

# The Nale Recipe Book

*"The best food is simple food, well prepared." - Ellen Neal*

## Recent Additions

Chicken with Prunes  
and Bacon  
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TLG Roast Chicken  
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Carrot Raisin Salad  
-----

Sticky Toffee Pudding  
with Fruit  
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Updated:  
November 22,  
2005

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## Amish Oatmeal Loaf

Sweet and moist. Serve warm or cold.

250 ml Sourdough Starter  
125 ml Cooking Oil  
250 ml Light Brown Sugar  
175 ml Plain Flour  
200 ml Oatmeal  
3 Eggs  
2 Tsp. Cinnamon  
1 Tsp. Ground Nutmeg

2 Tsp. Baking Powder  
1/2 Tsp. Baking Soda

### Optional:

Add raisins, sultanas, chopped dates,  
mashed banana, chopped nuts, etc.

Place all ingredients except the Baking Powder and the Baking Soda into a large bowl and mix well to form a batter. (If you have the time, allow the bowl of batter to sit for a couple of hours in a warm place.)

Grease one or two (depending on size) bread pans.  
Preheat the oven to 350° F. (180° C. / Gas Mark 4).

Mix in the Baking Powder and the Baking Soda, pour into pans and bake for 40 minutes.



## Amish Peach Pie

Best with very ripe, fresh peaches.

8 Peaches  
1 Unbaked Pie Shell  
120 Grams Margarine  
125 ml Sugar  
125 ml Brown Sugar

125 ml Flour  
1 1/2 Tsp Ground Cinnamon  
1/4 Tsp Ground Nutmeg  
1/4 Tsp Ground Cloves

Make a mix of flour, sugar and spices. Cut in butter until crumbly.

Peel the peaches and slice into eighths.

Place one layer in pie shell and then scatter over it a little of the mix. Continue until all slices are in the shell and then dot the remainder of the mix over the top of the pie.

Bake for 10 minutes at 450°F. (Gas Mark 7) and then reduce the temperature to 350°F. (Gas Mark 4) for an additional 40 minutes.

[Be sure to have a drip-tray in the bottom of the oven!]



## Amish Pot Roast

1 to 1.5 kg Pot Roast, trimmed of fat  
1 Tbsp Vegetable Oil  
60 ml Soy Sauce  
250 ml Coffee  
2 Bay Leaves

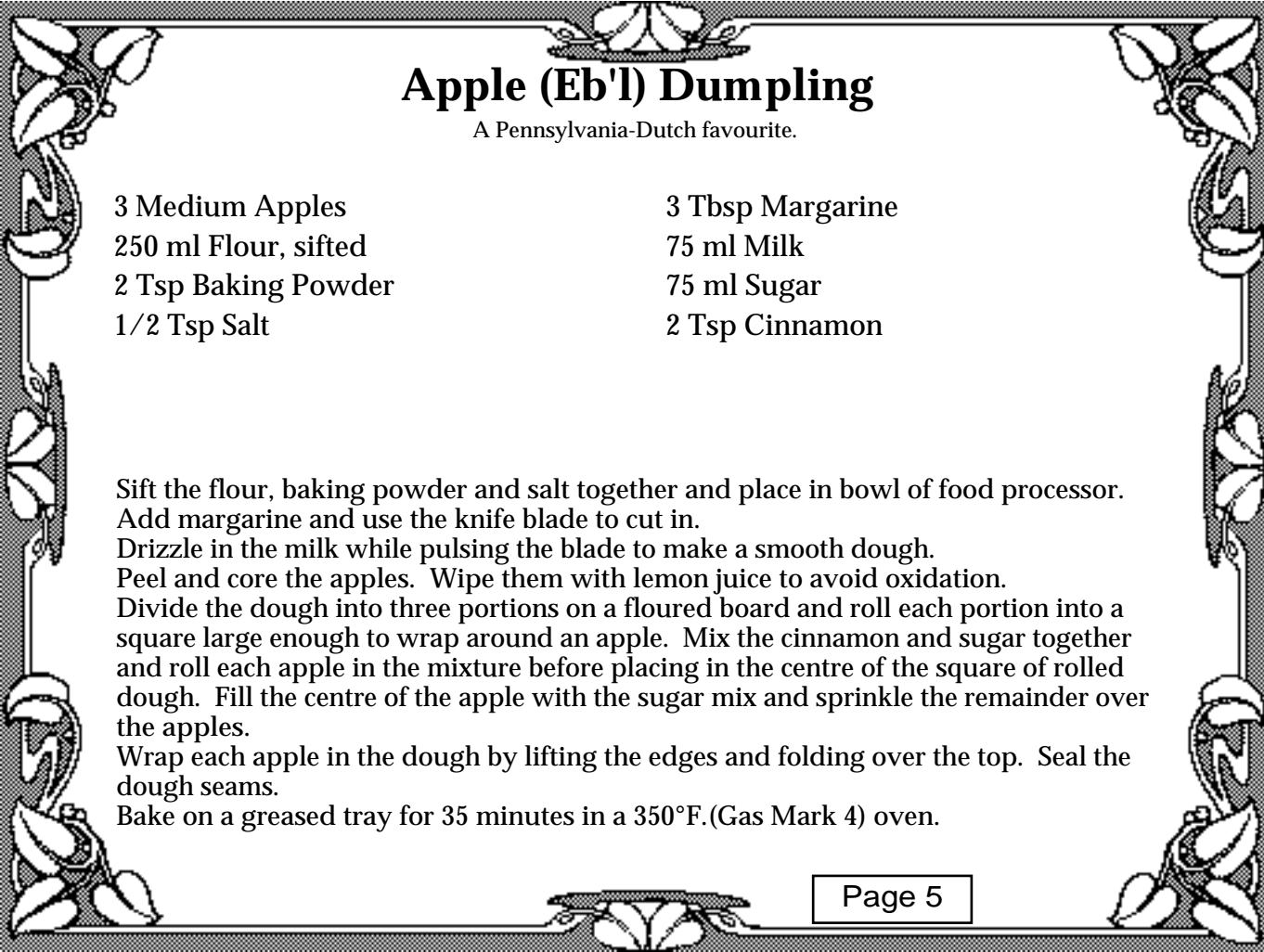
1/2 Tsp Oregano  
2 Onions, sliced

additional coffee as needed

Preheat oven to 300° F. (Gas Mark 3).

Heat oil in large skillet over high heat, then sear meat on both sides. In a large roasting pan, combine one onion and remaining ingredients. Transfer browned meat to roasting pan and top with second onion. Cover and bake 3 1/2 to 4 hours.

Baste every hour with juices. If liquid begins to boil away, add more coffee as needed. Use pan juices to make gravy. Use NO salt.



## Apple (Eb'l) Dumpling

A Pennsylvania-Dutch favourite.

3 Medium Apples  
250 ml Flour, sifted  
2 Tsp Baking Powder  
1/2 Tsp Salt

3 Tbsp Margarine  
75 ml Milk  
75 ml Sugar  
2 Tsp Cinnamon

Sift the flour, baking powder and salt together and place in bowl of food processor. Add margarine and use the knife blade to cut in. Drizzle in the milk while pulsing the blade to make a smooth dough. Peel and core the apples. Wipe them with lemon juice to avoid oxidation. Divide the dough into three portions on a floured board and roll each portion into a square large enough to wrap around an apple. Mix the cinnamon and sugar together and roll each apple in the mixture before placing in the centre of the square of rolled dough. Fill the centre of the apple with the sugar mix and sprinkle the remainder over the apples. Wrap each apple in the dough by lifting the edges and folding over the top. Seal the dough seams. Bake on a greased tray for 35 minutes in a 350°F. (Gas Mark 4) oven.



## Apple Crisp

Serve warm, with ice cream.

4 or 5 Cooking Apples  
150 ml Hot Water  
1 Tbsp Cinnamon

200 ml Brown Sugar  
200 ml Flour  
6 Tbsp Margarine

Blend the flour and sugar. Add the softened margarine and mix with a fork until it is crumbly. Set to one side.

Core and slice the apples (peel if you prefer, but the skin supplies fibre and colour).

Place them in a well buttered casserole dish and add the hot water and half of the cinnamon.

Crumble through your fingers, onto the apples, the flour/sugar mix.

Bake at 350° F. (Gas Mark 4) until the apples are tender and the topping is slightly brown and crisp. The juices should be boiling well and running over into the oven if you used too small a dish. This should take anywhere from 30 to 45 minutes.



## Applesauce

A good use for windfall apples. Eat it on its own or use it as a condiment with pork.

8 tart Apples

100 ml Water

Sugar

1 Cinnamon Stick

4 Cloves

Pinch of Nutmeg

2 Tbsp. Butter (Optional)

Cut the washed apples into large chunks without removing the peel or core. Remove major imperfections and any stowaways.

Place water, apple slices, spices and 2 Tbsp. of the sugar in a saucepan.

Cover and cooks slowly until tender, about 15 - 20 minutes.

Put to one side and allow to cool down to a comfortable temperature for use in the food mill.

Remove the spices and put the apples through a food mill to remove the peel and seeds.

Stir in the butter if you wish to use it to give added smoothness.

Add sugar to taste.



# Applesauce Cake

(Ob'l Dunkes Kucka) A rich and moist Pennsylvania-Dutch treat.

115 grams Margarine

250 ml Brown Sugar

500 ml Flour

1 Tsp Bicarbonate of Soda

1 Tsp Cinnamon

1/2 Tsp Ground Cloves

1/2 Tsp Nutmeg

1/2 Tsp Salt

250 ml Applesauce (unsweetened)

250 ml Raisins

Peel and core 3-4 apples and cook to sauce with 3 Tbsp water.

Cream sugar and margarine. Sift together all dry ingredients.

Alternately add sauce and dry ingredients, mixing well.

Grease the bottom of an 8x8x2 pan and add the batter to it.

Cook for 30-35 minutes at 350°F. (Gas Mark 4). Allow to cool for ten minutes and then turn out of the pan onto cooling rack. When cool, it may be iced.

## Icing:

250 ml Icing Sugar creamed with 60 grams of Margarine and enough water to spread.  
(Cream cheese may also be added for a richer flavour.)

A decorative border with floral and leaf motifs surrounds the text. At the top center, there is a small illustration of a leafy branch. At the bottom center, there is a small illustration of a leafy branch. The corners are decorated with larger floral designs.

## Aunty Cathy's Tablet

A traditional Angus family recipe for a standard Scottish sweet.

900 grams Sugar

175 ml Milk

1 large tin Nestle's sweetened  
condensed milk (405 grams/10 fl oz.)

45 grams Butter  
1 Tsp. Vanilla Extract (Optional)

Put the milk, butter, sugar and condensed milk into a pan over low heat, stirring all the time for 20 - 30 minutes and until it goes brown. Stir with wooden spoon.

Remove from heat and beat well ---- or it will be toffee. Add the vanilla.

Continue to beat until it leaves the side of the pan. The beating, according to Aunty Cathy, is the secret of the success of the tablet.

Spread in a buttered tin.

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## Bacon Chili

Easy to prepare and filling. Warming on a cold day. Serve over rice.

200 grams Bacon  
1 Onion, chopped  
1 Carrot, cubed  
1 tin Tomatoes  
5 Tbsp Ketchup

3 Tbsp Tomato Puree  
1 Tbsp Chili Seasoning, mild  
2 Tsp Oregano  
1 tin Red Kidney Beans  
Salt & Pepper

Chop the bacon and fry until slightly brown. Add the onions and carrot and continue cooking until the onion becomes translucent. Pour in the tomatoes and, if whole, chop with wooden spatula. Add the juice from the tin of beans and continue simmering for 15 minutes or more. Add the beans and simmer for another 10 to 15 minutes. Season to taste and serve.

## Bagels - Notes

Best served warm, with any meal of the day. Serve with butter and/or cream cheese.

Bagels are more than food, they are a state of mind.

Often served with lox (raw smoked salmon) and cream cheese in Jewish restaurants.

Split with a sharp knife from side to side, or just tear off bits.

**Bagel recipes are of two kinds: nonexistent and bad.**

This recipe was slowly developed through hints, observations and experiments. It works for me.

It has been hinted to me that some of the recipes are intentionally bad to avoid giving away the secret at the heart of the bagel mystique. I have been told by Jewish friends that the recipe is not the real secret...you have to be Jewish to be able to create a true bagel. That is, the *goyim* should not have the *chutzpah* to even attempt to make them.

I persuaded the best Jewish cook I knew to try a bagel from one of my better batches and she said that perhaps my success was due to the fact that my name is David and my father's middle-name was Solomon.

## Bagels - (Recipe)

Time-consuming, but well worth the effort.

2 Tbsp Yeast  
1 Tbsp Sugar  
125ml Water, warm  
4 Eggs  
500 ml Water, warm

1 Tbsp Salt  
65 ml Salad Oil  
2000ml Flour, strong  
(more as needed)  
1 Tbsp Sugar

Mix the yeast, sugar and first water and allow to stand until it foams well. Beat the eggs in a large bowl and add the second water, salt and oil. Mix in 1000 ml of flour with an electric mixer. Add another 500 ml, changing to mixing with a wooden spoon when necessary. Knead in the last 500 ml of flour, adding more if needed to form a smooth, firm, elastic dough. Knead about ten minutes and then put into an oiled bowl, cover and let rise until double in bulk. (About an hour)

Dump the dough onto a floured work surface and divide into 32 parts. Shape by poking a hole in a round of dough and then making it resemble a doughnut. Let rise 15 minutes. Bring a large pan of water to a rolling boil, add sugar and drop the dough in to cook for 3 minutes on each side. Place quickly on a baking sheet, glaze with an egg yolk beaten with water and bake at 425°F. (Gas Mark 6) for 20-25 minutes. May be frozen. Serve warm.



## Baked Fish in Orange Sauce

2 Fillets Haddock  
1 large Orange  
1 medium Onion, finely  
chopped  
Salt & Pepper

2 Tbsp Margarine  
2 Tbsp Flour  
250 ml Milk  
2 Tbsp Orange or Lime  
Marmalade

Preheat a cooking dish at 350° F. (Gas Mark 4). Place a small amount of margarine in the dish as swirl it until the inner surface is covered.

Cut the orange in half and remove two thin slices from the centre, squeeze the juice and remove some of the zest using a peeler. Place the fish in the dish and pour 1/4 of the juice over each fillet. Place in the oven.

Melt the margarine and gently saute the onion until soft. Stir in the flour and then slowly add the milk to make a smooth sauce. Add the remaining 1/2 of the orange juice, the finely chopped zest and the marmalade and mix well. Season to taste.

Simmer for two minutes and then pour over the fillets of fish and return to the oven for 30 to 45 minutes.

This cooks well in the bottom of the oven while other dishes are on the upper shelves.

Serves 2



## Baked Fish with Egg Topping

2 Fillets Haddock  
2 Tbsp Margarine  
8 Medium Mushrooms  
1 Medium Onion

1 Egg  
2 Tbsp Mayonnaise  
1 Tbsp Lemon Juice  
Salt & Pepper

Slice the onion and mushrooms and then saute in the margarine until tender. Place one-quarter of the mixture into each of two individual baking dishes, spread the mixture, place the fish on top, add salt & pepper then cover with the remaining mixture. Place in the oven at 350°F. (Gas Mark 4) for 10 minutes.  
Beat the egg, add the mayonnaise and blend until smooth. Mix in the lemon juice and then pour the mixture over the fish before returning to the oven for around 20 minutes. Do not allow to scorch.

This cooks well in the bottom of the oven while other dishes are on the upper shelves.  
Serves 2

## Baked Fish with Vegetables

For each serving:

1 fillet Haddock or other fish

1/2 Carrot

1/2 medium Onion

1/2 Courgette

2 medium Mushrooms

2 Tbsp Margarine

1 Tbsp Flour

Salt & Pepper

Parsley

125 ml Milk or Buttermilk

(or a proportion of  
white wine)

Best cooked in individual oblong baking dishes to simplify serving.

Put a little of the margarine into each dish and place in the oven as it starts to heat to 350° F. (Gas Mark 4). Swirl the melted margarine to cover the bottom of the dish and then place the rinsed fish fillets into the dish. Salt and pepper.

Melt the remainder of the margarine in a saucepan and then saute the various vegetables, adding them in the order listed above. The carrots, obviously, need more time cooking. Once they start to soften (do not overcook) sprinkle the flour over the vegetables while stirring. Add the milk, stirring well until it boils. Adjust liquid to allow for sauce to be about that of a medium white sauce. Salt and pepper sauce to taste. Pour vegetables and sauce over fish and bake for around 30 minutes. Sprinkle with parsley.

This is a very flexible recipe. Change the ingredients and proportions to personal taste. May be kept warm.



## Baked Stuffed Potatoes

Bake the potatoes early, allow to cool and then re-bake shortly before the serving time.

4 Large Baking Potatoes

3 Tbsp. Butter or Margarine

6 Tbsp. Cream or Milk

1 Tsp. Salt

1/4 Tsp. Pepper

2 Egg Whites, beaten

Scrub potatoes and bake as usual. When they are done, remove from the oven and allow to cool enough to be able to handle them.

Split the potatoes lengthwise and carefully scoop out the inside, retaining the skins.

Whip the potatoes, butter, cream, salt and pepper.

Beat the egg whites to soft peaks and then fold into the potato mixture. Pile lightly into the skins, leaving the upper surfaces uneven.

About fifteen minutes before serving, return to oven until the filling is thoroughly heated and the tops are lightly browned.

A decorative border with floral and leaf motifs surrounds the text. At the top center and bottom center, there are small floral emblems. The corners are decorated with larger, intricate floral designs.

## Baking Powder Biscuits

Similar to the British scone, but not as sweet.

500 ml Plain Flour

1/2 Tsp Salt

4 Tsp Baking Powder

1/2 Tsp Cream of Tartar

1 Tbsp Sugar

120 grams Vegetable

Shortening

170 ml Milk

Preheat oven to 425°F. (Gas Mark 6). Grease two 8-inch cake pans or a large baking sheet. Put the flour, salt, baking powder, cream of tartar and sugar into a bowl. Cut the shortening into the flour with two knives or a pastry blender until the mixture resembles coarse meal. Add the milk all at once and stir just until the dough forms a ball around the fork. Turn the dough onto a lightly floured board and knead 14 times. (Or use food processor.) Pat until 1/2 inch thick. Cut into 2 inch rounds and place touching each other in pans and bake for 15-20 minutes.

**For Crusty Biscuits:** Roll biscuits to 1/4 inch thick and place 1 inch apart on baking sheet. Bake at 450°F. (Gas Mark 7) for about 12 minutes.



## Barbecue Sauce

For use indoors or out.

250 ml Brown Sugar  
100 ml Tomato Puree  
250 ml Catsup  
100 ml Golden Syrup

1 Tbsp Vinegar  
1/2 Tsp Chili Seasoning  
1/2 Tsp Salt  
1 Tsp Liquid Smoke

Place all except the liquid smoke in a large saucepan and simmer for 1/2 hour. Add the liquid smoke, simmer a minute and then allow to cool.

This will be very thick so that it will cling to spareribs while they are cooking.

Any of the sauce that is not used should be placed in a jar and stored in the refrigerator.

Try also on chicken, meatloaf or in sandwiches.



## Beef Stroganoff

Excellent served with rice or noodles.

1 1/2 lb. round, sirloin or  
chuck steak

2 Tbsp Cooking Oil

1 or 2 onions, chopped

1/2 lb. Mushrooms, sliced

2 Tbsp flour

250 ml Beef Stock

or Milk

1 to 3 tsp. Worcestershire(opt.)

1/2 tsp. salt

1/8 tsp. pepper

250 ml Soured Cream

Cut meat into thin strips and coat with flour mixed with salt and pepper. Brown in shortening, add onion and mushrooms. Cook slowly a few minutes. Remove meat, etc. Add flour to drippings. Add stock or milk and Worcestershire. Cook until thick. Add sour cream and simmer. Add meat and warm through. Serve immediately over rice or egg noodles.

Serves 6



## Belsnickel Lemon Cookies

(To be given to the bell-ringers who come around at Christmas.)

115 grams Margarine  
250 ml Sugar  
2 Eggs  
1 Tsp Milk

2 Tsp Lemon Flavouring  
1 1/2 Tsp Baking Powder  
1/4 Tsp Salt  
900 ml Flour

Cream together margarine and sugar. Beat in the eggs, milk, lemon, salt and baking powder.

Mix in the flour until a thick dough forms that may be rolled.

Roll thin, cut into shapes and bake on a greased cookie sheet for about 10 minutes in a 375°F. (Gas Mark 5) oven.

Cool on rack and then store in an airtight tin.



## Blackberry Crisp

Other fruit may be used, adjusting the first sugar to taste.

### **Base:**

750 ml Blackberries  
100 ml Granulated Sugar  
4 Tbsp. Flour  
1 Tsp. Cinnamon  
2 Tbsp. Butter  
Pinch of Salt

### **Topping:**

250 ml Oatmeal  
125 ml Flour  
150 ml Granulated Sugar  
200 ml Brown Sugar  
180 ml melted Butter  
1 Tsp. Vanilla Extract  
400 ml Chopped Pecans

Preheat oven to 350° F. (180° C. / Gas Mark 4). Grease a 10-inch baking dish.

**Base:** Mix together the sugar, flour, cinnamon and salt. Add the blackberries and toss them gently together. Place the coated fruit in the dish and put remaining mixture evenly on top of it. Dot with butter.

**Topping:** Mix together the oatmeal, flour and sugars then add the butter, vanilla and pecans. Mix and spread evenly on the base.

Bake for 30 to 45 minutes.



## Blackberry Fool

Other berries may be used instead with adjustment of the sugar.

250 grams Blackberries  
50+ grams Castor Sugar

150 grams Plain Yoghurt  
284 ml Double Cream

Mix berries and sugar in a saucepan and simmer until tender. Adjust sugar to the point that the syrup is tart/sweet. Pour into metal strainer and force juice and pulp through into a bowl to remove seeds and create purée. Chill in refrigerator.

Add a tablespoon of sugar to cream and beat until just slightly firm. Remove and set aside four tablespoons of the purée for later decoration. Put a small amount of purée into each of four serving bowls. Mix the yoghurt with the remaining bulk of the purée.

Divide the whipped cream among the bowls, putting it on top of the purée and level it. Divide the purée mix among the bowls and use a fork to swirl it into the centre of the whipped cream. Do not evenly mix it all together!  
Use the set aside purée to decorate the centre of the bowl. Garnish with mint.



## Blackberry Jelly

Lemon Juice free for berries that are a bit on the tart side.

6 pounds Blackberries  
2 pounds Cooking Apples  
2 Imperial pints (40 ounces) Water

Sugar as needed  
2 , 6 oz bottles Certo Pectin

Chop the apples without peeling or coring and add to the berries in a large, heavy-bottomed, pan. Add the water and stir while bringing to a rolling boil. Simmer for about an hour or until the fruit is soft and pulped. Strain the mixture through a jelly bag and measure the juice. For every Imperial pint (20 fluid ounces) of the extract, add one pound of sugar. Bring to a boil. Stir in the Certo. Return to a rapid boil for 1 minute. Remove foam and pour into sterilised, warm jelly jars. Seal, label and store.



## Blueberry Pie

1000 ml Fresh or frozen  
Blueberries  
3 Tbsp Flour  
250 ml Sugar

1/8 Tsp Salt  
1 Tbsp Lemon Juice  
1 Tbsp Margarine  
Pastry for lower crust and lattice top

Wash the berries and remove stems and leaves.

Mix the flour, sugar and salt in a bowl and then add the blueberries and lemon juice. Toss well with a fork and then pour into the pie shell.

Dot the margarine over the top and then place lattice crust, paint with milk, sprinkle with sugar and bake as follows:

10 minutes at 425° F. (Gas Mark 6) then  
50 minutes at 350° F. (Gas Mark 4)

The top should be well-browned and the juice bubbling well.

## Bread Pudding

So simple and yet so satisfying. Real comfort food.

2 Eggs, well beaten

125 ml Sugar

250 ml Milk

1 Tsp. Vanilla

1/4 Tsp Ground Nutmeg

1 litre Day-old Bread Cubes  
(1 cm [.5 inch] square)

65 ml Raisins or Sultanas

pinch of Salt

1 Tbsp. Brown Sugar

Sprinkle of Ground Nutmeg

Put the bread cubes into a well-buttered 1500 ml baking dish.

Beat into the eggs the sugar, milk, vanilla, nutmeg and salt.

Pour the egg mixture over the cubes and allow to stand until thoroughly soaked. Mix in the raisins.

Allow to stand if possible for 15 minutes or more.

It should be golden brown on the sides and bottom and well-puffed when done.

Bake at 350° F. (Gas Mark 4) for around 40 minutes.

Serve warm. May be served with a scoop of vanilla ice cream.



## Buttermilk Biscuits

500 ml Plain Flour

1/2 Tsp Salt

2 Tsp Baking Powder

1/2 Tsp Cream of Tartar

1/2 Tsp Baking Soda

1 Tbsp Sugar

120 grams Vegetable  
Shortening

170 ml Buttermilk

Preheat oven to 425°F. (Gas Mark 6). Grease two 8-inch cake pans or large baking sheet. Put the flour, salt, baking powder, cream of tartar, baking soda and sugar into a bowl. Cut the shortening into the flour with two knives or a pastry blender until the mixture resembles coarse meal. Add the milk all at once and stir just until the dough forms a ball around the fork. Turn the bowl onto a lightly floured board and knead 14 times. (Or use food processor.) Pat until 1/2 inch thick. Cut into 2 inch rounds and place touching each other in pans and bake for 15-20 minutes.

**For Crusty Biscuits:** Roll biscuits to 1/4 inch thick and place 1 inch apart on baking sheet. Bake at 450°F. (Gas Mark 7) for about 12 minutes.

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## Buttermilk Pancakes

250 ml Flour

1/2 Tsp Salt

2 Tsp Baking Powder

1/4 Tsp Bicarbonate of Soda

2 Tsp Sugar

250 ml Buttermilk

65 ml Melted Margarine

1 Egg

In a bowl, mix together all the dry ingredients. Gradually stir in first buttermilk, then margarine, then slightly beaten egg. Beat mix rapidly to remove lumps.

Over medium heat, pre-heat a griddle or large frying pan. Using a measuring cup, pour mix onto surface of pan. (Actual amount will depend on desired size of pancakes.) Large bubbles will form on the top side of the cooking pancake. When most of the surface is covered with bubbles, flip pancake and cook 1 to 2 minutes. (If you like your pancakes lighter or darker, experiment with cooking times for each side.)



## Butternut Squash

Sweet and savoury.... an American Autumn favourite.

1/2 Butternut Squash

2 Tbsp. Butter

1 Tbsp. Brown Sugar, heaped

Sprinkle of Salt

**Optional:**

A drizzle of Maple or Golden Syrup

This is not so much a recipe as a cooking technique, thus the amounts are flexible based on squash size and personal preference.

Split the squash vertically and scoop out the seeds and fibre with a sharp-edged spoon. Warm the squash halves slightly by either putting them in the oven or for a minute in the microwave. Spread all exposed squash flesh with butter and then place the remaining butter in the cavity along with the brown sugar. Drizzle the sugar with the syrup if you choose to use it. Sprinkle lightly with salt.

Heat the oven to 350° F. (180° C. / Gas Mark 4).

Place the halves in a baking dish and add about half an inch of hot water around the squash. Bake until flesh is tender and a bit speckled with brown on the top. Around an hour depending on the size of the squash.

**Note:** This recipe may also be used for Danish / Acorn squash.



## Butterscotch Brownies

An interesting change from the usual chocolate brownies.

115 grams Butter or Margarine  
500 ml Soft Dark Brown Sugar  
2 Eggs  
1/2 Tsp. Salt

210 grams Flour  
2 Tsp. Baking Powder  
1 Tsp. Vanilla  
250 ml Walnuts/Pecans, broken

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

Butter a 9-inch square cake pan.

Blend well together the first five ingredients... then add the Baking Powder and Vanilla.

Once it is well mixed, add the nuts and put into the cake pan.

Level the mix as it will be very thick.

Bake for 35 to 40 minutes or until dry on top and almost firm to the touch.

Let cool for 10 to 15 minutes, then cut into squares.

Optional: Toss in some chocolate chips with the nuts.  
Top with Penuche Frosting.

## Butterscotch-Tapioca Pudding

4 Tbsp Tapioca  
500 ml Milk  
1/8 Tsp Salt  
2 Egg yolks, beaten  
1 Tbsp Margarine  
100 ml Brown Sugar (packed)

2 Egg whites, stiffly beaten  
1/4 Tsp Cream of Tartar  
1 Tbsp Caster Sugar,  
(Vanilla if possible)  
50 ml Chopped Walnuts or  
Pecans, (Optional)

Warm the milk and stir in the tapioca, salt and egg yolks. Allow to stand for five minutes.

Slowly bring to a boil, stirring often, and boil for 5 minutes. Remove from heat. Melt the margarine in a small frying pan and add the sugar. Cook over moderate heat until the sugar melts and bubbles well. Simmer for one minute and then stir into the tapioca mix. May be cooled and served.

**Or:**

Mix in the chopped nuts.

**And/Or:** (To use up the egg whites.)

Beat the egg whites until stiff and then beat in the Cream of Tartar and Sugar. Place the pudding into individual baking dishes, top with egg whites and place in a 375°F. (Gas Mark 5) oven until browned.



## Cabbage Rolls

450 grams Mince  
125 ml Uncooked Rice  
2 Tbsp Margarine  
1 Onion, chopped  
1 Egg, beaten  
1 tin Campbells Tomato Soup  
1 tin Water

Juice of one Lemon  
1 Tsp Sugar  
1 Tsp Parsley  
200 ml Celery, chopped  
6 - 8 Cabbage Leaves  
Salt and Pepper

Prepare the sauce so it will be simmering while you do the remainder of the preparation. Sauté the onion in the margarine for several minutes and then add the tomato soup and an equal amount of water. Add the parsley, celery, lemon juice, sugar, salt and pepper. Simmer for about 10 minutes.

Season the mince with salt and pepper; add the egg. Mix well and then mix in the rice. Allow to stand while you boil the cabbage leaves until tender but not overcooked.

Divide the filling equally among the leaves. Roll the mixture into the leaves, being sure to tuck in the ends before finishing the roll. Secure each roll with a toothpick and place in a casserole dish. Pour the sauce over the rolls and bake at 350° F. (Gas Mark 4) for around 2 hours.

This may also be cooked on top of the cooker in a covered sauce pan but it may scorch. Good for a slow cooker, but extend the time to 2 hours of simmer.



## Cabbage Soup

Rich, thick and warming on a cold day. A good way to get rid of a spare cabbage.

1 Cabbage  
4 Carrots  
3 Medium Potatoes  
1000ml + Water  
2 Tbsp Margarine

1 Tsp Salt  
Ground Pepper  
500 ml ± Milk

**Optional:**

1/2 Tsp Thyme **and/or**  
1/2 Tsp Marjoram

Put the cabbage through a food processor with the fine slicing blade. Place the cabbage in a large soup pot and just cover with water. Bring to a boil and simmer. Peel the potatoes and carrots and use the cubing blade and add them to the simmering pot. Add the margarine, salt and pepper. Cook over low heat until all of the ingredients are tender. Remove from heat and add the milk. This will cool down the mixture so that you can blend it in a blender or the food processor. Dip out enough to fill the blender, blend until smooth and then return to the pot. Mix well after returning each batch. It does not matter if you miss some as this gives a varied texture to the soup. Bring back just to a simmer and adjust the thickness with milk.



## California Fresh Fruit Pie

9" Graham Cracker Pie Shell\*  
250 ml White Grape Juice  
1 Tbsp Corn Flour  
1 Tbsp Sugar  
500 ml fresh Strawberries  
1 lg. ripe Banana

1 sm. Apple, peeled and cored  
1 sm. Peach  
1 Nectarine  
2 Apricots  
1 Tangerine, peeled  
18-24 small Seedless Grapes

For glaze, heat grape juice over medium-high heat. When juice is warm, add corn flour and sugar, stirring until sugar is dissolved. If you prefer a tart pie, omit sugar or reduce amount. Stirring occasionally, continue to heat until mixture is clear and thick (add more corn flour if necessary). Remove from heat and set aside to cool. Separate tangerine into slices and carefully cut out seeds. Slice strawberries, banana, apple, peach, nectarine and apricots and stir all fruit into glaze. Pour into pie shell and chill well before serving. Note: A few drops lemon juice in glaze preserves the colour of the fruit.

\*Substitute Digestive Biscuit Pie Shell



## Candied Citrus Peel

May be eaten as is or used in baking.

2 Grapefruit  
or  
3 Oranges  
or  
6 Lemons

2 cups (400 grams) Sugar  
3 Tbsp. Corn Syrup or Golden Syrup

Peel the fruit in large strips, using only the zest and white peel. If the white is very thick, trim it down a bit. Put the peel in a pan, cover with cold water, and simmer for 30 minutes. Drain, cover with cold water and simmer until tender. Drain and cut the peel into small strips, about 1/4 inch wide and 2 inches long. Mix 1 cup of the sugar with the syrup and 3/4 cup of water in a heavy saucepan and stir over low heat until dissolved. Dip a pastry brush in cold water and wash down the sides of the pan, then add the peel and cook very gently over low heat until most of the syrup has been absorbed. Cover and let stand overnight. Reheat and bring to the simmer again, then cool a little and drain. Spread several thicknesses of paper towels with the remaining cup of sugar and roll the peel in it, turning so that all the pieces are well coated. Let them stand until they are dry enough to handle. Stored airtight, they will stay fresh for several months. If they become too dry, put a lemon in the container for a day or two and the peel will soften.



## Candied Sweet Potatoes

Traditional at Thanksgiving and Christmas

Sweet Potatoes  
Brown Sugar  
Butter  
Pinch of Salt

**Optional:**  
Grated Orange Rind  
Orange Juice  
Maple Syrup  
Marshmallows

This is more of a technique than a recipe in that you choose the amounts depending on how many potatoes you are cooking.

Scrub the potatoes and then boil them until a skewer passes through them with little resistance. Drain and allow to cool. Remove skins and cut into rounds about 2 cm thick. Butter a casserole dish and put a layer of slices close together. Fill in larger gaps with chunks of sweet potato. Scatter brown sugar over the slices and dot with small chunks of butter. Keep on adding layers, finishing with a layer of brown sugar.

If using options, sprinkle each layer with a little rind and add a small amount of orange juice poured over the top. Maple syrup can be drizzled over the top layer before baking. Bake at 350° F. (180° C. / Gas Mark 4) for anywhere from half to a full hour. The longer it cooks, the more the sweet potatoes absorb the sugar and syrup.

If using marshmallows, place on the top of the dish and return to the oven for 5 or 10 minutes. A very forgiving dish in that it is not critical of time or temperature.



## Cape Cod Oatmeal Cookies

375 ml Flour

1/2 Tsp Bicarbonate of Soda

2 Tsp Cinnamon

1/4 Tsp Ground Cloves

1/2 Tsp Salt

125 ml Brown Sugar

125 ml Granulated Sugar

115 grams Margarine, melted

1 Egg, beaten

1 Tbsp Molasses

100 ml Buttermilk or

sour milk or

milk + 1 Tsp Lemon Juice

450 ml Rolled Oats

250 ml Raisins

250 ml Chopped Nuts (optnl)

Mix the flour, baking soda, cinnamon, cloves and salt. Mix in the sugar. Pour the margarine and molasses over the dry mix and blend in well.

Add other ingredients and mix till uniform.

Drop by spoonfuls onto ungreased baking sheets.

Bake at 350° F. (Gas Mark 4) for around 12 minutes. They will only be brown around the edges. Place on rack to cool. May be stored in tins, but the exterior will lose its crunch.

Makes about five dozen cookies.

A decorative border with floral and leaf motifs surrounds the text. At the top center, there is a small illustration of a leafy branch. At the bottom center, there is a small illustration of a leafy branch. The corners are decorated with larger floral designs.

## Carrot Raisin Salad

Delicious and healthy... Keeps well.

1 lb. Carrots  
125 ml Raisins  
or Sultanas  
or Golden Raisins

Juice of one Orange  
Salt and Pepper to taste

Peel carrots and shred with a grater or food processor. This is a fairly critical point: be sure you have the right size of grater. If it is too coarse, it is woody... if it is too fine it is mushy... It should be a good, medium size.

Options: It is nice if you add fresh or tinned fruit to the above. I like chopped orange or tangerine flesh, peaches and apricots.

Combine all ingredients and toss well to blend. Season to taste and refrigerate until serving time.

This actually profits from being made the night before as it mellows a bit and the flavours blend nicely. Be sure that it is well cling filmed in the fridge so that it does not absorb flavours.



## Cheese-Mushroom Scallop

4 oz. can Mushrooms, sliced  
250 grams Cheddar Cheese, Sharp  
6 slices White Bread  
2 Tbsp Butter or Margarine

Milk or Cream  
2 Eggs  
1/2 Tsp salt  
1/8 Tsp Pepper

Drain mushrooms, reserving liquid. Cut cheese into 1/2" thick slices. Cut crusts from bread and cut into thirds. Grease a 1 1/2-qt. casserole and arrange 1/3 of bread fingers on bottom. Cover with a layer of one half the cheese and mushrooms. Repeat layering and top with remaining third of bread fingers. Dot with butter. Add enough milk or cream to reserved mushroom liquid to make 250 ml liquid. Beat eggs until thick and beat in milk mixture, salt and pepper. Pour over casserole and bake at 325° F. (Gas Mark 4) for 30-40 minutes or until puffed and lightly browned.



## Cheesecake

Oven-baked. Not to be confused with "gelatine" types."

7 Digestive Biscuits (3 in. size)

4 Tbsp Sugar

60 grams Margarine

1/4 Tsp Cinnamon (optional)

3 Tbsp Flour

100 ml Sugar

1/8 Tsp Salt

200 grams Cream Cheese

1/2 Tsp Vanilla

Rind of 1 Lemon

1 Tbsp Lemon Juice

2 Eggs

142 ml Double Cream

142 ml Soured Cream

2 Tbsp Caster Sugar (Vanilla)

1 Tsp Vanilla

(The amounts above are for a 7" tin. Double the filling and topping for a 9" tin.) Place biscuits, sugar, margarine and cinnamon in a food processor with knife and pulse power to give coarse crumb. Empty into a greased, loose-bottomed pan and press down well. Put the flour, sugar, salt, cream cheese, vanilla, lemon rind and juice in the chamber and blend well. (Save some effort and just remove the zest of the lemon using a potato peeler. The blade will chop it well enough.) Add the eggs and blend again. Add the double cream and blend for about a minute. Pour mixture on the crumb mix. Bake in a 325° F. (Gas Mark 4) oven for fifty minutes. (It will puff and start to form small cracks.)

Once you put the cheesecake in the oven, add the sugar and vanilla to the soured cream and mix in well. At the end of the baking time, pour the soured cream mix smoothly over the cheesecake and bake for 10 more minutes. Cool, remove from tin and refrigerate.

## Cheesy Nut Loaf

A vegetarian dish which may be made a day ahead and refrigerated. Does not freeze well.

- |                         |                                |
|-------------------------|--------------------------------|
| 1 Tbsp. Oil             | 250 ml Brown Rice, cooked      |
| 1 Onion, chopped        | 200 ml Cheese (mature), grated |
| 1 Tomato, chopped       | 1 Egg, beaten                  |
| 1 Green Pepper, Chopped | <b>Sauce:</b>                  |
| 250 ml Cashew Nuts      | 1 Tbsp. Oil                    |
| 250 ml Blanched Almonds | 6 Tomatoes, chopped            |
| 1 Carrot, grated        | 65 ml Water                    |

Oil loaf pan and line with greaseproof paper. Heat the oil and add the onion, tomato and pepper. Stir over low heat for about 4 minutes or until the pepper is tender. Place in large mixing bowl.

Finely chop the cashews and almonds. Add the nuts, carrot, rice, cheese and egg. Mix well.

Press mixture evenly into the prepared pan and bake at 350° F. (Gas Mark 4) for about 40 minutes.

**Sauce:** Heat the oil and saute the tomatoes for 10 minutes. Add the water and blend until smooth. Reheat before serving.

# Chicken and Dumplings

A hearty "meal-in-itself".

1 Medium Chicken  
1500 ml Water  
1 Large Onion, chopped  
3 Carrots, thinly sliced  
2 Sticks Celery, sliced  
150 ml Corn, frozen  
2 Tsp Thyme  
1 Tsp Rosemary

2 Tsp Salt  
1/2 Tsp Pepper

## ***Dumplings:***

500 ml Flour  
3 Tsp Baking Powder  
1 Tsp Salt  
4 Tbsp Margarine  
170 to 250 ml Milk

Cut the chicken into parts and place in water. Add all other ingredients except the dumplings and bring to a rolling boil. Simmer for an hour (or longer).

These are excellent, but a bit heavy for some tastes:

Combine the dry ingredients of the dumplings and cut in the margarine until the mix resembles coarse meal. Add the minimum amount of milk required to bind the mix together. Drop spoonfuls of the dough on top of the simmering liquid and cover for 20 minutes (don't peek!). A pressure cooker, without the weight, is good for this because of the high dome of the lid.

**Alternative:** Make the dumplings out of Bisquick, following the recipe on the box. These will be very light.



## Chicken Curry

Mild and creamy.

125 ml Diced Celery

1 large Onion, diced

60 grams Margarine

500 ml Chicken Stock

1 Apple, peeled and diced

80 ml Sultanas or Raisins

1 Tsp. Salt

2 Tsp. Curry Powder

1 Tsp. Vinegar

80 ml Flour

125 ml Water (opt.)

500 ml Cooked Chicken,  
diced

Saute celery and onions in margarine. Add chicken, broth, apple, raisins, salt and vinegar. Bring to boil. Thicken with paste made from flour and water. Serve over rice.

Serves 4



## Chicken Dijon

1 Chicken, quartered  
200 ml Cooking Oil  
200 ml Vinegar

1 Tbsp. Lemon Juice  
3 Tbsp. Dijon mustard  
1 Tsp. Salt  
1/2 Tsp. Pepper

Place chicken quarters in glass bowl. Combine oil, vinegar, mustard, salt and pepper and pour over chicken. Refrigerate and allow to marinate at least 2 hours or overnight, turning once.

Place chicken skin side down on broiler rack. Broil, at medium heat, for 15 minutes and turn. Broil 20-30 minutes more, basting frequently, or until chicken is tender.

Yield: 4 servings



## Chicken Liver Nuggets

250 grams Chicken Livers  
1 Egg  
200 ml Self Raising Flour  
100 ml Milk

1/2 Tsp Salt  
1/4 Tsp Black Pepper  
150 ml Cooking Oil

Wash the livers and pat dry with a paper towel. Split them lengthwise with a sharp knife.

Beat the egg and milk together and then add the salt, pepper and flour.

Dip the strips into the batter to cover each one well.

Heat the oil in a small frying pan and cook only about five nuggets at a time.

The oil should be hot enough to cook the nuggets to a golden brown without scorching .  
(Be careful of the spatter of the hot oil.)

Oil a baking tin and have it warmed in a moderate oven. Cook the nuggets well on both sides and then transfer them to the oven until ready to serve.

## Chicken Livers Stroganoff

Excellent served with rice or noodles.

225 grams Chicken Livers  
100 ml Flour (approx.)  
Salt and Pepper  
2 Tbsp Margarine  
1 Large Onion, chopped

225 grams Mushrooms  
3 Tbsp Sherry (optional)  
150 ml Milk (approx.)  
125 ml Soured Cream  
(optional)

Wash and drain the livers. Put the flour, salt and pepper into a sack. Hold top and shake. Drop in the livers one by one, shaking after each. Warm the margarine in a large frying pan just to the point of bubbling. Add the livers, fry on one side until browned, turn and add the onions and then the sliced or quartered mushrooms. Fry, stirring frequently, avoiding scorching. Add more margarine if required. Sprinkle some of the remaining flour over the contents of the pan and stir in well. Slowly, with stirring, add the milk and sherry. Adjust the milk addition until the liquid is bubbling well, but not thick. Simmer for a while, reducing the liquid until it is fairly thick. Just before serving, stir in the soured cream and bring back to temperature without boiling which may cause the sauce to curdle.

Serves 2 to 3



## Chicken Pie

3 Tbsp Margarine  
1 Medium Onion, thinly sliced  
6 Medium Mushrooms,  
    quartered  
2 Stalks Celery, sliced  
500 ml Cooked Chicken,  
    chopped  
3 Tbsp Flour

250 ml Rich Chicken Broth  
250 ml Milk  
4 Tbsp Salad Cream  
50 grams Toasted Sliced  
    Almonds (Optional)  
Salt & Pepper  
Shortcrust Pastry (McDougall's  
    mix)

Saute the onion, celery and mushrooms in the margarine. Blend in the flour and then add the broth and milk. Season to taste. Add the chicken and almonds and simmer until the sauce is very thick. Allow to cool, slightly.

Prepare the pastry and line the dish with a thinly rolled layer of pastry. Spoon in the filling and level. Seal the pastry cover to the pastry lining, cut several slashes in the top to allow steam to escape and then brush the top crust well with milk.

Bake for about an hour at 375°F. (Gas Mark 5).

## Chicken with Prunes and Bacon

Similar to the French *lapin aux pruneaux*.

4 Chicken thighs, boned  
8 Prunes, stoneless

4 slices Smoked Bacon  
2 Tbsp. Parsley, chopped  
Salt and Pepper

Place the boned thighs skin-side down on a cutting board and flatten. Sprinkle with salt and pepper. Place the two prunes end-to-end and sprinkle with the parsley.  
Roll the thigh around the prunes and tuck in the ends underneath.  
Wrap bacon around each bundle again tucking in the ends to hold it intact while cooking.  
Place on a lightly oiled baking sheet and place in a preheated oven. 400° F. (200° C. / Gas Mark 6)  
Cook for at least half an hour or until obviously done.

Notes: A little thyme adds a nice flavour. The skin may be removed from the thighs if desired, but it makes the rolling a bit more difficult. May be served whole or sliced crosswise before serving.



## Chili con Carne

Belle Thornton, former cook at Reedsport High, taught me how to make this.

1 lb Red Kidney Beans

1500 ml Water

1 lb Steak Mince or

Chopped Beef Chunks

1 medium Onion

1 Tbsp. Chili Seasoning

1 tin Tomatoes

100 ml Tomato Paste

100 ml Catsup

1 Tbsp. Cocoa Powder

Salt and Pepper to taste

Soak the beans overnight in a large saucepan. Allow plenty of water as they will swell. The next day, change the water and bring the beans to a strong, rolling boil. Boil for at least ten minutes and then reduce to a simmer for about an hour.

Place a little oil in a frying pan and brown the meat. This should be done at a temperature high enough to caramelize part of the surface of the meat.

Chop the onion and add to the meat and then stir in the Chili Seasoning. (This recipe makes mild chili. Increase the powder for a hotter dish.) When the onion becomes tender, add the tomatoes and chop them with a wooden spatula. Use the juice to dissolve the dark chunks that may adhere to the frying pan as they add to the rich flavour. Add Tomato Paste, Catsup and Cocoa. Mix well while simmering. Add the meat mixture to the beans and simmer for another hour, adding water as required. Some cooks swear that the longer it simmers, the better it is. Others claim that it is better the next day. Garnish with grated cheddar and chopped onion.

A decorative border with floral and leaf motifs surrounds the text. At the top and bottom center, there are small floral emblems.

## Chocolate Chip Cookies

Also called "Toll House" cookies.

115 grams Margarine

6 Tbsp. Brown Sugar

6 Tbsp. Granulated Sugar

1/2 Tsp. Vanilla

1 Tsp. Water

1 egg

250 ml Flour

1/2 Tsp. Bicarbonate of Soda

1/2 Tsp. Salt

200 grams Chocolate Chips

100 grams Walnut Bits

Cream butter and sugars. Add egg, vanilla and water, beating until light and fluffy. Mix together flour, soda and salt. Add to butter mixture in three parts, beating until smooth after each. Stir in chips. Drop 2 inches apart on greased baking sheets. Bake at 375° F. (Gas Mark 5) for 10 minutes or until golden brown.

Yield: 4 dozen cookies

A decorative border with floral and leaf motifs surrounds the text. At the top center and bottom center, there are small floral emblems. The corners are decorated with larger, intricate floral designs.

## Chocolate Fudge Frosting

140 Grams Margarine or Butter  
400 ml Granulated Sugar  
125 ml Cocoa

100 ml Milk  
1 Tsp Vanilla

Melt margarine over low heat; add sugar, cocoa and milk.

Cook, stirring constantly, until sugar dissolves. Bring to a boil over medium heat and boil three minutes.

Remove from heat and add vanilla. Pour into pyrex bowl to cool.

When cool, beat until spreading consistency.



## Chocolate Mousse

4 Eggs

60 Grams Caster Sugar

120 Grams Chocolate  
(Bournville)

2 Tsp Brandy

8 Drops Vanilla

1 1/2 Tbsp Cream

Separate eggs. Place whites into a large bowl and yolks into medium Pyrex bowl. Half fill a saucepan with water and place the bowl of yolks above the fairly hot water to warm. Break the chocolate into another Pyrex bowl and warm slowly over water (or microwave) to melt. Add sugar to the yolks and beat well until thick and creamy. Continue beating while adding the brandy, vanilla and cream to the yolk mix. Whip the whites until stiff but not dry. Add the melted chocolate to the yolk mixture and stir well. Fold in the beaten whites.

Place in small dishes and chill well before serving.

Serves 4.



## Chocolate Oatmeal Pie

A rich pie that is very easy to prepare.

2 Eggs

150 ml Margarine, melted

4 Tbsp Golden Syrup

150 ml Granulated Sugar

150 ml Brown Sugar

250 ml Oatmeal

50 ml Milk

2 Tbsp Cocoa

1 Tsp Vanilla

1/4 Tsp Salt

1 Unbaked Pie Shell

1 Tbsp Margarine, melted

1 Tbsp Granulated Sugar

50 grams Flaked Almonds

Beat the eggs, add the margarine and beat for a minute. Continue beating and add the syrup, sugars, oatmeal, milk, cocoa, vanilla and salt.  
Pour mixture into pie shell.

Mix the almonds with the margarine to cover and then mix in the sugar to coat. Scatter the almonds evenly over the surface of the unbaked pie.

Bake in a 350° F. (Gas Mark 4) for around an hour. The crust should be brown and the pie almost fully set in the centre when shaken.



## Chocolate Oatmeal Rocky Road

An uncooked candy or an unbaked cookie? Very rich and very chocolate.

140 Grams Margarine or Butter  
400 ml Granulated Sugar  
125 ml Cocoa  
100 ml Milk  
1 Tsp Vanilla (optional)

500 ml Rolled Oats  
200 ml Walnuts, broken  
200 ml Marshmallows, chopped  
or mini

Melt margarine over low heat; add sugar, cocoa and milk.

Cook, stirring constantly, until sugar dissolves. Bring to a boil over medium heat and boil for three minutes.

Remove from heat and stir in the walnuts and oats. Allow to stand for a few minutes and then stir again. Continue until cool enough to add the marshmallows without having them melt.

While still warm, divide into 24 paper cases and allow to set. This will improve on standing.



## Chocolate Pie

2 Tbsp Cocoa

190 ml Sugar

3 Tbsp Flour

2 Eggs

250 ml Milk

1 Tbsp Margarine

1/2 Tsp Vanilla

1 Baked Pie Shell

125 ml Caster Sugar (vanilla)

1/8 Tsp Cream of Tartar

Separate the eggs and beat the whites until thick. Add the Caster Sugar and Cream of Tartar and continue to beat until stiff peaks form.

Measure the dry ingredients and mix together. Beat the Egg Yolks and Milk together and then beat in the dry ingredients. Pour into saucepan and add the Margarine.

Cook over medium heat, stirring constantly, until thick.

Remove from heat and beat until smooth. Add the vanilla, beat again, and pour into pie shell.

Spread on the beaten Egg Whites and place in a 400° F. (Gas Mark 5) oven for about ten minutes.

A decorative border with floral and leaf motifs surrounds the text. At the top center and bottom center, there are small floral emblems. The corners are decorated with larger, intricate floral designs.

## Christmas Stollen

1 Tbsp Dry Yeast  
65 ml Warm Water  
190 ml Warm Milk  
50 grams Sugar  
1 Tsp Salt  
4 Tbsp Margarine, melted  
2 Eggs

750 ml Strong Flour  
1 Tbsp Lemon Rind, grated  
125 ml Chopped Almonds  
190 ml Glacé Fruit, chopped  
250 ml Icing Sugar  
2 Tbsp Lemon Juice  
1 to 2 Tbsp Water

Stir the yeast and 1 Tbsp of the sugar into the warm water and set aside. Put the milk, sugar, salt, margarine and eggs into a large bowl and mix well. Add half of the flour and beat until smooth. Cover and allow to rise for about an hour in a warm place. Add the remaining flour or until the dough is easy to handle. Cover and chill in the refrigerator for about 30 minutes. Turn out onto a lightly floured board and knead with the lemon rind, fruit and almonds. Pat the dough into an oval about 1/2" thick. Fold the dough in half lengthwise bringing the upper half not quite to the edge of the lower half and press down along the edge to secure. Place on a buttered bake tin, cover and let double in bulk. Preheat oven to 375°F. (Gas Mark 5). Bake for 35 minutes. Mix the icing sugar, lemon juice and water and glaze the cake while it is still warm. May be garnished with more fruit and nuts.



## Clam Bisque

Simple to prepare but with an impressive flavour.

1 tin Chopped or Minced Clams\*  
1 Tbsp Margarine or Butter  
1 Tbsp Flour

375 ml Milk  
1/2 Tsp Salt  
Black Pepper

Place all of the ingredients in a blender and blend until fairly smooth.

Cook over low heat, stirring frequently until the bisque reaches simmering point. Do not bring to a rolling boil.

The more sinful you feel, the higher cream content of the milk you use.

May be served topped with cream or soured cream and a grind of black pepper.

\*Tinned by either Snow's or Gorton's, these come in flat tins containing 185 grams/ 6.5 ounces. These are not readily available in Britain, but may be smuggled in by people returning from the States.

# Clam Chowder

New England style as I was taught to make it by Belle Thornton of Reedsport High.

170 grams Onion  
50 grams Margarine  
500 ml Water  
500 grams Potatoes  
1 Tsp Salt

1/2 Tsp Pepper  
100 grams Bacon,  
smoked streaky  
1 6.5 oz. tin Minced Clams  
300 ml Milk\*

Chop the raw bacon. Gently sauté the finely chopped onion and 3/4 of the bacon in the margarine until tender. Add the water, the juice drained from the clams, salt, pepper and potatoes that have been cut into 2 cm. cubes. Bring to a boil and simmer until the potatoes just start to thicken the water. Add the clams and simmer for a few minutes more. Add the milk and bring just to the simmer and hold for a few minutes.

\*Any or all of the milk can be replaced with cream.

The remaining bacon should be slowly fried until brown and crisp. Serve in heated bowls with a dab of butter dropped in the centre of the chowder. Grind a bit of pepper for colour and sprinkle the fried bacon bits on top of the melting butter.



## Coconut-Pecan Squares

Inspired by a recipe from High Maples Farm, New Hampshire.

### Bottom Layer:

300 ml Flour  
2 Tbsp Icing Sugar  
100 grams Margarine

### Top Layer:

2 Eggs  
300 ml Brown Sugar  
2 Tbsp Flour  
200 ml Dessicated Coconut  
200 ml Pecans  
2 Tsp Vanilla

Cream together the ingredients for the bottom layer and pat the mixture until it is level in the bottom of a 9" x 9" square pan. Bake in a preheated oven at 350° F. (Gas Mark 4) for 15 minutes.

Mix together the ingredients for the top layer and spread over the partially cooked bottom layer.

Return to the oven for another 15 minutes, or until slightly brown and set in the centre. Remove from oven, sprinkle with sugar and cut into squares while still fairly warm.

Allow to cool, cut again and carefully lift out and place on greaseproof paper.

A decorative border with floral and leaf motifs surrounds the text. At the top center and bottom center, there are small floral emblems. The corners are decorated with larger, intricate floral designs.

## Corn Bread (Pennsylvania Dutch)

350 ml Cornmeal

100 ml Flour

1 1/2 Tsp Salt

3 Tbsp Sugar

4 Tsp Baking Powder

500 ml Milk

2 Eggs

2 Tbsp Margarine, melted

Beat together eggs, milk and margarine. Add dry ingredients and mix well. It will be on the thin side.

Pour into a well-greased baking pan, a cast-iron skillet is best, and bake for 20-25 minutes at 400° F. (Gas Mark 6).

Serve warm with butter, honey, apple butter, strawberry preserves, etc.



## Corn Fritters

Somewhere between a vegetable dish and a pancake.

350 to 500 ml Cooked Corn\*

2 Eggs, beaten

65 ml Milk

6 Tbsp. Flour

1 1/2 Tsp. Baking Powder

1/2 Tsp. Salt

3 Tbsp. Margarine, melted

Salad Oil to grease griddle

Combine the eggs, milk, flour, baking powder and salt. Mix well and then add the well-drained corn and the melted margarine.

Heat a griddle and lightly grease it with salad oil.

Ladle the mixture onto the griddle into circles no more that four inches across.

Allow to cook until golden brown... small bubbles will be coming to the top of the fritters. Turn carefully and place in oven after cooked on second side.

Excellent with maple syrup or fruit preseerves.

\* It can be tinned, frozen or fresh off of the cob... but it must be cooked and drained.

A decorative border with floral and leaf motifs surrounds the text. At the top center, there is a small illustration of a corn cob on a leafy stem.

## Corn Oysters

Best with fresh corn. Could be called "fritters".

250 ml Corn (about 1 ear)

1 Egg

35 grams Flour

1/4 Tsp Salt

1/8 Tsp Pepper

4 Tbsp Butter

Place the egg, flour, salt and pepper in food processor and blend.

Add the kernels of corn and blend until coarse chopped.

Melt the butter in a frying pan and heat until foaming.

Pour 1/6 of the mix into the butter for each Oyster.

Brown on one side (3 to 4 minutes) and then turn and brown the reverse.

Place in a warm oven until ready to serve. Serve with maple syrup.

Goes well with bacon or ham.

The frying pan is suitable for cooking "Fried Apple Rings".



## Corn Pudding

Not a "pudding", but rather a vegetable dish.

500 ml Fresh Corn\*  
3 Eggs, beaten  
250 ml Milk

3 Tbsp Sugar  
3 Tbsp Margarine  
1/4 Tsp Salt

Cut the corn from the cob, mix with the other ingredients and pour into a greased baking dish.

Bake at 350°F. (Gas Mark 4) for 30 minutes or until set and slightly puffed.

\*You may substitute tinned corn or thawed frozen corn.

A decorative border with floral and leaf motifs surrounds the text. The top and bottom center features a small floral crest. The corners are filled with intricate leaf and flower designs.

## Cottage Mint Dressing

Fresh and cool. Good on chinese leaf or other lettuce based salads.

150 grams Cottage Cheese  
4 Tbsp Mayonnaise  
2 Tbsp Milk

2 Tbsp Mint Jelly  
Salt & Pepper

Either mix together and press through a seive or blend in a blender.

Adjust the amount of milk so that the dressing will coat the lettuce well.

A decorative border with floral and leaf motifs surrounds the text. The border is composed of repeating patterns of leaves and flowers, creating a frame around the central content.

## Cranberry Courgettes

An excellent use for left-over Cranberry Sauce from the freezer.

2 Tbsp Margarine  
1 Onion, chopped  
3 sticks Celery, chopped  
6 Mushrooms, chopped  
1 Carrot, grated

150 ml Cranberry Sauce  
1 Tsp Italian Seasoning  
Salt & Pepper to taste  
150 ml Water  
3 Courgettes, thickly sliced  
2 Tbsp Corn Flour

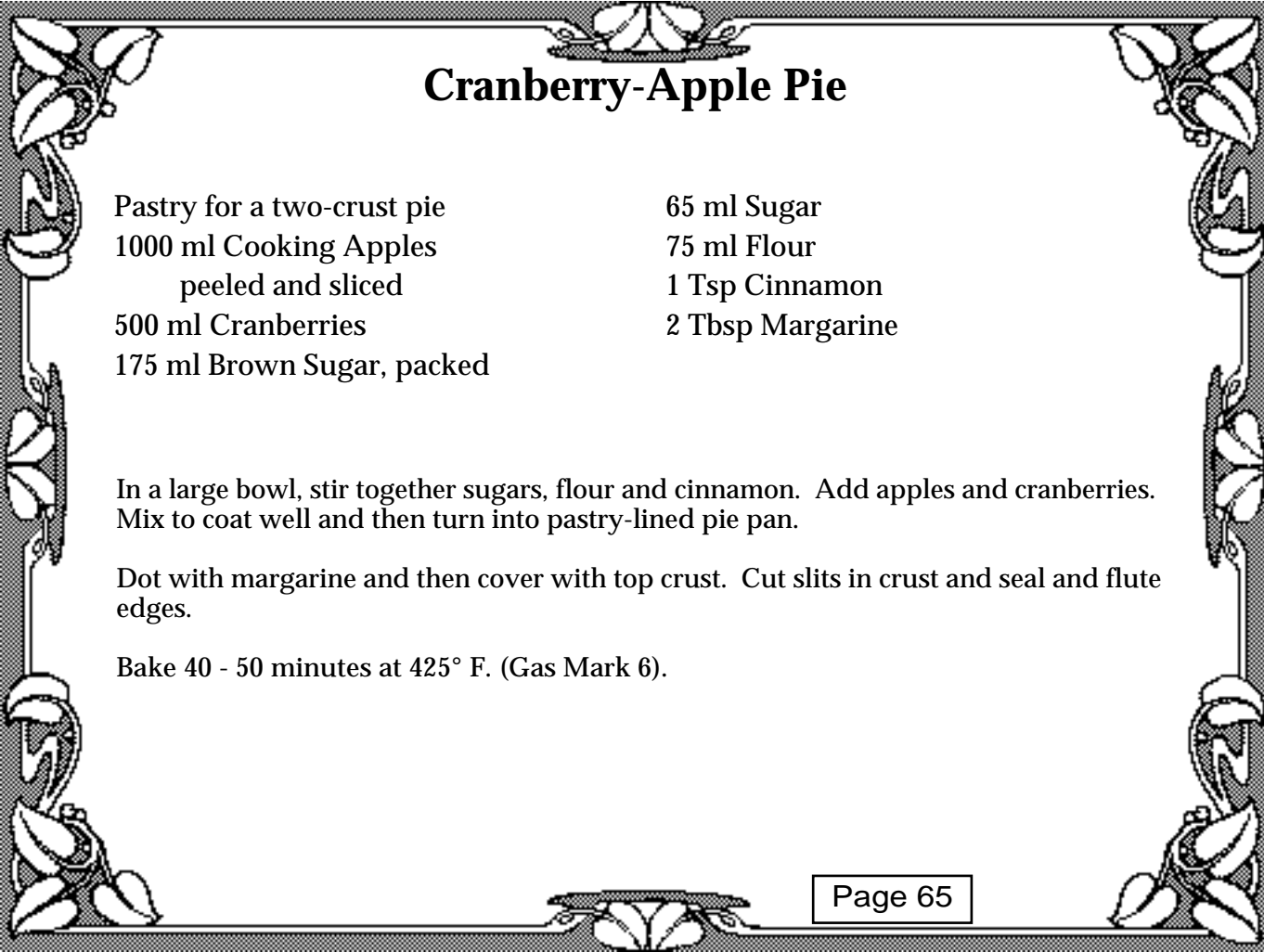
Saute the vegetables in margarine until the onion is tender.

Add seasonings, water and cranberry sauce.

Simmer for ten minutes.

Add the courgettes and simmer until slightly tender.

Dissolve the corn flour in a small amount of water and add to thicken.



## Cranberry-Apple Pie

Pastry for a two-crust pie  
1000 ml Cooking Apples  
    peeled and sliced  
500 ml Cranberries  
175 ml Brown Sugar, packed

65 ml Sugar  
75 ml Flour  
1 Tsp Cinnamon  
2 Tbsp Margarine

In a large bowl, stir together sugars, flour and cinnamon. Add apples and cranberries. Mix to coat well and then turn into pastry-lined pie pan.

Dot with margarine and then cover with top crust. Cut slits in crust and seal and flute edges.

Bake 40 - 50 minutes at 425° F. (Gas Mark 6).



## Cranberry-Oatmeal Delight

Rich in flavour, with a variety of textures.

500 ml Whole Cranberry Sauce

500 ml Cooking Apples,  
chopped

250 ml Rolled Oats

250 ml Brown Sugar, packed

100 ml Flour

60 grams Margarine, melted

1/2 Tsp Salt

125 grams Pecans, coarsely  
chopped

Combine cranberry sauce and apples. Spoon the mixture into a buttered baking dish (glass or stoneware) which is deep enough to prevent overflow.

Combine oats, sugar, flour, margarine and salt. Spread this mixture over the cranberry sauce and apples.

Sprinkle pecans over the top.

Bake at 350° F. (Gas Mark 4) for 50 minutes or until it bubbles well around the edges. Yields around six servings.



## Cream Puffs

A standard recipe that can be used for puffs, eclairs, etc.

### For the *Choux Pastry*:

125 ml Water  
60 grams Margarine or Butter  
70 grams Flour  
2 Eggs, room temperature

### For the *Chocolate Topping*:

85 grams Plain Chocolate  
2 Tbsp Margarine or Butter

### For the *Crème Patissière*:

250 ml Milk  
100 grams Sugar  
3 Tbsp Flour  
2 Egg Yolks, slightly beaten  
2 Tsp Vanilla  
1/8 Tsp Salt

**The Puffs:** Boil water and margarine together, remove from the heat and add the flour all at once, stirring vigorously with a wooden spoon. Return to moderate heat and stir constantly until the dough leaves the sides of the pan and forms a ball. Remove from the heat and cool for 5 minutes. Add the eggs, one at a time, beating hard until the dough is smooth. Place large, rounded tablespoons of the dough on an ungreased cookie sheet, 2 inches apart. Bake for 30 minutes at 375° F. (Gas Mark 5). Carefully slice the tops off the puffs and scoop out the centres. Cool on a rack. Fill with crème and drizzle with chocolate shortly before serving.

**The Crème:** Heat the milk until hot but not boiling. Mix the sugar, flour and salt together in a bowl, stir in the hot milk and beat until well blended. Pour back and stir over low heat for 4-5 minutes. Add the egg yolks and cook for a few more minutes. Cool, stirring now and then, then add vanilla.

## Creamed Chipped Beef on Toast

1/4 pound Wafer Thin Salt Beef  
40 grams Margarine  
25 grams Flour

350 ml Milk  
1/4 Tsp Pepper  
Salt to taste

Melt the margarine in a small sauce pan and simmer the beef in it for a minute or two. Add the pepper to the flour and then slowly add the flour, mixing well to avoid lumps later. Stir in the milk gradually, stirring to blend and then heating to thicken. Once all of the milk is smoothly blended in, simmer for around 5 minutes to blend flavours. Toast 2 slices of bread for each plate and cut on the diagonal. Place two triangles, heap with meat and put a second triangle on each to form sandwich. Pour remainder of sauce and meat on top of sandwich. This is, in the U.S., a "dinner sandwich".

This is a standard "out of the pantry" meal in the U.S. The chipped beef is sold in small jars and is as omnipresent in the pantry as tins of tuna are in Britain. The above meat, available from the deli in Sainsbury's, is an acceptable substitute. This serves two.



## Cumberland Sausage

Excellent served over noodles.

6 5" Cumberland Sausages	500+ ml Med Sweet Cider
1 Large Onion	1/2 Tsp Mace
6 Large Mushrooms, quartered	200 ml Milk
4 Tbsp Cooking Oil	1 Tsp Salt
3 Tbsp Flour	1/4 Tsp Pepper

Heat the oil in a large frying pan and add the sausages. Add the onion and mushrooms after the first turning and stir frequently. When the sausages are browned and the onion tender, remove the sausages and blend the flour into the oil and vegetables. Add the cider and simmer to thicken. Add the remainder of the ingredients and return the sausages.

At this point the cooking can be completed in a medium oven for around 30 minutes or on the top of the cooker.

Add more liquid to keep a good proportion of sauce which you will need over the noodles.



## Curried Meatballs

1 1/2 lb Mince  
2 slices Soft Breadcrumbs  
250 ml Tomato Juice  
1 1/2 Tsp Salt  
1/8 Tsp Pepper  
65 ml Flour  
2 Tbsp Margarine

2 med. Onions, sliced  
1 med. Apple, diced  
1 Tsp Curry Powder  
2 Tsp Sugar  
1 Beef Bouillon cube  
250 ml Hot Water

Combine beef, breadcrumbs, 1/2 c. tomato juice, salt and pepper and mix thoroughly. Shape into balls and roll in flour.

In large skillet, melt butter and brown meatballs. Remove meatballs from pan and set aside. Add onion, apple and curry to drippings in pan and cook, stirring until onion is soft.

Return meatballs to pan and add sugar, bouillon, water and remaining tomato juice. Simmer 20 minutes, stirring often.

Serve over rice or pasta.

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## Curried Pasta Salad

230 grams Macaroni

85 ml Vinegar and Oil Dressing

1 lg. Red Apple, cored and diced

250 ml Cucumber, diced

1 Red Onion, sliced

200 ml Mayonnaise

200 ml Soured Cream

2-3 Tsp Curry Powder

Cook macaroni according to directions, drain. Pour into large glass bowl and toss with vinegar and oil dressing. Add apple, cucumber and onion. Combine mayonnaise, sour cream and curry powder. Add to macaroni, mix gently, cover and refrigerate several hours to blend flavors.



## Daube d'Edimbourg

Based on Daube d'Avignon from "The Cuisine of the Sun" by Mireille Johnston

- |   |                                |
|---|--------------------------------|
| 1 to 1 1/2 pounds Lamb shoulder,<br>cubed | 1 Orange Rind, in large chunks |
| 4 Carrots, thickly sliced                 | 1 Tsp Salt                     |
| 3 Onions, coarse chopped                  | Black Pepper                   |
| 4 Tbsp Olive Oil                          | 250 grams Dried White Beans    |
| 1 Tbsp or 1 Sprig Rosemary                | 1/4 pound Lean Streaky Bacon   |
| 2 Tsp or a dozen stems Thyme              | 500 ml Dry White Wine          |
| 2 Bay Leaves                              | 2 Tbsp Chopped Parsley         |

Place the meat, vegetables, herbs, rind, salt and oil in a large bowl. Toss well and cover before refrigerating overnight. Soak the beans overnight.

Cook the beans and place to one side. Place all of the contents of the bowl except the carrots in a large, heavy bottomed cooking pot over medium heat. Add the chopped bacon and simmer in its own juices until the onion is tender.

Add the wine and carrots, bring to the boil and simmer for 1 1/2 to 2 hours. (Until the meat is tender.) Add pepper and salt to taste.

Remove the rind and bay leaves, and add the drained beans. Bring back to the boil and simmer for 10 minutes before serving. Sprinkle with parsley and serve in shallow bowls.

## Devil's Food Cake

500 ml Sifted Cake Flour  
1 Tsp Bicarbonate of Soda  
1/2 Tsp Salt  
120 Grams Margarine or Butter  
1 1/2 Tsp Vanilla  
200 ml Light Brown Sugar  
200 ml Granulated Sugar

2 Eggs, well beaten  
100 Grams Bournville Plain  
Chocolate, melted  
2 Tbsp Cocoa  
250 ml Milk  
1/2 Tsp Red Food Colouring  
(optional)

Sift flour, then measure. Add soda and salt then set aside. Cream margarine and vanilla then add sugar and continue creaming. Add eggs in thirds, beating well after each addition. Blend in the melted, but not hot, chocolate and the food colouring. Take plenty of time blending up to this point.

Alternate the addition of the dry ingredients and the milk, mixing well between additions. (Example: 1/4 Dry, 1/3 Milk, 1/4 Dry, 1/3 Milk, etc.)

Place batter in two prepared\* 8-inch, round cake pans. Bake at 350°F. (Gas Mark 4) for 35 to 40 minutes, or until cake tests done.

Ice with **Chocolate Fudge Frosting**.

\* Circle of Grease-proof paper in bottom, margarine on sides, floured.



## Dutch Cupboard Salad Dressing

Serve warm over tossed green salad. Perhaps the world's best salad dressing.

8 Slices Bacon (smoked) or  
Lardons  
250 ml Sugar  
1 Tsp Salt

2 Tbsp Corn Flour  
2 Eggs, beaten  
200 ml Vinegar  
400 ml Water

Chop the bacon and fry it slowly in a small amount of oil until brown.

Beat together the egg, vinegar, corn flour, sugar, salt and 300 ml of water. This is best done in a blender.

Add the mixture to the bacon and fat, stirring constantly until the mixture slowly comes to a rolling boil.

Adjust the thickness with the remaining water.

This will make enough for you to store some in the refrigerator for later use.

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## Ecclefechan Tart

Recipe courtesy of Kailzie Garden Restaurant, near Peebles

115 grams Margarine

115 grams Brown Sugar

340 grams Mixed Dried Fruit

1 Tbsp Treacle or Molasses

3 Eggs, Beaten

1 Tbsp Lemon Juice + grated  
rind (optional)

Melt the margarine and sugar together until it foams. Remove from heat. Add the treacle and the fruit, mix well. Mix in the eggs and pour into uncooked sweet pastry shell.

Cook at 400°F. (Gas Mark 3) for 45 to 50 minutes. The filling should be firm and the pastry browned.



## Egg Pancake Rolls

3 Eggs  
75 ml Milk  
3 Tbs Self-Raising Flour  
Salt & Pepper

Fillings: Cream or Cottage Cheese,  
Brie, Cheddar, Camembert, etc. and  
Strawberry or Raspberry Preserves.  
OR Sauted mushrooms and onions in  
soured cream OR warm meat in gravy.

Add one ingredient at a time to a blender following each with a 15 second spin. Spread margarine on a hot griddle (9x9) and evenly pour 1/2 of the above. Cook until firm and light brown on bottom.

Loosen with a spatula, distribute filling and fold edge over three times.

May be kept warm in a 300° F. (Mark 3) oven on a greased tin.



## Egg Salad Dressing

An easy-to-make and flavourful dressing that coats the greens.

2 Hard-boiled Eggs  
3 Tbsp Salad Oil  
2 Tbsp Vinegar  
1 Spring Onion

1 Tsp Sugar  
3+ Tbsp Milk  
Salt and Pepper

All ingredients may be placed in a blender or food processor and blended until smooth. The amount of milk can be increased to thin the dressing so that it will blend well and pour. It should still be thick enough to coat the greens.



## Elderberry Chutney

Rich in colour and flavour.

1 Kilo Elderberries

400 ml Vinegar

1 Tsp. Salt

1/2 Tsp. Ground Ginger

1/2 Tsp. Ground Cloves

25 grams Crystallised Ginger, chopped

100 ml Granulated Sugar

100 ml Brown Sugar

1 large Onion, chopped

200 ml Sultanas or Raisins

100 grams Chopped Dates

Weigh the berrys and then wash them before putting into a thick-bottomed pan with all the other ingredients.

Bring to a boil and simmer until it becomes thick, stirring frequently to avoid sticking. Put in sterilised jars and seal.

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## Elderberry Jelly

My grandmother made this for me every year. I called it "Black Jelly" and spread it liberally on my bread.

3 lbs Elderberries  
250 ml Water

For every 750 ml of juice:  
125 ml Lemon Juice (strained)  
1750 ml Sugar  
1 bottle Certo (fruit pectin)

Strip the berries from the clusters before weighing. Some small stems may be ignored. Rinse the berries and drain. Place in large jelly pan and add the water. While applying heat to the pan, reduce the berries and water to a slurry using a hand blender. Heat to boiling and boil for fifteen minutes, stirring frequently. Put the cooked fruit slurry into a jelly bag and allow to drain well. After the flow has stopped, but while the jelly bag is still fairly warm, squeeze the remaining juice from the bag. Measure the juice and for every 750 ml of juice add the calculated amounts of sugar and lemon juice. Bring to a rolling boil and then add the calculated amount of Certo. Return to a rolling boil and boil for 1 minute. Remove from heat and skim the foam. Place in warm, sterilised jars and seal in the usual way with wax circles and a lid. The flavour will improve with age.... I always thought it at its best when a few sugar crystals had formed in it.



## Elderberry Pie

It tastes of the essence of Autumn.

750 ml Elderberries

150 ml Granulated Sugar

100 ml Light Brown Sugar

1/4 Tsp. Salt

1 Tbsp. Vinegar

4 Tbsp. Corn Flour

**Line a pie dish with pastry. Mix sugars, salt and flour; add elderberries and toss to coat them; mix in vinegar and use to fill the pie shell.**

**Dot with dabs of butter.**

**Cover with lattice top crust.**

**Brush exposed pastry with milk and lightly sprinkle with sugar.**

**Bake in hot oven (400 degrees) 10 minutes, reduce temperature to moderate (350 degrees) and bake 30 minutes longer.**



## Elderberry Tonic

From Napiers the Herbalists, Newsletter 10.

1000 grams Elderberries  
250 grams Demerara Sugar  
5 Cloves, whole

1/2 stick Cinnamon, crumbled  
2 Tsp. Fresh Ginger, grated  
250 ml Water

Strip the elderberries from their stalks and place in a pan with the water. Bring to a boil and then reduce the heat to let it simmer until the berries have given up their juice, about 20 minutes. Use a potato masher on the berries during the last stages of the cooking. Pour into a fairly coarse sieve and allow the juice to drain.

Put the juice into a saucepan with the spices, bring to a boil and simmer for an hour. Strain through a tea strainer before storing.

May be stored in a sterile, tightly sealed jar or frozen into ice cubes and stored in a covered box in the freezer.

"This can be taken by the spoonful in a glass of hot water as required to ease the chill of a Winter evening." Based on an observation that elderberries are active against flu virus.

**Hint:** Excellent for poaching pears both for colour and flavour.

Be careful...strong in pigment and thus a danger of staining.



## Ellen's Lemon Sponge Pie

Inspired by a recipe from High Maples Farm, New Hampshire.

1 Unbaked Pie Shell  
3 Tbsp Margarine  
300 ml Sugar  
6 Tbsp Flour  
1/2 Tsp Salt

4 Egg Yolks  
125 ml Milk  
125 ml Lemon Juice  
Grated Rind of 1 Lemon  
4 Egg Whites

Cream together the margarine, sugar, flour and salt. Beat in the egg yolks and then beat in the milk and finally beat in the lemon juice and grated peel.

Beat the egg whites until they are stiff and then fold in the first mixture.

Pour the mixture into the shell and bake in a 375° F. (Gas Mark 5) for 10 minutes and then reduce the heat to 350° F. (Gas Mark 4) and bake for an additional 35 minutes.

The pie should raise, but is not likely to run over. Judge the baking time so that the top is brown, but not scorched. If necessary, reduce the heat.

It will start to crack when it is done. Serve slightly warm or chill. Expect it to be a little moist in the centre and thus hard to serve warm. Chilling aids the setting.



## Feather Rolls

1 package Dry Yeast

50 ml Warm Water

4 Tbsp (60 grams) Margarine,  
melted

1 Tbsp Sugar

1 Tsp Salt

1 Egg, beaten

175 ml Milk, warm

500 ml Flour

Add the sugar to the water and then sprinkle the yeast onto the surface while stirring.

Allow to stand for 5 minutes to dissolve. Stir now and then.

Add the butter, salt, egg and milk and beat until smooth.

Add the flour and beat until well blended. Cover and allow to rise for about an hour in a warm place.

Stir down the batter and then spoon it into a buttered muffin tin. Each cup should be about half full. Allow to rise for about 30 minutes.

Bake in a 400°F. (Gas Mark 6) oven for 15 to 20 minutes.

### Variations:

Preserves may be added to the centre of the dough before baking.



## Flapjacks

The Robinson family recipe...from Jane.

85 grams Margarine  
1 Tbsp Golden Syrup  
85 grams Granulated Sugar  
85 grams Porridge Oats

85 grams Self-Raising Flour  
1/2 Tsp Bicarbonate of Soda  
1 Tbsp Milk

Melt the margarine and syrup together in a pan. Remove from the heat and stir in the remaining ingredients.

Turn into a greased 7 x 11 inch Swiss roll tin and spread evenly.

Bake in a preheated moderate oven 350° F. (Gas Mark 4), for 15 minutes.

Cool slightly, then cut into fingers and remove from the tin.



## French Toast Casserole

Serve for any meal of the day. Good for a breakfast buffet.

6 slices Fresh Bread

3 Eggs

125 ml Milk

2 Tsp. Sugar

Salt and Pepper

1 Tbsp. Flour

8 rashers Bacon

1 Cooking Apple

2 Tbsp. Butter

2 Tbsp. Syrup

To a certain extent, the baking dish determined the recipe. It requires the depth. It is a Pyrex dish the shape of bread pan, but a bit longer. Butter it liberally. Fry the bacon until done, but still tender. Trim off all the fat parts and cut into bits 1 cm x 1 cm and return to the frying pan. Cook until browned. Cut the lean portion into bite size and put all bacon to one side. Trim the crusts from the bread. Beat together the eggs, milk, sugar, salt and pepper. Peel, core and thin slice the apple. Soak two slices of bread in the egg mixture and place them in the bottom of the dish. Place a layer of the lean bacon, a layer of the sliced apple and then another two slices of soaked bread. Repeat. Place in an oven preheated to 350° F. (180° C. / Gas Mark 4). After 20 minutes, remove, brush the top with butter, top with the fatty portion of the bacon. Return to oven for another 20 minutes or until golden brown and bubbling. Drizzle the syrup over the top and serve. Have more syrup on the table.



## Fresh Tomato Chutney

To serve with curry and rice, from Martin Ahrens

Tomatoes: peeled, cored and chopped (enough to make 1 1/2 cups pulp)	1/4 Tsp. Fine Crystal Sea Salt
1 1/2 Tsp. fresh Mint Leaves, finely chopped	2 Tsp. Lemon Juice
1/2 cup finely chopped raw Onion (any variety, but I prefer spring onions including some of the tops)	2 Tbsp. Vinegar, cider or white wine
	1/2 Tsp. Black Pepper, freshly ground
	1/4 Tsp. Chilli Pepper
	1 to 5 drops Tabasco
	1 rounded Tbsp. Sugar

Mix the ingredients together in a 1 pint glass bowl.  
Cover with cling film and leave to steep for two to three hours.

### Other Favourite Accompaniments:

**Sauteed Onions:** Thinly slice three large onions into rings. Pour 1 cm of light cooking oil into a good sized saucepan and heat. When hot, put in the onions. Cook them evenly: this requires constant watching and stirring. When the onions are a light, golden colour, remove them from the oil onto several layers of kitchen roll in a shallow dish. Put them in a dry, warm place until the meal is ready.

**Sauteed Sultanas:** Use the oil you fried the onions in. Put in a couple of handfuls of sultanas and stir briskly. When they puff up and look like grapes, spoon them out onto kitchen roll and allow to cool.

## Fricassee of Chicken

Rich and hearty. A flexible recipe for a full meal in one saucepan.

Two pieces Chicken or Turkey,  
(drumsticks and thighs)

2 Tbsp Margarine

1 Onion, chopped

8 Medium Mushrooms, quartered

Water

1 Tbsp Thyme

4 Carrots

100 grams Shell Pasta

150 ml Corn

300 ml Milk

3+ Tbsp Flour

Salt and Pepper

Melt the margarine in the bottom of a large, heavy saucepan. Brown the meat in the margarine, turning frequently. Add the onion and mushrooms and cook until they start to become tender. Add enough water to cover the pieces and use a wooden spatula to scrape and dissolve the brown deposit that formed on the bottom of the pan while frying. Add the thyme and simmer for 45 minutes. Add the carrots, cook for ten minutes, add the pasta, cook for five minutes and then add the corn. Add salt and pepper to taste and cook until the pasta is done.

Mix the flour and milk and add to the pan, stirring well. Adjust the thickness by varying the amount of flour you mix with the milk.

**Optional:** Add cream or soured cream just before serving and reheat. Do not allow to boil.



## Fried Apple Rings

Excellent with pork in any form.

1 Medium Apple for two people  
Butter or Margarine

Ground Cinnamon  
Sugar

Core and slice the apple. Sprinkle the slices with cinnamon and then roll in the sugar.

Fry in butter until done.

Goes well with Corn Oysters and uses the remaining butter and the same frying pan.



## Fried Green Tomatoes

One of my grandmother's favourite dishes.

Green tomatoes (may be partly  
coloured, but better full sized and fully  
green)  
Cornmeal

Flour  
Salt  
Pepper  
Margarine

Mix the cornmeal and flour together about 50/50. Slice the tomatoes about 1 cm thick, discarding the top and the bottom slice. Salt and pepper the slices and then roll them in the flour mixture. Allow them to stand for a few minutes so that the juice of the slices will draw the flour and make it stick.

Melt the margarine in a frying pan (non-stick is good for this). Do not overheat the pan at any point in the cooking. This is a recipe for patient cooks. As the slice start to brown, swirl them gently in the bottom of the frying pan. Add a little more margarine just before turning the slices. They are better if they are turned several times during the cooking.



## Fried Parsnips

A traditional method of preparation in the midwest. Even children will eat them.

4 Parsnips, medium-sized and  
fresh, thus tender.

2 Tbsp Margarine  
3 Tbsp Golden Syrup  
(or Maple)

Peel the parsnips, cut off the ends and split each parsnip lengthwise.

Place in salted boiling water and cook until just starting to become tender.

Drain. (May be stored at this point for later preparation.)

Melt the margarine in a frying pan and fry at medium temperature, turning frequently. Do not overheat the margarine. Cook until patches of golden brown appear.

Drizzle the syrup over the parsnips, turn them in it to coat and then serve.



## Fruit Cake - Dark

This should be stored for a few weeks before use to improve the flavour.

120 grams Margarine

250 ml Brown Sugar

1 Tsp Lemon Essence

2 Eggs

125 ml Molasses (Treacle)

500 ml Flour

1/2 Tsp Bicarbonate of Soda

1 Tsp Cinnamon

1/2 Tsp each of Allspice, Mace, Ground

Cloves and Salt

125 ml Milk

500 ml Chopped Glacé Fruit

125 ml Chopped Candied

Citron

250 ml Raisins

250 ml Pecans

Preheat the oven 325° (Gas Mark 4). Butter three bread pans, line them with foil and then butter the foil. Cream the margarine, add the sugar and beat until light. Add the lemon and eggs and beat well. Stir in the slightly warmed molasses. Mix together the flour, soda, salt and spices and then beat this into the first mixture. Add the milk and beat until smooth. Stir in the fruit and nuts and mix well. Bake for around an hour and a quarter, until a toothpick comes out clean. Turn out onto racks to cool. After about fifteen minutes, gently remove the foil. Allow to completely cool and then wrap well in foil and store in an airtight container.

**Suggestion:** After a few days, pour neat brandy over the loaves and allow it to soak in a bit before wrapping it again in the foil and inserting each wrapped loaf into a plastic sack.

## Fruit Cake - Light

Rich in flavour but light in colour.

225 grams Margarine  
500 ml Sugar  
1 Tbsp Vanilla  
7 Eggs, separated  
700 ml Flour  
1 tsp Salt  
2 Tsp Baking Powder

250 ml Milk  
500 ml Pecans  
250 ml Glacé Cherries  
250 ml Glacé Pineapple  
250 ml Dates  
500 ml Sultanas or Raisins

Preheat oven to 325° (Gas Mark 4). Butter and flour 2- 9" x 5" bread pans. Cream the butter and sugar till light and then add the vanilla and egg yolks and beat well. Flour the fruit and nuts to reduce sinking. Mix the remaining flour, salt and baking powder and stir this and 1/2 of the milk into the first mixture. Add the remaining milk and mix well. Beat the egg whites until stiff but not dry. Fold in the eggwhites along with the sultanas and pecans.

Pour batter into each pan (withholding enough for a final thin layer) and then scatter the remaining fruit on top of the batter. Give it a topping of the remaining batter and then place in the oven for about an hour or until a toothpick comes out clean. Cool in the pans for 5 minutes before turning out onto racks.

When completely cool, wrap well and store in an airtight container up to two months.

## George Washington Gingerbread

560 ml Flour

1 1/4 Tsp Ground Ginger

1 1/4 Tsp Ground Cinnamon

1/2 Tsp Ground Cloves

1/2 Tsp Ground Nutmeg

1/2 Tsp Salt

2 Tsp Baking Powder

2 Eggs

190 ml Brown Sugar

190 ml Molasses

190 ml Shortening, melted

1/2 Tsp Bicarbonate of Soda

250 ml Water, boiling

Line bottom of a 9 x 9 x 2 inch pan with greaseproof paper. Grease paper and sides of pan. 10 minutes before baking, pre-heat oven to 350° F.

Combine flour and next 6 ingredients. Beat eggs in a 3 quart bowl. Add sugar, molasses and shortening and beat until creamy. With a wooden spoon, stir in flour mixture in 2 portions. Mix well.

Add soda dissolved in boiling water and beat until smooth. Pour into pan and bake 35 min. or until done. Cool in pan 5 min., then turn out on rack, strip off paper carefully and quickly invert.

Serve warm, plain or with apple sauce, whipped cream or whipped cream into which is folded half as much stiff applesauce.

# Golden Chicken Casserole

This freezes very well.

4 Chicken Quarters

4 Tbsp Flour

Salt & Pepper

4 Tbsp Cooking Oil

25 grams Margarine

1 Large Onion, quartered & sliced

1 Tsp Turmeric

1 Tin Tomatoes (400 grams)

300 ml Cider, medium/sweet

100 grams Corn

1 Yellow Pepper, cut in rings

1 Apple, cored & sliced

Toss the chicken in the flour seasoned with salt & pepper (retain the leftover flour). Heat the oil in a frying pan and brown lightly on all sides. Place the chicken in a 2.25 litre casserole.

Add the margarine to the frying pan and slowly cook the onion until lightly golden. Stir in the remaining flour and the turmeric. Cook for one minute.

Pour the liquid from the tomatoes and the cider to the frying pan and cook until thickened, stirring constantly.

Cut the tomatoes into quarters and add to the casserole along with the corn and pepper rings.

Pour the cider sauce over the contents of the casserole, cover, and cook for around 40 minutes at 350° F. (Gas Mark 4).

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## Golden Spoon Bread

500 ml Milk

4 Eggs, separated

250 ml Yellow Cornmeal

170 grams Sharp Cheddar  
Cheese, grated

65 ml Butter

1 Tsp Sugar

1/2 Tsp Salt

Thoroughly grease a 1 1/2-qt. casserole. Beat egg yolks until thick and lemon colored and set aside. Scald milk in top of double boiler and gradually stir in cornmeal. Stir until mixture thickens and becomes smooth. Remove double boiler top from simmering water and gradually stir in egg yolks. Mix in cheese, butter, sugar and salt. Beat egg whites until rounded peaks form and fold carefully into corn meal mixture until just blended. Turn into casserole and bake at 375° F. for 35-40 minutes or until a toothpick inserted into the center comes out clean. Serve hot with butter and honey or maple syrup.

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## Granny Telfer's Indian Chutney

A recipe that came back to Scotland from Calcutta in 1897 from Elsa Monteith

4 lb. Cooking Apples	3 oz. Garlic
3 1/2 lb. Soft Brown Sugar	2 lb. Plums
4 oz. Crystallized Ginger	2 lb. Raisins
1/2 oz. Crushed Red Pepper	1 pint White Vinegar
3 oz. Salt	

Cook apples in a little water until pulpy.

Cut plums and ginger into small pieces.

Wash raisins. Add half the vinegar with the other ingredients.

Mix well and boil, stirring for about half-an-hour.

When cold, add the remaining vinegar.

Bottle and seal at once.



## Grape Jelly (preserves)

1 litre Red Grape Juice  
Juice of 1 Lemon

750 ml Sugar  
2 bottles Certo

Mix grape and lemon juice and bring to a rolling boil.

Add sugar and bring to a rolling boil for fifteen minutes.

Add Certo and bring to rolling boil for one minute.

Pour into sterilized jars and the put on wax circles and lids as usual.



## Green Lentil Ratatouille

225 grams Aubergines

2 Green Peppers

1 Red Pepper

1 Large Onion

4 Tbsp Sunflower Oil

1 clove Garlic (optional)

225 grams Green Lentils

1 Tsp Paprika

1/4 Tsp Cayenne

300 ml Vegetable Stock

300 ml Tomato Juice

1 Bay Leaf

1 Tsp Fennel Seeds

(to counteract flatulence!)

Cut the aubergines into 2 cm cubes. Put them into a colander and sprinkle them with the salt. Leave them to drain for 20 minutes. Run cold water over them and dry them with a paper towel. Core and deseed the peppers and dice as above. Finely chop the onion.

Heat the oil and soften the onion and/or garlic. Mix in the peppers and aubergine. Cover and cook for 5 minutes. Stir in the lentils, paprika and cayenne. Cook for 1 minute, stirring.

Pour in the stock and tomato juice and bring them to the boil. Add the bay leaf and then simmer, covered, for 45 minutes.

This freezes very well.



## Haddoroni

A substantial main dish. Easily prepared in advance and kept warm for serving.

2 Haddock Fillets (may be smoked)

250 ml Milk

50 grams Margarine

50 gram Flour

250 grams Macaroni, cooked

100 grams Cheese, grated

Ketchup

Salt and Pepper

Poach the fish in the milk. While poaching, melt the margarine in another pan and form a roux with the flour. Remove the fish from the milk and place in a baking dish in an oven preheated to 350° F. (Gas Mark 4).

Blend the hot milk into the roux to make a fairly thick white sauce. Add half of the grated cheese. Mix in the cooked macaroni. Adjust thickness with further milk or water and season to taste.

Pour the sauce over the fish and stir slightly to distribute the sauce and break the fillets into large lumps of fish.

Swirl the ketchup in a spiral on the top of the mixture and then sprinkle the remaining cheese over it. Bake for at least 15 minutes...longer if you have the time.

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## Ham Slices in Cream Sauce

Easily made. Short cooking time. Great way to get rid of leftover ham.

4 Thick slices of Ham  
Prepared Mustard  
Brown Sugar

300 ml Whipping Cream  
150 ml Soured Cream  
Ground Cloves

(Use other combinations of cream if you wish. Use enough to cover the slices.)

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

Depending on how much you like mustard, smear it on a ham slice and then sprinkle with a little brown sugar.

Mix the creams together.

Place the slices, overlapping, in a large glass dish and pour the cream mix over them and sprinkle lightly with the cloves.

Cook for around 45 minutes, basting to avoid scorching the surface of the cream.

Use the sauce over pasta of some sort.

## Hannibal Crossing the Alps

The name comes from the appearance. An egg on the snowy slope of a biscuit.

2 Tbsp Margarine  
1 slice Ham  
4 Baking Powder Biscuits  
    **or** English Muffins  
2 Tbsp Flour

150 ml Milk (approx.)  
1 Tbsp Dijon Mustard  
Salt and Pepper  
2 Eggs

Melt the margarine in a sauce pan and add the ham cut into long, thin strands. Simmer, but do not overheat, for several minutes. Stir in the flour and then mix in the milk. Bring to a boil, stirring constantly to avoid sticking. Mix in the mustard and then salt and pepper to taste.

While the sauce is simmering, fry or poach two eggs.

Place the warmed or toasted biscuits/muffins on a warmed plate, cover them with sauce, add the egg on the top and serve.

Serves 2



## Hard Sauce

To be served warm, poured over a steamed pudding or plain / fruit cake.

200 ml Granulated Sugar

2 Tbsp. Corn Flour

250 ml Boiling Water

2 Tbsp. Butter

Pinch of Salt

2 ± Tbsp. Brandy

or

3 Tbsp. Lemon Juice and grated rind

Put the Sugar into a saucepan and stir in well the Corn Flour.

Pour in the Boiling Water, stirring constantly and then bring to a boil.

Boil for five minutes, remove from heat and swirl in the butter, salt and flavouring.

Pour generously over the pudding or cake.

A decorative border with floral and leaf motifs surrounds the text. At the top center and bottom center, there are small floral emblems. The corners are decorated with larger, intricate floral designs.

## Harvard Beets

An interesting dish either hot as a vegetable or cold as a salad.

8 Medium Beets  
250 ml Sugar  
4 Tsp Corn Flour

150 ml Cider Vinegar  
100 ml Water

To cook the beets: Cut off the tops, leaving about an inch of stem. Scrub to remove dirt and then place in salted, boiling water and cook until tender, around 60 minutes. Drain and cover with cold water for a minute or two, then slip off the skins.

The sauce: Mix the sugar and cornflour before stirring in the vinegar and water. Bring to boil and simmer for 5 minutes.

Add the beets, toss well and let stand for at least 30 minutes.

Either serve cold as a salad or reheat to the boiling point.

This freezes well.



## Hedgehog Potatoes

An interesting variation on baked potatoes.

Potatoes  
Margarine

Salt  
Pepper

Not so much a recipe as a method of preparation. Wash well one medium sized baking potato. With a very sharp knife, holding the potato firmly with a side toward you, make a series of vertical cuts most of the way through the potato. Each cut should be as thin as you safely can make it:  $\frac{1}{16}$  to  $\frac{1}{8}$  of an inch. Gently run your thumb from one end of the potato to the other in order to fan the leaves apart while sprinkling with a mixture of salt and pepper.

Rub the potato generously on all sides with margarine, especially trying to work it down between the leaves you have cut.

Place the potatoes in a baking dish and bake as you would a baked potato, but baste it frequently with the drippings, trying to get as much down into the leaves as possible. (Tip: Have one spare potato in case you cut one in half while thin-slicing it.)

A decorative border with floral and leaf motifs surrounds the text. At the top center, there is a small floral ornament. At the bottom center, there is another small floral ornament. The corners are decorated with larger floral designs.

## Indian Pudding

1 litre Milk  
80 ml Yellow Corn Meal  
65 ml Water  
1/2 Tsp. Ginger

1/2 Tsp. cinnamon  
65 ml Sugar  
1/2 Tsp. Salt  
125 ml Molasses

Pour 750 ml of the milk into a saucepan and bring just to a boil. Moisten corn the meal in a cup with the water (to prevent lumps). Stir rapidly into hot milk using a wire whisk. Simmer 20 minutes, stirring often. Combine spices and stir into mixture. Stir in molasses. Pour into a buttered 1-1/2 quart casserole.

Gently pour the one 250 ml of milk over the top — do not stir.  
Dot with butter and bake at 325° F. (Gas Mark 3) for 1 1/2 to 2 hours.

Serve hot with cream, maple syrup, ice cream, or hard sauce.

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## Knabrus

1/2 White Cabbage  
1 medium Onion

2 Tbsp Margarine  
Salt and Pepper

Remove and discard the core and then slice the cabbage as thinly as possible. Thinly slice the onion. Both may be sliced using a food processor. (Not chopped or grated)

Melt the margarine in a saucepan that has a close-fitting lid. Sprinkle the slices into the saucepan, add some salt and pepper and then simmer for about 20 minutes, stirring to keep from sticking. Most of the cooking is done by steaming the water out of the vegetables.

A traditional Pennsylvania Dutch recipe. Excellent as a side dish with roast meat.

This is really much better than it sounds!

## Lamb & Apricot Casserole

Based on a recipe from Lakeland Plastics Ltd Recipe Book

700 grams Lean Lamb Cubes	3 Tbsp Corn Flour
2 Onions, coarse chopped	1 Tsp Thyme
1 Tbsp Olive Oil	1 Orange, large
15 grams Margarine	1 Litre Stock
1 Aubergine, cut in 2 cm cubes	Salt & Pepper
225 grams Dried Apricots, quartered	50 grams Pine Nuts
12 Mushrooms, medium, whole	3 Tbsp Parsley, chopped

Heat the oil and margarine and brown the meat. Place in bottom of a deep casserole dish and sprinkle with salt and pepper. Place the onion, thyme and mushrooms in the frying pan and cook gently for ten minutes. Place on top of meat and then cover with the aubergine and apricot. Use a potato peeler to remove the zest from the orange then place the zest and the juice from the orange into a blender with a little added stock. Blend until the zest is chopped. Pour this over the casserole and add the hot stock. Cover and cook at 300° F. (Gas Mark 3) for about 3 hours, allow to cool and then refrigerate overnight. Remove the solid fat from the dish and dip as much of the liquid as possible into a saucepan, blending it with the corn flour. Heat until it thickens and, after adjusting the seasoning, pour it over the casserole. Reheat at 300° F. (Gas Mark 3) for about 2 hours, uncovered.

Melt a little margarine in a frying pan and gently heat the pine nuts to toast them. Sprinkle the pine nuts and parsley over the surface just before serving. Serve with rice.

## Layered Terrine (Vegetarian)

You can prepare and bake the day before and then reheat or serve cold.

50 grams Cheese (mature)

75 grams Breadcrumbs

2 Tbsp. Oil

1 Onion, chopped

2 sticks Celery, chopped

1 Carrot, grated

6 Mushrooms, sliced

75 grams Peanuts

50 grams Almonds, ground

1 Tsp. Marjoram

1 Tsp. Thyme

Salt & Pepper

400 gram tin Tomatoes

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

Mix together the grated cheese and breadcrumbs and moisten them with 1 Tbsp. Oil. Heat the remaining oil in a frying-pan and gently fry the onion and celery until fairly soft. Roughly chop the peanuts and add them to the frying pan along with the ground almonds and herbs. Mix together well and remove the pan from the heat. Season to taste. Liquidise the drained tomatoes.

Line and thoroughly grease a 1 1/2 lb (700 g.) loaf tin or deep pâté dish. Press in a layer of the cheese and breadcrumbs, then a layer of nuts and celery, then tomatoes, then carrot and mushrooms. Repeat the layers, ending with a topping of cheese and breadcrumbs. Press down well.

Bake for an hour or until firm to the touch. Let stand for ten minutes before turning out.



## Lemon Curd and Walnut Tart

225 grams Shortcrust Pastry  
100 grams Margarine or Butter  
200 grams Golden Syrup  
2 Eggs, beaten

225 grams Chopped Walnuts  
or Pecans  
Grated rind and juice of one  
Lemon

Pre-heat the oven to 350° F.(Gas Mark 4). Grease a flan tin and line it with the pastry. Prick the pastry all over, put foil on top to stop it from bubbling up and put it into the oven for ten minutes. Remove from oven, remove the foil and allow the cast to cool.

Put the margarine, syrup, eggs, rind and juice in a non-stick saucepan. Stir over low heat only until the syrup blends in well with the rest of the mixture. Put the nuts into the pastry case and then pour the mixture over the top.

Bake in the oven for 40 to 45 minutes.

It will rise and become golden. Serve warm or cold.



## Lemon Custard Pie

This forms a lovely brown topping with a little crunch. Rich, but not cloying.

4 Eggs

Grated Rind of 1 Lemon

70 ml Lemon Juice

70 ml Margarine, melted

1 Tbsp Flour

1/4 Tsp Salt

500 ml Sugar

70 ml Milk

3 Tbsp Cornmeal

1 Unbaked pastry shell

Beat the eggs then beat in the rind and the juice; then blend in the margarine. Combine the flour, salt and sugar and mix well; then beat it into the egg mixture. Add the milk, mix well and then add the cornmeal. Pour into the pastry shell.

Bake at 350° (Gas Mark 4) in the top quarter of the oven. Check after 50 minutes. Turn the pie to brown evenly. Bake until set in the centre. This may be determined by giving the pie a gentle shake to observe the firmness of the set. The pie will form a domed centre toward the end of the cooking. Take special care not to scorch the top. It should be golden brown. Move down toward the end of the cooking if it is getting too dark.

Can be served warm.



## Lemon Mayonnaise

Easily made... excellent on broccoli.

3 Tbsp Lemon Juice

1 Tbsp Sugar

2 Eggs

1 Tsp Mustard

1/2 Tsp Salt

250 ml Vegetable Oil

Using a good blender, blend together all ingredients except the oil. Allow to blend for a minute or more until the mixture is foamed a bit and slightly thickened.

Through the hole in the lid, slowly pour a stream of the oil into the centre of the vortex.

Continue blending until smooth and thick.

Store in the refrigerator, but not for too long. The eggs are raw—



## Lemon Squares

### **Crust:**

500 ml Flour  
125 ml Icing Sugar  
225 grams Margarine, melted

### **Filling:**

4 eggs  
4 Tbsp. Flour  
500 ml Sugar  
pinch of Salt  
4 Tbsp . Lemon Juice  
Grated Lemon Rind to taste

Crust: Cream together flour, sugar and margarine. Grease sides of a 13 x 9-inch pan and press dough into pan, spreading higher on sides to hold filling. Bake 15 – 20 minutes at 350° F. (Gas Mark 4) till golden.

Filling: Beat eggs slightly, then add sugar and salt. Blend in lemon juice and lemon rind. Add flour and stir well. Pour filling over baked crust and bake for 30 minutes. Sift powdered sugar over while hot. Cool and cut into squares.



## Lemoncake Pudding

65 ml Flour  
250 ml Sugar  
1/4 Tsp. Salt  
1 1/2 Tsp. Lemon Rind, grated  
65 ml Lemon Juice

2 Egg Yolks (well beaten)  
2 Egg Whites (stiffly beaten)  
250 ml Milk

Sift together flour, sugar, salt and lemon rind. Stir in lemon juice, egg yolks and milk. Fold egg whites into mixture.

Pour into 1-quart casserole or 6 custard cups. Set in pan with 1 inch of water.

Bake at 350° F. (Gas Mark 4) for 50 minutes.



## Macaroni and Cheese

225 grams Macaroni  
60 grams Margarine  
1 Onion, coarsely chopped  
60 grams Flour

300 ml Buttermilk (or plain)  
200 grams Cheddar Cheese,  
grated  
Salt and Pepper

Cook the macaroni.

Melt margarine and saute onions. Remove the onions and use the remaining margarine to make roux with the flour. Slowly blend in the milk to make a white sauce.

Add salt and pepper.

Melt about 3/4 of the cheese in the sauce.

Mix the macaroni, onions and sauce in a baking dish.

Top with the remaining cheese and bake in a 375° F. (Gas Mark 5) oven for 30 minutes.



## Maple Custard

New England recipe. Very smooth and rich. Amazingly simple to make.

3 Eggs

100 ml Maple Syrup\*

500 ml Milk

Dash of Salt

Dash of Ground Cloves

\* You may use golden syrup with imitation Maple flavouring added

Whip the eggs until light and foamy. Whip in the syrup, then milk, then salt.

Pour into six small custard dishes and sprinkle a very small amount of the cloves on the top.

Place the dishes in a roasting pan of hot water and bake, uncovered, for 40+ minutes at 350° F. (180° C. / Gas Mark 4).

The best test is to insert the blade of a table knife into the centre. When it come out clean, the custards should be removed from the oven.

Serve either warm or cold.

A decorative border with floral and leaf motifs surrounds the text. At the top center, there is a small illustration of a plate with a floral arrangement. At the bottom center, there is a small illustration of a plate with a floral arrangement. The border consists of repeating floral and leaf patterns at the corners and along the sides.

## Marlborough Pie

250 ml Unsweetened Applesauce  
250 ml Sugar  
4 Eggs

60 ml Lemon Juice  
1 Tsp Grated Lemon Peel  
3 Tbsp Butter, melted

Preheat oven to 450° F. (Gas Mark 6).

Beat all ingredients together and pour into unbaked pie shell.

Bake at this temperature for 15 minutes and then reduce to 350° F. (Gas Mark 4) for another 15 to 20 minutes.



## May Nisbet's Gingerbread

Passed to us by Anne Renton

250 ml Water

1 Egg

250 ml Sugar

500 ml Self-raising Flour

250 ml Sultanas

115 grams Margarine

1 Tsp. each of Cinnamon, Mixed Spice,  
Ginger and Baking Soda

Place all ingredients except egg and flour in a pan and bring to a boil. Simmer for 5 minutes and allow to cool.

Add egg and flour.

Place batter into a lined 2-pound tin or two 1-pound tins.

Bake for 45 minutes to 1 hour at 320° F. (160° C. / Gas Mark 3)

A decorative border with floral and leaf motifs surrounds the text. At the top center and bottom center, there are small floral emblems. The corners are decorated with larger, intricate floral designs.

## Mayonnaise Devil's Food Cake

Mayonnaise, the secret ingredient in this cake, makes it especially moist and rich.

1000 ml sifted Cake Flour

500 ml Sugar

375 ml Cocoa

4 Tsp Baking Soda

500 ml Cold Water

500 ml Mayonnaise at room  
temperature

1 Tbsp Vanilla

Sift together flour, sugar, cocoa and baking soda into large bowl. Add water, mayonnaise and vanilla. Beat until smooth. Pour into greased 13 x 9-inch pan lined with buttered wax paper. Bake at 350° for 45 minutes until toothpick inserted in center comes out clean. Cool for 15 minutes. Turn out onto cake rack and remove waxed paper. Frost with fudge icing.



## Mediterranean Tomatoes

Best with very ripe beefsteak or plum tomatoes.

1 Tbsp Olive Oil  
1 Tbsp Salad Oil  
2 Tbsp Vinegar  
5 Tbsp Lemon Juice

2 Tbsp Basil, fresh, chopped  
**or**  
2 Tsp Basil, dried  
6 Spring Onions, finely sliced  
6 Tomatoes

Place the oils, vinegar, lemon juice, onions and basil in a small jar, cover, and shake well.

Place the sliced tomatoes in a glass plate and drizzle the dressing over them.

It is important to allow this to stand for at least 15 minutes before serving to allow the flavours to blend.



## Million-Dollar Fudge

Fast and easy resulting in a fine, creamy fudge.

400 grams Dark Chocolate  
200 grams Marshmallow Cream\*  
500 ml Sugar  
2 Tbsp Butter or Margarine

170 ml Evaporated Milk  
1/8 Tsp Salt  
1 Tsp Vanilla  
250 ml Walnut Bits

Butter a 9" x 12" Swiss-roll tin. Chop the chocolate into small lumps, place in a large bowl and add the marshmallow. Set aside for later. Mix the sugar, milk and butter in a heavy saucepan, stirring to blend well. Bring to a boil over low heat, stirring to dissolve the sugar. Dip a pastry brush in water and wash down the sides of the pan. Continue to boil, stirring constantly, for 5 minutes.

Pour the mixture over the chocolate and marshmallow, stir a few times, then add the salt and vanilla and continue mixing until smooth and the chocolate melted. Mix in the nuts and pour out onto the tin. Let stand until firm, cut into squares and store in a airtight.

\*Sainsburys has jars of "Marshmallow Fluff". If not available, use Tunnock's after first removing the biscuit base.

## Montgomery Pie

1 unbaked Pie Shell

**For the filling:**

125 ml Golden Syrup

125 ml Sugar

1 Egg

225 ml Water

2 Tbsp Flour

1 Lemon, juice and grated rind

**For the topping:**

150 ml Sugar

60 grams Margarine

1 Egg

250 ml Milk

1 Tsp Baking Powder

375 ml Flour

Mix together the ingredients for the filling and pour them into the pie shell.

Blend the sugar, margarine and egg. Add the milk and then sift in slowly the flour and baking powder and mix well.

Pour the topping slowly over the filling (which will be very thin), attempting to cover the filling evenly.

Be sure to have a tray in the oven as this will overflow!

Bake for about an hour at 350° F.(Gas Mark 4). Let cool awhile before serving so that the filling thickens a bit.

This is the recipe that I associate the most with my paternal grandmother, Ellen, and I have tried to recreate, from childhood memories, the look and taste.

## Mushroom and Broccoli Flan

A treat for vegetarians and non-vegetarians alike.

200 grams Shortcrust Pastry  
150 grams Broccoli  
100 grams Mushrooms, sliced  
1 small Onion, finely chopped

100 grams Cheddar Cheese, grated  
4 Eggs  
250 ml Skimmed Milk  
Salt and freshly ground Black Pepper

Line an 8" flan dish with pastry and bake blind for 15 minutes at 400° F. (200° C. / Gas Mark 6).

Meanwhile, cook the broccoli in boiling water for 5 - 6 minutes. Rinse in cold water, drain well and then chop roughly.

Add the broccoli, mushrooms and onion to the flan case and sprinkle with cheese.

Beat the eggs in a measuring jug and add enough skimmed milk to bring up to one pint and beat again for 2 minutes.

Season with salt and pepper.

Pour the egg mixture over the vegetables in the flan case.

Bake until firm to touch and golden brown. (35 - 40 minutes)

Serve hot or cold.

## Mushroom and Ricotta Parcels

Versatile as it can be prepared as a starter, main course or vegetable.

1/2 lb packet of Filo Pastry  
25 grams Margarine, melted  
2 or 3 Spring Onions  
100 grams Ricotta Cheese

1 Tbsp Fresh Parsley  
1 Tsp Thyme  
1 Tsp Oregano  
1/2 lb Chesnut Mushrooms

Preheat the oven to 400° F. (Gas Mark 6). Unroll the filo pastry. Take a 6 inch square, brush with margarine and add another sheet for double thickness. Cover with cling film.

Put the mushrooms into a colander and pour boiling water over them to clean them without peeling. Remove the stems. Chop the onions, parsley and stems together then mix into the ricotta with the thyme and oregano.

Fill each mushroom with the mix and place each mushroom in the centre of a filo square. Brush around the mushroom with melted margarine and pull the corners up and twist the ends together to form a parcel. Place on a greased baking tray. Brush the parcels with remaining margarine and bake for 15 to 20 minutes, watching them carefully during the last 5 minutes.

A decorative border with floral and leaf motifs surrounds the text. At the top center and bottom center, there are small floral emblems. The corners are decorated with larger, intricate floral designs.

## Mustard Sauce

Excellent on broccoli, cauliflower, greens, etc.

125 ml Vinegar  
1 Egg  
1 Tbsp Mustard

1/2 Tsp Salt  
1 Tbsp Honey  
2 Tbsp Sugar

Put all ingredients into a blender and blend well.

Place in a saucepan and place over medium heat and slowly bring to a boil. Stir this continually to avoid lumps or sticking.

This may be prepared in advance and refrigerated until used, hot, over the chosen vegetable.



## Narcissa Nale's Sponge Cake

Discovered by Jean in a second-hand book at a jumble sale.

250 ml Caster Sugar  
(Vanilla if available)  
4 Eggs, separated

125 ml Potato Flour  
1/4 Tsp Salt  
1 Tsp Baking Powder

Beat the egg whites until stiff but not dry and then beat in half the sugar.  
Beat the yolks until thick and lemon-coloured and add the remainder of the sugar.  
Sift the dry ingredients and beat them into the yolk mixture.  
Fold the whites into the yolk mixture and pour into an ungreased cake pan. (2/3 full)

Bake at 350° F (Mark 4) for 50 minutes or until the cake begins to shrink from the pan and the top is golden brown.

It will sag in the centre when cool.

May be iced or served as is with fruit and ice cream.



## Oat Bran Muffins

200 grams Oat Bran  
44 grams Brown Sugar  
2 Tsp Baking Powder  
1/2 Tsp Salt  
1 Tsp Cinnamon (optional)  
200 ml Milk

2 Egg Whites  
45 grams Honey  
2 Tbsp Vegetable Oil  
60 grams Raisins  
30 grams Rolled oats

Mix the dry ingredients. Mix milk, egg whites, honey and oil and add to the dry ingredients, mixing well.  
Add raisins and pour into paper cases in a muffin tin.  
Sprinkle the rolled oats on top of the batter.

Bake at 425° F. (Gas Mark 7) for 15-20 minutes.

### Variations:

Replace the raisins with chopped dates, apple or walnuts.

A decorative border with floral and leaf motifs surrounds the text. At the top center and bottom center, there are horizontal floral designs. The corners are decorated with clusters of leaves and flowers.

## Okra, Tomatoes and Corn

2 Tbsp Margarine

1 Onion, chopped

1 Green Pepper, chopped

450 grams of Okra, in 1/2 slices

2 Large Tomatoes, peeled and  
chopped

250 ml Corn Kernels

1/2 Tsp Oregano

50 ml Water

Salt and Pepper

Melt the margarine in a pan, add the onion and green pepper. Cook over medium heat for 4 minutes, stirring often. Add the okra and continue for another 2 minutes. Add the water, tomatoes, corn and oregano.

Cover and simmer over low heat for 10 minutes. Season to taste.

This is excellent served with Southern Fried Fish.



## Old English Custard Tart

A Michael Barry Recipe.

250 grams Shortcrust Pastry

(or *pâte sable*)

2 Eggs + 1 Yolk

5 Tbsp Full-Cream Milk

4 Tbsp Caster Sugar

1 Tsp Nutmeg, freshly grated

Line an 8" flan tin or china tart dish with the pastry. Whisk the eggs, milk and sugar until they are thoroughly mixed and then pour through a seive into the pastry case.

Sprinkle the nutmeg on the top and bake for around 35 minutes at 425° F. (Gas Mark 7).

After 25 minutes, check that the pastry is not burning and the custard cooking too quickly. If so, turn the heat down to 400° F. (Gas Mark 5). Try not to open the oven door as the tart will sink.

When cooked, turn off the heat but leave the tart in the oven for 5 minutes with the door shut. Place in a draught-free place to cool. It will need to stand a while to fully set. It is better eaten cold.



## Oregon Apple Dapple

60 grams Margarine

250 ml Sugar

1 egg

250 ml Flour

1 Tsp Bicarbonate of Soda

1/4 Tsp Salt

1 Tsp Cinnamon

1/4 Tsp Nutmeg

1 Tsp Vanilla

500 ml Tart Apples, grated

125 ml Chopped Walnuts

Cream together butter and sugar. Beat in egg. Combine flour, baking soda, salt and spices. Stir into butter/sugar mixture. Stir in vanilla, apples and nuts. Bake in greased 8" square pan at 350° F. (Gas Mark 4) for 45 minutes. Serve warm with sauce if desired.

### Sauce

Heat 115 grams Margarine, 125 ml Light Cream and 250 ml Sugar to boiling. Simmer 20 minutes, stirring occasionally.



## Oregon Stuffed-Meatballs

500 grams Beef Mince  
2 thin slices Ham  
1 small Onion  
1 Egg  
1 Tsp Salt  
1/4 Tsp Black Pepper

12 cubes of Cheese  
60 grams Margarine  
3 Tbsp Flour  
250 ml Cider  
100 ml Milk  
1 Tsp Dill Weed

Place mince in a food processor with a cutting blade and cycle until the meat is much finer and forms a ball. Place in a large bowl. Chop the onion and ham together and add to the mince. Add the egg, salt and pepper and blend well using your hands. Wrap mince mix around each of the cubes of cheese and roll in your palms until round and the cheese is covered. Roll each ball in flour. Melt the margarine in a frying pan and then cook the balls, turning so that they brown evenly. Remove to casserole dish before the cheese oozes out. Add the flour to the frying pan and form a roux. Add the remainder of the ingredients, stirring well to form a fairly thick sauce. Season to taste and pour the sauce over the meatballs. Bake in a 350°F. (Gas Mark 4) oven until it bubbles well and the top starts to brown a little.



## Parker House Rolls

Named after a famous hotel where they were a specialty.

1 Tbsp Yeast  
60 ml Water, warm  
2 Tbsp Sugar  
500 ml Milk  
2 Tbsp Margarine

1 Tbsp Salt  
1500 ml Strong Flour  
4 Tbsp Margarine  
4 Tbsp Margarine, melted

Mix the yeast into the sugar and then mix with the warm water. Place to one side while foaming action starts. Scald the milk and then add to it the first margarine and the salt. Pour into a very large mixing bowl. Beat well as you add the first quarter of the flour, the yeast mixture and the second quarter of the flour. Cover the bowl with a towel and allow to double (about an hour). Stir well and mix in the remainder of the flour. The last portion will have to be kneaded in. Knead well and then place in a well-buttered bowl and cover. Allow to double. Punch down and then roll to 1/2 inch thick. Cut 3" circles and use a round wooden spoon handle to crease the centre of each. Place a small lump of margarine in the centre and then fold in half and pinch the outer edges together. Allow to rise, brush with melted margarine and then bake at 375°F. (Gas Mark 5) for 10-20 minutes. They will be golden brown but the centre should be tender and moist. Serve with preserves or honey.

## Parsnip and Orange Soup

Rich and thick. A great way of using surplus parsnips as it freezes well.

- |                                      |                           |
|--------------------------------------|---------------------------|
| 4 Tsp Margarine                      | 1 Tsp Coriander, ground   |
| 1 Onion, chopped                     | 900 mls Vegetable Stock   |
| 2 Celery Sticks, sliced              | 2 Oranges, rind and juice |
| 1 Carrot, chopped                    | Salt & Pepper             |
| 480 grams Parsnips, peeled & chopped | Parsley, to garnish       |

Melt the margarine in a large saucepan. Add the onion, celery and carrot and saute gently for about 5 minutes  
Add the parsnips and cook for 3 to 4 more minutes and then stir in the coriander.  
Using a potato peeler, remove the zest in strips from the orange. Squeeze the orange for juice.  
Pour the stock into the saucepan and add the orange rind. Simmer gently until the parsnips are cooked. (10 to 15 minutes)  
Add the juice and allow to cool until a safe temperature to use in a blender and then blend until smooth.  
When ready to serve, reheat gently. It will be very thick. Add milk or water to adjust the thickness to your taste. Season with salt and pepper.  
Garnish with parsley. A dollop of cream or soured cream in the centre of the bowl add to the enjoyment.



## Parsnips/Carrots in Orange Sauce

900 grams Parsnips  
2 Oranges, peeled  
30 grams Margarine

2 Tbsp Corn Flour  
130 ml Brown Sugar, packed  
Salt and Pepper

Peel the parsnips and split into quarters or eighths, lengthwise. Boil the parsnips until nearly done.  
Place in a buttered baking dish.  
Add all of the other ingredients to a blender. Blend well and then heat to boiling in pan.  
Pour over the parsnips and then bake at 350° F. (Gas Mark 4) for about half an hour.

### Variations:

Replace half of the parsnips with carrots.  
Add some orange rind to blender.

## Peanut Butter Cookies

Best slightly warm with a large glass of ice-cold milk.

115 grams Margarine

130 ml Chunky Peanut Butter

130 ml Granulated Sugar

130 ml Brown Sugar

1 Egg

1/2 Tsp Vanilla

1/2 Tsp Salt

1/2 Tsp Bicarbonate of Soda

250 ml Flour

Preheat the oven to 350° (Gas Mark 4) and grease some cookie sheets.

Cream the butter and peanut butter together. Beat in the two sugars, then add the egg and vanilla. Mix well.

Mix together the salt, soda and flour. Add to the first mixture, combining thoroughly.

Arrange by teaspoonfuls on the cookie sheets about 1 1/2 inches apart. Press flat with the tines of a fork, turn fork 90° and then press again to give the distinctive pattern.

Bake about 7 minutes or until firm.



## Pecan Pie

A rich and satisfying dessert, originally from the American South.

1 Pastry Shell, unbaked  
3 Eggs, well beaten  
150 grams Brown Sugar  
1/8 Tsp Salt  
220 ml Golden Syrup

1 Tsp Flour  
1 Tsp Vanilla  
60 grams Margarine, melted  
250 ml Pecans

Preheat the oven to 425° F. (Gas Mark 6).

Beat together all ingredients except the nuts until well blended.

Retain some intact pecan halves. Mix the rest of the nuts into the liquid ingredients and then pour into the pie shell. Dot the top with the pecan halves.

Place in the oven and bake at 425° F. (Gas Mark 6) for 10 minutes. Reduce the temperature to 350° F. (Gas Mark 4) and bake for another 35 minutes. Allow to cool to set before cutting. Best if warmed slightly before serving.

## Pennsylvania Dutch Cake & Custard Pie

Applesauce and sour cream add a custard-like filling to this take-off of a shoofly pie.

### FILLING:

1/3 cup sugar  
2 Tbsp. flour  
1 Tsp apple pie spice\*  
1 cup applesauce  
2/3 cup dairy sour cream  
1/3 cup molasses  
1 egg, beaten

### BATTER:

1/2 cup sugar  
1/4 cup margarine, softened  
1/2 cup sour milk\*\*  
1 egg  
1 Tsp vanilla  
1 1/4 cups Self Raising Flour

### GLAZE:

1/2 to 3/4 cup powdered sugar  
2 Tbsp. coffee

In medium bowl, combine sugar, flour and apple pie spice; mix well. Stir in remaining filling ingredients; blend well. Set aside. \*

In small bowl, combine sugar and margarine; beat until well blended. Beat in sour milk, egg and vanilla. (Mixture will look curdled.) Lightly spoon flour into measuring cup; level off. Add flour, mix well. Spoon into crust-lined pan. Carefully pour filling mixture over batter. Bake at 350 F. for 50 to 65 minutes or until center springs back when touched lightly and top is deep golden brown. Filling will sink to bottom during baking.

In small bowl, combine powdered sugar and coffee until of desired drizzling consistency; blend well. Drizzle over warm pie. Serve warm.

TIPS: \* A mixture of 1/2 teaspoon cinnamon, 1/4 teaspoon ginger, 1/8 teaspoon nutmeg and 1/8 teaspoon allspice can be substituted for the apple pie spice.

\*\* To make sour milk, add 1 teaspoon lemon juice to 1/2 cup milk; let stand 5 minutes.



## Pennsylvania Peach Marmalade

7 medium-sized Peaches  
2 Oranges

1/2 Lemon  
1 kilo Granulated Sugar (approx.)

Quarter the oranges and the lemon. Remove the seeds but not the peel.  
Quarter the peaches and remove stones and skin.

Place all into a food processor and use the knife to chop it to the degree of fineness that you prefer.

Measure the mix and place it in a large cooking pot with an equal volume of sugar.  
Allow to stand overnight.

Bring to a boil and boil it for 20 minutes, stirring well. Pot as usual.

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## Penuche

Sometime called "brown sugar fudge".

500 ml Brown Sugar  
175 ml Milk  
1/8 Tsp Salt

45 grams Margarine, in lumps  
1 Tsp Vanilla  
200 ml Chopped Nuts  
(Pecans or Walnuts)

Grease an 8" x 8" inch pan or dish and have it ready for quick use. Combine the sugar, milk and salt in a large, heavy saucepan. Place over medium heat and bring to a boil, stirring constantly until the sugar dissolves. Cover and let boil for 2 to 3 minutes. Uncover and wash down the side with a pastry brush dipped in cold water. (This is to eliminate crystals which would cause the fudge to become grainy.) Continue to boil over medium heat to the firm-ball stage (244° F.), stirring only if it starts to burn. Remove from the heat and immediately place the pan into a larger pan filled with cold water; this will stop the cooking process and bring the temperature down. Drop in the margarine and let cool slightly, without stirring. Remove from water and beat until it starts to thicken, add the vanilla and the nuts and continue to beat just until the candy starts to lose some of its gloss. Spread evenly in the pan. When firm, cut into squares and store in an airtight container.



## Penuche Frosting

Good on Butterscotch Brownies or on cake.

350 ml Dark Brown Sugar  
150 grams Granulated Sugar  
1/2 Tsp. Salt  
100 ml Milk

3 Tbsp. Butter or Margarine  
1 1/2 Tbsp. Golden or Corn Syrup  
1 1/2 Tsp. Vanilla

Mix all the ingredients except the vanilla in a heavy-bottomed pan. Bring slowly to the boiling point, stirring constantly, and boil for just 1 minute. Cool to lukewarm, add the vanilla and beat until thick enough to spread.

There will be enough to fill and frost a two-layer cake.

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## Pickled Eggs and Red Beets

A Pennsylvania Dutch Specialty for picnic or as a starter. Takes advance preparation.

500 grams Beet Root  
125 ml Brown Sugar  
250 ml Vinegar  
250 ml Water

1 Tsp. Salt  
1 Piece of Stick Cinnamon  
10 Whole Cloves  
6 Hard-boiled Eggs

Wash beets and cook until tender. Drain and cover with cold water. When comfortable to handle, rub with a twisting motion to remove skin. Slice.

Boil together, all remaining ingredients except eggs. Simmer for ten minutes.

Pour the liquid over the sliced beets and allow to stand for an hour before adding the peeled eggs. To ensure that the colour will be uniform, rotate the eggs now and then and keep them submerged in the liquid.

Cover and refrigerate for two days. Slice the eggs in half and serve with the beet slices on a bed of chopped lettuce.

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## Pie Pastry

750 ml sifted Flour  
(strong is best)  
1 Tsp Salt

225 grams of hard shortening  
(Spry "Crisp and Dry")  
7+ Tbsp of Cold Water

If you like the mess, blend this with two knives. Although most cookbooks advise against using a food processor for pie pastry, it is possible if you are careful. Put the flour, cold shortening (in lumps the size of a walnut) and the salt in with the knife blade and pulse in short bursts until roughly blended. Do not overdo this stage! Sprinkle in the water and pulse a few more times. Turn the mix out into a large bowl. It will not cling together like dough at this point. Using a fork, mix in a little more water until it just forms into a ball when you squeeze it together. Knead it for a few seconds, divide it in half and then roll as usual. Be liberal with the flour to keep it from sticking to your work surface.

## Pineapple Delight

40 grams Margarine (melted)  
20 grams Brown Sugar  
1/2 Tsp Ginger  
1000 ml Corn Flakes  
2 Eggs  
100 ml Sugar  
1 Tsp Arrowroot

2 Tsp Self-Rising flour  
432 gram tin Crushed  
Pineapple  
150 ml Natural Yogurt  
(or Soured Cream)  
50 ml Vanilla Sugar

Mix together the yogurt and vanilla sugar and put to one side for later.

Place brown sugar, ginger and corn flakes in food processor with chopper blade. Drizzle the margarine into the mix while chopping. Stop while the mix is still coarse. Pack the mix across the bottom and up the sides of a pie dish. Bake at Gas Mark 5 (400° F.) for 15 minutes.

Beat together the eggs, sugar, arrowroot, flour and pineapple. Pour it into the hot shell and bake for another 20 minutes.

Pour the topping on the pie and bake for a final 25 minutes.

Serve slightly warm.



## Pineapple Pudding

A favourite recipe of Margaret Davidson (Mum)

1 1/2 pints Milk

2 oz. Margarine or Butter

3 Eggs

2 oz. Plain Flour

2 oz. Sugar

1 large tin Pineapple Chunks

7 - 8 oz. Pineapple Juice (from the tin)

Whipping Cream (to serve)

Melt the margarine, take off the heat and work in the flour.

Heat milk separately and stir in slowly.

Gradually add juice and sugar, bring to a boil, stirring constantly.

Allow to cool slightly and add beaten eggs and chopped pineapple. (You may wish to save a few pieces for garnish.)

Bake in a moderate oven Gas Mark 3 or 4, for 20 to 30 minutes. (It should not bubble or boil...just set) Alternatively, cook at Gas Mark 2 for an hour.

Cool and chill thoroughly.

Decorate with whipped cream and pineapple pieces, if desired.



## Pizza Sauce

A very basic but flavourful sauce to be used sparingly on a pizza.

1 Tbsp Olive Oil  
1 Tbsp Vegetable Oil  
1/2 Onion, Minced  
1/2 Tsp Salt  
2 Tsp Oregano

2 Tsp Rosemary  
1 Tsp Basil  
1 tin Plum Tomatoes  
100 ml Catsup  
1 Tsp Sugar

Heat the oils together and then use them to gently sauté the onion. When the onion starts to become tender, add the herbs and continue simmering for another minute. Add the tomatoes and mash them well with the wooden spoon. Add the catsup and simmer for at least 15 minutes to thicken. Add sugar and salt to taste.

**Use:** After preparing the dough, spread the sauce to within 1 cm of the edges of the dough. Then place raw onions, mushrooms, etc. on the sauce and start the baking. It is usually better to add the meat (if it is cooked) later than the vegetables to give them a chance to become tender and to avoid scorching the meat. The mozzarella should be added for only the last five to ten minutes of the baking otherwise it loses flavour and can become tough rather than stringy.



## Plum and Greengage Cobbler

500 grams Plums, stoned  
and quartered

500 grams Greengages,  
stoned and halved

300 ml Sugar

1 Tbs Arrowroot

Enough scone dough to make around  
7 scones.

Mix Arrowroot and sugar and pour over the fruit in a deep baking dish.  
Bake in a 425°F. (Mark 6) oven for 15 minutes, stirring twice. (This step can be done in  
a microwave with suitable time adjustment)

Remove and cool a little. Cover top with round scones 1.5 to 2 cm thick.

Brush with milk and sprinkle with sugar. Bake for 30 minutes or until golden on top  
and bubbling below.



## Plum Conserve

1500 grams Plums  
2 Medium Oranges  
1500 grams Sugar

500 grams Raisins  
200 grams Walnuts,  
chopped

Remove seeds from oranges and then chop as for marmalade.

Pit the plums and cut into quarters. Put all except the walnuts into a heavy sauce pan and bring to a boil. Reduce heat and simmer for 1 1/2 hours, stirring occasionally.

Add the walnuts and simmer until mixture thickens.

Pour into sterilized jars and treat as preserves.

May be used as a pie filling.

## Plum Jam with Ginger & Lime

3000 ml Plums  
1800 ml Sugar (1 kilo sack)  
Knob of Butter or Margarine  
15 grams Ginger Root

75 ml Lime Cordial\*  
Juice of 1 Lemon

\*This may be eliminated if you choose to use 2 Limes instead of the Lemon.

Wash plums, remove pits and cut into sixths. Place in large pan and heat to boiling, stirring to avoid scorching.  
Mix in the sugar, add the butter and bring to a rolling boil. Care must be taken as there will be foam which will try to run over the top.  
Peel the ginger root and slice as thinly as possible, then half or quarter the slices.  
Add the ginger, lime and lemon juice and cook until the mixture reaches the jelling point.  
Skim the foam and discard it before placing in jars and sealing in the usual way.



## Plum, Apple and Pear Chutney

A great way to utilise surplus Autumn fruit .

600 ml Vinegar  
450 grams Plums  
450 grams Apples  
450 grams Pears  
250 grams Onion

350 grams Brown Sugar  
1 Tsp. Ground Allspice  
Half Tsp. Ground Cloves  
Half Tsp. Cinnamon  
125 grams Raisins or Sultanas  
200 grams Dates, quartered

Place the vinegar in a large saucepan and add the apples and pears which have been cored and chopped. Stone and quarter the plums and add.

Bring to a gentle boil and then simmer for around 45 minutes.

Add the sugar and spices, return to the boil and simmer for 30 minutes.

Add the dried fruit and continue to cook until thick and pulpy.

Pour into warm sterilised jars and seal.

## Popovers / Yorkshire Pudding

This recipe results in a light and crisp pudding.

250 ml Milk  
2 Eggs  
250 ml Flour

1 Tbsp Margarine (melted)  
1/2 Tsp Salt

Put all ingredients together in a blender and mix well.

May be baked in muffin tins , custard cups or low baking dishes. Grease the container well and pour in the batter to about half full.

This part is hard to believe: Place the containers on a high shelf in a cold oven and then turn on the oven at a setting of 450° F. (Gas Mark 8) and leave for 15 minutes. Reduce temperature setting to 350° F. (Gas Mark 4) and cook for another 15 to 20 minutes.

This will vary based on the number and size of the items being baked. Watch to make sure they brown well, but do not scorch.

May be served with meat and gravy or, if larger, filled with something like Chicken Livers in sour-cream sauce or Beef Stroganoff.

## Pork Roast - Amish Style

4 pound Pork Roast (approx.)  
Meat Tenderizer  
Ground Ginger  
Coarse Ground Pepper

Salt  
1 Large Onion, thinly sliced  
500 ml Hot Water  
2 Tbsp Flour

Allow the roast to come to room temperature, especially if it was frozen. About an hour before cooking, sprinkle well with the tenderizer. Preheat the oven to 400° F. (Gas Mark 5). Rub the roast with several tablespoons of ground ginger, sprinkle it with salt and pepper and then bake it for 45 minutes near the top of the oven. Be sure to use a cooking dish that will allow plenty of room around the sides of the roast.

Reduce the temperature to 350° F. (Gas Mark 4) and cook for an additional 1 1/2 hours. Place the onion around the roast and pour in the hot water. Add water during the cooking to keep the sauce liquid. It is very important to baste the roast well about every 15 minutes. This keeps it moist, makes it tender and gives it a lovely glaze that passes the flavour into the meat.

Place the meat on a platter and then dilute the sauce to taste and thicken it as necessary.

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## Port and Cranberry Sauce

Use as a baste on baked ham.

250 ml Cranberry Sauce  
150 ml Sugar

150 ml Port Wine  
1/2 Tsp. Ground Cloves

Mix together and simmer for 15 minutes.

Spread over ham as it cooks and add water to form a baste.

Reserve some to serve with the ham after adding the sauce from the cooking pan.

## Potato Topped Liver Casserole

500 grams Liver

2 Tbsp Flour

120 grams Streaky Bacon,  
rindless and diced

2 Medium Onions, sliced

2 Carrots, diced

2 sticks Celery, sliced

1 Parsnip, sliced (optional)

2 Tsp Italian Seasoning

1 Tbsp Worcestershire Sauce

1 pint Stock

Salt and Pepper

900 grams Potatoes, sliced

Toss the liver in the seasoned flour and place in casserole. Add all other ingredients except the potatoes. Arrange the potatoes on the top, overlapping each other.

Cover and place in a 325° F. (Gas Mark 3) oven for two hours.

Remove lid and cook for a further 30 minutes. If you wish, you may brush the potatoes with margarine when you remove the lid.

## Praline Cheesecake

250 ml Graham Cracker crumbs\*  
3 Tbsp. Sugar  
3 Tbsp. Margarine, melted  
680 grams Cream Cheese, softened  
300 ml Dark Brown Sugar, packed

2 Tbsp. Flour  
3 Eggs  
1 1/2 Tsp. Vanilla  
128 ml Pecans, chopped

\*(substitute Digestives)

Heat oven to 350°. Combine crumbs, sugar, and margarine. Press into bottom of 9-inch springform pan. Bake at 350° for 10 minutes.

Combine the softened cream cheese, sugar and flour, mixing at medium speed on electric mixer until well blended. Add eggs, one at a time, mixing well after each addition. Blend in vanilla and nuts. Pour mixture over crumbs.

Bake at 350° F. (Gas Mark 4) for 50 – 55 minutes. Loosen cake from rim of pan.

Cool before removing rim of pan.

Chill. Brush with maple syrup and garnish with pecan halves, if desired. Up to 12 servings.



## Pumpkin Chiffon

An easy to prepare, crustless pie.

2 Eggs

1 tin Evaporated Milk (13 oz)

1 tin Pumpkin

2 Tbsp Margarine

200 ml Brown Sugar

2 Tsp Vanilla

4 Tsp Pumpkin Pie Spice\*

150 ml Bisquick

\*or 2 Tsp Cinnamon

1/4 Tsp Ground Cloves

1/2 Tsp Ground Nutmeg

1/2 Tsp Ground Ginger

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

Coat the inside of a 9" pie dish liberally with margarine.

Place all except the Bisquick into a blender and blend for 1 minute. Add the Bisquick and blend again.

Pour into the pie dish and bake for 50 to 55 minutes. The filling should swell and form a dome in the centre of the pie. It is done when the dome starts to brown slightly and small cracks start to form. Do not attempt to serve until it has cooled.

**Option:** Dip pecan halves in melted margarine and use them to dot the top of the pie before baking.



## Pumpkin Pie

1 unbaked Pastry Shell

2 eggs, beaten

1 tin Pumpkin

170 grams Soft Brown Sugar

1/2 Tsp Salt

4 Tsp Pumpkin Pie Spice\*

385 ml Evaporated Milk

\*or 2 Tsp Cinnamon

1/4 Tsp Ground Cloves

1/2 Tsp Ground Nutmeg

1/2 Tsp Ground Ginger

Blend all except the milk together and then mix in the milk.

Pour into the pastry shell.

Bake at 450°F. (Gas Mark 7) for 15 minutes.

Reduce temperature to 350°F. (Gas Mark 4) for 35 to 40 minutes.

An indication that it is done is when the filling puffs and starts to split.

Place on a cooling rack. Serve room temperature or chilled.

Good with whipped cream into which vanilla sugar has been mixed.

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## Quiche

A basic recipe upon which variations may be made.

1 Pie Shell, unbaked

2 Eggs

150 ml Milk

100 ml Creme Fraiche or Yoghurt

1 Tbsp Flour, self-raising

Salt & Pepper

150 ml Cheddar Cheese, grated

Blend well all ingredients except the cheese.

Place in the bottom of the shell the main ingredients of the quiche. For example: asparagus, ham, chicken, mushrooms, onion, etc. or any combination. These should be cooked in advance.

Scatter the grated cheese evenly over the contents of the shell. Slowly pour the milk/egg mixture over the contents and gently press down to make sure the milk/egg mix has filled in all the gaps.

Bake at 350° F. (Gas Mark 4) for about an hour. Press down the ingredients a few times during the first half hour.

Allow to stand long enough to set and then serve warm.



## Rajma Curry

Suitable for vegetarians.

200 grams Red Kidney Beans  
6 Tbsp Cooking Oil  
2 inches Cinnamon Stick  
3 Cardamom Pods  
3 Cloves  
1 Large Onion, Sliced

1/2 inch Ginger, grated  
3/4 Tsp Turmeric  
1/2 Tsp Chili Powder  
1/2 Tsp Salt  
2 Tomatoes, chopped  
2 Bay Leaves

Rinse the beans. Soak the beans overnight and then bring to a full boil in the same water and simmer for one hour. Add water if needed to barely cover the beans. Drain the beans and save the water in which they were cooked. This may be boiled to reduce it to about 100 ml if necessary.

Heat the oil over medium high heat and add the cinnamon stick, cardamom pods and whole cloves. Simmer for a minute and then add the onion and ginger. Fry until the onion is tender and golden brown. Reduce heat if necessary to avoid scorching. Add turmeric, chili, salt and tomatoes and fry for a further minute.

Add the beans and bay leaves to the frying pan and fry for 3 minutes. Add 100ml of the retained bean juice and bring to a boil. Add water if necessary.

Cover and cook for 15 to 20 minutes. Should be thick. Serve over rice.



## Red Cabbage with Apples

15 grams Margarine  
1 large Onion, finely sliced  
1 Tsp Root Ginger, chopped  
3 Cloves  
150 ml Cider  
Salt & Pepper

450 grams Red Cabbage,  
finely shredded  
225 grams Cooking Apples,  
peeled and sliced  
2 Tsp Redcurrant Jelly,  
(optional)

Melt the margarine in a saucepan and gently cook the onion for five minutes, until soft. Stir in the ginger, cloves and cider, then add the cabbage and apples.

Bring to a boil, cover and simmer for 30-45 minutes or until the cabbage is very soft.

Uncover, increase the heat and cook until most of the liquid has evaporated. Stir in the redcurrant jelly and season to taste.

## Refrigerator Cookies

The dough may be made in advance and stored in the refrigerator for up to a week or frozen.

115 grams Butter

1 Tsp. Vanilla

150 ml Brown sugar

75 ml Granulated Sugar

1 Egg

210 grams Plain Flour

1/4 Tsp. Cream of Tartar

1/4 Tsp. Salt

**Optional:** 125 ml Chopped Nuts  
(Pecans or walnuts....)

Cream the butter and vanilla together, then beat in both sugars and the egg. Mix the flour, cream of tartar and salt together and add to the first mixture, combine well. If adding nuts mix them in well so they are evenly distributed in the dough.

Shape into a roll or rolls about 2 inches in diameter. Wrap in foil and store in the refrigerator until ready to bake.

Before baking, preheat the oven to 400° F. (205° C. / Gas Mark 6).

Using a sharp knife, slice into rounds 1/4 inch thick. Bake on ungreased cookie sheets for about 8 minutes, until crisp and lightly browned.

## Rhubarb and Orange Chutney

An excellent way of getting rid of all that spare rhubarb. Rich and full-flavoured.

3 Oranges, seedless  
2 Onions, medium  
1000 grams Rhubarb  
250 grams Raisins  
500 ml Malt Vinegar  
700 grams Brown Sugar

1 Tbsp. Mixed Spice  
2 Tsp. Fresh Ginger, minced  
2 Apples, chopped with peel  
600 grams chopped Conference Pears  
300 grams Chopped Dates  
1/4 Tsp. Salt

Wash the oranges and cut into eighths. Check for and remove stray seeds. Place in food processor with blade. Cut onion into quarters and add to oranges. Pulse till medium coarse.

Cut the rhubarb into 1 inch chunks.

Place all ingredients in heavy-bottomed saucepan and bring to a rolling boil, stirring frequently. Reduce heat and simmer, uncovered, for an hour and a half.

Pour into sterilized jars and then put on wax circles and lids as usual.

**Option:** The pears and dates can be eliminated in keeping with preference and availability.



## Rhubarb Crunch

A recipe from the Mennonite Cookbook

250 ml Flour, sifted

200 ml Uncooked Oatmeal

250 ml Brown Sugar, packed

125 ml Butter, melted

1 Tsp. Cinnamon

1000 ml Rhubarb, diced

250 ml Sugar

2 Tbsp. Cornflour

250 ml Water

1 Tsp. Vanilla

Mix together the flour, oatmeal, brown sugar and cinnamon. Add the butter and mix until crumbly. Press half of the crumbs in a greased 9 inch baking pan.

Add the diced rhubarb and level the contents.

Combine the sugar, cornflour, water and vanilla. Bring to a boil and cook until thick and clear. Pour over the rhubarb.

Top with the remaining crumbs.

Bake at 350° F. (180° C. / Gas Mark 4) for 40 minutes.



## Rivel Soup

1 litre Chicken or Beef Broth  
250 ml Plain Flour  
1/2 Tsp Salt  
1/4 Tsp Black Pepper

1 Egg, beaten  
250 ml Whole Kernel Corn  
(tinned, fresh or frozen)

Bring the broth to a rolling boil and rub the mixture through your hands into the boiling broth. Add the corn and simmer for 10 minutes. The rivels will look like boiled rice when cooked. The longer you simmer it, the thicker it will become so more water may be needed.

This is a traditional Pennsylvania Dutch recipe. Very hearty and filling. Excellent on a cold winter day, especially when served with Sourdough Golden Rolls.

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## Rutabaga and Potato Bake

1 Medium Rutabaga  
(yellow turnip)

2 Medium Potatoes  
(about same volume)

1 Tbsp Margarine  
500 ml Milk (approx.)

Salt and Pepper  
Sprinkle of Mace

Grease a deep baking dish with the margarine. Peel the rutabaga and potatoes before cutting them into 1 cm slices. Alternating layers, stack the raw slices into the baking dish, packing closely. Sprinkle salt and pepper as you go. Fill the gaps with cut ends of the vegetables and then pour enough milk to cover. Sprinkle mace over the surface before cooking.

The cooking time will vary: If in a hurry, place in microwave oven and cook for 10 minutes before placing in the oven at 375°F. (Gas Mark 5) for about 30 minutes. Check with fork for tenderness and adjust cooking time and temperature accordingly.



## Salmon Fillet Wrapped in Bacon

Very simple, but elegant. May be prepared earlier and baked just before serving.

1 Salmon Fillet, boneless  
1 rasher of Smoked Bacon  
1 Tbsp. Mango Chutney

1 Date  
1 Tbsp. Butter  
Salt and Pepper

Place the fillet, flesh side down, on a cutting board and remove the skin using a very sharp knife. Sprinkle the fillet with salt and pepper. Spread the chutney on the salmon. Slit the date, place a chunk of mango in it and then roll the fillet around it, tuck in the end of the rasher of bacon and continue rolling.

Melt the butter in a swiss roll tin and then carefully roll the bacon/salmon in it to cover all sides.

Stand the roll on edge so that the weight is resting on the end of the bacon to keep it in place.

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

Bake for 1/2 to 3/4 of an hour, depending on the size of the fillet. The bacon should be fairly browned.

**Optional:** A few sprigs of fresh rosemary may be tucked under the edge of the bacon before baking. Does not really add to the flavour, but give a nice smell when served.

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## Sauce for Greens

2 Eggs

1 Tbsp Flour

100 ml Vinegar

1 Tbsp Mustard, coarse grain or Dijon

1 Tbsp Margarine

2 Tbsp Sugar

Salt & Pepper

100 ml Milk

Mix well in a blender all except the milk. Add the milk and blend again. Pour into a saucepan and bring to a boil while stirring well. Simmer and then adjust thickness with additional milk.

Drizzle well over the mounded greens just before serving.

This would be used for greens which would be the cooked tops of vegetable such as turnips, collard or beets.

May be used on cabbage, kale, broccoli, cauliflower, spring greens etc.

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## Scalloped Potatoes

4 Medium Potatoes  
1 Large Onion  
100 ml Flour

500 ml Milk (approx.)  
4 Tbsp Margarine  
Salt & Pepper

Peel the potatoes and slice about 1 cm thick. Roll in the flour and place a layer of potatoes in the bottom of a deep, greased baking dish. Thin slice the onion and separate into rings. Place a layer of the rings in the dish and dot with margarine. Sprinkle with salt & pepper. Repeat this until the dish is full. As you continue, fill in any gaps with potato trimmings.

Pour enough milk to slightly cover the top layer and then bake in the oven at 375°F. (Gas Mark 5) for about 60 minutes.

This may be speeded by using hot milk and/or starting the dish in a microwave oven. Be sure to have a tray under the baking dish to catch the overflow. Take care not to scorch the top.

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## Scallops

A simple cooking method which can be used with other seafood.

1/2 pound Small Scallops  
3 slices Bread  
1 Egg

2 Tbsp Milk or Cream  
Salt and Pepper  
2 Tbsp Margarine

Lightly toast the bread and let it cool. If still not dry, toast again. This can be avoided if you start with stale (dry) bread. Place in a blender and reduce to fine crumbs. Place in a medium sized bowl.

Whip the egg and milk together and place in a small bowl. Add the scallops and allow to stand for ten to fifteen minutes.

Dip the scallops out of the egg mix and toss them well in the bowl of crumbs. Allow to stand in the surplus crumbs for ten minutes to make sure they adhere well.

Melt the margarine in a non-stick frying pan and add the scallops. Fry on one side until golden and then turn and repeat. This will take about fifteen minutes. Serve as hot as possible as they cool down rapidly.



## Scrapple

A Pennsylvania Dutch oddity.

500 grams of Lean Pork  
2000 ml Water  
1 tsp Salt  
1/4 tsp Black Pepper

1 tsp fairly fine Sage  
1 tsp ground Mace  
1 medium onion, chopped  
300 grams Cornmeal

Boil the first ingredients for around two hours. Take out the meat and remove the fat. Crumble the meat into small bites. Skim the fat from the stock. Return the stock to the boil and sprinkle in the cornmeal while stirring well. It can easily lump if you are not careful. As it boils, it will thicken and it must be kept over a low heat and stirred or it will scorch.

After it has simmered about 1/2 hour, it should be poured into a well-greased bread pan to cool. Turn it out of the pan, slice into 2 cm. thick slices and fry on a well-greased griddle. Serve with syrup.



## Seafood Quiche

250 ml flaked white fish  
1 9-inch unbaked pastry shell  
375 ml Swiss or Cheddar  
Cheese (grated)  
500 ml fresh spinach leaves  
(chopped)  
1 Tbsp Spring Onion (minced)

1 Tbsp Lemon Juice  
1 egg, beaten  
1 tin Cream of Chicken soup  
65 ml Milk  
1/2 Tsp Worcestershire sauce  
Sprinkle of Nutmeg

Distribute cheese and fish evenly over bottom of pastry shell. Add spinach, onion and lemon juice. One at a time, mix together beaten egg, soup, milk and Worcestershire. Mix well and pour over cheese and fish. Sprinkle with nutmeg. Bake at 325° F. for 1 hour or until quiche is firm in center.



## Shortcake

500 ml Flour  
4 Tsp Baking Powder  
1/2 Tsp Salt  
2 Tbsp Sugar

75 gms Margarine  
1 Tsp Vanilla flavouring  
170 ml Milk

Mix dry ingredients and cut in the margarine.  
Add milk and vanilla while mixing to the point that the dough just holds together.  
Vary milk as needed. Turn dough out onto floured board and roll to about 2cm thickness.

Either use a cutter to make about six rounds and bake them for 10-12 minutes or make one large round and bake for 12-15 minutes at 425° F (Gas Mark 6).

## Smoked Haddock Chowder

A cross between the Scottish cullen skink and American chowder.

600 ml Chicken Stock

(made with one cube)

pinch of Saffron Threads (opt.)

500 grams Potatoes

1 medium Onion

450 grams Smoked Haddock

425 ml Milk

### To Garnish:

Fresh Parsley (chopped)

Soured Cream or Yogurt

Heat the stock and saffron to boiling and add the peeled and diced potatoes along with the chopped onion. Cover and simmer gently for 15 minutes.

Cube the haddock and add to the simmering mixture and cook for 5 minutes.

Remove half of the potatoes and fish from the saucepan and place in a bowl. Blend the remaining contents of the saucepan until smooth.

Return the reserved potatoes and fish and simmer for another 10 minutes or until tender. Season to taste with salt and pepper.

Mix in the milk and heat to just below simmering. Do not allow it to boil!

Ladle into serving bowls, add a few tablespoons of the soured cream or yogurt and garnish with the parsley.

### Optional:

To add a special touch, sprinkle with crumbled, smoked, streaky bacon which has been fried until crisp and well-browned..

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# Sourdough Starter

Grow your own yeast.

250 ml Milk

250 ml Flour

+ small amount of starter from  
someone who has a sourdough  
culture. (optional)

Each sourdough starter will be different, based on the spores you have trapped and the conditions of the fermentation. It is best to get a start from an established culture as the flavour will improve with age. If you are working from a starter, simply add it to the milk and flour and let it stand at room temperature for a day or two... until the foaming has radically slowed.

If you are without a starter, allow the milk to stand, uncovered, in a glass bowl at room temperature for 24 hours. Mix in the flour and let it stand, uncovered, at about 80° F. for 2 to 5 days.

You will know when it is ready, because there will be a sharp and tangy odour and the batter will be full of bubbles. At this point, it is ready to use. Measure the amount that you require for the recipe. To the remainder, add equal amounts of milk and flour and let stand for 24 hours. It will foam, as before, and you can store it in a covered jar in the refrigerator. Try and use some and feed the remainder about once a month.

## Sourdough - Ciabatta

A traditional Italian bread.

### For the "biga" (sponge):

250 ml Sourdough Starter

125 ml Warm Water

500 ml Strong Flour

225 ml Warm Water

75 ml Warm Milk

500 ml Strong Flour

3 Tbsp. Olive Oil

2 Tsp. Salt

This is best done in a Kenwood type mixer or on the manual setting of a bread machine. Mix together the starter, the water and the flour. This will make a very thick dough. Remove paddle, cover and allow to stand overnight in at room temperature. The biga should rise and then collapse back on itself.

Start the mixer and add the water and milk slowly to avoid splashing. Mix well. The dough will be more like batter at this point.

Gradually add the second flour. Once it is all in, continue mixing for 5 to 10 minutes. Add the olive oil and mix in well. The texture will change but will still be very sticky.

## Sourdough Bread/Pizza Dough

250 ml Sourdough Starter  
650 ml Water (slightly Warm)  
1250 ml Flour (Strong)  
45 grams Margarine (melted)  
2 Tbsp Sugar

1 Tbsp Salt  
1 1/2 Tsp Bicarbonate of Soda  
600 ml Flour (Strong)  
250 ml (approx) Flour(Strong)  
20 grams Margarine (melted)

This recipe should be large enough to make two loaves of bread and a pizza. In a large bowl, using an electric mixer, mix the starter, water and the first flour. Cover with cling film and leave in a warm place for 12 to 18 hours. It should have doubled in bulk and be full of bubbles. Melt the margarine and stir into it the sugar, salt and soda. Once this is well mixed, add it to the large bowl and stir it in well. Using a wooden spoon, stir in the second flour.

Spread the third flour on a flat work surface and dump the dough onto it.

Knead very well, adding more flour until the dough is satiny and loses most of its sticky quality. Take enough dough for a pizza and split the remainder between two bread tins. Allow to rise to double and brush tops with margarine. Bake for around 40 minutes at 400° F. (Gas Mark 5).

## Sourdough Cinnamon Rolls

From the kitchens of "Sunset" magazine, Menlo Park, California

200 ml Starter	1/2 Tsp Bicarbonate of Soda
150 Evaporated Milk (small tin)	1 Tsp Baking Powder
500 ml Flour	1 Tsp Salt
60 grams Margarine	2 Tbsp Margarine
3 Tbsp Sugar	100 ml Brown Sugar
1 Egg	1 1/2 Tsp Cinnamon
375 ml Flour	80 ml Sultanas
	Melted Margarine

Combine the starter, evaporated milk and the first flour in a large bowl. Cover and leave at room temperature overnight. The next morning, beat together the margarine, sugar and egg; blend into the sourdough mixture. Combine the second flour, bicarbonate of soda, baking powder and salt; mix with other mixture. Turn onto a floured board and knead until the surface is satiny and doesn't stick to the board. Add more flour if necessary.

Form the ball of dough into a rectangle and roll out to 8 " x 18". Cover the dough, except for the long edge away from you, with the melted second margarine. Mix the sugar and cinnamon and then sprinkle over the margarine as evenly as possible. Sprinkle the sultanas evenly and then roll away from you. Slice into 12 pieces, dip both cut surfaces in the third margarine and place on baking sheet. Allow to raise for at least an hour and then bake 30 minutes at 375° F. (Gas Mark 5).

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## Sourdough Date Loaf

From the kitchens of "Sunset" magazine, Menlo Park, California

375 ml Starter

560 ml Flour

375 ml Evaporated Milk (large tin)

3 Tbsp Sugar

90 grams Margarine

300 ml Brown Sugar  
(firmly packed)

375 ml Chopped Dates

180 ml Chopped Walnuts

3 Eggs, beaten

185 ml Rolled Oats

1 1/2 Tsp Baking Powder

1 Tsp Bicarbonate of Soda

1/2 Tsp Salt

The night before, combine starter, flour, milk and sugar; partially cover and leave at room temperature overnight.

The next day, cream margarine and brown sugar. Add dates and nuts; set aside.

Combine eggs, oats, baking powder, soda and salt; stir into the sourdough mix along with the date mix.

Turn into greased loaf pans and let rise at least an hour.

Bake at 375° F. (Gas Mark 5) for one hour. Cool for 10 minutes in the pan and then turn out onto cooling rack.

## Sourdough Golden Rolls

250 ml Sourdough Starter	1 Tsp Salt
250 ml Milk (warm)	1 Tsp Bicarbonate of Soda
2 Eggs	1 Tsp Baking Powder
6 Tbsp Honey	30 grams Margarine (melted)
500 ml Strong Flour [1]	300 ml Strong Flour [2]
250 ml Cornmeal	300 ml Strong Flour [3]
	(More or less flour as needed)

Beat together the starter, milk, eggs, honey, flour [1] and cornmeal.  
Allow to stand overnight at comfortable room temperature.

The next day add the melted margarine to the foamy mix  
Mix together the flour [2], salt, baking powder and baking soda.  
Beat this into the mixture and then continue to beat in the remaining flour [3] until the dough becomes too stiff to mix with a spoon. Dump the dough onto a floured surface and knead in the rest of the flour or until it reaches the usual satiny feel of bread dough. Shape into balls and bake in muffin tins or roll flat, spread with margarine, fold over and roll again to form crescent rolls which may be baked on baking sheets that have been well greased.  
Bake for about 20 minutes at 400° F. (Gas Mark 5).

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## Sourdough Granary Bread

250 ml Sour-Dough Starter  
1000 ml Granary Flour  
500 ml Milk  
3 Tbsp Margarine, melted

2 Tbsp Sugar  
2 Tsp Salt  
1 1/2 Tsp Bicarbonate of Soda  
500 ml Strong White Flour

Mix starter, granary flour and milk. Let rise overnight or until doubled in volume. Mix the margarine, sugar, salt and soda and mix into the risen dough. Mix in about half of the white flour and then spread the rest on your work surface. Dump the dough and knead in the remainder of the flour. This should take about 10 minutes. Add further flour as needed. Place the two shaped loaves in well-greased bread pans and allow to rise for 2 - 4 hours. Brush tops with melted margarine. Bake 45 minutes at 400 F.

## Sourdough Waffles

2 Eggs

150 ml Sourdough Starter

250 ml Milk

375 ml Strong Flour

3 Tbsp Sugar

1 Tsp Salt

3 Tbsp Cooking Oil

2 Tsp Baking Powder

1 Tsp Bicarbonate of Soda

This needs advance planning. If you wish to serve them in the morning, start the culture the night before. For an evening meal, start in the morning.

Beat eggs well and add Starter, Milk, Flour and Sugar. Mix well and then allow to stand, as above, in a warm place as you would bread dough.

Mix in the Oil and Salt. Just before you start cooking, mix in the Baking Powder and the Bicarbonate of Soda. Mix it in, but do not overmix as it uses up the raising reaction. Add more milk, as necessary, for a mixture that is on the thin side for tender waffles.

Cook in your waffle iron until steaming nearly stops and the waffle is brown. Serve warm from the oven. May be frozen and later heated in a toaster.



## Southern-Fried Fish

Cornmeal  
Flour

Margarine  
Salt & Pepper

Simply mix two-thirds cornmeal with one-third flour and roll the fish in it before frying in the margarine in a frying pan over medium heat. Temperature control is the secret. Keep hot enough to brown the coating, but avoid scorching the margarine, and thus the fish.

Try to only turn the fish once to avoid having it fall apart.  
With salmon steaks, this is not a problem and they should be turned frequently.

OPTIONS: The fish may be dipped in milk, buttermilk, beaten egg or a combination of the three before rolling in the flour and corn meal.

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## Spiced Fruit Compote

An excellent way of using up some of your frozen berries and rhubarb.

500 grams Blackberries

1 stick Cinnamon

10 whole Cloves

500 grams Rhubarb

Granulated Sugar to taste

Any or all:

Wedges of Dessert Apple

Quartered Pears

Raspberries

Strawberries

Stew the blackberries and spices in enough water to keep them from sticking. When very soft, force through strainer to remove seed and spices. Add the rhubarb to blackberry pulp and simmer until tender. Add sugar to taste. Add whatever other fruit you chose and simmer until tender. May be served warm or cold.



## Spiced Winter Fruit

A flavour a bit like Christmas pudding, but much lighter.

250 ml White Wine

500 ml Water

150 grams Soft Brown Sugar

1 Vanilla Bean, split lengthwise

2 Cinnamon Sticks

6 Whole Cloves

4 Whole Peppercorns

Pinch of Saffron

100 grams Dried Figs

200 grams Dried Apricots

200 grams Dried Pitted Prunes

100 grams Dried Cranberries

Combine the wine, water, sugar, vanilla bean, cinnamon, cloves, peppercorns and saffron and bring to a boil, stirring until the sugar has dissolved. Add the fruit and simmer gently for 30 minutes until the fruit is soft and swollen.

Set aside to cool.

Serve warm with a dollop of yoghurt, crème fraîche, whipped cream or ice cream for extra richness.

Feel free to substitute other dried fruit such as apple slices as available. Cranberry sauce may be used in place of the dried cranberries.

## Sticky Toffee Pudding with Fruit

This interesting variation with fruit rather than dates is from Chris Laurie.

250g Self-Raising Flour

1-2 Eggs

500g Muscovado Sugar

1 tbsp. Vanilla Extract

200g Mixed Dried Fruit (or similar)

Boiling Water

250g Butter

Preheat oven to 200 C/400 F. Melt approx. half of the butter in a pan on a low heat. Leave to cool. Sieve the flour into a large mixing bowl adding half of the sugar and the mixed fruit. Into the dry ingredients add the eggs and butter. Mix thoroughly until you have a good consistency of cake mixture. With some of the melted butter grease a deep casserole style dish. Knead the mixture into the dish, covering the base. Onto this pour the remaining sugar to cover the cake mix. Break remaining butter into small knobs and spread these over the surface of the sugar.

Pour boiled water over this, covering it up to approx 1 inch above the level of ingredients. Add vanilla extract and any alcohol you may wish.

Bake for approx 30-60 minutes; checking the centre is no longer gooey and the cake is cooked throughout. When ready the liquid ingredients should have collected around the side of the dish, forming a hot toffee-like substance.

Serve straight from the oven with ice cream, cream or crème fraiche.

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## Stilton and Kale Soup

250 ml Chicken Stock  
250 ml Chopped Kale  
1 Grated Carrot

250 ml Milk  
50 grams Stilton (grated)  
Salt & Pepper

Boil the kale and carrot in the chicken stock until tender. Add the milk, bring to a boil, and then add Stilton while stirring well. Season to taste.

OPTIONS: Cabbage, broccoli or cabbage may substitute for the kale.

## Strickle Buns

Rich, tender and sweet. Serve with afternoon coffee.

1 1/2 Tbsp Dry Yeast  
60 ml Warm Water  
500 ml Milk, scalded  
250 ml Sugar  
1 Tsp Salt  
2 Tbsp Margarine  
2 Eggs, well beaten  
2000 ml Flour, sifted

### For Topping:

250 ml Sugar  
2 Tbsp Flour  
120 ml Margarine, melted  
2 Tbsp Water, boiling

Mix the dry yeast with 1 Tbsp of the sugar and then add the warm water and stir well. Scald the milk and then add the margarine and sugar. Stir well and then allow to cool to lukewarm. Beat in the yeast, eggs and 750 ml of the flour. Beat for 7 minutes. Cover and let rise in a warm place until doubled (1 to 2 hours). Stir in most of the remaining flour and then knead in the rest. Knead until smooth. Place in a greased bowl, grease the top of the dough and cover. Allow to rise until doubled. Punch down the dough and form into **two** 9" x 9" squares. Cut **each** into 16 squares and place **each** 16 in the bottom of a well-greased 9" x 9" x 2" pan. Cover and allow to rise again until doubled. **For the topping:** mix the sugar and flour, beat in the margarine and then beat in the boiling water (add it gradually). Spread the topping over the dough and bake at 400°F. (Gas Mark 5) for 20-25 minutes.

The batch may be split in half to allow making cinnamon rolls, etc.

## Stuffed Haddock with Muscatel Sauce

A slow-baked main course that is suitable for entertaining.

- |                                  |                  |
|----------------------------------|------------------|
| 2 Haddock Fillets (wide)         | 1 Egg, beaten    |
| 5 Spring Onions                  | 3 Tbsp Flour     |
| 5 Mushrooms                      | 3 Tbsp Margarine |
| 1 Tbsp Margarine                 | 300 ml + Milk    |
| 1 Tsp Thyme                      | 100 ml Muscatel  |
| 1 Tsp Marjoram                   | Salt & Pepper    |
| 1 slice Bread, day-old as crumbs |                  |

Slice the mushrooms and onions and saute them in the margarine. Add the thyme, marjoram, salt and pepper. Mix in the egg and bread crumbs. Place the fish with the tail away from you on a cutting board. Form half of the stuffing into a sausage shape and place it sideways in the centre of the fillet. Roll the fish away from you and place with the overlapping ends downwards, in a well buttered baking dish. Gently press down on the roll to flatten it until the stuffing starts to bulge from the ends of the roll. Brush the fish with melted margarine and place in the oven at 375° F. (Gas Mark 5) and bake for 20 minutes.

Make a thick white sauce with the flour, margarine and milk. Season with the salt and pepper to taste. Add the muscatel, mix well and then pour evenly over the fish, allowing it to fill the dish around it.

Reduce the temperature to 350° F. (Gas Mark 4) and cook for another 40 minutes.



## Swaddled Eggs

3 Hard-boiled Eggs

1 pound Lean Pork Mince

8 Crackers, crushed

2 Tbsp Sage

1 Onion, finely chopped

4 Tbsp Tomato Ketchup

Salt & Pepper

3 Tbsp Mango Chutney

Place the mince, crackers, sage, onion, ketchup, salt and pepper into a large bowl. Knead the mixture, forcing the mix out through your finger to increase its tendency to stick together.

Divide the mix into three portions, flatten each portion and place the egg in the centre. Smooth the meat mix around the egg to seal it, trying to have all parts of the wrap of even thickness.

Place on a baking sheet with the seam side down and spread the chutney across the top.

Bake for about an hour at 375°F. (Gas Mark 5).

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## Sweet and Sour Cabbage

1 medium Cabbage  
2 Eggs

150 ml Cider Vinegar  
2 Tbsp Sugar  
1 Tsp Salt

Slice the cabbage as thinly as possible, add salt and cook, covered, in a microwave for 15 minutes.

Beat eggs, vinegar and sugar in blender and pour over the steamed cabbage.

Cook for an additional 5 minutes, tossing now and then.



## Swiss Chicken and Ham

4 Chicken Breast Fillets  
4 slices Sandwich Ham  
2 oz. Gruyere cheese  
65 ml Margarine

125 ml Fine Dry Breadcrumbs  
1/2 Tsp Salt  
1 Tsp Paprika

Place chicken on wooden board and pound slightly to flatten. Cut cheese into 4 triangles and fold ham around cheese slices. Place a ham/cheese bundle on each chicken fillet, roll up and secure with wooden picks. Melt butter in pie plate. Mix breadcrumbs, salt and paprika in a second pie plate. Roll stuffed chicken breasts first in butter, then in breadcrumb mixture, coating well. Place in a single layer in casserole and bake at 400° F. for 40 minutes or until chicken is golden brown.

Yield: 4 servings



## Swiss Steak

Best cooked for a good long time in a Dutch Oven.

1 1/2 lb Beef Steak\*  
Flour  
Cooking Oil  
1 Large Onion  
6 to 9 Mushrooms

1 tin Mushroom Soup,  
concentrated  
Water  
Milk  
Salt & Pepper

Sprinkle the meat with meat tenderizer, salt and pepper

Pound the flour well into the meat. Fry in the cooking oil until somewhat browned. Add the onions and mushroom and simmer for a few minutes, mixing well. Add enough water to half-cover the meat; add the soup and then enough milk to just cover the meat. Stir well and bring to a boil on the top of the cooker.

Place in the oven at 350° F. (Gas Mark 4) and allow to simmer for a couple of hours, give or take. Adjust seasoning to taste.

\* Round or braising. Should be 2 to 3 cm thick.



## Three-Fruit Marmalade

Full-flavoured with a nice balance between sweet and sour with just enough bitterness.

2 Grapefruit  
4 Lemons  
2 Oranges

2500 ml Water  
2750 grams Sugar

Wash the fruit and buff well with a towel to be sure of removing the wax. Cut each fruit into six or more wedges. Using a very sharp knife, cut the fruit out of the wedge, leaving as much of the pith as possible. Examine the fruit and remove any seeds that you might find. Place the removed fruit into a food processor with the blade in place. Pulse a few times to chop the fruit.

Take the crescents of peel and a knife and make a slit under the pith and near the zest large enough to grasp with your fingernail. Strip the soft white pith from the zest. Add the zest to the food processor and pulse/chop until the peel is in smallish chunks. Discard the pith. Bring the fruit and water to a rolling boil until the peel is tender. Add the sugar, return to the boil until the setting point is reached. Skim and bottle while hot.



## TLG Roast Chicken

This recipe contributed by Chris Laurie (TLG = Tarragon/Lemon/Garlic)

One chicken, rinsed and patted dry	2 tsp. finely chopped fresh tarragon, plus 8 sprigs
50g unsalted butter, at room temperature	2 large lemons, each cut into wedges
2 tbsp. finely chopped fresh flat-leaf parsley	8 shallots, peeled and halved
1 tbsp. finely grated lemon zest	12 whole cloves of garlic (unpeeled)
	2-3 bay leaves
	1 tbsp. sugar

Preheat oven to 200 C/400 F.

Stir together the butter, 1 tbsp. of the parsley, the lemon zest, chopped tarragon and two cloves of chopped garlic in a small bowl until well combined. Season.

With your fingertips, loosen the skin from the breast and rub the butter mixture under in the space formed, spreading it evenly. Tuck the wings under the chicken. Place lemon wedges, the tarragon sprigs, and the bay leaves in the chicken cavity. Put the chicken on a roasting tray. Sprinkle with rock salt and the freshly ground pepper.

Toss together the remaining lemon wedges, garlic and shallots with sugar and a pinch of salt. Place these around the chicken. Roast the chicken until the juices of the thigh run clear when pierced, baste the chicken with the pan juices and turn the lemons regularly. Cover the chicken loosely with foil and let stand for 10 minutes. Carve the chicken and arrange on a platter. Toss the lemons with the remaining tbsp. of parsley, arrange around the chicken, and serve. Ideal with roasted vegetables or mashed tatties.

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## Toll House Pie

An easy alternative to those favorite cookies.

2 eggs  
125 ml flour  
125 ml sugar  
125 ml Brown Sugar

250 ml butter, melted and cooled  
170 grams Chocolate Chips  
250 ml Walnuts, chopped  
1 unbaked 9-inch Pie Shell

Preheat oven to 325°.

In large bowl, beat eggs until foamy. Add flour, sugar and brown sugar. Beat until well blended. Blend in melted butter. Stir in chocolate chips and nuts. Put into pie shell. Bake at 325° for approximately one hour. Serve warm with whipped cream or ice cream.

# Triple Chocolate Brownies

Almost too rich.

125 grams Margarine

200 grams Plain Chocolate

150 grams White Chocolate

125 grams Milk Chocolate

125 grams Walnuts

2 Eggs

175 grams Plain Flour

pinch of salt

Grease a 7 inch square deep cake tin with margarine and line the bottom with nonstick baking parchment. Melt and mix well the plain chocolate and margarine. This is easily done in a microwave oven. Allow to cool while preparing the remainder. Chop the other chocolate and walnuts into chunks about the size of a pea. Beat the eggs. Add the eggs and chopped chocolate and nuts to the melted chocolate and mix well. Fold in the flour and then spoon into the prepared tin, pressing it down well to avoid gaps.

Bake at 350° F. (Gas Mark 4) for 35 to 40 minutes or until slightly risen and just firm to the touch. It should still be a little moist in the centre.

Cool in the tin for about 10 minutes and then turn out onto a rack and cool for a further 30 minutes. Serve warm with vanilla ice cream.

May be frozen.

Thaw well and reheat, wrapped in foil, for about 30 minutes.

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## Tuna and Pasta Casserole

250 grams Pasta,  
Twists or Shells  
1 Onion, thickly sliced  
100 grams Mushrooms,  
sliced or quartered  
100 grams Frozen Peas

60 grams Margarine  
60 grams Flour  
Salt & Pepper  
1 Tbsp Italian Seasoning  
568 ml Buttermilk (or plain)  
354 gram tin of Tuna

Cook pasta, adding peas five minutes before pasta is done. Return to the boil for the five minutes. drain. While pasta is cooking, saute the onions and mushrooms in the margarine. When tender, remove, leaving the margarine behind. Use it and the flour to make a roux and then slowly stir in buttermilk. Add seasonings, onions and mushrooms. Simmer to blend flavours. Mix pasta and peas with the sauce and the tuna in a large casserole and bake at 400°F. (Gas Mark 6) for 15-20 minutes.



## Weight Watchers Fruit Dessert

A cool and rich treat. Takes some advance preparation.

4 Tbsp Hot Water

2 Tsp Gelatine

300 ml Low-fat Natural Yogurt

240 grams Curd Cheese

Artificial Sweetener

(to taste)

150 grams Strawberries

120 grams Mandarin Oranges

Pour the hot water into a cup and sprinkle in the gelatine while stirring. Stand the cup in a saucepan of simmering water and leave until the gelatine has completely dissolved.

Place the yogurt and curd cheese in a blender, process until smooth, add artificial sweetener to taste, process again. Add the dissolved gelatine and process once again.

Transfer the mixture to a large bowl and, reserving some fruit for decoration, fold the remainder into the mixture.

Spoon the mixture into dessert dishes and refrigerate until set. Decorate with fruit before serving.



## Wine Jelly

A nice gift at Christmas time which can be served with meat or cheese.

500 ml Wine  
1 Tbsp. Lemon Juice

750 ml Sugar  
1/2 bottle liquid fruit pectin

Combine wine, lemon juice and sugar in a large saucepan. Place over high heat and stir until sugar is dissolved. Bring to a full boil and allow to boil hard for 1 minute. Remove from heat and immediately stir in pectin. Pour quickly into dry, hot, sterilized half-pint jars to within 1/8" of the top and seal.

Yield: Approximately 4 jars