 minutes, browning slightly. Fry mushrooms separately in the rest of the butter and add to beef. Season well with salt, pepper and nutmeg. Warm the cream and stir in gently.

Serve on a bed of rice.

SERVES: 4-6

PETER CRESSWELL – Chef
Russ Hill Hotel

BOBOTE — South African Dish

*1 lb. cooked mince (soya
or meat)*

1 slice thin bread

6 fl. oz. milk

2 medium onions, chopped

1 oz. dripping or margarine

1 dessertspoon sugar

1 tablespoon vinegar

Few finely chopped nuts

Salt

1 tablespoon curry powder

1 egg, well beaten

Soak bread in milk. Drain off milk not absorbed and keep. Mash bread well with fork.

Fry onions in the fat, add meat, bread, sugar, vinegar, nuts, salt, curry powder and ½ the beaten egg. Mix well. Turn into a greased pie dish.

Mix other ½ of egg with left-over milk (if necessary add a little more milk to make up to 3 fl. oz.), season and pour over meat mixture. Bake in a cool to moderate oven (150°C/300°F or Gas Mark 2) till custard is set.

SERVES: 4

COMMENT: *If age of cook is above 80 years, allow plenty of time for assembling and mixing ingredients for this dish.*

LADY FARRER

PICCADILLO

2 medium onions, diced
2 large green peppers, diced
1 small jar stuffed olives, drained
1 small jar capers, drained
1½ lb. minced meat
1 large bottle tomato sauce
¼ teaspoon paprika
¼ teaspoon oregano

½ teaspoon salt
¼ teaspoon ground pepper
¼ teaspoon red pepper
2 cloves garlic, chopped
½ teaspoon celery salt
4 tablespoons olive oil
Worcestershire sauce

Sauté onions and peppers in 2 tablespoons olive oil. Set aside. Sauté meat in 2 tablespoons olive oil, drain and stir in seasonings. Add Worcestershire and tomato sauce, and stir well. Add rest of ingredients and cook over low heat, covered, for 40 minutes.

Serve over rice.

SERVES: 6

COMMENT: *Freezes beautifully. Better made a day ahead and just reheated.*

MRS. M. BRANYAN

CURRIED MINCED BEEF

8 oz. fresh minced beef
½ oz. lard
1 small onion, finely chopped
1-2 teaspoons curry powder
1 teaspoon tomato purée
1 apple, peeled and chopped

½ oz. flour
¼ pint stock
½ teaspoon coconut
1 teaspoon redcurrant jelly
1 oz. sultanas
Salt and pepper

Melt the fat and fry the onion lightly. Add mince and brown. Add the curry powder, tomato purée and apple and cook for 5 minutes. Stir in the flour and stock.

Transfer to an ovenware dish, season and add coconut, redcurrant jelly and sultanas. Cover and place in a cool oven (150°C/300°F or Gas Mark 2) for 1 hour.

Serve with plain boiled rice and any other vegetable.

SERVES: 2-3

MRS. Q. GOOSE

MINCED BEEF PASTIES

Pastry:

1 lb. self-raising flour
½ level teaspoon salt
12 oz. butter or margarine
8 to 10 tablespoons cold milk
1 egg, beaten for glaze

Filling:

1 lb. minced beef
1 large onion, finely chopped
1 beef stock cube dissolved in
¼ pint boiling water
2 teaspoons Worcester sauce
1 teaspoon mixed herbs
1 teaspoon Soy sauce
Salt and pepper
1 lb. potatoes, peeled
½ lb. carrots, peeled

For the pastry, sift flour and salt into a bowl and add butter cut into pieces the size of peas. Mix to a stiff paste with milk and draw together with fingertips. Quickly shape into a ball and transfer to a polythene bag. Chill for 1 hour before using.

For the filling, place minced beef in a medium-sized saucepan and cook gently for about 5 minutes stirring occasionally. Add chopped onion and cook for a further 5 minutes. Add stock, herbs, seasoning and sauces to pan, stir and cook gently for another 10 minutes.

Cook potatoes and carrots, mash both together and add to meat mixture. Leave until cold.

Roll out pastry and using a saucer, cut out about 12 rounds. Divide the filling between the rounds, brush the edges with water and seal firmly. Flute edges with fingers and brush with beaten egg.

Bake on a baking sheet in a moderately hot oven (200°C/400°F or Gas Mark 6) for 20 to 25 minutes.

MAKES: About 12

ROSEMARY
Half Moon – Charlwood

BEEF GALANTINE

1 lb. stewing beef, diced or minced
½ lb. fat bacon (streaky) diced or
minced

½ lb. breadcrumbs
A little mixed herbs
Salt and pepper to taste

Add breadcrumbs and seasoning to diced meat and bacon and form into a roll. Put into a cloth, tie at both ends and place into boiling water. Simmer gently for 1½ hours. Do not remove cloth while hot but place between 2 plates with weights on top. When quite cold remove cloth and glaze.

SERVES: 5-6

MRS. E. (NAN) CHAPMAN

OUR FAVOURITE FAMILY PASTY

Pastry:

*½ lb. rough puff
1 beaten egg for glaze*

Filling:

*½ lb. sausage meat
2 tablespoons oil
1 large onion, chopped
1 or 2 cloves garlic, chopped
1 medium can tomatoes
1 or 2 teaspoons basil
Salt and pepper*

Prepare pastry and set aside to chill.

For the filling, fry onion and garlic in oil until soft. Add tomatoes, basil and seasoning and cook until tomatoes are soft and mushy – about ½ hour. Add sausage meat and stir until well mixed.

Roll pastry out thinly and slide onto a baking sheet or large tray. Spread the mixture to within 1½ in.–2 in. of the sides. Then lift the sides up and over with a palette knife so they rest on the mixture but leave a gap in the middle to show the filling. Press the pastry down lightly so the sides remain in place while baking.

Brush with beaten egg and bake in a hot oven (220°C/425°F or Gas Mark 7) for 25–30 minutes until pasty is risen and golden brown.

VARIATIONS: Add different herbs, cooked ham or bacon in addition to the sausage meat or even a chopped green pepper to the sauce just before it has finished cooking.

Serve hot with chips or crisps and peas for tea or decorate the pasty when cold with sliced cucumber and serve with salad.

SERVES: 4–6

COMMENT: *I find this a useful recipe for quick teas, snacks, picnics and it looks great on a party cold table.*

MRS. J. SMITH

SAUSAGE AND RICE LOAF

*1 lb. pork sausage meat or
savory beef meat
¼ lb. cooking rice*

*Salt and pepper
¼ teaspoon dry mustard
according to taste*

Boil rice with salt and drain. Add sausage meat mixed with dry mustard, salt and pepper. Put into a well washed baked bean tin, cover with a cloth and steam for ¾ hour to an hour. Turn out to cool.

Serve with salad for lunch or tea.

COMMENT: *It will answer as a cold breakfast also.*

MRS. M. S. CHAPMAN

GREEK LAMB

*1 leg of lamb on the bone
Salt and black pepper
4 garlic cloves
2 teaspoons dried oregano
3 large onions, thinly sliced*

*2 large aubergines, cubed
About 8 large tomatoes,
peeled and sliced
2 tablespoons olive oil*

Place meat in a large roasting tin. Make four deep slits in the meat and insert a peeled garlic clove in each. Pour olive oil over the meat, sprinkle with oregano, salt and black pepper. Roast uncovered (150°C/300°F or Gas Mark 2) for 1½ hours.

Remove meat from oven and place lamb on another dish. Spoon off most of the fat and place tin over a medium heat on top of the stove. Add vegetables and fry with the meat juices until softened a little. Season well with salt and pepper. Add extra garlic if desired. Replace meat and spoon vegetables over and around it. Return to the oven and cook for a further 1½ hours at the same temperature.

Serve with brown rice or jacket potatoes and a green salad.

SERVES: 6

MRS. F HAGUE

STUFFED LAMB (with a difference)

1 shoulder or leg of lamb, boned

Stuffing:

*11 oz. tin apricots, drained and
chopped*

8 oz. fresh white breadcrumbs

1 medium onion, finely chopped

2 tablespoons parsley, chopped

2 tablespoons mint, chopped

½ tablespoon thyme, chopped

¼ teaspoon cinnamon

Salt and black pepper to taste

For the stuffing mix all the ingredients together with 2 tablespoons of the apricot juice.

Place stuffing in the meat and tie up or roll in foil. Roast in a moderate oven (180°C/350°F or Gas Mark 4) for 1 to 1½ hours depending on size of joint. If foil is used, remove it 10 minutes before serving to allow meat to brown.

Serve with gravy made with remainder of apricot juice.

SERVES: 6-8

MRS. B. KELLY

LAMB DYAN

2 lb. asparagus, fresh or tinned
2 lb. boned shoulder of lamb, fat
removed and cut into pieces
1 heaped tablespoon seasoned flour
2 oz. butter

¼ pint double cream
Lemon juice for flavour
Salt and pepper
White wine (optional)

Cook asparagus for 15 minutes. Drain and keep liquid. Cut off asparagus tips and put to one side. Then purée the stems.

Toss meat in flour. Melt butter in pan, add meat and brown gently. Blend in asparagus liquid till smooth and creamy. Place in a good sized casserole and simmer for 50 minutes, removing any fat.

Stir in asparagus purée and cream, season with salt and pepper and add lemon juice. A little wine may be added if desired. Spoon the lamb into a serving dish and decorate with asparagus tips.

Serve with boiled new potatoes and French beans or any other preferred vegetable.

SERVES: 6

MRS. N. KIRKHAM BULL

JELLIED LAMB'S TONGUES

2 lb. lamb's tongues, soaked in
cold salted water for 1 hour
2 sachets of bouquet garni
Salt and pepper

2 hard boiled eggs, cut in
halves (optional)
1 packet powdered gelatine, dissolved
in ¼ pint cooking liquid

Rinse tongues and put into a saucepan with fresh cold water and the bouquet garni. Simmer for about 1½ to 2 hours until tender. Cool slightly and then skin.

Place the halves of egg, yolk side down, in the bottom of a round dish (so as to look attractive when mould is turned out). Pack the tongues tightly on top. Season dissolved gelatine and pour over tongues. Place dish in refrigerator to set.

Serve cold with green salad.

SERVES: 8

MRS. J. CLARK – Russ Hill

GLAZED PORK LOIN

*2 lb. loin pork approx. 6 bones,
chined and crackling removed*

Glaze:

Redcurrant jelly

1 tablespoon cointreau

Garnish:

3 apples, cored and halved

2 tablespoons redcurrant jelly

*1 orange, peeled and cut
into rings*

Watercress

Brush fat of pork with the glaze of melted redcurrant jelly mixed with cointreau. Place in a roasting tin and roast in a moderately hot oven (200°C/400°F or Gas Mark 6) for 1¼ hours.

NOTE: Glaze will automatically drop off during cooking period so keep basting until meat is a beautiful dark reddish/brownish colour. If necessary make up a little more glaze with redcurrant jelly.

For the garnish, 30 minutes before meat is cooked put apple halves, unpeeled, topped with a little redcurrant jelly in roasting tin.

Decorate loin with cutlet frills and arrange apples on rings of uncooked oranges with watercress around the serving dish.

SERVES: 3-4

COMMENT: *This is a nice meal for a dinner party and looks very attractive. Also pork is a cheaper choice of meat. I have used this recipe myself many, many times and it has been a great success.*

MRS. D. BAKER

SPICY SPARE RIBS

¼ lb. dried apricots

2 tablespoons cooking oil

1 large onion, cut into rings

*1 clove garlic, crushed with a
little salt*

Salt

4 pork spare rib chops (thick)

*4 level tablespoons soft brown
sugar*

2 tablespoons Worcester sauce

¼ to ½ tablespoon Tabasco sauce

*4 tablespoons lemon juice or
vinegar*

*½ pint orange juice, fresh,
frozen or canned*

*¼ pint water or liquid from
apricots*

Soak apricots overnight, drain and keep liquid.

Heat oil in flameproof casserole, add onion rings and garlic and cook until golden. Add spare ribs and brown on all sides. Stir in remaining ingredients except the apricots. Cover casserole and bake in a moderately hot oven (200°C/400°F or Gas Mark 6) for 1 hour. Add the drained apricots and return to oven uncovered for a further 30 minutes.

SERVES: 4

COMMENT: *This is my own speciality. I cook this in a pressure cooker for 40 minutes and it is delicious.*

MRS. H. HOLE

BARBECUED SPARE RIBS

<i>2 lb. spare ribs</i>	<i>1 teaspoon chilli powder</i>
<i>1 lemon, thinly sliced</i>	<i>1 teaspoon salt</i>
<i>1 large onion, thinly sliced</i>	<i>2 dashes Tabasco sauce</i>
<i>8 fl. oz. tomato ketchup</i>	<i>12 fl. oz. water</i>
<i>3 fl. oz. Worcester sauce</i>	

Salt ribs. Place in shallow roasting tin, meaty side up. Roast in a very hot oven (240°C/475°F or Gas Mark 9) for 30 minutes. Drain excess fat from pan. Top each piece of rib with a slice of unpeeled lemon and a slice of onion.

Combine remaining ingredients in separate saucepan. Bring to boil and pour over ribs. Lower oven control to (150°C/300°F or Gas Mark 2) and bake till well done – about 1½ hours. If sauce gets too thick add more water.

SERVES: 4

COMMENT: *A Canadian recipe.*

MRS. K. M. STEPHENS

BARBECUED PORK CHOPS

<i>4 pork chops or spare ribs,</i> <i>cut fairly thick</i>	<i>1 level teaspoon salt</i>
<i>½ oz. butter or oil</i>	<i>½ level teaspoon paprika pepper</i>
<i>1 small onion, chopped</i>	<i>2 teaspoons tomato paste</i>
<i>1 stalk celery</i>	<i>1 tablespoon Worcester sauce</i>
<i>1 level tablespoon brown sugar</i>	<i>½ pint water</i>
<i>2 level teaspoons dry mustard</i>	<i>1 tablespoon vinegar</i>
	<i>2 tablespoons lemon juice</i>

Place the chops in a wide shallow casserole and bake uncovered till well browned in a moderately hot oven (200°C/400°F or Gas Mark 6) for 30 minutes. Pour off any excess fat.

Fry onion in butter or oil till light brown in a saucepan. Add remaining ingredients and mix well. Pour the mixture over the chops, and cover. Bake for a further ¾ hour in an oven at the same temperature as above.

Serve with boiled or jacket potatoes and green vegetables.

SERVES: 4

COMMENT: *Sauce can be used with thick (½ in.) cold sliced or cubed pork, veal or even lamb.*

MRS. P. COOMBES

HAM AND PINEAPPLE

<i>4 slices cooked ham</i>	<i>4 slices tinned pineapple</i>
<i>1 tablespoon brown sugar</i>	<i>Butter or margarine</i>
<i>1 dessertspoon dry mustard powder</i>	

Spread butter or margarine on one side of cooked ham. Mix together brown sugar and mustard powder and spread this mixture on the ham. Roll up ham and put each slice on a round of drained pineapple. Place in a baking dish and bake in a moderate oven (170°C/325°F or Gas Mark 3) for 20 minutes.

SERVES: 4

MRS. J. GARDEN

VEAL STEAK IN CREAM SAUCE

*4½ lb. veal steak, left whole
as a joint*

Margarine for frying

3 onions, chopped

1 teaspoon thyme

1 teaspoon sage

1 bay leaf

¼ pint water

½ pint single cream

*2 tablespoons Roquefort cheese,
or any blue cheese, grated*

3 tablespoons flour

3 tablespoons margarine

Salt and pepper

Heat margarine for frying in a pan, add meat and fry briskly until the meat is sealed and brown. Place in a casserole. Fry the onions lightly and add to meat with thyme, sage, bay leaf and water. Cook in a cool oven (150°C/300°F or Gas Mark 2) for about 2 hours or until the meat is tender.

Remove the meat from the oven and set aside. Boil up the juices in the casserole. Take off the heat and add margarine and flour mixed together, a little at a time. Add cream and cheese and stir until smooth. Add salt and pepper to taste.

Cut meat in slices and place on dish and pour the sauce over.

Serve with haricots verts or cauliflower.

SERVES: 8-10

COMMENT: *Delicious and easy.*

MRS. A. HELLSTENIUS

VEAL AND HAM PIE

Shortcrust pastry:

4 oz. plain flour

2 oz. margarine

Pinch of salt

Filling:

1 lb. veal, boned shoulder, diced

8 oz. bacon, boned forehock, diced

1 oz. onions, chopped

½ oz. flour

Pinch of pepper

Pinch of mustard

1 pint stock

1 egg, hard boiled and sliced

Make the pastry in the usual way and roll out to fit the top of the pie dish.

For the filling, coat bacon and veal with flour and put into a casserole. Add onions, seasonings and stock. Cover and cook in a moderate oven (180°C/350°F or Gas Mark 4) for 1½ to 2 hours until tender.

Transfer meat to pie dish, adding the thickened stock. Top with hard boiled egg and cover with the pastry. Bake in a moderate oven at the same temperature as above for 45 minutes to 1 hour.

SERVES: 4

COMMENT: *Teasdale's special Veal and Ham Pie.*

MRS. I. TEASDALE

PAPRIKA CHICKEN

4 lb. chicken, cut in pieces
2 large onions, roughly chopped
5 oz. streaky bacon, coarsely
chopped
1 clove garlic, crushed (optional)
1½ oz. butter

1½ tablespoons paprika
½ pint white wine
¼ pint double cream
Cayenne – small pinch
Salt and pepper

Heat the butter in a heavy pan or fireproof casserole and add the chicken pieces. When brown remove from pan and fry the bacon pieces and chopped onion which should remain golden.

Return the chicken to the pan with the bacon and onion and sprinkle the paprika over. Stir and mix as well as possible. Add the wine and cayenne and enough hot water to almost cover. Cook in a moderate oven for 35 minutes or until chicken is tender.

NOTE: I have an Aga. Sometimes I cook it over the simmering ring or suggest Gas Mark 4.

When cooked remove chicken from pan and boil sauce down until slightly thick. Put chicken back in sauce and keep warm.

The cream should be added very shortly before serving or it turns into buttery grease. Salt and pepper can be added at whatever stage you like, but check before serving.

Serve with rice.

SERVES: 6

COMMENT: *Like most casseroles it improves with keeping a little and can well be made the day before, but be careful not to over-cook the chicken in the process and keep the cream aside until the last moment.*

MRS. M. LORY

GREENINGS CHICKEN

4 chicken legs, skinned
1 tablespoon curry powder
2 tablespoons Branston pickle
2 tablespoons Worcester sauce
1 tablespoon dry mustard
4 oz. margarine, melted

Sauce:
½ pint stock, using a
chicken cube
Cornflour to thicken

Put chicken legs into a 2-3 pint ovenproof casserole dish. Mix curry powder, pickle, Worcester sauce and dry mustard with the melted margarine and pour over chicken until coated. Bake in a cool oven (150°C/300°F or Gas Mark 2) for at least 1 hour.

For the sauce, blend sufficient cornflour to thicken the stock, pour over chicken and return to a warm oven until ready to serve.

Serve with boiled rice.

SERVES: 4

MRS. J. BROWN

CHICKEN ELIZABETHAN

1 chicken
½ pint white wine
4 oz. onion, diced
2 oz. carrot, diced
6 peppercorns
Bay leaf and parsley stalks
Salt

Elizabeth Sauce:
1 pint mayonnaise, homemade
2 teaspoons curry powder
2 teaspoons tomato purée
2 teaspoons redcurrant jelly
Watercress for garnish

Poach chicken in a saucepan with wine and all the other ingredients, adding water to cover. Simmer until tender. When cooked, cool quickly in the liquid and then skin and dice the chicken.

For the sauce, cook the curry powder, tomato purée and redcurrant jelly together for 2–3 minutes. Cool and beat in mayonnaise. Correct seasoning. Arrange meat on a serving dish, cover with sauce and garnish with watercress.

Serve cold with appropriate salad.

SERVES: 4–6

MRS. D. CRESSWELL

DIANA'S GODDESS GORGE

1 large roasting chicken, cut into
8 pieces and left on the bone
1 pint bland bone stock
1 teaspoon coriander seeds, crushed
1 teaspoon cumin seeds, crushed
4 large aubergines, unpeeled and
cut into quarters
½ lb. large black olives (more if
desired), halved and stoned

Sauce:
Flour
Cooking liquors
½ pint single cream
Little white wine

Place chicken pieces in a saucepan with stock, coriander, cumin and seasoning and simmer till tender.

Cook aubergines gently in a little salted water till soft. (This will not take long.) Keep warm and reserve the liquor.

Remove chicken pieces from saucepan and place on a big dish and scatter the olives on top. Keep warm and reserve liquor.

Make a slightly thick sauce with the left-over stock, flour, cream and a little wine. Add some of the aubergine liquor if necessary. Pour over the chicken pieces and keep warm in oven for 15 minutes.

Serve with mashed potatoes or saffron rice and lashings of white wine.

SERVES: 4 hungry people who want to be greedy or 6 with more adjusted appetites.

COMMENT: *If you've ever been to Corfu this olive dish will bring back meaningful memories.*

MRS. D. MARSHALL

POULET A LA CREME

1 medium sized chicken
¼-½ pint water
1 onion, chopped

Béchamel Sauce:
1½ pint liquid made up of
cooking liquor and milk
2 oz. butter
2 oz. flour
1-2 tablespoons brandy
Cream, optional

Place chicken in a saucepan with the onions and water. Simmer very slowly until tender.

Make sauce in the usual way using the cooking liquor and the onions.

Serve the chicken and sauce separately with small crispy roasted potatoes, sprouts or peas.

VARIATIONS: Coconut or grated orange rind can be added to the water when cooking the chicken and the juice used in the same way to make the sauce.

SERVES: 8

COMMENT: *Owing to the scarcity of meat in Madagasca this recipe was a very useful way of changing the menu.*

MRS. G. CUTHBERT

KING TURKEY

1 medium sized green pepper,
chopped
2 oz. butter
¼ lb. mushrooms, sliced
1 oz. flour
¼ pint turkey stock

¾ lb. cooked turkey, cut into
small squares
¼ pint fresh single cream
2 eggs, yolks only
1 tablespoon sherry or
lemon juice
Seasoning to taste

Fry green pepper gently in butter for 5 minutes. Add mushrooms, fry gently for 5 minutes, remove from pan and transfer to plate.

Stir flour into remaining butter in pan, cook for 2 minutes without browning, gradually blend in stock or water and milk. Cook until thickened. Lower heat, add green peppers, mushrooms, turkey. Gently cook for 10 minutes. Beat cream, egg yolks, lemon juice and add to mixture. Cook for further 2-3 minutes. Season to taste.

SERVES: 4

COLIN OSBORNE – Head Chef
Farmfield Hospital

BALLOTINE OF DUCK

1 duck, boned (3 lb. dressed weight)

Sauce:

15 oz. tin apricots, sieved or liquidised with the syrup
 $\frac{1}{4}$ pint veal stock
 $\frac{3}{4}$ teaspoon ground ginger
 $\frac{1}{2}$ teaspoon cinnamon
Salt and pepper
3 fl. oz. Madeira

Force meat:

$\frac{1}{2}$ lb. lean pork, minced
 $\frac{1}{2}$ lb. stewing veal, minced
2 oz. fresh breadcrumbs
2 sticks celery, roughly chopped
2 oz. walnuts, chopped
1 large cooking apple, peeled, cored and chopped
1 medium sized onion, chopped
2 tablespoons parsley, chopped
 $\frac{1}{2}$ teaspoon sage, fresh or dried
Salt and pepper
3 fl. oz. sherry

For the force meat, mince the pork and veal together and add all the other ingredients. Place in the centre of the duck and sew with fine string along the back. Press into shape.

Roast duck on a rack over a roasting tin in a moderately hot oven (190°C/375°F or Gas Mark 5) for 1½ hours turning it over every 20 minutes.

For the sauce, put all the ingredients into a saucepan, bring to the boil and serve separately.

SERVES: 6

COMMENT: *Boning is easier than it sounds provided you use a small sharp knife (or ask the butcher to do it for you). The duck slices easily and looks quite spectacular.*

MRS. J. RAY

CASSEROLE PHEASANT WITH CHESTNUTS

1 pheasant
1 oz. butter
 $\frac{1}{2}$ lb. chestnuts, peeled and skinned
 $\frac{1}{2}$ lb. button onions
 $\frac{3}{4}$ oz. flour
 $\frac{3}{4}$ –1 pint stock

1 dessertspoon redcurrant jelly
 $\frac{1}{2}$ orange, grated rind and juice
1 teaspoon red wine vinegar
or glass of Burgundy
Bouquet garni
Seasoning

Brown pheasant slowly in butter. Remove from pan. Sauté chestnuts and onions quickly in remaining butter. Mix well. Add rest of ingredients including stock and bring to the boil. Put pheasant in a 7 pint casserole dish and surround with the chestnuts and onion sauce. Cover and cook in a cool to moderate oven (150°C/300°F or Gas Mark 2) for 1½–2 hours.

After cooking, joint the pheasant and replace in casserole.

SERVES: 4–5

MRS. B. MACKINNON

RABBIT WITH PRUNES

4 oz. dried prunes
2 lb. rabbit joints, well washed
and drained
1½ oz. flour
2 oz. margarine
Pinch mixed herbs

Salt and pepper
8 oz. small onions, peeled
and left whole
1 chicken stock cube, dissolved
in 1 pint boiling water
2 large carrots, peeled and sliced

Soak prunes overnight.

Toss rabbit joints in seasoned flour. Heat the margarine in a pan and fry rabbit for 10 minutes or until golden. Put into an ovenproof casserole, and add onions, drained prunes, carrots and stock. Season with salt, pepper and herbs. Cover with a lid or foil and bake in a moderate oven (180°C/350°F or Gas Mark 4) for 2 hours or until rabbit is very tender.

Serve with creamed potatoes and green vegetables.

SERVES: 4-6

COMMENT: A recipe from a rabbit breeder.

MRS. J. PARSONS

LIVER AND BACON CASSEROLE

1 lb. pig's liver, sliced into
long strips
2 oz. flour
2 tablespoons oil
8 oz. bacon, chopped into 1 in.
pieces
8 oz. baby onions, peeled
8 oz. leeks, cut into rings

1 tablespoon Worcestershire sauce
1 level teaspoon oregano
15 oz. can oxtail soup made
up to 1 pint with water
1 large cooking apple, peeled
cored and cut into rings
Salt and black pepper

Coat the liver with the flour and fry in oil until golden brown. Place in a casserole.

Add the bacon, onions and leeks to the frying pan and cook until golden. Stir in any flour left over from coating the liver. Season with salt and pepper, Worcestershire sauce and oregano. Slowly stir in the soup. When thick pour over the casserole.

Cover and cook in a cool oven (150°C/300°F or Gas Mark 2) for 1½ hours. Add the apple rings and continue to cook for a further 30-45 minutes.

SERVES: 4

MRS. K. MONK

LIVER STROGANOFF

1 lb. lamb's liver, cut into strips
3 oz. butter
2 level teaspoons flour
4 oz. mushrooms
1 onion, finely chopped

2 tablespoons white wine
or cider
4 tablespoons soured cream
Salt and pepper

Melt half the butter. Toss the liver in flour and sauté in butter until just cooked, about 7–10 minutes. Put on one side. To pan juices add the remaining butter, reheat and sauté onions for 5 minutes. Add mushrooms and cook for a further minute. Add wine and liver, bring to the boil and season to taste. Stir in cream and reheat without boiling.

Serve with sauté potatoes around the edge of the serving dish, and a salad of broad beans, tomatoes and French dressing.

SERVES: 4

COMMENT: *A quick and tasty way of serving liver.*

MRS. J. HOYLE

DRIP PUDDING

½ lb. self-raising flour
Salt
(No suet)

Have ready a large saucepan of boiling water and a pudding cloth (white sheeting) with string.

Put flour into a bowl, add salt and with water, mix to a light dough, handling as little as possible. Put mixture into a well floured cloth, wrap loosely (to allow for rising), and tie with string.

Place into boiling water for 35 minutes and top up with boiling water when necessary.

When roast meat has been removed from the baking tray, leave about ¼ in. of fat/juice in the tray and put on a low heat.

Remove pudding from water, unroll cloth and quickly and lightly cut the pudding into slices about 1 in. thick. Dip into the hot fat, turn over and dip the other side and put on a hot dish ready to serve with the dinner.

Serve with any roast joint or fowl.

SERVES: 5–6

COMMENT: *This is my grandmother's recipe, Mrs. Olive Wickens, and was used by her and my mother every Sunday.*

MRS. J. SHELLEY



U
D
D
I
N
G
S



PUDDINGS

SPONGE AND PASTRY PUDDINGS	Christmas Pudding	31
	Pineapple Pudding (or Cake)	31
	Lemon Pudding	32
	Toffee Tart	32
	Butterscotch Pie	33
	Plewlands Pies	33
	Snowdon Pudding	34
	American Apple Pie	34
MILK PUDDINGS	Dandy Pudding	35
	Hasty Pudding	35
FRUIT PUDDINGS	Frangipane	36
	Gooseberry and Orange Pudding	36
	Cherry Parfait	37
	Ginger Stuffed Pears	37
	Peach Brulée	37
	Loganberry Chocolate Bliss	38
	Caramel Peaches	38
	Grape Caramel	39
MERINGUE PUDDINGS	Lemon Pavlova	39
	Apple Floss	40
	Baked Mint Alaska	40
	Dacquoise	41
GATEAUX	Cheesecake	42
	Chocolate Cheesecake	42
	Chocolate Fudge Gâteau	43
	Rum and Chocolate Ice-Box Cake	43
	Chocolate Chiffon Pie	44
	Danish Chocolate Cake	44
	Continental Gâteau	45
SOUFFLES AND MOUSSES	Apple Snow	45
	Rum and Apple Fluff	46
	Chocolate Flake and Apricot Russe	46
	Velvet Orange Soufflé	47
	Blackberry Mousse	47
	Chocolate Orange Mousse	48
	Lemon Mousse	48
	Raspberry Mousse	48
	Rhubarb and Orange Mousse	49
	Rhubarb and Raspberry Jelly	49
ICE CREAMS	Fresh Mint Ice Cream	49

Photograph on preceding page: The Wheelwright, Charlwood, circa 1903

CHRISTMAS PUDDING

4 oz. self-raising flour	1 apple, grated
$\frac{1}{2}$ teaspoon mixed spice	3 oz. soft brown sugar
$\frac{1}{2}$ teaspoon grated nutmeg	3 eggs, beaten
3 oz. breadcrumbs	1 lemon, rind and juice
4 oz. butter	3 tablespoons brandy
1 $\frac{1}{2}$ lb. mixed fruit	2 tablespoons marmalade

Well grease an 8 in. pudding basin. Sieve the flour and spices, add breadcrumbs, grated rind of lemon and juice, sugar, apple, fruit and brandy. Mix altogether with eggs. Melt butter and marmalade over low heat, then add to mixture.

Turn into prepared basin, cover with greaseproof paper and tie in a cloth. Steam for 4 hours in a large pan of water, covered.

SERVES: 10–12

COMMENT: *This is a light Christmas pudding, good for people who suffer from indigestion!*

MRS. D. HOULTON

PINEAPPLE PUDDING (or Cake)

8 oz. self raising flour, sifted	8 $\frac{1}{2}$ oz. tin pineapple pieces, drained
6 oz. butter or margarine	3 eggs, separated
6 oz. soft brown sugar	1 level dessertspoon icing sugar for decoration

Grease a 7 in.–8 in. cake tin.

Cream the butter and sugar and beat well. Add the egg yolks and continue beating lightly. Fold in the flour and then stir in the pineapple pieces. Lightly whisk the egg whites and fold into the mixture.

Pour into prepared tin and bake in a moderate oven (180°C/350°F or Gas Mark 4) for about one hour.

Dust with icing sugar and serve hot with thick fresh cream.

SERVES: 6–8

COMMENT: *This pudding can be served as a cake if cooled.*

MRS. M. FARAGHER

LEMON PUDDING

8 oz. *self-raising flour*

4 oz. *margarine*

4 oz. *sugar*

Grated rind of 1 lemon

2 eggs, *beaten*

2 *tablespoons milk approximately*

Sauce:

3 *tablespoons apricot jam*

1 *teaspoon cornflour, blended*
with 1 *tablespoon cold water*

Juice of 1 lemon

Rub margarine into flour. Add sugar and grated lemon rind. Stir in beaten eggs and milk to make a soft mixture. Put mixture into a greased 2-pint ovenproof dish and bake in centre of oven (190°C/375°F or Gas Mark 5) for 50–60 minutes or until golden brown and firm to touch.

For the sauce, gently heat apricot jam and lemon juice in a saucepan. Add blended cornflour and stir until sauce has thickened. Pour over pudding.

Serve hot.

SERVES: 4–6

MRS. N. COVEY

TOFFEE TART

Pastry Base:

(12 oz.) 9 lb *shortcrust pastry*

Filling:

(5¼ oz.) 3 lb. *margarine*

(5¼ oz.) 3 lb. *brown Demerara sugar*

(1½ oz.) 12 oz. *plain flour*

(½ to 1 cup) 1½ *pints milk*

Browning if necessary

Bake pastry blind in a flan dish.

Meanwhile, melt margarine in a saucepan. Add the milk and heat to nearly boiling. Add the sugar and flour and cook until thickened. Colour if necessary and cool. Spread the filling on the pastry.

Serve cold with custard or white sauce.

SERVES: 80 children – for a family sweet use quantities in brackets!

COMMENT: *Our most popular sweet.*

CHARLWOOD FIRST SCHOOL

BUTTERSCOTCH PIE

Filling:

6 oz. *brown sugar*
3 *tablespoons flour*
2 *tablespoons cornflour*
 $\frac{1}{2}$ *teaspoon salt*
1 *pint milk*
2 *large egg yolks, beaten*
1½ oz. *butter*
1 *teaspoon vanilla essence*

Pastry Base:

5 oz. *shortcrust pastry*

Meringue Topping:

2 *egg whites, whipped*
1½ oz. *caster sugar*

Line a shallow 8 in. dish with the pastry. Bake blind and cool.

For the filling, combine the brown sugar, cornflour, flour and salt in a heavy saucepan or double boiler. Blend in the milk gradually, stirring well until thickened. Cover and continue to cook very slowly, stirring now and again, for a further 15 minutes.

Stir a little of the hot liquid into the beaten egg yolks and then add to the mixture in the saucepan. Cook for two minutes stirring constantly. Remove from heat, add butter; cool and add vanilla.

Pour into cooled baked crust, cover with meringue, made with the whipped egg whites and caster sugar, and bake in a moderately hot oven (200°C/400°F or Gas Mark 5) for 8–10 minutes.

SERVES: 4–6

MRS. V. MELLOWS

PLEWLANDS PIES

Any left-over pastry
Equal quantities of sultanas
and soft brown sugar mixed together
(Raisins or currants could be used
instead of sultanas)

Roll the pastry into an oval shape, or shapes depending on the amount you have. Put the sugar and sultana mixture on to half the pastry, leaving $\frac{1}{2}$ in. around the sides. Brush the outsides of the pastry with milk and fold the free pastry over, pressing the edges together with a fork to make a pie.

Place on a greased baking tray and bake with the dish for which the pastry was originally intended.

COMMENT: *My great-grandmother thought up this recipe when she had some left-over pastry and could not think what to do with it. She passed it to my mother, who passed it on to me.*

NICOLA GARDEN
Aged 14 years

SNOWDON PUDDING

$\frac{1}{4}$ lb. breadcrumbs	2-3 oz. sugar
2 oz. suet	1 oz. ground rice
2 oz. Valencia raisins	$\frac{1}{4}$ pint milk approximately
2 tablespoons marmalade	1 oz. glacé cherries
1 egg	

Grease a 2-pint basin and decorate the bottom with some raisins and cherries cut in half. Mix the rest of the ingredients, turn into basin, cover and steam or boil for $2\frac{1}{2}$ hours.

SERVES: 6

MRS. M. EADE

AMERICAN APPLE PIE

Pastry:	Filling:
10 oz. flour	2 lb. cooking apples, peeled, cored and cut into thick slices
$\frac{1}{4}$ teaspoon salt	1 tablespoon lemon juice
4 oz. lard	6 oz. sugar
2 oz. margarine or butter	1 teaspoon cinnamon
6 tablespoons iced water	$\frac{1}{4}$ teaspoon allspice
1 tablespoon cream for glaze	$\frac{1}{4}$ teaspoon nutmeg
Note: For a richer pastry, add one beaten egg with just a little of the iced water for required texture	1 dessertspoon cornflour
	1 oz. butter

Grease the bottom of a round 9 in. pie dish.

For the pastry, sift flour and salt into a large bowl. Rub in fat with fingertips until mixture resembles breadcrumbs. Add water a little at a time and stir pastry with a knife until firm but not sticky. Knead until smooth then wrap in foil and place in refrigerator for 30 minutes until chilled. Divide pastry in half and roll out into two circles $\frac{1}{8}$ inch thick to fit the pie dish. Lift pastry on to rolling pin very gently and ease into dish.

For the filling, blend the sugar, cinnamon, allspice, nutmeg and cornflour in a large mixing bowl and stir in the sliced apples and lemon juice gently with a wooden spoon.

Fill the pie with apple mixture, piling it high in the centre as it sinks during cooking. Dot the butter, cut into small pieces, over the apple and cover with the other half of the pastry. Wet and trim edges. Brush pastry with the cream and cut two small holes in centre to allow steam to escape.

Bake in a moderately hot oven ($190^{\circ}\text{C}/375^{\circ}\text{F}$ or Gas Mark 5) for 40 minutes or until the crust is golden brown and completely cooked.

COMMENT: *This is a very nice flavoured pie if you wish to serve apples with a little difference. It is really delicious and one of my great favourites.*

MRS. D. BAKER

DANDY PUDDING

1 pint milk
2 oz. sugar
2 oz. butter

2 eggs
3 oz. plain flour
1 teaspoon vanilla essence

Put flour in a basin and pour on boiling milk (ignore the fact that the flour will go lumpy), then add butter and sugar.

When nearly cold, stir in the beaten eggs and vanilla, and put in a greased 1½-pint pie dish. Bake in a moderately hot oven (190°C/375°F or Gas Mark 5) for ¾ of an hour.

Serve with single cream.

SERVES: 4-6

COMMENT: *This recipe was given to me by a friend from South Africa. I find it excellent since it is simple to prepare, does not require any 'handling' and, being so nutritious, is a useful pudding to present to an invalid. The flavourings can be varied.*

MRS. G. DODMAN

HASTY PUDDING

1 pint milk
3-4 oz. plain flour
Sugar
Butter

Bring milk to boiling point. Stir in flour making a tacky mixture.

Serve immediately with a knob of butter and add sugar to taste.

SERVES: 4-6

COMMENT: *During the war, my husband, Tom, the builder, manned the A.R.P. Wardens post, but many days this duty was left to me. Having little time to cook, I found this recipe so very handy to make at the very last moment.*

MRS. M. WICKENS

FRANGIPANE

*4 medium sized cooking apples,
peeled, cored and thickly
sliced. Cut into quarters
if small
Apricot jam*

*2 oz. margarine
3 oz. flour
 $\frac{1}{2}$ pint milk
5 oz. sugar, pounded! (caster)
4 eggs, separated*

Cook apples in a little water.

Melt margarine in a saucepan, stir in the flour, gradually add the milk and bring to the boil stirring all the time to keep smooth. Remove from heat, add sugar and when a little cool, add egg yolks and beat in well. Then fold in the stiffly beaten egg whites.

Put half the egg mixture in the bottom of a large fire-proof dish, cover with the apples and a little apricot jam and finally the remaining egg mixture. Bake in a moderately hot oven (190°C/375°F or Gas Mark 5) for about 40 minutes.

SERVES: 6

COMMENT: *This recipe has been handed down for three generations in my family hence 'pounded' sugar!*

MISS A. N. TREDENNICK

GOOSEBERRY AND ORANGE PUDDING

Purée:

*1 lb. gooseberries, fresh or frozen
 $\frac{1}{2}$ pint water
1 orange, grated rind and juice
1 oz. butter or margarine
2 oz. brown crunchy sugar
1 egg, lightly beaten*

Topping:

*4 oz. wholemeal breadcrumbs
2 oz. brown crunchy sugar*

Butter well a round fire-proof dish like a soufflé dish.

For the purée, simmer gooseberries in water with the sugar. When cooked, beat to a pulp or put through a sieve. Add the butter, the grated rind and juice of the orange and the egg. Mix well.

For the topping, mix the sugar with the breadcrumbs and press a lining of about half of this mixture round the bottom and sides of the dish. Spoon in the gooseberry purée. Sprinkle on the rest of the crumb mixture and cover with foil.

Bake in a moderate oven (170°C/325°F or Gas Mark 3) for about an hour. Remove foil for the last 10 minutes to allow top to brown.

Serve with natural yogurt or cream.

SERVES: 6

COMMENT: *The topping can be made with white breadcrumbs if preferred and this pudding is equally good hot or cold.*

MRS. H. SEWILL

CHERRY PARFAIT

*8 oz. double cream,
stiffly whipped
10 oz. sour cream*

*2 tins cherry pie filling
1 tablespoon sugar*

Add sugar to stiffly whipped double cream and fold in sour cream. Place half the mixture in a serving dish, cover with one tin of cherry pie filling, then remaining cream and finally the other tin of cherry pie filling.

Serve chilled.

SERVES: 6

COMMENT: *A rich party sweet.*

MRS. K. M. STEPHENS

GINGER STUFFED PEARS

*1 large tin pear halves
4 rounded tablespoons sponge cake
crumbs
1 oz. almonds, blanched and chopped*

*2 oz. glacé cherries,
chopped
2 tablespoons ginger
marmalade
2 teaspoons custard powder*

Drain the syrup from the pears. Mix the sponge crumbs, chopped almonds and half the cherries into a paste with one tablespoon of the marmalade.

Fill the centres of the pears with the mixture and arrange on a serving dish.

In a small saucepan gradually blend the custard powder with the pear syrup and bring to the boil, stirring continuously. Add the remaining marmalade and cherries and spoon over the pears.

SERVES: 6

MISS K. CORNFORD

PEACH BRULEE

*16 oz. can peach halves
 $\frac{1}{2}$ pint double cream, lightly whipped
6 oz. Demerara sugar*

Drain peaches and lay in the bottom of a 7 in. ovenproof dish, reserving one for decoration. Spread lightly whipped cream over peaches. Chill.

Just before serving, sprinkle over sugar and put under a hot grill until sugar melts. Cut remaining peach half in slices. Place slices on top of sugar in a star pattern and serve immediately.

SERVES: 6

NICOLA JONES
Aged 15 years

LOGANBERRY CHOCOLATE BLISS

15 oz. <i>canned loganberries</i>	$\frac{1}{2}$ <i>pint double cream</i>
6 oz. <i>fresh brown breadcrumbs</i>	$\frac{1}{4}$ <i>pint single cream</i>
6 oz. <i>caster sugar</i>	1 <i>tablespoon sherry</i>
1½ oz. <i>plain chocolate, grated</i>	<i>Cream for decoration</i>

Mix breadcrumbs, sugar and most of the grated chocolate together. Whip both creams together and stir in sherry.

Strain loganberries (reserving some juice) and layer fruit with breadcrumb mixture and cream in a serving dish, ending with a layer of breadcrumbs. Trickle about 2 dessertspoons of juice over the top and leave in the refrigerator as long as possible.

Decorate with extra cream piped around the edge and sprinkle with remaining grated chocolate.

SERVES: 4-6

COMMENT: *This is a very rich dessert. It can also be made with fresh fruit, cooked and sweetened.*

MRS. J. M. POLLITT

CARAMEL PEACHES

5 <i>peaches</i>	Topping:
$\frac{1}{4}$ <i>pint cream, whipped</i>	1 <i>breakfast cup brown sugar</i>
<i>Caster sugar to taste</i>	2 <i>tablespoons milk</i>
	1 <i>tablespoon butter</i>

Decoration:
Chopped nuts

Skin peaches by dipping in boiling water for two minutes. Carefully cut in half, remove stones and fill centres with some of the sweetened whipped cream. Join halves, secure with a cocktail stick and put in individual dishes.

For the topping, place brown sugar, milk and butter in a saucepan. Stir until boiling. Simmer for seven minutes. Remove from heat, beat until beginning to thicken. Pour over peaches.

When cold decorate with remainder of the cream and nuts and remove cocktail sticks.

SERVES: 5

COMMENT: *The topping cannot be made more than an hour or two before required.*

MRS. R. H. REYNOLDS

GRAPE CARAMEL

*1 lb. muscatel grapes, halved, skinned
and pips removed
6 oz. cream, thickly whipped
2 oz. brown sugar*

Put grapes in a medium sized fire-proof dish and cover with the cream. Place dish in refrigerator and leave until ready to serve.

Have grill hot and a few minutes before serving, cover grapes and cream with brown sugar and put under grill to caramelize.

SERVES: 4

COMMENT: *This recipe was found in The Field many years ago.*

MRS. D. MOLLISON

LEMON PAVLOVA

Meringue:
*4 egg whites
1 dessertspoon vinegar
1 dessertspoon cornflour
½ lb. caster sugar
Pinch of cream of tartar*

Filling:
*4 egg yolks
4 oz. sugar
Juice of 2 lemons
Rind of 1 lemon*

Topping:
*Cream
Bananas*

For the meringue, beat egg whites stiffly, add sugar and beat well. Mix in vinegar, cornflour and cream of tartar. Place on foil or vegetable parchment paper on oven slide.

Cook in hot oven (Aga) for 5–10 minutes, then the slow oven for 1½–2 hours. Remove from oven and turn upside down on to a serving plate.

NOTE: When the meringue mixture is cooked it should be firm on the outside and soft and fluffy inside. If, when you turn it upside down, it cracks you have 100% perfection.

For the filling, cook all the ingredients together but do not boil. When thickened, spread over meringue and cover with cream and bananas.

FILLING VARIATIONS: Fresh or tinned fruit with cream; my favourite, cream and raspberry yogurt whipped together, then raspberries piled on top.

SERVES: 6–8

COMMENT: *The meringue mixture was named after the Russian ballerina, Pavlova. She came to Australia to dance and this dessert was invented for a dinner given in her honour.*

MRS. T. CASE

APPLE FLOSS

Purée:

$\frac{3}{4}$ lb. cooking apples, peeled, cored
and cut in small pieces
Sugar to taste

Meringue Topping:

2 egg whites
3 oz. sugar

Custard:

1 teaspoon custard powder
 $\frac{1}{2}$ oz. sugar
 $\frac{1}{4}$ pint milk
2 egg yolks

For the purée, stew apples gently adding sugar to taste. Mash into a pulp and put into a pie dish.

Make a custard with the milk, custard powder and sugar. Cool. Add egg yolks and pour over apple.

For the topping, whisk egg whites with sugar and spread over the custard. Dust with sugar and bake on the middle shelf in a moderate oven (180°C/350°F or Gas Mark 4) for about 20 minutes or until the meringue is hard.

Serve hot or cold.

SERVES: 2-3

MRS. F. QUANTICK

BAKED MINT ALASKA

1 block 'Chocolate Mint Chip'
ice cream

1 sponge flan (7 in.) or
a 7 in. whisked sponge

Crème de Menthe or peppermint
cordial

3 egg whites, stiffly beaten
 $4\frac{1}{2}$ -6 oz. sifted caster sugar
Chopped nuts (optional)

Place sponge on a suitable ovenproof serving plate.

Scatter sponge with nuts and pour Crème de Menthe over to soften it a little. Have egg whites at room temperature and whisk for about 3 minutes. Add sugar while whisking and continue to whisk until very stiff, holding a straight peak (6-8 minutes).

Take ice cream straight from freezer and spread over base evenly in slices using a fork. Quickly spread meringue over ice cream covering it completely and down to base so there are no gaps.

Bake in a hot oven (220°C/425°F or Gas Mark 7) for 5-8 minutes.

Serve immediately with single cream.

VARIATIONS: Raspberries and vanilla ice cream or peaches and chocolate ice cream.

SERVES: 6

COMMENT: *This dish is very easy, extremely impressive at dinner parties and children love it too. I have tried many variations because my husband is an addict for this confection but this recipe is his favourite.*

MRS. G. HAYWOOD

DACQUOISE

Dacquoise Bases:

*3 oz. almonds, blanched and passed
through a nut mill
4 egg whites, stiffly beaten
8 oz. caster sugar
Pinch cream of tartar*

Filling:

*4 oz. dried apricots, soaked over-
night in water
Strip of lemon rind
 $\frac{1}{2}$ pint double cream, whipped
Sugar to taste*

Decoration:

*2 tablespoons icing
sugar, sifted
1 oz. plain chocolate,
grated
Double cream*

Sauce:

*4 oz. granulated sugar
 $\frac{1}{4}$ pint water
Juice of $\frac{1}{2}$ lemon*

Line two baking sheets with non-stick paper.

For the base, whisk the egg whites until stiff, add 1 tablespoon of the caster sugar and the cream of tartar and continue whisking for 1 minute. Fold in the remaining caster sugar and the prepared almonds.

Divide the mixture between the baking sheets and spread carefully into two rounds, 8 in. in diameter.

Bake for about 1 hour in a cool oven (140°C/275°F or Gas Mark 1).

NOTE: To test if the dacquoise is done, lift the corner of the paper and if it peels away from the bottom, the mixture is ready. If not, continue baking until this happens. Leave to cool.

For the filling, stew the apricots gently in their soaking liquid with the strip of lemon rind. When tender, rub apricots through a fine sieve and leave to cool. Whip the cream, sweeten to taste, and mix in about a quarter to a third of the apricot purée. Spread over one dacquoise base and place the other on top. Dust with icing sugar and decorate with rosettes of cream and grated chocolate.

For the sauce, dissolve the granulated sugar in the water, add the lemon juice and boil for 3 minutes to make a sugar syrup. Add the remaining apricot purée and serve the sauce separately.

SERVES: 6

COMMENT: *It is important to have juicy and freshly ground almonds.*

MRS. M. WAGSTAFF

CHEESECAKE

Cake Base:

1 oz. sugar
2 oz. butter
4 oz. flour

Cake:

1½ lb. full fat cheese
4 oz. sugar or vanilla sugar
3 eggs
2 lemons, zest and juice

Butter a loose-based (most essential) 7 in.–8 in. round cake tin.

For the cake base, rub the fat into the flour, add the sugar, and spread mixture over the bottom of the prepared tin (like a crumble). Bake in a moderately hot oven (200°C/400°F or Gas Mark 6) for about 10 minutes.

Meanwhile, mix all the ingredients for the cake with a wooden spoon or in an electric mixer.

Remove the cake base from the oven when cooked and pour in the cake mixture on top. Reduce oven temperature to 150°C/300°F/Gas Mark 2 and bake for 35 minutes.

Serve from the base of the tin.

SERVES: 10

COMMENT: *The cake is cooked when the centre is set; if you wait until it comes away from the tin, it is too late and the cake will be dry. It is difficult to judge the right stage.*

MRS. J. EPSON

CHOCOLATE CHEESECAKE

Crust:

8 oz. digestive biscuits, crushed
3 tablespoons cocoa
3 tablespoons sugar
6 oz. butter, melted
¼ teaspoon cinnamon

Filling:

8 oz. dark cooking chocolate
1 lb. cream cheese
8 oz. caster sugar
2 eggs
3 teaspoons cocoa
1 teaspoon vanilla
8 oz. sour cream

For the crust, combine the ingredients and press into the bottom and sides of a large, loose-bottomed cake tin. Chill.

For the filling, melt the chocolate over warm water. Beat softened cheese in large bowl until fluffy and smooth. Gradually beat in sugar, then eggs, one at a time. Add melted chocolate, cocoa and vanilla. Blend thoroughly. Stir in sour cream and pour into chilled crust.

Bake in moderate oven (180°C/350°F or Gas Mark 4) for an hour. Cool at room temperature and then refrigerate for at least 5 hours.

SERVES: 8

COMMENT: *A delicious dessert and easy to make.*

MRS. M. BRANYAN

CHOCOLATE FUDGE GATEAU

2 eggs, well beaten	$\frac{1}{4}$ lb. almonds, chopped
2 tablespoons caster sugar	$\frac{1}{4}$ lb. glacé cherries, chopped
$\frac{1}{2}$ lb. butter, melted	4 tablespoons brandy
$\frac{1}{2}$ lb. chocolate, melted	$\frac{1}{2}$ lb. digestive biscuits, broken

Well grease a Swiss roll tin, $11\frac{1}{2}$ in. x $7\frac{1}{2}$ in. Stir the caster sugar into the beaten eggs. Add the butter, chocolate, biscuits, almonds and cherries and mix altogether. Slowly add brandy and stir in well. Pour into prepared tin and leave to set.

Chill well and cut into small squares.

SERVES: 16

COMMENT: *This is a very rich pudding or cake which needs no cooking.*

MRS. N. C. HUNTINGTON-WHITELEY

RUM AND CHOCOLATE ICE-BOX CAKE

Lining:	Filling:
1 packet trifle sponges	4 oz. butter
split in half to give	4 oz. icing sugar
$\frac{1}{2}$ inch depth of sponge	4 eggs, separated
Or: homemade sponge,	3 oz. bitter chocolate, melted
cooked in a swiss-roll	1 tablespoon rum, approx.
tin	
	Decoration:
	$\frac{1}{2}$ pint double cream, whipped
	Crystallized violets

Line an oblong loaf tin with grease-proof paper and lay sponge cake along the bottom and sides reserving some for the top.

For the filling, cream the butter and sugar, add the egg yolks and melted chocolate and beat until smooth. Fold in the stiffly beaten egg whites and rum. Turn the mixture into the sponge-lined tin and place a layer of sponge on the top. Sprinkle with a little extra rum.

Leave in the refrigerator for 24 hours. Turn out on to a flat dish, cover with whipped cream and decorate with crystallized violets.

SERVES: 4

COMMENT: *This may be made several days before a party.*

MRS. P. SARID

CHOCOLATE CHIFFON PIE

*1 packet Dad's Cookies (or others)
crushed or liquidised
1½ oz. margarine, melted
1 envelope Davis gelatine soaked
in ¼ cup cold water
3 eggs, separated*

*3 oz. plain chocolate melted in
½ cup water
1 level tablespoon caster sugar
1 teaspoon vanilla essence
Brandy or other spirits to taste*

Mix the melted margarine with the crushed biscuits and line a loose-bottomed flan case with the mixture.

Put chocolate and water in a basin and melt over hot water in a saucepan. Stir in egg yolks until creamy. Add softened gelatine until dissolved, then vanilla and cognac.

Beat egg whites until stiff and lastly beat in the sugar. Fold this into the chocolate mixture and pour into the biscuit case. Decorate to your fancy.

SERVES: 6

COMMENT: *An easy popular sweet given to me by a Polish friend.*

MRS. E. McGRIGOR

DANISH CHOCOLATE CAKE

Filling:

*6 oz. cooking chocolate, milk or
plain, melted over hot water
Orange juice for flavour
3 oz. butter or margarine
3 oz. caster sugar
2 eggs, separated*

Lining:

*½ lb. morning coffee biscuits
(dipped in cold milk)*

Decoration:

Glacé cherries

For the filling, add a little orange juice to the melted chocolate. Cream fat and sugar, beat in egg yolks and add to the chocolate mixture. Then fold in stiffly beaten egg whites.

For the lining, dip biscuits, one at a time, quickly into the cold milk, arranging a base of 10 biscuits on a serving plate (2 across – 5 down). Cover with filling, add another 10 biscuits then more filling and continue until all the biscuits are used. Then spread filling over top and sides of cake, reserving some for decoration.

To decorate, pipe some filling round top edge and finish with glacé cherries. Put in refrigerator to harden.

SERVES: 6

COMMENT: *This chocolate filling is ideal for filling sponge cakes.*

MRS. J. COTTOL

CONTINENTAL GATEAU

Cream Filling:

4 oz. butter
4 oz. icing sugar
4 oz. ground almonds or any other
ground nuts
2 egg yolks
1 tablespoon warm milk

Lining:

4 packets boudoir biscuits
1 miniature bottle rum
1 gill milk

Decoration:

$\frac{1}{2}$ pint double cream,
whipped
Glacé cherries or nuts

Well grease a loose-based cake tin or alternatively foil line any other suitable tin.

For the filling, cream butter and sugar and add egg yolks. Pour the warm milk over the ground almonds and add to the creamed mixture.

For the lining, put the rum and milk in a flatish dish. Dip the biscuits (reserving about 16 for the outside of the gâteau) lightly in the rum mixture and line the base of the prepared cake-tin.

Spread one-third of the filling over the biscuits and cover with another layer of dipped sponge biscuits. Continue in this way making three layers finishing with biscuits. Put a plate on top of the mixture and leave in the refrigerator for 12 hours.

Remove from tin carefully on to a serving dish. Put the reserved biscuits, standing upright, around the gâteau and decorate with whipped cream, glacé cherries or nuts. Tie a ribbon round to hold the biscuits in place.

SERVES: 6-8

COMMENT: *A very luxurious sweet – popular for dinner parties.*

MRS. L. PRESTON

APPLE SNOW

2 lb. cooking apples, peeled, cored
and cut in pieces
4 oz. fine sugar
Juice of $\frac{1}{2}$ lemon

2 egg whites, stiffly beaten
6 oz. cream, whipped
Cherries or fresh fruit for
decoration

Stew the apples and rub through a sieve. When cold, add sugar and lemon juice. Stir in whipped egg whites. Pour into a medium sized dish or 4 individual glasses. Put into the refrigerator until needed.

Decorate with whipped cream and cherries or any suitable fresh fruit.

SERVES: 4

COMMENT: *Not original but very useful during the apple season.*

RUPERT MOLLISON
Aged 15 years

RUM AND APPLE FLUFF

*1½ lb. cooking apples, peeled,
cored and sliced*

2 oz. butter or margarine

Juice of 1 lemon

2 oz. granulated sugar

2 oz. raisins

2 level tablespoons marmalade

*2 level teaspoons gelatine, dissolved
in 1 tablespoon water*

2 teaspoons rum

2 egg whites, whisked

*¼ pint double cream, whipped
(or whipping cream)*

*A little extra cream for decoration
if desired*

Put apples, butter, lemon juice, sugar, raisins and marmalade into a pan. Cover. Simmer until soft. Whisk to a purée.

Dissolve gelatine in water in a small bowl in a pan of hot water. Allow to cool slightly. Add a little purée to the dissolved gelatine then stir back into the bulk of the purée. Add rum. Allow to cool until on the point of setting.

Fold the whipped cream and whisked egg whites into the purée and pour into a 2-pint glass dish. Chill.

SERVES: 4-6

COMMENT: *A simple way of turning any old apples – windfalls are fine – into a luscious pudding. With its hint of rum and spongy texture, it is good enough for the grandest party. Freezes well.*

MRS. M. DRYSDALE

CHOCOLATE FLAKE AND APRICOT RUSSE

13½ oz. tin apricot halves

*3 teaspoons gelatine, dissolved in
3 tablespoons boiling water*

Juice of ½ lemon

½ pint double cream, lightly beaten

2 egg whites, stiffly beaten

Decoration:

*¼ pint double cream, lightly
beaten*

6 flake bars, cut in half

*Chocolate almond acorns
(made of marzipan dipped in
melted chocolate)*

Grease a 7½ in. round, loose-based cake tin.

Drain apricots, put juice into a saucepan and bring almost to boiling point. Add lemon juice and dissolved gelatine and leave to cool. Sieve or blend apricots, saving a few for decoration, and add to the syrup.

Lightly beat the cream and fold into the apricot mixture. When setting point is almost reached add the beaten egg whites and fold into the mixture. Pour into prepared cake tin and put into the refrigerator to set.

To decorate, remove the russe from the tin and transfer to a plate. Spread the whipped cream around the sides and stand the halved flake bars upright around the russe against the cream. Slice remaining apricots and arrange around the top edge and finish with chocolate almond acorns.

MRS. I. CLARK

VELVET ORANGE SOUFFLE

1 can concentrated orange juice
5 eggs
3 oz. caster sugar
 $\frac{1}{2}$ pint double cream, whipped
 $\frac{1}{2}$ oz. gelatine dissolved in
5 tablespoons water over a
moderate heat

Decoration:
Flaked almonds, toasted
Cream

Whisk eggs and sugar until thick and creamy. Whisk cream to a fairly thick consistency and trickle in orange juice and dissolved gelatine. Fold altogether gently with a plastic spatula. Pour into a 7 in. soufflé dish and leave to set in the refrigerator.

Decorate with piped cream and almonds.

SERVES: 4-6

COMMENT: *This soufflé has a very velvety texture which is why it is so called; it also freezes very well.*

MRS. H. MICKLEWRIGHT

BLACKBERRY MOUSSE

1 lb. blackberries, washed
3 oz. caster sugar
Juice of 1 lemon
 $\frac{1}{2}$ oz. (1 envelope) powdered gelatine
3 tablespoons cold water
 $\frac{1}{4}$ pint double cream, lightly whipped
2 egg whites, stiffly beaten

Decoration:
Cream
Blackberries
Angelica

Put blackberries in a pan with the sugar and lemon juice. Simmer very gently until fruit is cooked and juices have formed.

Put the water in a basin and sprinkle in gelatine. Allow to soak for a few minutes. Remove fruit from heat, stir in gelatine until dissolved and put through a sieve or 'mouli'.

Fold whipped cream and beaten egg whites into mixture and pour into a 2-pint glass dish. Set aside in refrigerator until firm.

Decorate top with swirls of cream, fresh blackberries and angelica.

SERVES: 4-6

MRS. A. WALEY

CHOCOLATE ORANGE MOUSSE

4 eggs, separated
8 oz. dark chocolate, melted in bowl
over hot water (not boiling)
1 orange, grated rind only
½ pint double cream, lightly
whipped
4 tablespoons Grand Marnier

Add beaten egg yolks to melted chocolate. Fold in orange rind, Grand Marnier and cream. Fold in stiffly beaten egg whites. Pour into a soufflé dish or individual glasses.

Chill. Decorate as liked.

SERVES: 4-6

COMMENT: *This recipe was given to me by the 'Sweets Cook' at The Bell at Ramsbury.*

MRS. R. LOWTH

LEMON MOUSSE

3 eggs, separated
3 oz. sugar
1 large or 2 small lemons, grated
rind and juice
3 teaspoons gelatine dissolved
in 3 tablespoons hot water

Sprinkle the gelatine into a cup containing the hot water and stand in a saucepan of water over gentle heat to dissolve.

Whisk the egg yolks, sugar, lemon juice and rind. Add the dissolved gelatine, mix thoroughly and then gently fold in the stiffly beaten whites.

Pour into a 1-pint mould and chill until set.

SERVES: 4

MRS. J. CLARK - RUSS HILL

RASPBERRY MOUSSE

½ packet raspberry jelly
1 small tin evaporated milk, whipped
1 tin raspberries
Decoration:
Cream
Chopped nuts

Drain raspberries and make ½ pint jelly with the juice. Add water if necessary. Allow to cool but not set then whisk until frothy.

Whip evaporated milk until it doubles in amount, add jelly and whip together for about one minute. Add the strained raspberries and mix well. Pour into bowl or individual dishes. When set decorate with cream and chopped nuts.

SERVES: 6

MISS K. CORNFORD

RHUBARB AND ORANGE MOUSSE

Rhubarb Mixture:

1½ lb. rhubarb (10 average size sticks)

½ pint water

Sugar to taste

1 orange, grated zest

2 egg yolks

Orange Jelly:

1 packet orange jelly

1 orange, juice only

¼ pint water

2 egg whites, stiffly beaten

For the rhubarb mixture, cook rhubarb in the water until very soft. Add sugar and zest of orange. When cooled but still warm, add the egg yolks.

Dissolve the jelly in the orange juice and water and leave to cool.

Stir the jelly and rhubarb mixture together and, finally, fold in the beaten egg whites. Pour into a large bowl and leave to set in the refrigerator.

SERVES: 6-8

MISS A. N. TREDENNICK

RHUBARB AND RASPBERRY JELLY

*1 packet raspberry jelly dissolved in
½ pint very hot water*

*Rhubarb
Sugar*

Stew the rhubarb in a little water with some sugar until soft and mix into the dissolved jelly to make up to 1 pint. Pour into a dish and allow to set.

SERVES: 3-4

COMMENT: *Any stewed rhubarb not used in the jelly can be served with the jelly giving more servings.*

MRS. J. SHELLEY

FRESH MINT ICE CREAM

¼ pint water

4 oz. caster sugar

*1 handful fresh mint
leaves, washed*

Juice 1 lemon

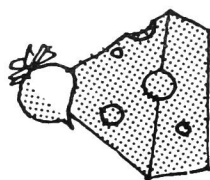
*½ pint double cream,
lightly whipped*

Put the water and sugar into a saucepan and stir over a low heat until sugar has dissolved. Bring to the boil, draw off the heat and cool slightly.

Place mint leaves and hot syrup in liquidizer and blend until mint is fine. Add lemon juice and strain into an ice tray. Freeze until soft frozen. When mixture begins to set, beat well. Add lightly whipped cream and fold into mint mixture quickly. Pour back into ice tray and freeze until firm.

SERVES: 4-6

MRS. A. BILLINGHURST





H
E
E
S
E
E
G
G



& VEGETABLE
DISHES

CHEESE, EGG AND VEGETABLE DISHES

CHEESE DISHES	Laurel Cottage Suprême	53
	Crustless Savoury Tart	53
	Cheese Pie	54
	My Pizza	54
	Pizza	55
	Savoury Quiche	56
EGG DISHES	Baked Eggs and Cheese Potatoes			56
	Italian Eggs	56
	Hungarian Hot Pot	57
VEGETABLE DISHES	Bean Casserole	57
	Celery Bake	58
	Sweet and Sour Marrow	58
	Red Cabbage	58
	Crunchy Potatoes	59
	Maltese Curry	59

Photograph on preceding page: Charlwood Post Office, circa 1904

LAUREL COTTAGE SUPREME

<i>1 medium cauliflower, cut into sprigs</i>	<i>4 large eggs</i>
<i>¾ lb. leeks, trimmed and cut across</i>	<i>½ pint milk</i>
<i>in fine slices</i>	<i>A good shake of pepper</i>
<i>½ lb. sliced green beans, or</i>	<i>(preferably black)</i>
<i>broccoli spears</i>	<i>1 teaspoon made mustard</i>
<i>6 oz. Cheddar cheese, grated</i>	

Cook prepared vegetables in boiling salted water until tender (about 10 minutes). Strain and put the vegetables into a buttered casserole dish without a lid and add most of the grated cheese.

Whisk the eggs with the milk and season with the pepper and mustard. Pour over the vegetables and sprinkle remainder of grated cheese on top. Bake in a moderate oven (180°C/350°F or Gas Mark 4) for about 25 minutes or until the surface is nicely browned.

VARIATIONS: Any left-overs of cooked chicken, turkey or pheasant can be added to this dish and should of course be put in before the milk and egg mixture is added.

This dish responds well to the addition of curry powder to taste or better still Tandoori spice mixture. Again, these should be introduced before the milk and egg mixture.

If you make too much (which is not likely as you will probably eat it all at one sitting), it can be warmed through the next day. Then, poached eggs on top are an easy and acceptable addition.

Serve with buttered toast.

SERVES: 4

COMMENT: *An unusual and substantial baked dish which has the merit of being reasonable in cost and easy to prepare. It looks good and tastes even better!*

MR. AND MRS. L. PAVEY

CRUSTLESS SAVOURY TART

<i>2½ oz. Cheddar cheese, grated</i>	<i>Chopped parsley</i>
<i>1 medium tin Vienna sausages,</i>	<i>Pinch salt</i>
<i>chopped</i>	<i>Cayenne pepper</i>
<i>2 eggs, beaten</i>	
<i>1 medium onion, chopped</i>	
<i>1 small tomato, chopped</i>	
<i>2 heaped tablespoons flour</i>	

Mix all ingredients together and pour into a lightly greased dish. Bake in a moderately hot oven (200°C/400°F or Gas Mark 6) until set and golden brown.

SERVES: 4-5

COMMENT: *This dish can be served cold with salad.*

MRS. D. BARNES

CHEESE PIE

4 oz. cheese, grated
¼ pint milk
2 small eggs
Seasonings

Shortcrust pastry:
4 oz. flour
2 oz. margarine
Salt

Make the shortcrust pastry in the usual way and line a 7/8 in. flan tin or enamel plate with the pastry. Cover with the grated cheese. Beat the eggs into the milk, season and pour over the cheese. Do not over fill.

Bake in a moderate oven (180°C/350°F or Gas Mark 4) until the cheese mixture has set and the pastry is cooked.

Serve hot or cold.

SERVES: 4-6

COMMENT: *A reduced version of The Notorious High Trees' Cheese Pie.*

HIGH TREES SCHOOL

MY PIZZA

Base:
6 oz. self-raising flour
2 oz. margarine
¼ pint milk

Garnish:
Olives
Anchovies

Filling:
4 oz. ham sausage (or sliced shoulder, chopped)
15 oz. can tomatoes, chopped
2 medium onions, chopped
1 medium green pepper, chopped
Generous garlic, crushed
4-6 oz. Cheddar cheese, grated
Salt and black pepper

For the base, rub fat into flour and bind to a softish dough with milk. Roll out to fit a 10 in. flan dish (this is quite thin but it will rise).

For the filling, mix all the ingredients except the cheese in a bowl. Place half the grated cheese over base, spread filling over this and then top with the remainder of the cheese. Garnish with olives and anchovy fillets. Bake in a moderately hot oven (200°C/400°F or Gas Mark 6) for 10 minutes then reduce the temperature to (180°C/350°F or Gas Mark 4) and bake for a further 45 minutes or until the centre of the dough is firmish.

NOTE: I have a fan oven which cooks a little faster than other types.

Serve with crisp green salad.

SERVES: 5-6

COMMENT: *This is a recipe I evolved because it is quick, easy and cheap. I find the scone type base nicer than the bread dough type as long as it is rolled quite thin. It is a dish much praised at supper parties.*

MRS. G. HAYWOOD

PIZZA

8 oz. *plain flour*
1 level *teaspoon salt*
1 *tablespoon oil*

Yeast mixture:

1 level *teaspoon dried yeast*
 $\frac{1}{4}$ *pint hand hot water*
 $\frac{1}{2}$ level *teaspoon caster sugar*
or
 $\frac{1}{2}$ oz. *fresh yeast*
 $\frac{1}{4}$ *pint hand hot water*

Topping:

16 oz. *tin tomatoes, drained and chopped*
4 oz. *cheese, sliced*
2 oz. *mushrooms, sliced*
2 oz. *garlic sausage, sliced*
1 *tablespoon oil*
Pinch oregano or mixed herbs
Salt and pepper

Brush a 14 in. x 11 in. baking sheet or a circular pizza tin with oil.

For the yeast mixture, dissolve sugar in water, sprinkle on yeast and leave until frothy, approximately 10 minutes.

Mix flour and salt in bowl, add yeast mixture and oil and mix to soft, not sticky dough.

Turn dough on to floured board and knead for about 5 minutes.

Place dough in a greased polythene bag and leave to rise in a warm place for about 45 minutes – until doubled in size.

Turn dough on to a floured board and roll out to an oblong about 12 in. x 9 in., or turn on to pizza tin and press out with fingers until dough covers tin, making edges slightly thicker.

For the topping, spread chopped tomatoes on dough base and spoon over the juice. Arrange sliced cheese and mushrooms over the tomatoes and top with slices of garlic sausage. Sprinkle with oregano or herbs and salt and pepper. Brush sausage and mushrooms with oil and bake in the centre of a very hot oven (230°C/450°F or Gas Mark 8) for 20 to 25 minutes.

SERVES: 6-8

MRS. G. MASON

SAVOURY QUICHE

Filling:

2 oz. *bacon*

2 oz. *onion, chopped*

2 *eggs*

$\frac{1}{2}$ *pint milk, good measure*

2 oz. *cheese, grated*

Nutmeg

Salt and pepper

Shortcrust pastry:

5 oz. *plain flour*

2 $\frac{1}{2}$ oz. *butter or margarine*

2 *tablespoons water*

Optional additives:

2 oz. *mushrooms*

Mixed dried herbs

Grease a loose-bottomed 9 in. tin or a smaller deeper tin.

Mix the pastry and press into tin. Prick pastry with a fork.

For the filling, gently fry the onion and put into the pastry case with the bacon. Whisk the eggs and milk together, add cheese, nutmeg and seasoning and pour gently over the bacon and onion mixture.

Bake in a moderate oven (180°C/350°F or Gas Mark 4) for $\frac{1}{2}$ hour.

SERVES: 4-6

MRS. K. CLEGG

BAKED EGGS AND CHEESE POTATOES

2 lb. *cooked potatoes, sliced thickly*

8 oz. *Cheddar cheese, grated*

4 *eggs*

Salt and pepper

4 *tablespoons top of milk*

Put sliced potatoes into a greased ovenproof dish and sprinkle half the cheese on top. Break the eggs, one by one, on to a saucer and slide on top of cheese. Season, cover with remaining cheese and spoon over milk.

Bake uncovered in the centre of a moderately hot oven (190°C/375°F or Gas Mark 5) for 20-30 minutes.

Serve very hot with tomato salad and chives.

SERVES: 4

COMMENT: *This makes a super supper dish.*

MRS. J. PARSONS

ITALIAN EGGS

Eggs

Double cream

Oregano

Garlic salt

Parmesan cheese, grated

Cover the bottom of a frying pan with double cream. Crack eggs into the cream and sprinkle with oregano, a little garlic salt and grated cheese. Fry very slowly until the egg whites solidify in the cream.

COMMENT: *Instead of the usual fried eggs and bacon, try my Italian eggs which are so easy to do and make a nice change.*

MRS. A. HELLSTENIUS

HUNGARIAN HOT POT

1 lb. cooked potatoes, sliced

5 oz. streaky bacon rashers

¼ pint yogurt or sour milk

3 to 4 eggs, hard boiled and sliced

2 tablespoons breadcrumbs

½ oz. butter

Put about $\frac{1}{3}$ of the sliced potatoes in a layer in the bottom of a greased fire-proof dish. Place half the rashers on top, pour on half the yogurt and cover with half the quantity of sliced eggs.

Continue with another $\frac{1}{3}$ of the sliced potatoes, then the rest of the rashers. Pour on the remaining yogurt and sliced egg and cover with the rest of the potatoes.

Sprinkle with breadcrumbs, dot with butter and bake in a moderate oven (180°C/350°F or Gas Mark 4) for 25–35 minutes.

SERVES: 4

COMMENT: *Paprika can be sprinkled between the layers if so desired.*

H. W. WALTER

The Fox Revived – Norwood Hill

BEAN CASSEROLE

Soak overnight:

2 oz. red kidney beans

2 oz. green ming beans

2 oz. soya beans

2 oz. black-eyed beans

or

Similar quantities:

haricot beans, chick peas,

brown lentils, butter beans

can be substituted or added

Next morning add:

2 onions, sliced

2 carrots, unpeeled and sliced

*2–3 potatoes, scrubbed, unpeeled
and sliced*

Herbs to taste

Bay leaf

Salt and pepper

Optional vegetables as available:

Tomatoes; celery; peppers;

Swede; etc.

NOTE: 2 oz. = 2 tablespoons approximately

Soak beans overnight in a Pyrex casserole dish as the contrasting coloured beans look attractive when served in a Pyrex dish.

Next morning add the sliced vegetables as listed above with herbs, bay leaf and seasoning. Mix well and cover with water.

Treat as stew i.e. place casserole with a lid in a medium oven until boiling and leave to simmer for 2 hours or more.

Serve with wholemeal bread and butter for a substantial meal.

SERVES: 6

COMMENT: *Ideal Bean Casserole for Saturday lunch when one has a busy morning and a family to feed.*

MRS. H. SEWILL

CELERY BAKE

<i>1 head celery, washed and sliced into 2 in. slices</i>	<i>10½ oz. can condensed cream of chicken soup</i>
<i>1 small tin pimientos, drained and chopped</i>	<i>¼ pint water</i>
	<i>Salted nuts for garnish</i>

Cook celery in 1 in. boiling salted water in tightly covered saucepan for 5 minutes. Drain. Mix all ingredients in an ungreased 3-pint casserole and bake (covered) in a moderate oven (180°C/350°F or Gas Mark 4) for 45 minutes.

Stir before serving and garnish with salted nuts.

SERVES: 6-8

COMMENT: *If cheese and breadcrumbs are sprinkled on top it can make a light supper dish.*

MRS. S. SMART

SWEET AND SOUR MARROW

<i>1 smallish marrow, peeled, seeded and cut into match-like strips</i>	<i>Salt and pepper</i>
<i>3 tablespoons olive oil</i>	<i>Sugar</i>
<i>2 shallots or small onion, finely chopped</i>	<i>Dill seeds (optional)</i>
<i>1 teaspoon or more paprika</i>	<i>2-3 tablespoons wine or cider vinegar</i>

Heat the oil in a large pan, add the shallots or onion and cook slowly until soft but not coloured. Add the marrow with the paprika, salt and pepper. Sauté for 4 or 5 minutes, then add the dill seeds and vinegar. Dust with sugar and simmer for about 5 or 6 minutes.

Serve hot or cold.

SERVES: 4

MRS. A. BILLINGHURST

RED CABBAGE

<i>1 red cabbage, washed and finely shredded</i>	<i>1 dessertspoon brown sugar</i>
<i>1 onion, chopped</i>	<i>Salt and pepper</i>
<i>2 cooking apples, chopped</i>	<i>1 tablespoon vinegar (wine or tarragon are nice but plain white/brown is suitable)</i>
<i>½ teacup water</i>	
<i>Grated nutmeg</i>	

Put water, nutmeg, salt and pepper in a large saucepan and add cabbage, onion and apple mixed. Bring to boil and cook very gently for about 1 hour. Watch the pan does not boil dry. Drain any surplus water and stir in vinegar and brown sugar.

Serve with cold meat and baked potatoes in their jackets.

SERVES: 6

BRENDON SEWILL

CRUNCHY POTATOES

1 large can new potatoes – well drained

*1 large packet plain flavoured
potato crisps*

2 oz. butter

Melt butter in frying pan and remove from heat. Roll potatoes in butter. Crush crisps with rolling pin and roll potatoes in crumbs. Place in a shallow baking dish and bake in a moderately hot oven (200°C/400°F or Gas Mark 6) for 25 minutes, turning once during cooking.

Serve with any roast meat – especially good with poultry.

SERVES: 6 Allow three to four potatoes per person.

COMMENT: *A different recipe and remarkably quick and easy to do.*

MRS. S. SMART

MALTESE CURRY

1 lb. onions, sliced

1 lb. tomatoes, peeled and sliced

A little bacon fat

1 tablespoon curry powder

1 apple, peeled and quartered

2 bananas, cut in quarters

Pinch sugar

To finish:

Little milk

1 egg

Cook onions and tomatoes in bacon fat until soft. Add curry powder, bananas, apple and sugar and cook for several minutes longer. Add a little hot water and boil until it has almost disappeared (but do not let the curry get dry enough to burn), then add more water, and go on cooking the same way until the whole thing is soft and mashed.

Finish with milk and egg whisked quickly in over the heat, which will make the curry frothy.

COMMENT: *This unusual dish, served as a main course in a border of rice, makes an uncommonly good meal in itself. Pieces of cooked chicken may also be added if so desired which is a good way of using any left-overs the following day.*

MRS. C. K. PURSER





A
K
E
S

B
R
E
A
D



& BISCUITS

CAKES, BREAD AND BISCUITS

CAKES	Bible Cake	63
Large Cakes	Anita's Fruit Cake	63
	Grandmother Morgan's Fruit Cake	64
	5, 4, 3, 2, 1 Sponge Cake	64
	Simmel Cake for Simmel Sunday (Mother's Day)	65
	Australian Fruit Cake	65
	Orange Layer Cake	66
	Pineapple Cake	67
	Chocolate Cake	67
	Boterkoek (Dutch Butter Cake)	67
	All-In-One Chocolate Cake	68
	Easy Cake	68
	Seed Cake	68
	Parkin	69
	Ginger Cake	69
Small Cakes, Slices and Squares	Gingerbread	69
	Lemon Crusty Bake	70
	Coffee Frosted Brownies	70
	Willo's Canadian Brownies	71
	Mincemeat Cookies	71
	Chocolate and Coconut Slice	71
	Date Crumble Squares	72
BREAD	Guernsey Gâche (pronounced GOSH)	72
Yeast Breads	Half and Half Bread	73
	Wholemeal Yeast Bread	73
	Wholewheat Nut Loaf	74
Tea Breads	Wholemeal Bread	74
	Brown Bread	75
	Bran Loaf	75
	Malt Loaf	75
	Quick Fruit Bread	76
	Banana Loaf	76
	Potato Scones	76
BISCUITS	Shortbread	77
	Munchies	77
	Cherry Biscuits	77
	Irish Shortbread	77
	Swabian-S-Biscuits	78
	Flapjacks	78
	Chocolate Nobs	78

Photograph on preceding page: Charlwood Mill, 1905

BIBLE CAKE

1. $\frac{1}{2}$ lb. *Judges V* verse 25 (last clause)
 2. $\frac{1}{2}$ lb. *Jeremiah VI*, 20
 3. 1 tablespoon *I Samuel XIV*, 25
 4. 3 of *Jeremiah XVII*, 11
 5. $\frac{1}{2}$ lb. *I Samuel XXX*, 12
 6. $\frac{1}{2}$ lb. *Nahum III*, 12 (chopped)
 7. 2 oz. *Numbers XVII*, 8
(blanched and chopped)
 8. 1 lb. *I Kings IV*, 22
 9. Season to taste with
II Chronicles IX, 9
 10. Pinch of *Leviticus II*, 13
 11. 1 teaspoon of *Amos IV*, 5
 12. 3 tablespoons of *Judges IV*, 19
- N.B.* Leaven means 'baking powder'

Beat Nos. 1, 2 and 3 to a cream; add 4, one at a time, still beating; then 5, 6 and 7 and beat again. Add 8, 9, 10 and 11, having previously mixed them, and lastly No. 12. Bake in a cool oven ($150^{\circ}\text{C}/300^{\circ}\text{F}$ or Gas Mark 2) for $1\frac{1}{2}$ hours.

COMMENT: *From All Saint's Church, Somerset West, Cape Province.*

MRS. C. K. PURSER

ANITA'S FRUIT CAKE

- | | |
|------------------------------------|--|
| 6 oz. margarine | $\frac{1}{2}$ teaspoon each: cinnamon, |
| 6 oz. brown sugar | mixed spice, nutmeg, salt |
| 3 eggs | 2 oz. walnuts, chopped |
| 9 oz. self-raising flour, or plain | 8 glacé cherries, cut in halves |
| with 1 level teaspoon baking | or quarters |
| powder | 1 or 2 tablespoons milk, |
| 12 oz. mixed fruit | if required |

Line and well grease a large $8\frac{1}{2}$ in.–9 in. cake tin.

Beat sugar and margarine until light and fluffy. Then beat in eggs, one at a time, with a little flour to each egg. Gently fold in dry ingredients, one tablespoonful at a time, adding a little milk if required. Then stir vigorously for 1 minute. Add fruit, cherries and nuts, mix well and turn into cake tin.

Bake in a moderate oven ($170^{\circ}\text{C}/325^{\circ}\text{F}$ or Gas Mark 3) for $1-1\frac{1}{2}$ hours. Knitting needle should come out clean when tested.

COMMENT: *This is a favourite with our family.*

MRS. J. M. HARDING

GRANDMOTHER MORGAN'S FRUIT CAKE

20 oz. plain flour	6 lb. raisins
$\frac{1}{2}$ lb. butter or margarine	$\frac{1}{2}$ lb. each: orange peel, lemon peel, shredded
1 lb. soft brown sugar	$\frac{1}{2}$ lb. each: candied pineapple, citron, cut the size of almonds
$1\frac{1}{2}$ cups sour cream	$\frac{1}{2}$ lb. cherries, halved
1 teaspoon bicarbonate of soda	1 lb. walnuts, halved
3 teaspoons baking powder	Sherry or orange juice to moisten (up to a pint!)
6 eggs	
1 teaspoon each: cinnamon, cloves, nutmeg and mace	
1 lb. dates, halved	
3 lb. currants	

Line two greased 8 in. diameter round tins or equivalent loaf tins with greaseproof paper, allowing $\frac{1}{2}$ in. to extend above all sides of pan.

Dredge fruits in part of the flour. Cream fat and sugar, add sour cream, then eggs, and beat well. Add flour sifted with dry ingredients alternately with fruit juice or sherry, beat thoroughly. Pour batter over floured fruits and mix well. Pour into prepared tins and do not flatten. Bake in a very cool oven (130°C/250°F or Gas Mark $\frac{1}{2}$) for 3 to 4 hours.

NOTE: Place pan containing water on bottom shelf of oven while baking. This gives a more moist texture, and a smooth shiny glaze. If desired, pour over brandy and wrap in brandy-soaked cloth before storing. Store in a covered container in a cool place.

MAKES: Half the quantity makes two good sized cakes.

COMMENT: *This Fruit Cake has been in my family's treasured recipes for more than 150 years, hence the rather rich sounding ingredients. It goes quite far because of its richness, being nicest we think with a glass of wine. The amount of liquid required depends on the flour used, so I have not specified an exact amount.*

MRS. C. F. EDMONDS

5, 4, 3, 2, 1 SPONGE CAKE

5 oz. self-raising flour, sifted
with $\frac{1}{2}$ teaspoon baking powder
4 oz. margarine
3 oz. caster sugar
2 eggs
1 tablespoon hot water

Cream margarine and sugar with the water. Beat in the eggs and then fold in the flour. Place in a flat baking tin and bake in a moderately hot oven (190°C/375°F or Gas Mark 5) for 20 minutes.

MRS. B. KELLY

SIMNEL CAKE FOR SIMNEL SUNDAY (MOTHER'S DAY)

Cake mixture:

10 oz. plain flour

$\frac{3}{4}$ lb. currants

3 oz. candied peel

$\frac{1}{2}$ lb. Demerara sugar

$\frac{3}{4}$ teaspoon bicarbonate of soda

$\frac{1}{2}$ teaspoon mixed spice

2 oz. lard

4 oz. butter

3 eggs, beaten

Almond paste:

2 oz. butter

2 eggs

1 lb. ground almonds

Juice of 2 lemons

Line and grease an 8 in. cake tin.

For the cake, sieve the bicarbonate of soda, spice and flour together. Rub in butter and lard, add all the other dry ingredients and mix well with the beaten eggs.

For the paste, melt butter in a saucepan and then add the eggs, almonds and lemon juice to form a smooth paste.

Put half the cake mixture into the tin, spread the almond paste over and cover with remainder of the cake mixture. Wrap brown paper around the tin and bake in a moderate oven ($180^{\circ}\text{C}/350^{\circ}\text{F}$ or Gas Mark 4) for $1\frac{1}{2}$ hours.

COMMENT: *100 year old recipe from Lancashire.*

MRS. M. KNOX

AUSTRALIAN FRUIT CAKE

4 oz. margarine

6 oz. currants

6 oz. sultanas

1 teacup cold water

1 teacup caster sugar

Good $\frac{1}{2}$ teaspoon bicarbonate of soda

2 eggs

2 teacups self-raising flour

Grease a 7 in.-8 in. cake tin.

Put margarine, sugar, fruit, water and bicarbonate of soda into a saucepan and simmer for 15 minutes. When quite cold beat in the eggs and mix in the flour.

Put into cake tin and bake in a moderate oven ($170^{\circ}\text{C}/325^{\circ}\text{F}$ or Gas Mark 3) for $1\frac{3}{4}$ -2 hours.

COMMENT: *A moist good-keeping cake.*

MRS. P. WARHURST

ORANGE LAYER CAKE

Cake mixture:

100 g./4 oz. *softened butter*
100 g./4 oz. *caster sugar*
Rind of an orange
2 *standard eggs*
100 g./4 oz. *self-raising flour, sifted*

Filling:

50 g./2 oz. *softened butter*
100 g./4 oz. *sifted icing sugar*
Rind of an orange
1 *tablespoon cold milk*

Topping:

1 *tablespoon butter, melted*
1 *tablespoon orange squash*
3 oz. *sifted icing sugar*

Grease two 18 cm./7 in. sandwich tins.

FOR THE CAKE:

1. Cream butter, sugar and 1 level teaspoon of orange rind together until very pale in colour, light in texture and fluffy.
2. Beat in whole eggs, one at a time, adding a tablespoon of flour with each.
3. Gently fold in remaining flour with a metal spoon.
4. Transfer to prepared tins and smooth tops with knife.
5. Bake in centre of oven at a moderate temperature (180°C/350°F or Gas Mark 4) for 25 to 30 minutes (or until well risen, golden brown and firm).
6. Leave in tins for 2 to 3 minutes. Turn out on to wire cooling rack.

FOR THE FILLING:

1. Beat butter with 1 level teaspoon of orange rind until soft.
2. Gradually beat in sugar alternatively with milk.
3. Continue beating until frosting is light and fluffy.
4. Refrigerate frosting until it thickens a little.
5. Spread evenly on the top of one of the cake rounds.

FOR THE TOPPING:

1. Combine butter and squash.
2. Gradually stir in icing sugar.
3. Beat until icing is fairly thick and creamy, and stiff enough to spread. If icing is on the soft side, work in a little extra icing sugar.
4. Place the second cake round on top of the creamed one, and cover the top of the cake with icing.

DENISE JONES
Aged 15

PINEAPPLE CAKE

6 oz. sugar
7 oz. tin crushed pineapple
1 lb. dried fruit
4 oz. butter
2 eggs, beaten

1 teaspoon bicarbonate of soda
1 teaspoon mixed spice
4 oz. plain flour
4 oz. self-raising flour

Place sugar, pineapple, butter and fruit into a pan and bring to the boil. Set aside to cool. Sieve flours, spice and bicarbonate of soda into cold mixture and mix thoroughly. Beat in eggs.

Turn into a greased cake tin and bake in a moderate oven (180°C/350°F or Gas Mark 4) for 1½ to 2 hours.

MRS. G. W. ATKINSON

CHOCOLATE CAKE

6 oz. self-raising flour
1½ level teaspoons baking powder
6 oz. caster sugar

6 oz. soft margarine
3 standard eggs
1 heaped tablespoon cocoa

Grease two 8 in. sandwich tins.

Sift flour and baking powder and add sugar, margarine and eggs. Blend cocoa with 3 tablespoons water and add to the other ingredients. Mix altogether with a wooden spoon and beat for 1–2 minutes until glossy.

Pour into sandwich tins and bake in a moderate oven (170°C/325°F or Gas Mark 3) for 35 minutes.

MRS. W. PUGSLEY

BOTERKOEK (Dutch Butter Cake)

8 oz. plain flour
8 oz. Dutch butter
8 oz. Demerara sugar

1 egg
Grated lemon rind or ginger
Almonds (optional)

Grease an 8 in. baking tin.

Mix butter, sugar, flour and egg. Add grated lemon rind or ginger. Put mixture into baking tin, brush top with some beaten egg, decorate with blanched almonds and bake in a moderate oven for ½ hour.

Allow to cool thoroughly before serving.

COMMENT: Barry's favourite cake. It is very rich and more or less like shortcake.

MRS. I. SHEENE

ALL-IN-ONE CHOCOLATE CAKE

1½ cups plain flour
1 rounded teaspoon baking powder
1 level teaspoon bicarbonate of soda
3 tablespoons cocoa

½ teaspoon salt
1 cup sugar
5 oz. shortening, melted
1 teaspoon vanilla
1 tablespoon vinegar
1 cup tepid water

Sift flour, baking powder, soda, cocoa, salt and sugar into ungreased tin. With back of spoon, make three dents in mixture. Pour vanilla in one, vinegar in one and melted fat in the third. Pour water over top and mix well till completely blended.

Place in middle of oven at a moderately hot temperature (200°C/400°F or Gas Mark 6) for 30 minutes maximum.

COMMENT: *When cooked, ice if liked.*

MRS. R. LOWTH

EASY CAKE

4 oz. margarine
4 oz. granulated sugar
12 oz. mixed fruit

¼ pint water
8 oz. self-raising flour
1 egg

Grease a 7 in. cake tin.

Put fat, sugar, fruit and water in a saucepan and simmer for 20 minutes. Allow to cool, then stir in the flour and egg. Pour into cake tin and bake in a moderate oven (180°C/350°F or Gas Mark 4) for 1½ to 2 hours.

MRS. M. SKINNER

SEED CAKE

3 oz. butter
4 oz. sugar
2 eggs, beaten

5 oz. flour
1 teaspoon baking powder
1 dessertspoon carraway seeds

Line and grease a round 8 in. cake tin about 3 in. in depth.

Beat butter and sugar to a cream and add eggs gradually. Fold in sifted flour, baking powder, and half the carraway seeds. Put into tin, sprinkle the other half of the carraway seeds on top and bake in a moderate oven (180°C/350°F or Gas Mark 4) for ¾ hour.

MRS. J. ILLMAN

PARKIN

8 oz. flour
8 oz. medium oatmeal
Pinch salt
 $\frac{1}{2}$ teaspoon ground ginger
 $\frac{1}{2}$ teaspoon bicarbonate of soda

4 oz. brown sugar
3 oz. butter or margarine
10 oz. golden syrup
4 fl. oz. milk

Grease a 7 in. cake tin.

Mix flour, oatmeal, salt, ground ginger and bicarbonate of soda together. Put fat, sugar, syrup and milk in a saucepan and melt over a low heat. Mix thoroughly with dry ingredients making a stiff batter.

Pour into cake tin and bake on a low shelf in a cool oven (150°C/300°F or Gas Mark 2) for 1 hour 20 minutes.

MRS. M. DALLISON

GINGER CAKE

1 cup sugar
2 oz. margarine
2 tablespoons syrup
2 cups flour
1 teaspoon ginger

$\frac{1}{2}$ / 1 teaspoon mixed spice
 $\frac{1}{2}$ teaspoon bicarbonate of soda
Pinch salt
1 egg, beaten
1 cup of milk

Grease a flat baking tin about 10 in. x 6 in.

Put sugar, margarine and syrup into a saucepan and melt over a low heat. Then add all the dry ingredients and finally the beaten egg and milk. Mix well and pour into baking tin.

Place in a moderate oven (180°C/350°F or Gas Mark 4) for about 40 minutes.

MRS. A. PETTIT

GINGERBREAD

$\frac{1}{2}$ lb. plain flour
 $\frac{1}{4}$ lb. soft brown sugar
1 teaspoon ground ginger
1 teaspoon mixed spice
 $\frac{1}{2}$ teaspoon bicarbonate of soda

$\frac{1}{4}$ lb. margarine
1 gill milk
2 eggs, well beaten
 $\frac{1}{2}$ lb. black treacle
Preserved ginger, chopped
(optional)

Line and grease a shallow baking tin.

Mix together flour, sugar, spices and soda. Dissolve margarine in the milk and add when luke warm to dry mixture. Next add the eggs and lastly the treacle.

Pour into baking tin and bake in a moderate oven (180°C/350°F or Gas Mark 4) for 45 minutes. Cut into squares when cold.

MRS. A. SARGENT

LEMON CRUSTY BAKE

6 oz. *butter or margarine*
6 oz. *caster sugar*
2 *large eggs*
6 oz. *self-raising flour*
1–2 *tablespoons milk*
vanilla essence

Topping:
1 *large or 2 small lemons,*
grated rind and juice and
4–6 oz. *granulated sugar mixed*
together

Grease and line a 7 in. x 11 in. Swiss roll tin.

Cream together butter or margarine and caster sugar, beat in the eggs, and fold in the flour with the milk and vanilla essence.

Pour the sponge mixture into tin and bake in a moderately hot oven (190°C/375°F or Gas Mark 5) for 30 minutes.

Immediately after removing from the oven spread over topping with a spatula. Leave to get cold and cut into squares.

MAKES: 24 pieces

MRS. N. CAMELI

COFFEE FROSTED BROWNIES

Brownies:
3 oz. *plain flour*
1½ oz. *cocoa powder*
½ *level teaspoon baking powder*
4 oz. *butter or margarine*
8 oz. *soft brown sugar*
1 *teaspoon vanilla essence*
2 *large eggs*

Frosting:
2 oz. *butter*
8 oz. *icing sugar*
2 *tablespoons coffee essence*
1 *tablespoon milk*

Walnut halves for decoration

For the brownies, sieve together flour, cocoa and baking powder. Cream butter, sugar and vanilla essence until light and fluffy. Beat in eggs, one at a time. Stir in dry ingredients.

Put mixture into a greased Swiss roll tin and bake just above centre of a moderate oven (180°C/350°F or Gas Mark 4) for 25–30 minutes until firm. Cut into fingers while still warm, remove from tin and cool on a wire rack.

For the frosting, melt butter in pan, add coffee essence, bring to the boil slowly and boil steadily for 2 minutes. Combine quickly with the icing sugar, pour in milk and then beat until frosting is cold and stiff enough to spread.

Cover tops of brownies and decorate with walnut halves if desired.

Serve with tea or coffee.

MAKES: 21 fingers

COMMENT: *These brownies are best served fresh, and as they are so super they very rarely get left to be otherwise! Can be stored for a short time in a tin.*

MRS. G. R. GRACE

WILLO'S CANADIAN BROWNIES

<i>7 1/2</i>	<i>3/4 cup sifted plain flour</i>	<i>2 eggs</i>
	<i>1/2 teaspoon baking powder</i>	<i>1 teaspoon vanilla essence</i>
	<i>1/4 teaspoon salt</i>	<i>8 oz. Bournville chocolate,</i>
<i>8 3/4</i>	<i>1 cup soft margarine or butter</i>	<i>melted</i>
<i>2 1/2</i>	<i>1 cup granulated sugar</i>	<i>1 cup chopped walnuts</i>

NOTE: American cup measures

Grease an 8 in. square x 2 in. deep tin.

Sift together flour, baking powder and salt. Gradually add sugar to margarine or butter, mixing until light. Add eggs and vanilla essence and mix until smooth. Mix in chocolate, flour mixture and nuts. (Mixture should be quite sticky.)

Bake in a moderate oven (180°C/350°F or Gas Mark 4) for 30–35 minutes or until done. Cool in tin and cut into squares.

COMMENT: *They should be chewy not sponge-like. Guaranteed to make you popular!*

MRS. W. HEESOM

MINCEMEAT COOKIES

<i>2 oz. caster sugar</i>	<i>4 oz. self-raising flour</i>
<i>3 oz. soft margarine or butter</i>	<i>1 tablespoon milk</i>
<i>1 egg, beaten</i>	<i>2 flat tablespoons mincemeat</i>

Cream together sugar and margarine. Add the beaten egg and beat until fluffy. Fold in the flour and milk. Then add the mincemeat and mix in gently.

Divide mixture into 12 cake cases and bake in a moderately hot oven (190°C/375°F or Gas Mark 5) for 20 minutes.

MRS. R. TRANTER

CHOCOLATE AND COCONUT SLICE

<i>1/2 lb. cooking chocolate, melted</i>	<i>1/4 lb. coconut</i>
<i>1/4 lb. glacé cherries, chopped</i>	<i>2 oz. margarine</i>
<i>1/4 lb. sugar</i>	<i>1 egg, beaten</i>

Pour melted chocolate on to the base of a lined, square or oblong, tin and allow to set. Cream margarine and sugar together, add beaten egg, cherries and coconut and spread on top of chocolate.

Bake on the middle shelf in a moderate oven (180°C/350°F or Gas Mark 4) for 15–20 minutes. After cooking allow to get cold before cutting into 2 in. squares.

MRS. A. DOUGHTY

DATE CRUMBLE SQUARES

Base and Topping:

7 oz. *self-raising flour*

6 oz. *butter*

6 oz. *caster sugar*

4 oz. *rolled oats*

Filling:

6 oz. *chopped dates*

4 *tablespoons cold water*

1 oz. *caster sugar*

1 *teaspoon vanilla essence*

For the filling, put the chopped dates into a pan with the water and sugar. Then stir over a low heat until the mixture is thick and well combined, mix in the vanilla essence and leave to cool.

For the base and topping, sift the flour into a mixing bowl and add the butter cut into small pieces. Using the fingertips only, rub the fat into the flour so that it is evenly distributed. Stir in the sugar and oats, then turn half the mixture into a tin and press evenly into base. Spread date filling on top, then sprinkle over the remaining oat mixture.

Bake in the centre of a moderate oven (180°C/350°F or Gas Mark 4) until cooked. Cut into squares and leave in tin until cold.

MRS. J. COTTOL

GUERNSEY GACHE (pronounced GOSH)

1 lb. *flour*

$\frac{1}{2}$ lb. *butter*

1 $\frac{1}{4}$ lb. *sultanas*

4 oz. *candied peel, chopped*

1 level *teaspoon nutmeg*

Pinch of salt

Yeast mixture:

2 oz. *yeast dissolved in about $\frac{1}{2}$ pint tepid water*

Grease two small loaf tins preferably, or one large one.

Sift flour, salt and nutmeg, and rub in fat. Add fruit and mix to a stiff consistency with the yeast mixture.

Knead as for bread and put to prove in tins, covered with a cloth or greased plastic bag in a warm place until risen – about 1 hour.

Bake in a moderately hot oven (190°C/375°F or Gas Mark 5) for 1 hour.

COMMENT: *This will make about 3 lb. of Gâche, which will keep fresh for about a week. It is an old original Guernsey dish and is very popular in the Island.*

MRS. S. GURTON

HALF AND HALF BREAD

12 oz. strong white flour
12 oz. wholemeal flour
2 teaspoons sugar
1 teaspoon oil
2 teaspoons salt

Yeast mixture:
 $\frac{3}{4}$ pt. hot water
1 teaspoon sugar
 $\frac{1}{2}$ oz. dried yeast

Decoration:
Poppy or Sesame seeds

Well grease two 5 in. x 7 in. loaf tins.

For the yeast mixture, put yeast and water and 1 teaspoon sugar into a jug, stir and leave for 10 minutes to ferment, preferably near a warm radiator or Aga. Put all dry ingredients, including the oil, into a large mixing bowl. When the yeast mixture has risen add to dry ingredients. Turn on to a lightly floured surface and knead for 10 minutes until smooth.

Place the dough in a lightly oiled bowl and cover with a damp cloth. Leave to rise for about 1 hour, or until the dough has doubled in size.

Turn dough on to a lightly floured board and knead for the second time for 5 minutes.

Divide dough into two and place in tins. At this stage the tops of the bread can be brushed with milk and either poppy or sesame seeds pressed into the top. Leave to rise for a further 40 minutes covered by a damp cloth or well greased paper.

Bake in a very hot oven (230°C/450°F or Gas Mark 8) for 30 minutes.

MRS. S. GRANT

WHOLEMEAL YEAST BREAD

2 lb. wholemeal or wheatmeal flour
3 teaspoons salt
1 tablespoon black treacle
2 oz. lard

Yeast mixture:
1 teaspoon dried yeast
1 teaspoon sugar
1 pint water as hot as you can touch

Use a round 9 in. tin or 2 small square tins. If you prefer a free shape loaf, bake it on a floured tray or roasting tin.

For the yeast mixture, put yeast and sugar into the water and leave to rise in a warm place until frothy like beer.

Mix salt with flour and rub in lard. Make a well and put in treacle, add yeast mixture, mix and knead.

Leave to rise in a warm place for at least 2 hours. (It can be left much longer if convenient.)

Knead well for 10 minutes, shape and flour the outside and put into tin. Leave for a second rising in a warm place for 10 minutes. Do not re-knead.

Bake in a very hot oven for 35 minutes until very brown and sounding hollow when tapped.

MRS. J. FARRER

WHOLEWHEAT NUT LOAF

1½ pints hot milk
3 oz. butter, softened
2½ oz. brown sugar
3 tablespoons black treacle
3 tablespoons sesame seed
3 tablespoons maize meal
12 oz. wholewheat flour
2 lb. strong white flour

2 eggs, beaten
1 tablespoon salt

Yeast mixture:
3 level tablespoons dried yeast
6 fl. oz. luke warm water
½ teaspoon sugar

Grease 3 or 4 loaf tins.

For the yeast mixture, combine yeast, water and sugar, leave 10 minutes.

In a large bowl mix milk, butter, brown sugar and treacle. Stir till butter melts. Add sesame seed and maize meal. Allow to cool to blood heat then stir in yeast mixture, eggs and wholewheat flour. Stir till smooth; cover and put to prove in a warm place for 30 minutes.

Gradually add sieved white flour and salt and beat well (use wooden spoon or dough hook attachment of mixer). Turn mixture on to a floured surface and knead well for about 7 minutes.

Put dough in a greased bowl, then turn it over to grease the other side. Cover and put in a warm place and leave to rise for 1 hour, or until doubled in size.

Turn on to floured surface and divide into 3 or 4 equal parts. Knead and shape into loaves and put into greased bread tins.

Cover and leave to rise in a warm place for about 1 hour. Brush with beaten egg and sprinkle with sesame seed.

Bake in a moderate oven (180°C/350°F or Gas Mark 4) for 35–45 minutes.

Turn on to racks to cool.

MRS. O. CRUMP

WHOLEMEAL BREAD

1½ lb. stoneground flour
1 heaped teaspoon salt
1 heaped teaspoon cream of tartar
1 heaped teaspoon bicarbonate of soda
1 pint tepid water, approximately

Grease a 9 in. x 5 in. loaf tin.

Sieve flour, salt, cream of tartar and bicarbonate of soda into a bowl. Mix together with a wooden spoon. Add enough water to absorb all the flour but leave no water in the bowl. Mix thoroughly. Put into tin and bake in a moderately hot oven (200°C/400°F or Gas Mark 6) for 1 hour.

When cooked cool on a wire rack.

MRS. J. GARDEN

BROWN BREAD

10 oz. wholemeal flour, or any
brown flour
6 oz. plain white flour
 $\frac{1}{2}$ – $\frac{3}{4}$ pint buttermilk, sour milk or
fresh milk; if the latter, add 1
teaspoon cream of tartar to dry
ingredients
1 level teaspoon salt

1 level teaspoon bicarbonate
of soda
1 level teaspoon caster sugar
1 dessertspoon butter, melted

Mix all dry ingredients together in a basin and make a well in the centre. Add the butter and enough milk to make a thick dough, stirring with a wooden spoon.

NOTE: The pouring should be done in large quantities, not spoonful by spoonful. The mixture should be slack but not wet and the mixing done lightly and quickly.

Turn on to a floured board and flatten the dough into a circle about $1\frac{1}{2}$ in. thick. Put on to a floured baking sheet and score, with a floured knife, a large cross $\frac{1}{4}$ in. deep over it to ensure even distribution of heat.

Bake in a moderately hot oven (200°C/400°F or Gas Mark 6) for about 40 minutes. Remove from oven; immediately wrap in a cloth to keep the bread soft, and leave to cool.

COMMENT: *This is a traditional Irish recipe. It is quick and easy even though the rather detailed explanation may make it sound otherwise! It is particularly good made with buttermilk or sour milk. Eat within 1–2 days.*

MRS. H. de COURCY

BRAN LOAF

Mix and leave overnight:
1 cup bran
1 cup sugar
1 cup fruit
1 cup milk

Next day add:
1 cup self-raising flour

Stir and put into a medium sized loaf tin. Bake in a moderate oven (180°C/350°F or Gas Mark 4) for about 30 minutes.

MRS. C. BROOKES

MALT LOAF

8 oz. self-raising flour
 $\frac{1}{2}$ teaspoon bicarbonate of soda
4 oz. sultanas or dates

2 tablespoons malt extract
2 tablespoons golden syrup
 $\frac{1}{4}$ pint milk
1 egg, beaten

Grease and line the bottom of a 1 lb. loaf tin with greaseproof paper.

Melt syrup and malt in the milk. Do not boil. Mix all dry ingredients together with the fruit, add the warm milk mixture and egg and beat well. Pour into tin and bake in a cool oven (140°C/275°F or Gas Mark 1–2) for 1 hour.

MRS. D. BARNES

QUICK FRUIT BREAD

8 oz. *self-raising flour, or plain flour*
with 2 *teaspoons baking powder*
 $\frac{1}{2}$ *teaspoon salt*
 $\frac{1}{4}$ *teaspoon mixed spice*

2 oz. *sugar, brown or white*
4 oz. *fruit*
1 *egg*
 $\frac{1}{4}$ *pint milk*

Grease a large loaf tin.

Sieve dry ingredients together, add sugar and fruit. Beat in egg and milk to make a soft mixture. Cover with a cloth and leave in warm dry heat to rise for $\frac{1}{2}$ hour.

Put mixture in tin, and bake in a moderately hot oven (190°C/375°F or Gas Mark 5) for about 1 hour.

MRS. J. M. HARDING

BANANA LOAF

3 oz. *butter or margarine*
4 oz. *Demerara sugar*
3 oz. *mixed peel (optional)*
 $\frac{1}{2}$ *lb. ripe bananas, well mashed*

2 *small eggs, beaten*
6 oz. *self-raising flour*
Pinch salt
 $\frac{1}{4}$ *teaspoon cinnamon*

Grease a 2 $\frac{1}{2}$ -pint loaf tin.

Cream together the butter and sugar. Add the bananas, eggs and peel. Sieve together the salt, flour and cinnamon, and fold in lightly. A little milk may be added if necessary to give a soft dropping consistency.

Put into tin and bake in a moderate oven (180°C/350°F or Gas Mark 4) for 1 hour 10 minutes.

COMMENT: *Slice if liked or eat very fresh with butter as you would bread.*

MRS. S. GURTON

POTATO SCONES

$\frac{1}{2}$ *lb. boiled mashed potato*
2 $\frac{1}{2}$ *oz. flour*

3 *tablespoons melted butter*
 $\frac{1}{2}$ *teaspoon salt*

Add melted butter and salt to potatoes and then add as much flour as the potatoes will take without becoming too dry.

Turn on to a floured board and roll until $\frac{1}{4}$ inch in thickness. Cut into triangles, prick with fork and cook on hot girdle turning once.

Serve scones (hot or cold) with honey, syrup or butter.

JOHN JUNOR
Editor – Sunday Express

SHORTBREAD

3 oz. flour
2 oz. sugar
2 oz. cornflour or ground rice

4 oz. margarine, melted to
an oil
4 drops almond or lemon
essence

Pour melted margarine over dry ingredients and mix with a knife. Press into a 6 in. tin or roll out $\frac{1}{4}$ in. thick and cut into shapes.

Cook in a medium oven for 10–15 minutes.

MRS. C. M. BURN

MUNCHIES

$\frac{1}{2}$ cup porridge oats (not instant)
 $\frac{3}{4}$ cup plain flour
1 cup sugar
1 dessertspoon golden syrup
 $\frac{1}{4}$ lb. butter

1 teaspoon bicarbonate of soda
mixed with 2 tablespoons
hot water
1 teaspoon vanilla essence

Mix sugar, flour and oats together. Put butter, syrup and vanilla essence into a saucepan and heat gently until the butter has melted, then add to dry ingredients. Stir in soda mixed with hot water.

Drop teaspoonfuls on greased baking trays (do not put them too close together as they spread) and bake in a moderate oven for about 20 minutes or until golden brown. Place on a wire rack to cool.

MRS. T. CASE

CHERRY BISCUITS

8 oz. self-raising flour
7 oz. butter or margarine
4 oz. caster sugar

1 egg
 $\frac{1}{4}$ teaspoon vanilla or ratafia
essence
3 oz. glacé cherries, chopped

Put all ingredients into a basin and mix thoroughly with a wooden spoon. Using a teaspoon, place spoonfuls of mixture on a greased baking tray.

Bake in a fairly hot oven (200°C/400°F or Gas Mark 6) for about 12 minutes. Cool on a wire tray.

MAKES: 30 biscuits.

MRS. V. MILLARD

IRISH SHORTBREAD

8 oz. butter or margarine, melted
8 oz. plain flour

4 oz. cornflour
2 oz. caster sugar

Melt butter in a saucepan and add to all the other ingredients. Press the mixture evenly into 2 sandwich tins and bake in a moderate oven (170°C/325°F or Gas Mark 3) for 30 minutes. Mark off into sections and sprinkle with caster sugar. Return to a hotter oven (180°C/350°F or Gas Mark 4) for a further 15 minutes.

MRS. J. CLARK The Rectory – Charlwood

SWABIAN-S-BISCUITS

$\frac{1}{2}$ lb. butter
1 lb. flour
 $\frac{1}{4}$ lb. sugar
5 egg yolks

Glaze:
Egg white and sugar

Cream butter until light and fluffy. Add sugar and egg yolks alternately in small quantities. Mix well. Add flour and knead well. (If this mixture is too soft to shape leave it in a cool place until you can work it.)

Roll into 'sausages' about $\frac{3}{8}$ in. thick and give each 'sausage' a neat S-shape. Brush with egg white, sprinkle with sugar and bake in a moderately hot oven (200°C/400°F or Gas Mark 6) for 12 to 15 minutes.

COMMENT: *These biscuits are a must for every Swabian Christmas, and this particular recipe goes back to the early 19th century.*

MRS. J. FARRER

FLAPJACKS

Ingredients:
3 oz. soft brown sugar
3 oz. butter
4 oz. quick porridge oats

Utensils required:
A saucepan
A wooden spoon
8 in. square tin (well greased)
A knife

Put sugar and butter into a saucepan. On a low heat, gently melt butter and sugar but DON'T LET IT BOIL. Remove from heat, add porridge oats and stir in well with a wooden spoon.

Bake in a square tin well greased in a moderate oven (180°C/350°F or Gas Mark 4) for 15–20 minutes until beginning to turn brown. Leave to cool, before it is quite cold mark the squares with a knife, then turn out and separate the squares.

MABELLA FARRER
Aged 13 years

CHOCOLATE NOBS

$\frac{1}{2}$ lb. margarine or butter
2 tablespoons golden syrup
 $\frac{3}{4}$ lb. self-raising flour
 $\frac{1}{2}$ teaspoon bicarbonate of soda

2 oz. cocoa powder
4 oz. sugar
Vanilla to flavour

Melt fat and syrup in a large saucepan, then add dry ingredients and vanilla essence. Flour your hands and roll mixture into golf-sized balls.

Bake on a greased sheet in a moderate oven (Aga baking oven) for 10–15 minutes. Take out when they look underdone as they harden on cooling.

MAKES: 24 good sized ones.

COMMENT: *Children love them.*

MRS. P BENHAM



A R I O U S



VARIOUS

FISH	Savoury Mackerel	81
	Baked Mackerel/Herring Provençale	81
	Robert's Fish Dish	82
	Mushroom and Tuna Scallop	82
	Fish Spread	83
SAUCES	Tarator Sauce	83
	Sue's Chocolate Sauce	83
CHUTNEYS	Apple Chutney	83
	Spicy Apple Chutney	84
	Green Tomato Chutney	84
	Runner Bean Chutney	84
	Pickled Damsons	85
PRESERVES	Mincemeat	85
	Quince and Apple Jam	85
	Lemon Cheese or Curd	86
	Parsley Honey	86
SWEETS	Chocolate Truffles	86
	Coconut Ice	87
DRINKS	Ginger Beer	87
	A Splendid Cocktail for Special Occasions ...	87
	White Wine Cup	88
	Sparkling Peach Cup	88

Photograph on preceding page: Clark's Stores, Charlwood, circa 1906

SAVOURY MACKEREL

*2 medium sized mackerel, heads
removed
2 teaspoons curry powder
½–1 oz. margarine*

*4 tablespoons plain flour,
preferably brown
½ teaspoon salt*

Fillet and slit each fish down the centre. Wash them. Mix the flour, curry powder and salt well together. Lay fillets in a flattish ovenproof dish, as large as you have, and sprinkle them with the flour mixture.

Dot with margarine and bake in the middle of a moderately hot oven (180°C/350°F or Gas Mark 4) for about 20 minutes.

SERVES: 2

LADY FARRER

BAKED MACKEREL / HERRING PROVENCALE

*4 mackerel or herring, heads and
tails removed
2 onions, finely chopped
1 oz. butter, melted
1 lb. tomatoes, skinned and chopped
or 1 can tomatoes
1 teaspoon sugar*

*Salt and pepper
2 tablespoons vinegar,
preferably wine
1 teaspoon mixed herbs
(optional)
Chopped parsley for garnish*

Clean mackerel and slit each fish in half.

Lightly fry the onions in the butter for 5 minutes. Then make a bed of the onions and tomatoes on the bottom of an ovenproof dish (suitable to hold 8 halves of mackerel) and sprinkle with sugar, salt, pepper and vinegar.

Lay the fish in a single layer on top, brush with a little extra melted butter and sprinkle the herbs over, if desired.

Cover with foil or lid and bake in a moderately hot oven (190°C/375°F or Gas Mark 5) for 45 minutes.

Serve piping hot, sprinkled with chopped parsley.

SERVES: 4

COMMENT: *This is a simple, economic dish, ideal for supper. With a large jacket potato you have a complete meal.*

MRS. S. GRANT

ROBERT'S FISH DISH

12 plaice fillets (i.e. 3 quartered whole fish if big ones)
3 large onions, thinly sliced
1 lb. tomatoes, thinly sliced
Salt and pepper
Large amount of grated Cheddar cheese

White sauce:

Dunk the sliced onions in boiling water for 3 minutes reserving the liquor for the white sauce.

Place a layer of tomatoes and onions at the bottom of a casserole dish. On top of this arrange the plaice fillets, rolled and sitting on their tails to keep their shape. Over these put another layer of tomatoes and onions. Season.

Make the white sauce, using the onion liquor, and cover all the ingredients in the casserole. Sprinkle with cheese.

Place under the grill to brown cheese and then bake in a moderate oven (170°C / 325°F or Gas Mark 3) for $\frac{3}{4}$ hour.

Serve with mashed potatoes.

SERVES: 6

COMMENT: *Old wartime recipe from 'Hags Mag.' of the day with additions.*

ROBERT MARSHALL

MUSHROOM AND TUNA SCALLOP

1 tin tuna fish
1 tin condensed mushroom soup
2 oz. white button mushrooms, sliced
1 oz. butter
Salt and pepper

Topping mixture:
Fresh breadcrumbs
Grated cheese
Chopped parsley

Decoration:
Piped potato rosettes
Parsley sprigs

Sauté mushrooms in butter. Add tuna, mushroom soup, salt and pepper to taste. Place in scallop shells or gratinée dish, decorated with piped potato rosettes.

Sprinkle over breadcrumb topping mixture and brown gently on the lower shelf of a moderate oven (170°C / 325°F or Gas Mark 3) for about $\frac{1}{2}$ hour.

Garnish with parsley sprig.

SERVES: 3-4

MRS. S. TRUMBLE
Trumble's Hotel and Restaurant

FISH SPREAD

*15 oz. tin pilchards in
tomato sauce
1 dessertspoon lemon juice
1 tablespoon chopped parsley*

*3 oz. (approximately) fresh
breadcrumbs
Salt and pepper*

Mash pilchards and their sauce, lemon juice and parsley together with a fork or in a blender. Add sufficient breadcrumbs to bind ingredients into a paste. Add salt and pepper to taste.

Put fish spread into small containers (yogurt cartons) and cover.

COMMENT: *Keep one in the refrigerator for immediate use and freeze the rest.*

MRS. M. HARRIS

TARATOR SAUCE

*2 slices white bread, crusts
removed
 $\frac{1}{2}$ lb. ground almonds*

*1 or 2 cloves garlic, crushed
Juice of 1 to 2 lemons
Little water*

Put all ingredients in a liquidiser and beat until smooth.

COMMENT: *This is a tasty sauce to be used with any fish, particularly smoked fish of any kind. It can also be used to make a fish pâté by simply adding smoked fish and whisking further.*

MRS. R. BENTLEY

SUE'S CHOCOLATE SAUCE

*2 oz. margarine
2 tablespoons syrup*

*2 tablespoons sugar
1 heaped dessertspoon cocoa or
drinking chocolate*

Put all ingredients in a small pan and bring slowly to the boil. Boil for 1 minute.

Serve with ice cream.

SERVES: 6

COMMENT: *Boil for longer than 1 minute and it will turn to toffee and remove all fillings!*

MRS. J. LOWE

APPLE CHUTNEY

*2 lb. apples, peeled and chopped
1 lb. onions, chopped
1 teaspoon grated orange peel*

*1 beetroot, chopped
 $\frac{1}{2}$ lb. sultanas
 $\frac{3}{4}$ pint vinegar
Seasoning to taste*

Put all the ingredients into a pan and boil until tender. Bottle, seal and label.

MRS. G. KILLICK

SPICY APPLE CHUTNEY

<i>4 lb. cooking apples, peeled, cored, cut into quarters and sliced</i>	<i>1 pint malt vinegar</i>
<i>2 lb. onions, peeled and chopped</i>	<i>6 oz. sultanas</i>
<i>2 level teaspoons cinnamon</i>	<i>2 lb. granulated or brown sugar</i>
<i>2 pinches ground cloves</i>	<i>1 level teaspoon ground ginger</i>
	<i>1 level tablespoon salt</i>

Put apples, onions, all spices, salt and vinegar into a pan. Bring to the boil, cover pan and simmer for 30–40 minutes until fruit has pulped down. Remove lid and boil to evaporate excess liquid. Stir occasionally.

Add sugar and sultanas and beat gently to dissolve sugar. Stirring all the time, boil until mixture is thick and no liquid remains – about 20 minutes.

Warm jars, cover immediately with greaseproof paper and when cold, cover finally.

MAKES: 7 lb.

MISS M. VERNON

GREEN TOMATO CHUTNEY

<i>2½ lb. green tomatoes, sliced</i>	<i>1 lb. sultanas</i>
<i>1 lb. dates, stoned</i>	<i>½ lb. Demerara sugar</i>
<i>2 lb. apples, peeled, cored and sliced</i>	<i>½ oz. mustard seed</i>
<i>6 shallots, chopped</i>	<i>Salt and cayenne pepper to taste</i>
<i>½ clove garlic, chopped</i>	<i>2 pints white distilled vinegar</i>

Put all the ingredients into a pan and boil to a pulp. Bottle, seal and label.

COMMENT: *This was a recipe used by my mother and is one that we and those to whom we have given it agree takes some improving upon!*

DAVID LESLIE

RUNNER BEAN CHUTNEY

<i>2 lb. runner beans after stringing, chopped</i>	<i>1 teaspoon dry mustard</i>
<i>1½ lb. onions, finely chopped</i>	<i>1½ pints vinegar</i>
<i>2½ tablespoons cornflour</i>	<i>2 lb. Demerara sugar</i>
<i>1 teaspoon turmeric</i>	<i>A little salt</i>

Cook the beans with a little salt until tender, strain. Cook onions in 1 pint of the vinegar until tender, then add the beans and cook for 15 minutes. Mix the turmeric, mustard, cornflour and a little salt with the remaining vinegar and add with the sugar, to the beans and onions. Boil gently for a further 15 minutes.

When cool, pot and when cold, seal. Use jars that have been scalded and left to cool.

COMMENT: *This chutney keeps almost indefinitely and is very cheap to make.*

MRS. H. G. MITCHELL

PICKLED DAMSONS

1½ lb. damsons

1 lb. sugar

¼ pint white wine vinegar

5 cloves

2 chillies

1 piece mace

Boil sugar and vinegar for 5 minutes and pour immediately over fruit. Leave overnight.

Next day pour off liquid into a saucepan. Add the cloves, chillies and mace and boil for 5 minutes. Then pour back over fruit and leave for a further 12 hours.

The following day simmer fruit and syrup together for 5 minutes. When cool, pour into pots and seal.

COMMENT: *A family recipe handed down from the early 1800's. Delicious with cold cooked meats.*

MRS. M. FARAGHER

MINCEMEAT

1½ lb. stoned raisins

1½ lb. currants

1½ lb. suet, finely chopped

*3 large lemons, grated rind
and juice*

3 tablespoons orange marmalade

1½ teacups brandy

2 lb. moist sugar

½ lb. mixed peel

*2 lb. large cooking apples,
peeled and cored*

Mince the raisins, half the currants, the peel, apples and marmalade. Add the suet, lemon rind, sugar, rest of the currants and mix with the lemon juice and brandy.

Mix well every day for a week, then tie down as for jam.

MAKES: 9–10 lb.

COMMENT: *Old-fashioned recipe.*

MRS. C. M. WINGATE-SAUL

QUINCE AND APPLE JAM

*6 lb. quinces, peeled, cored and
finely chopped*

2 lb. apples, peeled and sliced

*6 lb. sugar (approx.) i.e. to each 1 lb
pulp add 1 lb. sugar*

Put peel and core and any poor fruit into a stewpan. Cover with water and boil until soft – about 1 hour. Strain through a sieve.

Put this juice and chopped quinces into a pan and boil to a pulp – about 1 hour. Cook apples and add to pulp. Add correct quantity of sugar according to the amount of pulp and dissolve slowly for ¼ hour. Boil rapidly for ¼ hour or until setting point is reached.

MRS. M. WICKENS

LEMON CHEESE OR CURD

*1 lb. lump sugar
6 oz. butter, melted*

*2 lemons, grated rind and juice
3 eggs, beaten*

Melt butter in a double saucepan. Add all the other ingredients and cook until the cheese begins to thicken – about 30 to 40 minutes.

MAKES: About 2 lb.

COMMENT: *This recipe is from Lancashire. It can be used for spreads on bread, tart fillings or filling for a lemon sponge.*

MRS. M. KNOX

PARSLEY HONEY

*½ lb. parsley
1 dessertspoon vinegar*

*Water to cover
1 lb. sugar to one pint of
juice*

Put parsley and water to cover in a pan and cook until it becomes a brown colour. Strain. Add one pound of sugar to one pint of juice and boil as for jam – about 20 minutes or until setting point is reached. Add vinegar and bottle while hot.

COMMENT: *This was a wartime health recipe, when fresh fruit was scarce – it is sweet – one drop of green colouring improves the appearance.*

MISS D. F. BIRCH

CHOCOLATE TRUFFLES

*2 oz. cooking chocolate
1 oz. margarine
1½ heaped tablespoons icing sugar*

*1 egg yolk
Vanilla essence
1 tablespoon chocolate strands*

1. Break the chocolate into a small bowl.
2. Stand the bowl in a saucepan containing about 15 mm ($\frac{1}{2}$ in.) water.
3. Heat slowly stirring all the time until the chocolate has melted. Remove from the heat.
4. Cream the margarine and sieved icing sugar.
5. Separate the egg into yolk and white. Add the yolk to the creamed margarine.
6. Add a drop of vanilla essence.
7. Slowly add the melted chocolate and beat well.
8. Leave to thicken.
9. Roll into balls.
10. Roll in chocolate strands and put into paper cases.

LUKE FARRER
Aged 8 years

COCONUT ICE

*1 lb. granulated sugar
½ pint milk*

*6 oz. dessicated coconut
Few drops food colouring, red,
green or yellow*

Put sugar and milk into medium size saucepan and boil together for 10 minutes. Add a few drops of food colouring of your choice to make coconut ice the required colour. Remove from heat and quickly add coconut and stir well.

Pour into greased shallow tin and mark into squares. Leave until cold. Carefully remove squares of coconut ice, wrap in greaseproof paper and store in an air-tight tin.

COMMENT: *These sweets are easily made by older children and if one or two batches of different colours are made, the coconut ice can be put in pretty jars or boxes and make excellent presents.*

MRS. J. BROWNLOW

GINGER BEER

*2 lemons
1½ lb./700 g. granulated sugar
1 oz./25 g. bruised root ginger
½ oz./15 g. cream of tartar*

*3 quarts/3½ litres boiling
water
1 oz./25 g. fresh yeast
1 slice of toast*

Pare off yellow part of lemon rind and squeeze juice into a bowl plus the rind. Add sugar, ginger and cream of tartar. Pour the boiling water over and stir. When luke warm, add the yeast, creamed with a little of the beer, and spread on the toast.

Ferment for 24 hours standing in a warm place like an Aga. Then skim, strain, bottle and tie down securely.

The beer will be ready to drink in three days.

COMMENT: *I use cider-type screw top bottles.*

ROGER SEWILL
Aged 14 years

A SPLENDID COCKTAIL FOR SPECIAL OCCASIONS

*2 bottles claret
¼ bottle whisky
¼ bottle brandy*

*¼ bottle Cointreau
1 tin peaches*

Mix altogether in large container and stir gently. Leave to stand for 2–3 hours in a cool place. Strain well before using.

COMMENT: *Do not throw away the peaches! These served with cream will provide you with a special pudding for the following day.*

MRS. N. E. KIRKHAM BULL

WHITE WINE CUP

2 lemons
1 orange
 $\frac{1}{2}$ pint soda water
2-3 oz. sugar
2 bottles white wine
1 wine glass brandy

Decoration:
Cucumber
Mint
Orange pieces
Ice cubes

Pare the rind of lemons and orange, squeeze the juice and keep separate. Simmer peel in water (to cover) for 5 minutes. Strain, add sugar and stir until dissolved. Allow to cool. Add juice, wine, brandy and soda water.

Serve with ice cubes, cucumber, mint and orange pieces.

SERVES: 16 glasses

COMMENT: *Excellent for those rare English summer evenings.*

MRS. E. McGRIGOR

SPARKLING PEACH CUP

1 bottle rosé wine, chilled
1 bottle white wine, chilled
1 miniature bottle peach brandy
2 tablespoons medium sweet sherry
1 level tablespoon caster sugar
15 $\frac{1}{2}$ oz. can peach slices
 $\frac{1}{2}$ pint pure apple juice
 $\frac{1}{2}$ pint lemonade

Decoration:
Orange
Lemon
Cucumber
Ice cubes

Place brandy, sherry and sugar in a large punch bowl and stir until sugar has dissolved. Add peaches, wine and apple juice and leave in a cool place for about 1 hour.

Just before serving, add lemonade and ice cubes and float slices of orange, lemon and cucumber on top.

MAKES: 20 glasses

ROSEMARY
Half Moon – Charlwood

CHARLWOOD VILLAGE 900th CELEBRATION CAKE

<i>5½ lb. currants</i>	<i>3½ lb. flour</i>
<i>2 lb. sultanas</i>	<i>1½ teaspoons ground mace</i>
<i>2 lb. raisins</i>	<i>3 teaspoons cinnamon</i>
<i>1 lb. sweet almonds</i>	<i>Caramel</i>
<i>1½ lb. glacé cherries</i>	<i>Salt</i>
<i>1 lb. mixed peel</i>	<i>3 lb. butter</i>
<i>1 lemon</i>	<i>3 lb. caster sugar</i>
<i>1 bottle Remy Martin brandy</i>	<i>24 large eggs</i>

Marzipan: *6 lb. almond paste*

Royal Icing: *16 lb. icing sugar, 4 dozen eggs*

Finished weight of cake: *45 lb.*

Prepare in the same way as for any rich fruit cake.

MAKES: *4 square cakes or a 3-tier wedding cake.*

MRS. J. PARSONS

CHARLWOOD 900 CUP

<i>2 gallons still cider</i>	<i>1 bottle lime juice</i>
<i>½ gallon white wine</i>	<i>1 tablespoon Angostura Bitters</i>
<i>½ bottle Pimms</i>	<i>2 eating apples</i>
<i>½ bottle brandy</i>	<i>2 sweet oranges</i>
<i>1 bottle lemon squash</i>	<i>2 limes or lemons or both</i>
<i>1 bottle orange squash</i>	<i>10 cloves</i>

Slice up all the fruit with skins left on and place in a large saucepan – to hold at least 4 gallons – then place all the other ingredients with the fruit.

Bring mix to the boil and then turn down the heat and simmer for 1 hour.

Remove all the cooked fruit from the liquid and replace with slices of fresh fruit, only after the liquid has cooled down.

Serve in wine glasses either hot or cold.

MAKES: *240 glasses.* Approximate cost *£12.00 or 20p per glass.*

A. R. DIGBY OVENS
The Rising Sun – Charlwood



