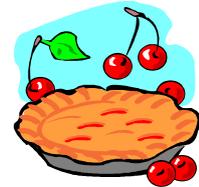




# DEWI Members' Family Favourites



Dormans Evening WI

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# Starters





## SPICED PARSNIP AND APPLE SOUP

Serves 6

Served at Priory Farm

1½ lb/675 g parsnips  
1 large onion  
2 cloves garlic  
1 bramley apple  
2 oz/56 g dried apricots  
2 tablespoons vegetable oil  
2 pints vegetable stock

1 teaspoon coriander seeds  
1 teaspoon cumin seeds  
1 teaspoon turmeric  
1 teaspoon ground ginger  
½ pint/300 ml milk or cream  
Salt and pepper

First dry roast the coriander and cumin seeds in a small pan over a medium heat for 2 – 3 minutes until they start popping, then crush the seeds in a pestle and mortar. Sauté the chopped onion in the oil for 5 minutes until soft, add the crushed garlic, then all the crushed spices, turmeric and ginger. Stir well to combine, then cook very gently for 3 more minutes. Peel and chop the parsnips and add to the pan, stirring well. Peel, core and chop the apple and add to the pan with the apricots, stock and a little seasoning. Simmer gently until the fruit and vegetables are tender. Remove from the heat and allow to cool slightly before transferring to a food processor and liquidising to a smooth consistency. To serve, return the soup to a clean pan, add the milk or cream, test the seasoning and reheat very gently.

A little more cream may be swirled on top of each bowl for the perfect finish.

**Joan Thomas**

### *FIVE-MINUTE STARTERS*

*Wrap prosciutto ham round slices of pear or melon and shavings of Parmesan.*

~~~~

*Buy specialist chutney or savoury jam. Serve with bread and goats cheese.*

~~~~

*Mix a jar of roasted peppers with sherry, vinegar, olive oil and honey. Scoop up with fresh breads.*

**Pat Wilson**

## ERWTENSOEP (THICK PEA SOUP)

*Serves 4 – 6*

*The national soup of the Netherlands – a meal in itself. No Dutch recipe book would be complete without this one.*

16 oz/500 g split peas  
3 cloves  
1 whole onion  
1½ level teaspoons salt  
1 level teaspoon dried thyme  
½ celeriac or 2 sticks celery  
12 oz/350 g smoked boiling sausage

Rinse the peas and soak them overnight in the water (some brands are specially treated and do not need to be soaked – follow the manufacturer's instructions). Bring the peas to the boil in the water in which they have been soaked. Stick the cloves and bay leaf into the peeled onion and add it to the peas, together with the pig's trotters or bacon, salt, pepper and thyme. Cover the pan and simmer the soup for about 2 hours, until the peas are tender. Remove the onion, cloves and bay leaf and rub the soup through a sieve. Clean and slice the leeks and celeriac or celery, peel and chop the potatoes and add them to the soup together

4½ pints/2¾ litres water  
1 bay leaf  
2 pig's trotters or 8 oz/250 g boiling bacon  
Freshly ground pepper  
4 leeks  
3 medium potatoes  
2 level tablespoons chopped parsley

with the sausage. Bring the soup back to the boil and simmer for a further 45 minutes. Slice the sausage, remove the meat from the pig's trotters and return sausage and meat to the pan. Adjust the seasoning, sprinkle the soup with chopped parsley and serve with chunks of rye bread or pumpernickel.

**Margaret Watson**

*Of soup and love, the first is best*

**Spanish Proverb**

## CREAM OF MUSHROOM SOUP

Serves 6

3 oz/85 g butter  
1 large onion, finely chopped  
1 clove garlic, crushed  
12 oz/340 g mushrooms  
2 oz/56 g flour  
1 pint/600 ml chicken stock  
Salt & pepper  
Good pinch ground nutmeg  
1 pint/600 ml milk  
1 – 2 teaspoons lemon juice  
¼ pint/142 ml single cream  
Parsley for garnish

Fry onions and garlic gently in butter until soft. Roughly chop half the mushrooms, add to the pan and fry until soft. Stir in flour until well mixed then gradually add stock and bring to the boil. Season well, add nutmeg, cover and simmer for 15 – 20 minutes. Stir now and again to prevent sticking. Sieve or liquidise soup and return to pan. Finely chop the remaining mushrooms and add to the soup with the milk. Bring back to the boil and simmer for 10 minutes.\* Add lemon juice and cream and reheat but do not boil. Serve with a little garnish.

\* Can be frozen at this point – thaw, reheat gently to boiling then add lemon juice and cream.

**Patti Hennessy**

## COURGETTE AND BOURSIN SOUP

Serves 6

2 lb/900 g courgettes  
2 onions  
Olive oil  
2 tubs of Boursin  
2 pints/1200 ml vegetable stock  
Salt & pepper

Cook onions and courgettes in olive oil until soft. Add stock and simmer for about 15 minutes until cooked. Add Boursin and pepper & salt, then liquidise.

*It's that simple!*

**Karil Greenhalgh**

.....  
According to the Guinness Book of Records, the smelliest cheese in the world is the Limburger from Belgium. We decided to send some through the post to our friends, but unfortunately there was a postal strike and it took several weeks to get to its destination. I leave the rest to your imagination.

**Anne**

## PEA & PESTO SOUP

*Serves 6 – 8*

4 chicken or vegetable stock cubes  
6 cloves of garlic, finely chopped  
2 pints/1200 ml water  
1 x 2 lb/900 g packet of frozen petit pois  
½ x 7 oz/190 g jar of pesto  
Salt & black pepper to taste  
Half fat crème fraiche to serve

Put stock cubes and garlic in saucepan and pour in 1 pint of the water. Bring to boil, then add the peas. Bring back to the boil, cover and simmer gently for 3 minutes. Remove the pan from the heat and transfer only the peas to a processor using a large draining spoon. Process for about 3 minutes so that the peas are reduced to a smooth purée. Leaving the machine running, add the cooking liquid to the purée. Return all liquid to the pan and stir in remaining 1 pint of water and the pesto. Reheat to boiling point. Season.

Serve with half-fat crème fraiche

**Karil Greenhalgh**

## SALMON PATE

*Serves 4-6*

1 lb/453 g of salmon fillets, cooked and cooled  
2 oz/56 g unsalted butter, softened  
Juice of 1 lemon  
2 tablespoons creamed horseradish  
Large pinch of cayenne pepper  
Large pinch of nutmeg  
Salt & pepper  
1 small carton soured cream  
4 tablespoons chopped chives

Flake half the salmon into a food processor with the butter, juice, horseradish and spices. Pulse to combine. Add the rest of the fish – flaked, soured cream and chives and mix together. Check seasoning. Place in fridge to chill.

*Laughter is brightest where food is best*

**Irish Proverb**

## LIVER PATE

*Serves 6 as a starter*

*This recipe was passed to me by a very dear friend. Lovely to have on the menu at Christmas. It freezes well.*

8 oz/226 g lambs or chicken livers  
1 onion chopped  
1 clove of garlic  
8 oz/226 g sausage meat  
1 egg  
1 tablespoon chopped parsley  
Pinch of mixed herbs  
½ teaspoon salt, pepper  
6 streaky bacon rashers  
2 – 3 tablespoons sherry (*optional*)

Mince liver in the liquidiser with onion and garlic, then add sausage meat. Beat egg, add herbs, seasoning and mix, then add the sherry. Butter a pie dish, then line the bottom and sides with bacon. Fill dish with the mixture and spread flat. Place bacon on the top. Cover with buttered paper and foil or lid. Place dish in tin of cold water and bake for 1½ hours gas mark 5, 375°F, 190°C. Remove from oven, cover with fresh buttered paper, weight, and leave overnight until quite cold.

**Joan Thomas**

## MANGO AND PRAWN STARTER

*Serves 4*

2 ripe mangos  
Good quality prawns  
1 small clove of garlic  
Sweet chilli sauce  
Bunch fresh coriander  
Mixed lettuce leaves to serve

Pulp one peeled mango in a blender or thoroughly mash. Add finely chopped garlic clove, 2-3 teaspoons of sweet chilli sauce, and 1 tablespoon of finely chopped coriander. Mix in shelled prawns. Serve on mixed leaves with slices of the second mango to garnish.

*You can use finely chopped spring onion in place of garlic if a milder taste is required. The mix is good to spoon into crustade cases or onto Little Gem lettuce leaves for a buffet item.*

**Pat Staines**

## SALMON AND HERB ROULADE

*Serves 8 as a starter or 6 as a main course*

*This is very easy yet looks impressive.*

- 1 oz/28 g butter
- 1 oz/28 g plain flour
- ½ pint/284 ml milk
- 2 eggs separated
- 3 tablespoons chopped fresh herbs (*any combination of dill, chives, parsley or coriander*)
- 8 oz/227 g low fat soft cheese (*e.g. Philadelphia Light*)
- 1 tablespoon milk
- 1 teaspoon lemon juice
- Salt & pepper
- 4 oz/113 g cooked peeled prawns
- 4 oz/113 g smoked salmon pieces

Grease and line 13" x 8" Swiss roll tin with parchment paper. Melt butter in pan, stir in flour and cook for one minute stirring continuously. Gradually add milk and bring to boil, simmer for few minutes to cook flour. Remove from heat and stir in egg yolks and herbs. Whisk egg whites until stiff and fold into mixture, pour into tin. Bake at gas mark 6, 400°F, 200°C for 12 minutes. Turn out onto sheet of greaseproof paper and damp tea towel. Mix cheese with milk and lemon juice, season to taste. When roulade is cool, spread over cheese mixture and sprinkle with prawns and smoked salmon. Roll up from long side using greaseproof paper, wrap damp tea towel loosely round and cool. Refrigerate until needed. Can be left overnight.

**Shirley Hunt**

## WATERCRESS AND PRAWN ROULADE WITH MASCARPONE CHEESE

*Serves 8*

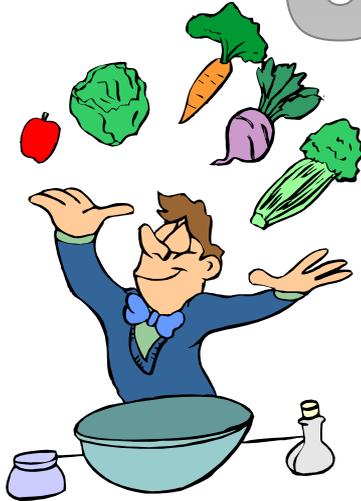
- 6 oz/170 g watercress, chopped
- 3 eggs yolks
- 2 tablespoons grated Parmesan cheese
- 4 egg whites
- 4 oz/113 g mascarpone cheese
- 2 sticks celery, finely chopped
- 4 oz/113 g prawns, roughly chopped
- Salt and pepper

Pre-heat oven to gas mark 5, 375°F, 190°C and line a 9" x 13" Swiss roll tin with baking parchment. Mix the watercress, egg yolks, seasoning and parmesan cheese together. Whisk the egg whites until stiff but not dry and fold into the watercress mixture. Pour into the prepared tin and bake for 10 – 15 minutes until the roulade is well risen, set and springy to the touch. Allow to cool in the tin while preparing the filling. Mix the mascarpone, celery and prawns together. Turn the roulade out on to a clean piece of parchment and then spread the filling all over it. Roll up the roulade carefully from one long side. Have a large flat plate ready to put it on.

*Slice into 8 pieces. Serve cold with watercress.*

**Pat Wilson**

# Vegetarian Dishes









## BORLOTTI BEAN GOULASH

*Serves 4*

2 tablespoons extra virgin olive oil  
1 onion chopped  
2 carrots sliced  
2 red peppers, cored, de-seeded & diced  
8 oz/250 g sweet potato, cubed  
2 tablespoons paprika  
1 teaspoon caraway seeds  
1 teaspoon cayenne pepper  
1 pint/600 ml vegetable stock

Heat the oil in a large flameproof casserole and add the onions, carrots and caraway seeds. Fry for 5 minutes, then add the peppers, sweet potato, paprika and cayenne and fry for a further 5 minutes. Stir in stock, tomato puree and drained borlotti beans, bring to the boil, cover and cook over a low heat for 30 minutes. Meanwhile make the dumplings. Sift the flour and salt into a bowl and stir in the suet, cheese, salt and a little pepper. Working quickly and lightly, gradually mix in 4 or 5 tablespoons of cold water – just enough to make a firm dough. Shape into 12 small balls.

Add the dumplings to the goulash, cover and cook over a gentle heat for a further 20 minutes, until

2 tablespoons tomato puree  
14 oz/425 g can of borlotti beans, drained

### For the dumplings

3 oz/75 g self raising flour  
2 oz/50 g vegetarian suet  
½ oz/15 g vegetarian cheddar cheese, grated  
½ teaspoon salt  
Pepper

the vegetables are tender and the dumplings light and fluffy.

*Preparation time: 20 minutes.*

*Cooking time: 50 – 60 minutes*

**Helen Stanford**

## VEGETABLE CRUMBLE

*Serves 2 – 3*

2 sticks of celery, sliced  
1 small onion  
1 small cauliflower cut into sprigs  
1 x 7oz/200 g can tomatoes  
½ oz/14 g butter  
1 x 5oz/140 g can condensed mushroom soup

### For the crumble topping

½ oz/14 g butter  
1½ oz/42g flour  
2 oz/60 g grated cheddar cheese  
1 oz/28 g chopped peanuts

Melt butter and sauté vegetables for 5 minutes. Add tomatoes and soup and simmer for 10 minutes. Pour into ovenproof dish. Top with crumble.

Bake for 30 minutes gas mark 6, 400°F, 200°C.  
Serve with baked potatoes.

**Pauline Esgate**

## FOUR CHEESE AND NUT TART

*Serves 4*

*An alternative to Christmas turkey*

5 oz/150 g rich shortcrust pastry  
2 oz/50 g walnut halves  
4 egg yolks  
1 bunch spring onions, finely chopped  
7 oz/200 g Light Philadelphia cheese  
4 ½ oz/125 g Mascarpone cheese  
9 oz/250 g Wensleydale cheese  
¾ oz/20 g freshly grated Parmesan

1 x 20cms/8" springform cake tin oiled

Preheat oven to gas mark 4, 350°F, 180°C (*160°C for fan oven*). Roll out pastry and cut out a 23 cms/9" circle. Line cake tin, prick with a fork and bake for 20 minutes. Toast walnuts on a baking tray at the same time for about 5 minutes. Meanwhile mix together egg yolks, spring onions, Philadelphia, Mascarpone and some black pepper. Roughly chop walnuts and add those too. Cut Wensleydale into chunks and scatter it over the pastry. Spoon on the filling and scatter over the Parmesan.

Bake in oven for 30 minutes. Let it rest for 10 minutes before serving.

**Patti Hennessy** (*with acknowledgement to Sheila Gray*)

# DENISE'S VEGETABLE CURRY

Serves 4

8 oz/250 g leeks  
1 small cauliflower  
8 oz/250 g peeled potatoes  
2 small onions  
1 small cooking apple  
8 oz/250 g tomatoes  
1 x can celery hearts (*optional*)  
1 teaspoon of salt

Pinch of pepper  
1 heaped tablespoon flour  
1 level tablespoon turmeric  
2 oz/50 g vegetable fat  
1 dessertspoon curry powder  
1 pinch coriander seed (*optional*)  
3 large tablespoons Mango Chutney  
½ pint/325 ml water

Cut up leeks, slice potatoes and onions, chop apple and tomatoes, cut cauliflower into florets. Mix flour and turmeric in a large bowl; toss in vegetables – leeks, onions, potatoes and cauliflower. Fry tossed vegetables in melted fat in large saucepan and stir occasionally for about 5 minutes. Add apple, tomato, curry powder, coriander, chutney, seasoning and water. Mix well and cook with a cover on, over a medium heat for 30 minutes.

*If using celery hearts, drain water from them and add 5 minutes before the end of the cooking time, to heat through.*

**Marjorie Ellett**

.....  
• A woman was in court for shoplifting a tin of peaches. The judge  
• asked the woman how many peaches were in the tin. “Six”,  
• replied the woman. “This is a very serious offence, so you will go  
• to prison for six months – one month for every peach”, declared  
• the judge. The woman’s husband was heard to call out “Will you  
• be taking the tin of peas into account?”  
• .....

## BEETROOT AND HORSERADISH PIE

*Serves 4-6*

*A firm favourite with DEWI members*

16 oz/500 g shortcrust pastry  
4 oz/100 g grated cheddar cheese  
5 tablespoons creamed horseradish  
1 onion finely chopped  
16 oz/500 g cooked beetroot, sliced  
1 medium egg, beaten, to glaze

Preheat oven to gas mark 6, 400°F, 200°C. Roll out pastry to line 20 cm flan dish; leave enough to cover dish. Spread 1/3 horseradish over pastry, then sprinkle 1/3 grated cheese, add 1/3 chopped onion, then 1/3 beetroot. Repeat twice, using all ingredients. Brush edges of pastry with beaten egg, cover with pastry lid and press down edges to seal. Brush top with egg. Make small steam hole in centre.

Bake in oven for 20 – 25 minutes. Leave to cool for 5 minutes before serving.

*Preparation time: 30 minutes.*

**Doreen Charman**

## GRATIN OF COURGETTE, AUBERGINE AND GARBANZO BEANS

*Serves 4-6*

410 g tin of Garbanzo beans  
3 tablespoons olive oil  
2 small onions, quartered  
1 large green pepper, seeded and cut into pieces  
12 oz/375 g aubergines, cut into ½" slices  
12 oz/375 g courgettes, cut into ½" slices  
4 cloves garlic, finely chopped  
9 oz/280 g fresh or canned tomatoes, peeled and chopped  
8 oz/250 ml vegetable stock  
¼ teaspoon red pepper flakes  
¼ cup chopped fresh basil or 2 tablespoons dried basil  
1 teaspoon chopped fresh or ½ teaspoon dried thyme  
½ cup freshly grated Parmesan cheese  
Salt and pepper to taste

In large frying pan over medium heat, warm olive oil. Fry onions and green pepper, cook till soft - about 10 minutes. Add aubergine, garlic and courgette, and cook for a further 10 minutes. Increase heat to high, add tomatoes, stock, red pepper flakes, basil, thyme and garbanzo beans. Bring back to boil, then simmer, uncovered, for 30 minutes. Season with salt and pepper. Oil 2 quart ovenproof dish and place mixture into dish. Sprinkle with parmesan. Bake at gas mark 5, 375°F, 190°C for about 20 minutes till golden and bubbling round the edges. Let stand for 10 minutes. Spoon onto warmed plates and serve with crusty garlic bread.

**Marlene Hughes**

# Fish Dishes





## SPANISH STYLE BAKED FISH

*Serves 6*

*Easy – allow 15 minutes to make and an hour in oven*

2 lb 4 oz/1 kg waxy new potatoes, such as Charlotte, sliced thinly and patted dry with kitchen paper  
4 garlic cloves, thinly sliced  
2 large red onions, cut into wedges  
2 red peppers and 2 yellow peppers, seeded and cut into chunks  
5 tablespoons extra virgin olive oil  
5 oz/140 g black olives  
6 bay leaves  
6 thick cut haddock/cod fillets, each approx. 6 oz/170 g  
Juice of 1 small lemon  
2 oz/50 g pot of fresh pesto sauce

Pre-heat oven gas mark 6, 400°F, 200°C. Into large shallow roasting tin or ovenproof dish toss potatoes, garlic, red onions, peppers and 4 tablespoons olive oil. Roast for 45 minutes until vegetables are beginning to soften and turn golden around the edges. Scatter olives and bay leaves over veg, then sit the fish on top in one layer. Mix remaining oil, lemon juice and pesto together and spoon over fish fillets. Season with a little salt and plenty of ground black pepper. Roast for 15 minutes.

Serve straight away with extra lemon wedges and a crisp green salad.

## SAUCY COD

*Serves 4*

4 cod portions (*frozen cod is fine*)  
1 oz/28 g plain flour  
½ pint/284 ml milk  
2 oz/56 g butter  
1 small onion, finely chopped  
1 tomato, chopped  
1 teaspoon/5 ml Worcester sauce  
½ teaspoon paprika  
½ teaspoon salt  
¼ teaspoon black pepper  
A few drops of Tabasco sauce

Melt the butter in a saucepan and add onion, tomato and seasonings. Blend flour with a little of the milk and add to the pan. Add the remaining milk, then heat, stirring until thickened. Place the fish in the sauce. Simmer for 15 minutes or until cod is cooked.

**Doreen Charman**

.....  
: *Both these recipes remind me of happy Spanish holidays - Doreen* :  
.....

## THAI PRAWN CURRY

*Serves 4*

### For curry paste

½ teaspoon ground cumin  
1 heaped teaspoon ground coriander  
2-3 green chillies  
3 inches root ginger  
3 lemongrass stalks, trimmed and chopped  
4 garlic cloves  
4 handfuls fresh coriander with stalks  
6 spring onions  
Zest of 1 lime and juice of 2 limes  
2 tablespoons olive oil

### For the prawn curry

8 oz/227 g small green beans  
8 oz/227 g baby sweetcorn  
400 ml can of coconut milk  
2-3 tablespoons soy sauce  
10 oz/300 g packet of large prawns

Put all the paste ingredients into a food processor and mix into a fine paste. Put oil, green beans and corn into wok and stir-fry for 30 seconds. Add curry paste and coconut milk, bring to the boil and simmer for 5 minutes. Season with soy sauce, add the prawns and cook for two minutes. Serve immediately with boiled rice.

*Alternatives - Use sliced chicken breast instead of prawns for a chicken curry, or extra vegetables for a vegetarian curry. Or coat pieces of fish with the paste, and bake in the oven.*

**Anne van Vliet**

## CRUNCHY TOPPED SALMON

*Serves 2*

2 salmon fillets  
Small packet crisps (*salted or cheese & onion work well*)  
2 tablespoons passata or sugocasa or a ripe tomato, sliced thinly.  
2 tablespoons grated strong Cheddar or Parmesan cheese  
Salt, pepper and mixed herbs to season

Heat a non-stick pan and cook fillets skin side down until skin is crisp. Heat grill. Remove pan from stove, spread pulped tomato onto each piece of fish. Mix crushed crisps, cheese and herbs to taste. Heap generously onto each tomato topped piece of fish. Dot with a small amount of butter. Put under hot grill until top is brown and crisp, and salmon cooked through.

**Pat Staines**

# Main Courses





## CHICKEN BAKE

*Serves 4*

*My friend Isobel brought this as her contribution to a Scottish country dancing New Year's Eve dance and it has remained one of my favourites.*

4 skinned and boned chicken breasts  
4 bacon rashers  
1 tin of Campbell's condensed mushroom soup  
*(or why not try a different flavour?)*  
½ pint/284 ml soured cream  
Sliced mushrooms  
Paprika

Wrap bacon around each chicken breast. Add soup and soured cream. Top with sliced mushrooms. Smother with paprika. Bake uncovered in moderate oven for 1¼ hours. Serve with rice or potatoes and vegetables.

**Pauline Esgate**

## STIR-FRIED CHICKEN WITH LIME AND COCONUT

*Serves 2*

2 boneless, skinless chicken breasts  
Grated zest and juice of 1 large lime  
5 fl oz/150 ml tinned coconut milk  
1 dessertspoon olive oil  
1 green chilli, de-seeded and finely chopped  
1 dessertspoon Thai fish sauce  
4 heaped tablespoons fresh coriander leaves  
4 spring onions, cut into 1 inch (2.5 cm) shreds  
*(including the green parts)* to garnish

*Use a wok or large frying pan.*

First, chop the chicken into bite-sized pieces and place them in a bowl with the lime juice and zest. Stir well, cover and leave to marinate in a cool place for an hour.

Then, heat the oil in the pan over a high heat, add the chicken pieces and stir-fry for 3-4 minutes, until they are golden. Then add the chilli, stir-fry for 1 more minute, and add the coconut milk, fish sauce, half the coriander and half the spring onions. Cook for another 1-2 minutes, then serve with the remaining coriander and the spring onions sprinkled over.

Serve with Thai fragrant rice.

**Rob Rushton**

## LEMON CHICKEN DOUBLE CRUST PIE

*Serves 6*

3 lb/1½ kg oven-ready chicken  
1 ½ oz/45 g butter  
1-2 oz/28-56 g grated cheese  
2 level tablespoons chopped parsley  
Grated rind and juice of a lemon  
Salt and black pepper  
12 oz/340 g short crust pastry (12 oz flour etc)  
Beaten egg or milk to glaze

Preheat oven at gas mark 5, 375°F, 190°C and cook chicken for about 1½ hours. Cool and drain off chicken juices and make up to ½ pint/284 ml with water. Skin chicken, strip meat from bird and roughly chop (I use scissors). Melt butter in pan, stir in the flour, cook 1-2 minutes. Blend in chicken juices to make a sauce; simmer for a few minutes; stir in cheese, chicken, parsley, lemon rind and 2-3 tablespoons of lemon juice. Adjust seasoning and allow to cool.

Line a deep casserole dish with half the rolled pastry. Spread filling over. Damp edges and add the pastry lid. Seal the edges, make a slit in the centre, brush with egg or milk and bake at gas mark 6, 400°F, 200°C for about 45 minutes.

*Delicious!*

**Enid Marten**

## LAMB AND AUBERGINE STEW

*Serves 2-3*

14 oz/400 g lamb neck fillets  
1 large aubergine, roughly chopped  
1 medium onion, chopped or sliced  
1 garlic clove, crushed  
1 x 400 g can of chopped tomatoes  
Tomato purée  
Small bunch of fresh mint  
2 tablespoons olive oil  
A splash of wine (*optional*)  
Salt and pepper  
Plain yoghurt to serve

With a sharp knife, cut the meat into very thin slices. Don't trim off the fat, it makes the meat tasty and moist.

Heat the olive oil in a large heavy saucepan, add the onion and cook over a low heat for five minutes until softened but not browned. Add lamb, aubergine and garlic, and stir for about five minutes until lamb and aubergine are lightly browned. Pour in tomatoes, then fill the can with water and pour into pan. Add a good squirt of tomato purée. If desired add a splash of red or white wine. Season well with salt and pepper. Stir well, bring just to the boil and cover. Lower the heat and simmer for 30/40 minutes until the lamb is tender. Stir in some fresh mint, roughly chopped and sprinkle some on top and serve with plain yoghurt.

**Doreen Charman**

## ITALIAN LAMB

*This is my husband Nigel's special recipe, known affectionately by the boys who cook it as Schito (Skee-Toh) Lamb. Schito is a small village in Le Marche, on the Adriatic side of Italy, where we spend our holidays.*

3 tablespoons olive oil  
1 leg of lamb  
1 large onion, sliced  
2 tablespoons of cooking brandy  
10 peeled cloves of garlic

1 beefsteak tomato  
10 springs of thyme, tied together  
½ pint/284 ml red wine  
4 oz/113 g black olives  
Pepper and salt

Preheat the oven to gas mark 3, 325F, 170C. Remove the skin and as much fat as possible from the lamb. Heat the olive oil in a large lidded casserole, then brown the lamb on all sides; remove the lamb. Add the onion to the oil and cook until the onion begins to brown, then return the lamb to the casserole. Now add the brandy, first lighting it with a match, then pour it the length of the lamb. Peel the tomato by scoring the skin and submerging it in boiling water for a minute, de-seed the tomato, slice and add to the dish. Add the garlic, thyme and half the red wine, season and put the lidded casserole in the middle of the oven and cook for 1½ hours, turning once. Add the remaining wine and the olives and cook for a further hour. Take out of the oven and rest the meat for 10 minutes, then remove to a carving

plate. When served, ladle the juices from the casserole over the sliced meat. Serve with roast potatoes and boiled vegetables plus a bottle of full-bodied red wine.

**Jenny Philp**

### *Three tangy tips*

*When you have squeezed a lemon, don't waste the shell – pop it in the freezer and use it for zest when required – it grates beautifully from frozen.*

*If you only use half a lemon, slice the other half, freeze the slices on baking parchment, then pack when frozen. They are always handy for drinks or a jug of water.*

*If you have used the zest of a lemon, don't leave the bald lemon lying around until it shrivels, slice it and freeze. It won't matter that the rind is missing.*

**Betty M**

## PORK POLYNESIAN

Serves 6

2 lb/900 g pork tenderloin, fillet or leg  
1 large green pepper  
4 oz/113 g button mushrooms  
1 medium sized onion  
Medium sized tin of pineapple pieces, including the juice  
Pinch of ginger  
1 tablespoon tomato purée  
½ oz/15 g demerara sugar  
1 tablespoon soy sauce  
1 tablespoon corn oil  
1 tablespoon cornflour  
1 tablespoon wine vinegar  
1 chicken stock cube  
Black pepper

Cut meat into cubes and sauté in oil; remove from pan. Chop onion and green pepper and sauté. Slice mushrooms. Mix together cornflour, sugar, tomato purée, vinegar, soy sauce, ginger and the pineapple juice. Add stock cube. Cut pineapple into pieces. Pour mixture over all other ingredients and bring to boil. Simmer with tight fitting lid for about 50 minutes. Serve with rice and green salad.

**Enid Marten**

## PORK AND CABBAGE PIE

Serves 4 – 6

*We were served this whilst on safari in Tanzania at Gibbs Farm, which is an old colonial farmhouse and former coffee plantation, built by German settlers.*

### For the pastry

10 oz/300 g flour  
3 ½ oz/100 g lard  
1 teaspoon salt  
4 fl oz/120 ml water

### For the filling

1 tablespoon cooking oil  
2 onions, sliced  
8 oz/225 g minced pork  
8 oz/225 g shredded white cabbage  
1 teaspoon nutmeg  
Chopped parsley  
Salt & pepper

Sauté onions for 2 minutes, add pork and cook for 10 minutes. Include the cabbage and cook for another 20 minutes until moisture has evaporated. Stir occasionally to avoid browning; season with salt, pepper, nutmeg and parsley. For the pastry, incorporate all ingredients and knead together to create a soft dough. Line a 9" pan with a portion of the dough and save enough to form the top. After adding the filling, cover with the remaining dough and pinch the bottom and top layers together to complete the shell of the pie. Bake gas mark 4, 350°F, 180°C until the pastry is sufficiently browned and flaky.

**Karil Greenhalgh**

## CELERY BEEF WITH SUN-DRIED TOMATOES

*Serves 6*

2 lb/900 g good braising steak  
1 medium onion  
1 red pepper  
12 sun-dried tomatoes, about 2 oz/56 g  
Head of celery  
2 tablespoons vegetable oil  
1 crushed clove of garlic

Cut the steak into large chunks. Slice the onion; halve, de-seed and cut the pepper into strips; coarsely chop the tomatoes; cut the celery into diagonal slices, reserving the tender, inner sticks.

Heat the oil in a large pan and brown the steak. Add the garlic, cook for 2-3 minutes, stirring well.

Add flour and seasoning, stir well and mix in stock, wine, tomato paste and basil. Bring to the boil, add the onion, red pepper and sun-dried tomatoes with sliced celery, reserving the inner sticks. Stir in the redcurrant jelly. At this stage, it will be very thick – it doesn't matter as during cooking the moisture from the celery will thin the sauce.

2 level tablespoons wholemeal flour  
Salt and pepper  
8 fl oz/250 ml beef stock  
8 fl oz/250 ml red wine  
4 level tablespoons tomato paste  
1 level teaspoon dried basil  
1-2 level tablespoons redcurrant jelly

Bring back to the boil, cover and cook in oven gas mark 3, 325°F, 170°C for about two hours until tender.

Just before serving, stir in reserved celery. Cook gently for about 5 minutes. If necessary, thin with stock or water.

**Rob Rushton**

## PEPPERPOT BEEF

*Serves 4-6*

2 lb/900 g braising steak, cut into chunks  
2 oz/56 g dripping  
1 red pepper  
1 x 400 g can of red kidney beans, drained  
4 oz/112 g mushrooms  
1 oz flour  
1 teaspoon salt  
A little pepper  
½ teaspoon ground ginger

### For the sauce

1 x 400 g tin of tomatoes or 8 oz fresh tomatoes  
1 tablespoon Worcester sauce  
2 tablespoons soft brown sugar  
2 tablespoons wine vinegar  
2 garlic cloves  
1 bay leaf  
3 or 4 dried chillies or 1 teaspoon chilli sauce  
Stock

Mix the seasoning, flour and ginger, and coat the beef. Fry the beef until brown, then drain. Put the meat in a 3-pint dish, combine the sauce ingredients and cover. Cook for 2 hours gas mark 3, 325°F, 170°C, adding the peppers, beans and mushrooms 30 minutes before the end.

**Anne van Vliet**

## SAVOURY LIVER SPECIAL

*Serves 4*

2 oz/50 g butter  
1 onion, peeled and sliced  
1 lb/450g lambs liver, sliced  
2 oz/50g plain flour  
Salt and pepper  
1 medium can tomatoes  
Bay leaf  
Pinch mixed herbs  
¾ pint/375 ml milk  
1 oz/25 g white breadcrumbs  
Chopped parsley  
4 rashers bacon

Melt butter, add onions and cook for a few minutes. Place liver in plastic bag with seasoning and flour and coat well. Add to onions, stir well and cook for 5-10 minutes over gentle heat. Add the tomatoes, herbs and seasoning to taste and stir in milk gradually. Bring to the boil, then turn into an ovenproof dish. Sprinkle with breadcrumbs and parsley and lay the rashers of bacon over the top. Bake in a hot oven gas mark 6, 400°F, 200°C for 20 minutes, till browned on top.

**Marlene Hughes**

# Salads





## BEAN AND FETA SALAD

*A simple first course or good with fish or chicken dishes.*

14 oz/400 g green beans, topped and tailed  
1 clove garlic, chopped  
3 tablespoons raspberry or other vinegar  
2 pinches salt  
Black pepper  
3½ fl oz/100 ml olive oil  
1 tablespoon chopped mint  
½ medium red onion, finely sliced  
1 oz/28 g flaked almonds, toasted  
4 oz/113 g Feta cheese, diced

Cook the green beans in lightly salted water for 3-5 minutes, then drain with cold water. Mix garlic, vinegar and seasoning, then beat in the olive oil, and chopped mint. Pour over the beans. Stir in the onion, almonds and cheese.

**Doreen Charman**

## TANGY RICE SALAD

1 cup cooked rice  
1 bunch spring onions, chopped  
1 green pepper, chopped  
1 red pepper, chopped  
2 sticks celery, chopped  
1 small can sweetcorn  
1 small can crushed pineapple  
1½ teaspoons curry powder  
½ cup cider vinegar  
½ cup olive oil or vegetable oil

Mix first 7 ingredients in large bowl. Whisk last 3 ingredients together and stir well into other ingredients. Serve cold.

**Marlene Hughes**

## **PARTY PASTA**

*Serves 6*

8 oz/250 g dried pasta – small shapes  
Salt and pepper  
8 oz/250 g thin asparagus  
8 oz/250 g courgettes  
4 oz/125 g each of grated Gruyere and diced feta cheese

### Dressing

5 fl oz/142 ml olive oil  
2 tablespoons white wine vinegar  
½ teaspoon caster sugar  
2 teaspoons Dijon mustard  
2 tablespoons chopped parsley

Cook the pasta in plenty of boiling salted water until just tender (don't overcook). Drain and rinse under cold running water. Drain again.

Cut the asparagus into 2" lengths and cook in boiling salted water for 5-7 minutes until just tender. Drain and rinse as above. Coarsely grate the courgettes. Whisk the dressing ingredients together and season. Put the pasta in a large salad bowl with all the ingredients and toss together with the dressing.

## **BEETROOT JELLY**

*No DEWI Christmas buffet would be complete without this one, it's everyone's favourite.*

1 packet of raspberry or blackcurrant jelly  
1 x 420 ml (medium size) pot of beetroot in vinegar

Melt the jelly and add vinegar from the pot to make up to ¾ pint (this makes the jelly slightly firmer than usual). Cube the beetroot and add to the liquid, then put into a mould or bowl to set.

**Betty Miller**

## **BACON AND CHIVE POTATO SALAD**

*Serves 6*

6 cups quartered unpeeled small red potatoes  
¾ cup real mayonnaise  
2 tablespoons course ground mustard  
8 slices bacon, crisply cooked, crumbled  
¼ cup chopped chives or slices spring onions

Put potatoes in boiling water and cook for 14 minutes or until tender, then drain. Mix mayonnaise and mustard in large bowl. Add potatoes, bacon and chives, mix lightly and refrigerate till use.

**Marlene Hughes**

# Puddings





## GYPSY TART

*Serves 4 to 6*

*A traditional Kentish recipe which was passed down by my mother. It was a great favourite when I was a child, particularly appealing to those with a sweet tooth. Most schools in Kent served it in their canteens once a week.*

For best results prepare on a foil base.

8" sweet pastry case  
1 small tin evaporated milk, chilled  
8 oz/250 g soft brown sugar

Preheat oven to gas mark 2, 300 °F, 150 °C. Whisk the evaporated milk until it begins to thicken. This takes approx. 3-4 minutes with an electric whisk. Add the sugar and continue whisking until the mixture is thick and creamy. Pour the mixture into the pastry case and bake for approx 15 minutes, until set.

**Jennifer Naylor**

## RASPBERRY COCONUT SLICE

3 oz/90 g butter  
4 oz/110 g caster sugar  
1 egg  
1½ oz/35 g self-raising flour  
4 oz/100 g plain flour  
1 tablespoon custard powder  
Raspberry jam  
6 oz/150 g fresh or frozen (not thawed)  
raspberries

### Coconut topping

2 eggs beaten lightly  
2 oz/55 g caster sugar  
6½ oz/180 g desiccated coconut

Grease 20 cm x 30 cm pan; line base and 2 long sides. Beat butter, sugar and egg in small bowl with electric mixer till pale. Stir in sifted flour and custard powder. Spread over base of tin and bake in moderate oven for 15 minutes. Stand for 10 minutes. Spread biscuit base with jam, then top with berries. For topping combine all ingredients, then sprinkle over berries. Bake in moderate oven for 25 mins. Cool in pan before cutting.

## MOM'S APPLE STREUSEL

1 unbaked pastry shell  
4-6 cooking apples depending on size  
Juice of 1 lemon  
2 oz/56 g caster sugar  
¼ level teaspoon cinnamon  
¼ level teaspoon nutmeg

### For the topping

3 oz/85 g demerara sugar  
3 oz/85 g plain flour – sifted  
Grated rind of 1 lemon  
2 oz/56 g butter

Peel and core apples, lightly cook, strain, toss in lemon juice and strain again. Place in pastry case. Combine castor sugar and spices and sprinkle onto apples. Rub together butter, flour and lemon rind. Stir in demerara sugar with knife. Sprinkle crumble mixture on top of apples. Bake in medium hot oven for approx. 30 minutes until golden brown. Serve hot with cream or custard.

**Val Hedgecock**

## APRICOT AND ALMOND FLAN

Packet digestive or ginger nut biscuits  
3 oz/85 g butter (*or enough to bind biscuit base*)  
Carton double cream  
Tin apricot halves  
Small amount Archers (*optional*)  
Blanched whole almonds  
Small amount of apricot jam  
8" or 9" flan dish

Crush biscuits then add them to melted butter. Press into flan dish. Put in fridge for a short while to set. Whip double cream then add small amount of Archers (if desired) to flavour it. Spread the cream mixture onto already prepared biscuit base. Decorate top with apricot halves and in the gaps put the blanched almonds. To make the glaze – warm a small amount of apricot jam with a spoonful or two of the fruit juice, then gently pour over the flan and return to the fridge until ready for use.

**Christine Faulkner**

### *FIVE-MINUTE PUDDINGS*

*Buy good quality brownies and serve with warm chocolate sauce and vanilla ice cream.*

~~~

*Slice fresh mango and serve with Greek yoghurt and pistachios.*

**Pat Wilson**

## MINCEMEAT MACAROON TART

*A good addition to the Christmas menu*

12oz/340 g rich shortcrust pastry  
2 tablespoon brandy  
12 oz/340 g mincemeat  
2 egg whites  
6 oz/170 g ground almonds  
4 oz/110 g caster sugar  
2 oz/60 g slithered almonds

Preheat oven to gas mark 5, 375°F, 190°C. Roll out shortcrust pastry on a lightly floured surface and use to line 8"/20½ cm tart tin. Add 2 tablespoons brandy to mincemeat and use to fill the tart. Whisk 2 egg whites till frothy, then beat in ground almonds and caster sugar. Spoon on top of the mincemeat and scatter over slithered almonds. Bake in the oven for 20-25 minutes. Sprinkle with caster sugar and serve warm with crème fraiche.

Prepare ahead. When cool, open freeze until firm, then wrap in foil. Thaw on a wire rack for 6 hours.

**Patti Hennessy**

## LEMON TART

For the pastry

6 oz/170 g plain flour  
4 oz/113 g butter, cut into small pieces  
1 tablespoon icing sugar

For the filling

3 medium eggs  
8 oz/226 g icing sugar  
juice and rind of 3 lemons  
5 oz/140 g butter, softened  
4 oz/113 g ground almonds

*Sifted icing sugar for dusting*

Pre-heat oven to gas mark 6, 400°F, 200°C. Place all ingredients for pastry into a food processor and quickly blend until it resembles fine breadcrumbs. Tip into a 9" fluted flan tin (preferably loose bottomed) and press into the base and sides. Place into oven for 5 minutes. Meanwhile make the filling by placing all ingredients into a large bowl and whisk together until well combined. Pour the filling into the pastry case and return to oven and cook for 20 minutes until golden and set. Sprinkle with sifted icing sugar before serving. Serve hot or cold.

*Freezes well*

Pat Wilson

## ALTERNATIVE JAFFA CAKE PUDDING

*This recipe was passed to me by my daughter Christina.*

1 packet orange jelly, cut into squares  
13 fl oz/375 ml orange juice  
10 oz/275g plain chocolate, broken into pieces

12 fl oz/350 ml double cream  
10"/25 cm sponge flan case  
Pouring cream to serve

Put orange jelly into a jug and pour on 150 ml (5 fl oz.) of boiling orange juice. Stir until dissolved and then stir in the rest of the orange juice. Pour it into a 9"/23 cm shallow, round cake tin or dish lined with cling film and chill until set. The finished disc of jelly needs to be about ½ in/1 cm thick. For the chocolate topping, put the chocolate and half the cream into a bowl and rest over a pan of simmering water until melted. Remove and leave to cool. Whip the rest of the cream into soft peaks – the tips of the peaks should flip over, not stand upright. Fold into the melted chocolate mix and chill for a few minutes to a spreading consistency, but do not let it set. Turn the jelly out of the tin and remove the cling film. Now sit it in the sponge flan case and spread over the topping, making sure that the jelly is completely covered and a 'domed' top is achieved. Leave to set in the fridge for at least 30 minutes before serving. The jaffa cake pudding is now ready. Serve with a little more pouring cream.

### Extra alternatives

Slide the pudding under the grill for a few seconds for a rich shiny finish. For a richer, moister sponge, boil 5 fl oz/150 ml orange juice with 1 oz/25 g of sugar until reduced by one third. Cool and sprinkle over the sponge. Add Cointreau, Grand Marnier or orange juice to the jelly for extra flavour. Instead of glazing the top, simply dust with cocoa powder or finely grated chocolate. For an even richer glaze, melt 8 oz/225g plain chocolate and 2 oz/50 g butter in a bowl and rest over a pan of simmering water until melted. Spread all over the jaffa cake.

**Marion Pocock**

.....  
: *One Christmas Day, my son Iain volunteered to dish up the* :  
: *pudding. "Wow, Mum", he called, "How clever of you to* :  
: *cook the sauce with the pudding." The creamy sauce around* :  
: *the pudding turned out to be the melted plastic pudding bowl.* :  
: .....

**Margaret Lewis**

## SUMMER PUDDING

*A summer pudding is the best way of reminding yourself on a wet November evening that there was once such a thing as summer.*

You need a set of plastic bowls with airtight lids and some staleish white bread. Sliced bread will not do, it's too pappy. Cut the loaf into generous slices. Remove crusts and then use the sliced bread to line the bowls. Meanwhile, tip a mixture of soft fruit into a saucepan. You can use any combination, but it must include raspberries. The basic mix is made up from a pound each of gooseberries, blackcurrants, redcurrants, loganberries, and raspberries. Black cherries are a good addition. If you are using gooseberries put them in the bottom of the saucepan, because they take longer to soften than any of the other fruits. Add sugar, but not too much.

Cook the fruit gently until it is just soft. Don't let it turn to mush. Tip the mixture into the bread lined bowls, and use a slice of bread (again, without the crusts) to cover the fruit. When the puddings have cooled, snap on the plastic lids and put the bowls in the freezer. Eat summer pudding cold with lots of cream.

**Ann Matthews**

## CHOCOLATE TART

*It's so simple, it's embarrassing!*

1 x 8"/20 cm ready-baked pastry case  
(or make your own from 8 oz short crust pastry)  
8 oz/225 g good quality dark chocolate  
½ pint/290 ml whipping or double cream  
3 tablespoons coffee liqueur  
Icing sugar

*To garnish: shavings of chocolate and fresh fruit*

Melt the chocolate over a pan of hot water, or in the microwave; add half the cream and the coffee liqueur. Pour into the pastry case and leave in the fridge for 2-3 hours. Just before serving, whip the rest of the cream. Add icing sugar to taste and pile into a bowl. Sprinkle the chocolate shavings over the top of the tart. Serve with cream and fresh fruit.

*The success of this rich chocolate tart depends on the quality of the chocolate. It is important to add the coffee liqueur with or after the cream as alcohol makes the chocolate seize up into a solid mass.*

**Fiona Manlove**

## DUKE OF CAMBRIDGE TART

*I got this recipe from a fellow student at my “Fungi Class” Christmas party. We enjoyed it so much that we all asked for the recipe.*

8 oz/ 227 g short crust pastry  
Crystallised fruits, glacé cherries, mixed peel and  
Chopped nuts – in any combination.  
3 oz/85 g unsalted butter  
3 oz/85 g caster sugar  
2 egg yolks

Line a sponge tin with short crust pastry. Spread on the uncooked pastry case a layer of any combination of fruit and nuts. Mix the butter, sugar and egg in a saucepan, melt and bring to the boil, stirring continually to avoid burning; then pour over the tart. *(If you don't boil, the texture will be wrong.)* Bake for 20-30 minutes at gas mark 5, 375°F, 190°C until top is rich crinkly brown.

*Can be frozen. Best eaten hot.*

**Pauline Esgate**

### **MORE FIVE-MINUTE PUDDINGS**

*Toast slices of brioche, spread with marscapone and fresh raspberries.*

~~~~~

*Serve a bottle of dessert wine with posh chocs!*

**Pat Wilson**

## BRANDIED APRICOT ICE CREAM

*A delicious rich, smooth ice cream laced with brandy, yet made in seconds with a processor or blender.*

5 fl oz carton double cream  
8 oz/227 g fresh apricots *(poached in a sugar syrup of ¼ pint water and 1 oz sugar)*  
1 tablespoon lemon juice  
14 oz can condensed milk  
3 tablespoons brandy or apricot brandy  
Whipped cream, angelica and brandy snaps to serve.

Softly whip the cream until floppy. In a processor or blender, place the fruit with its juice, lemon juice, condensed milk and brandy; blend just to combine. Pour onto whipped cream and fold through evenly. Spoon into six individual moulds – yoghurt pots are very suitable – cover and freeze.

*To serve: Unmould into serving glasses and allow to soften in the fridge for about 30 minutes. Top with whipped cream and angelica and serve immediately with brandy snaps.*

**Enid Marten**

# Cakes



# and

# Cookies





## RHUBARB CAKE

*Julie used to make this and bring it into the office on her birthday as a treat for all her colleagues – there were dozens of us and it went like hot cakes! Delicious served warm*

3 oz/85 g trex  
6 oz/170 g soft brown sugar  
1 beaten egg  
8 oz/225 g self raising flour  
1 tsp. bicarb  
1 cup sour milk  
1 teaspoon vanilla  
1 ½ cups raw rhubarb, cut into ½” pieces and rolled in flour

### Topping

½ teaspoon cinnamon  
¼ cup white sugar

Mix all together, fold in rhubarb, put in 7 or 8 inch round cake tin. Combine sugar and cinnamon, sprinkle over batter, bake for 60 minutes at gas mark 4, 350°F, 180°C.

*Why not try it with plums or other fruit for a change.*

**Anne van Vliet**

## DRENCHED GINGER AND LEMON CAKE

6 oz/170 g unsalted butter  
6 oz/170 g light muscovado sugar  
2 large eggs  
Grated zest and juice of 2 lemons  
1 teaspoon/5 ml baking powder  
Pinch of salt  
6 oz/170 g self-raising flour  
3-5 tablespoons milk  
4 pieces ginger from a jar of stem ginger in syrup  
1½ oz/45 g demerara sugar  
2 tablespoons ginger syrup

Heat oven to gas mark 4, 350°F, 180°C. Butter a 6-7”/15-18 cm cake tin and line with buttered greaseproof paper. Cream the butter and muscovado sugar until light and fluffy. Beat in the eggs one at a time. Add the lemon zest. Sift over the baking powder, salt and flour. Stir in enough milk to make a soft dropping consistency. Add the chopped ginger and fold in lightly. Put in the tin and bake centre oven for 40-50 minutes.

Remove from the oven and leave for 15 minutes. Turn onto a rack. Place over a plate. Pierce all over with a long skewer. Put lemon juice, demerara sugar and ginger syrup in a pan. Heat and stir to dissolve sugar. Bubble fiercely for a minute or two. Pour slowly over cake allowing it to seep in.

*Can be served warm or cold with crème fraiche.*

**Margaret Lewis**

## MARGE'S NEVER-FAIL CHOCOLATE SPONGE

*Marjorie Ellett gave me this recipe about 20 years ago. It's the yummiest moistest chocolate cake ever and won't go wrong.*

6 oz/170 g self-raising flour  
2 oz/56 g margarine  
3 oz/85g caster sugar  
2 tablespoons golden syrup  
1 egg  
1 teaspoon/5 ml bicarbonate of soda  
½ teaspoon vanilla essence  
2 tablespoons cocoa  
¼ pint/142 ml milk

Cream the fat and sugar, beat in syrup, then egg and vanilla essence. Mix bicarb with half the milk and add to the creamed mixture. Fold in sifted flour and cocoa. Add as much of the remaining milk as necessary to form a thick batter consistency. Divide mixture between two 8" greased and base-lined sandwich tins. Bake on middle shelf at gas mark 4, 350°F, 180°C for 25-30 minutes.

Freezes well.

*...and a scrummy CHOCOLATE GOO to go on top and inside*

8 oz/227 g icing sugar  
2 level tablespoons cocoa powder  
3 oz/85 g Trex or similar whipped-up fat (*I know it sounds odd but trust me!*)  
3 tablespoons milk  
3 oz/85 g sugar

Sift the icing sugar and cocoa into a bowl. Heat the rest of the ingredients gently in a small pan until the sugar is dissolved. Bring to the boil, pour into the icing sugar, stir until mixed, then beat until fluffy. Spread over the cake, using a knife, rough up the surface and leave to set.

**Anne van Vliet**

*As a new bride, I thought I would try my hand at making rice pudding with pearl barley, which looked more or less the same. My recommendation is - Don't try it!*

**Enid**

## BANANA LOAF

6 oz/170 g stoned dried dates  
4 fl oz/100 ml water  
1 egg  
8 oz/227 g self-raising wholemeal flour  
1 teaspoon/5 ml ground mixed spice  
1 lb/450 g ripe bananas (peeled of course!)  
4 oz/113 g chopped walnuts

Grease and base-line a 2 lb (900 g) loaf tin. Place the dates and water in a saucepan and simmer gently until the dates are soft. Mash with a fork until the dates are puréed. Allow to cool slightly, then beat in the egg. Mix together the flour and spice. Mash the bananas until smooth, then stir into the date mixture with the flour and spice. Stir in the walnuts.

Spoon the mixture into the prepared tin and level the surface. Bake in a pre-heated oven at gas mark 4, 350°F, 180°C for 1 hour or until a skewer comes out clean when inserted into the centre. Cover with foil if it becomes too brown.

Allow to cool in the tin for 15 minutes before putting out onto a wire rack to cool completely. Serve sliced. Makes about 14 slices.

**Margaret Watson**

## BANANA AND CHOCOLATE CHIP CAKE

*A truly delicious moist cake from Fir Tree House Tea-rooms, Penshurst.*

4½ oz/125 g margarine  
4½ oz/125 g soft brown sugar  
2 eggs  
½ teaspoon vanilla extract  
2 bananas  
4½ oz/125 g self-raising flour  
1 tablespoon wholemeal flour  
1 packet/100 g chocolate chips  
Caster sugar to dust

Grease and line a 7" round cake tin.

Beat the first 5 ingredients together thoroughly and add the flour. Mix well and then stir in the chocolate chips. Turn into tin and cook for approximately one hour at gas mark 2, 300°F, 150°C. Sprinkle the cake with caster sugar when it is cold.

**Joan Thomas**

## CRUSTY CURRANT CAKES

*Makes 15 squares*

6 oz/170 g margarine  
6 oz/170 g caster sugar  
3 size 2 eggs  
½ teaspoon vanilla essence  
6 oz/170 g plain flour

### Topping

6 oz/170 g currants  
2 oz/56 g demerara sugar  
2 oz/56 g roasted chopped hazelnuts  
1 oz/28 g melted butter

Pre-heat oven to gas mark 4, 350°F, 180°C. Brush small Swiss roll tin (11x7", 28x18 cm) with melted fat. Line with greaseproof paper to stand up about 1" above the edge of the tin, and brush the paper with melted fat.

Cream margarine and sugar together. Whisk eggs together, then beat into the creamed mixture. Add vanilla essence and then the flour. In separate bowl combine the topping ingredients, mixing them well together. Spread this evenly in the prepared tin. Drop spoonfuls of the cake mix over the currant mixture and spread out. Bake for 45 minutes until the cake feels firm in the centre and is a good golden brown. Turn out on wire rack and strip off base paper. Leave till cold before cutting into squares. Serve currant topping uppermost.

**Rob Rushton**

## PEANUT COOKIES

8 oz/227 g soft brown sugar  
8 oz/227 g self-raising flour  
4 oz/113 g margarine  
2 oz/56 g peanuts  
1 egg

Mix all the ingredients together. Put heaped teaspoonful-sized amounts of mixture onto baking tin, leaving sufficient space for spreading.

Bake in a moderate oven for approximately 12 minutes. Place the biscuits, whilst still hot, onto a wire rack to cool.

**Margaret Watson**

## CARAMEL CORNFLAKE COOKIES

*or A handful of this, a bit of that, and some of what you fancy! Makes 20 large or 30 smaller cookies*

4 oz/113 g butter  
2 teaspoons treacle  
2 teaspoons golden syrup  
1 oz/28 g self-raising flour  
1 oz/28 g plain flour  
1 egg  
5 oz/140 g branflakes, slightly crushed

I tend to add the following:

3 oz/85 g dates, simmered in a little water to soften  
2 oz/56 g cherries, quartered  
1½ pieces of stem ginger, cut into small pieces  
*(Additions could include mixed nuts, coconut, or other dried fruit)*

Set the oven to gas mark 4, 350°F, 180°C. Melt the butter with the treacle and syrup over a low heat until the butter has melted. Take the saucepan off the heat and stir in the additions, flour, egg and branflakes. Drop dessertspoonfuls for large cookies (or teaspoonfuls for small cookies) onto a lightly greased baking tin. Cook for 10 minutes.

**Sheila Marsh**

## DADDY BISCUITS

*From Betty's son Robert's girlfriend's mother in early 1970 (but who's the daddy?)*

4 oz/113 g self-raising flour  
2½ oz/70 g Quaker oats  
7 oz/200 g sugar  
3 oz/85 g desiccated coconut  
1 teaspoon/5 ml bicarbonate of soda  
4 oz/113g margarine  
2 tablespoons water  
1 flat tablespoon syrup

Mix first four ingredients in a bowl. Melt margarine, syrup and water in a pan, then add bicarb. Stir until it bubbles up then add the dry ingredients. Put portions the size of large marbles on a greased tray, placing well apart. Bake at gas mark 3, 325°F, 170°C for about ten minutes.

**Betty Miller**

*Gran, we remember you for your fantastic fairy cakes,  
And how you would cater for all our fussy tastes.*

*Some with sultanas, some without,  
Some with sugar icing, some without.*

*Or if these weren't to your taste,  
There were daddy biscuits there to take.*

**Excerpt from Laura's eulogy to her Gran**

## SHEILAH'S FABULOUS FLAPJACKS

6 oz/170 g margarine or butter  
5 tablespoons golden granulated sugar (*white is not as good and brown is rather strong*)  
1 dessertspoon/10 ml golden syrup  
8 oz/227 g oats  
*(I also add nuts, seed and ready-to-eat dried apricots – but this is up to preference of maker)*

Put butter, sugar and syrup in saucepan and melt gently. Add oats etc. Line a baking tray with baking sheet and spread mixture in it. Put into oven gas mark 4, 350°F, 180°C and cook for 15 minutes. Mark into squares while hot and then leave to cool before decanting.

**Marlene Hughes** (*with acknowledgement to Sheilah Gray*)

*One day when rushing to make a Victoria sponge I weighed all the ingredients and started mixing whilst doing the usual multi-tasking – washing, tumbling drying, typing etc.*

*I put the mixture into the tins, popped them into the oven, turned round – and saw the flour sitting on the scales. Panic – grabbed the warm tins out of the oven, scraped the mixture into a clean bowl, folded the flour in and popped it back. It wasn't quite as light as usual but eatable by the family. A senior moment!*

**Sheilah**

## FRUIT BARS

6 oz/170 g plain chocolate (*cooking chocolate is OK*)  
4 oz/113 g ground rice  
4 oz/113 g glacé cherries, chopped  
4 oz/113 g sultanas  
8 oz/227 g caster sugar  
4 oz/113 g desiccated coconut  
4 oz/113 g butter or margarine  
2 eggs

Line Swiss roll tin with foil, fitting closely into corners. Melt chocolate, pour into lined tin and tip to coat. Leave chocolate to harden in fridge. Cream butter and sugar, add beaten egg and fold in remaining ingredients. Pour into chocolate-lined tin. Bake 30 minutes, gas mark 3, 325°F, 170°C. Leave to cool in tin and then chill in fridge before cutting into bars.

*Freezes very well. Change cherries and sultanas to apricots and glacé pineapple for a change. Very moreish!*

**Pat Staines**

# RICH ORANGE BUTTER CAKE

*(Cuts into 10 to 12 slices)*

6 oz/175 g butter  
6 oz/175 g caster sugar  
Grated rind of 1 orange  
3 eggs, size 3  
8 oz/250 g plain flour  
1½ level teaspoons baking powder  
Pinch of salt  
3 tablespoons orange juice

Round cake tin, 20 cm /8" in diameter and 7.5 cm /3" deep.

## To make the cake

Line the base of the cake tin with buttered greaseproof paper. Heat oven to Gas Mark 3, 325°F, 170°C. Cream the butter, sugar and orange rind together until soft and light. Add the eggs one at a time, beating in thoroughly. Sift together the flour, baking powder and salt, and carefully fold into the mixture with the orange juice. Turn the mixture into the prepared cake tin and bake in the centre of the pre-heated oven for 1 to 1½ hours. To test whether the cake is ready, insert a thin skewer into the centre; it should come out clean; if necessary, bake the cake for a little longer. Leave the cake in the tin to cool for 5 minutes, then loosen with a knife and turn it on to a wire tray. When the cake is quite cold, cut it in half horizontally with a sharp knife.

## To make the velvet orange frosting

Melt the butter gently in a pan over a low heat. Remove from heat and add the strained orange juice, then the icing sugar. Leave the frosting to firm (it can be put in the refrigerator). When firm, use the frosting to fill the two halves.

## Velvet orange frosting filling

1 ½ oz/40 g butter  
6 oz/175 g icing sugar, sifted  
2 tablespoons orange juice

## Soft orange glacé icing

2 to 3 tablespoonfuls orange juice *(or Grand Marnier and water)*  
Grated rind of 1 orange  
6 oz/175 g icing sugar, sifted

## To make the soft orange glacé icing

Put the orange juice into a bowl with the grated orange rind, add the icing sugar and blend together until smooth; the icing should be thick enough to coat the back of a wooden spoon. Pour the icing on to the top of the cake and, with a palette knife, spread it gently to the edges. A little icing will drip down the sides. Leave the icing to set firmly.

## An alternative idea

Use the rind and juice of a lemon in the cake mixture and the frosting, and the rind and juice of an orange in the glacé icing (or vice versa). The two flavours make a pleasing combination.

*This cake will last well for about a week in an airtight container. It will freeze well, taking about 2 hours to thaw.*

**Karil Greenhalgh**

# Miscellaneous







## ORANGE OR LEMON JUICE

*My niece Carolyn made this for me when she came to stay at the age of 16, and I have been making it ever since – she has now turned 50.*

2 peeled oranges  
1 peeled lemon  
1 lb 4 ozs/570 g granulated sugar  
3 ½ pints/2 litres water

Boil some of the water and dissolve sugar. Liquidize oranges and lemon and add to sugar mixture. Add remainder of cold water. Leave mixture to get cold and bottle. I keep one bottle in refrigerator and freeze the remaining bottles, taking care not to fill to the top to allow for expansion. Dilute to taste. If the orange juice is not going to be frozen add 1 oz of citric acid to help preserve it.

*Use 2 lemons and 1 orange for lemon juice.*

**Pauline Esgate**

## ELDERFLOWER CORDIAL

25 elderflower heads  
2 lb/900 g sugar  
3 oranges  
2 lemons  
4 pints/2¼ litres of boiling water  
2 oz/57 g tartaric acid

Elderflowers should be picked dry, preferably away from traffic fumes, nicely open and with no smell of cats. End of June is usually a good time.

In a large bowl add tartaric acid to sliced fruit, elderflowers and sugar. Pour on boiling water, stir and cover with a cloth. Leave for 48 hours, then stir. Repeat this twice more. Strain off the solids and either bottle and keep in fridge, or better still, freeze in ice cube tray. This allows you to use small amounts at any time in the year. One cube per glass/person, adding water to taste. A splash of gin is a nice addition! The sliced fruit can be frozen and a slice put into each glass.

**Jennifer Naylor**

## WINDFALL MARMALADE

*Makes about nine pounds*

2 grapefruit  
4 lemons  
2 lb/900 g windfall apples  
5 pints/2.8 litres water  
5 lb/2½ kilos sugar

Wash the citrus fruit, pare off the rind with a vegetable peeler and cut into fine shreds. With a serrated knife, peel away all the pith from the flesh, then chop the flesh roughly. Peel, core and chop the apples. Put chopped apple into a preserving pan with the water, citrus peel and flesh. Tie the citrus pith, pips, apple peel and cores in a piece of muslin and add to the pan. Simmer gently till the peel is tender and the mixture in the pan has reduced by half. Lift out the muslin bag and squeeze it well against the side of the pan to extract all the liquid there. Add the sugar and stir until it has all dissolved. Bring to a good rolling boil and boil rapidly till setting point is reached. Allow the marmalade to stand for 15 minutes before pouring into sterilised jars.

**Enid Marten**

## PARMESAN CRISPS

*Tip from a friendly chef, it couldn't be simpler!*

Grate some Parmesan cheese into a bowl with a fairly fine grater. Put a pastry cutter onto a baking tray and use it as a guide to make circular shapes, sprinkling a couple of teaspoons of grated cheese into each circle.

Bake for around 5 minutes at gas mark 5, 375°F, 190°C. If you are very quick you can lift them off and curve them gently round a rolling pin while slightly soft, but they taste just as good flat.

**Anne van Vliet**

.....  
: Peter made me a gin and tonic which looked cloudy, tasted :  
: all right but with an unusual flavour. "Is the tonic okay", I :  
: asked. "Yes, and I used one of your ice cubes from the :  
: freezer." What Peter hadn't realised was that I sometimes :  
: freeze stock in those useful little plastic bags, so it was gin, :  
: tonic and chicken stock – an interesting alternative to the :  
: usual G&T!  
: Enid  
:.....

## CHEESE BISCUITS

½ cup plain flour  
1 teaspoon dry mustard  
2 oz/60 g Stork margarine  
1 cup grated Cheddar cheese  
1 cup finely crushed cheese and onion crisps  
(1 large packet = 2 cups)

Rub margarine into dry ingredients. Add cheese and crushed crisps. Roll into small walnut-sized balls and put on a greased baking sheet. Flatten with a fork. Bake at gas mark 5, 375°F, 190°C for 12-15 minutes. Makes approximately 30 biscuits.

**Karil Greenhalgh**

## PARTY CHEESE BALL

*A friend brought this recipe from Scotland to Harrogate and passed it to me when we lived up there in the late sixties.*

12 oz/340 g cream cheese  
6 oz/170 g Cheddar cheese, grated  
1 tablespoon chopped green pepper  
1 tablespoon chopped onion  
1 teaspoon Worcester sauce  
Pinch of cayenne pepper  
Pinch of salt and pepper  
Chopped walnuts

Combine cream cheese and cheddar, mixing until thoroughly blended. Add chopped green pepper, onion and seasonings; mix well. Chill thoroughly. Shape into a ball and roll in chopped nuts. Remove from fridge 1 hour before serving. It does freeze.

**Betty Miller**

## SPAGHETTI SCRAMBLE

*Serves 2*

*A quick lunch or light supper dish – my husband Ray created this dish when I went missing one lunchtime.*

14 oz/410 g tin spaghetti in tomato sauce  
2 large eggs, beaten  
Handful grated cheese  
Seasoning  
A few dashes Worcester sauce  
4 slices toast

Heat spaghetti in saucepan. Add grated cheese and stir. Add eggs. Add seasoning and Worcester sauce. Continue stirring until mixture is creamy. Serve on hot toast.

**Doreen Charman**

*Good cooking is honest, sincere and simple.*

**Elizabeth David**

## WENTELTEEFJES (FRENCH TOAST)

*A great tea-time standby for feeding hungry children/grandchildren after school. Adults love them too. My husband Rick from Maastricht in Holland, has happy memories of this childhood favourite.*

¼ pint/150 ml milk  
1 egg  
1 oz/28 g sugar  
2 teaspoons/10 ml ground cinnamon  
4 slices bread, preferably on the dry side  
Butter  
Caster sugar for dusting

Beat the egg, milk, sugar and cinnamon together. Soak the bread in the mixture. Melt the butter in a frying pan and fry quickly until brown on both sides.

Dust with caster sugar.

**Anne van Vliet**





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