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# RECIPES

This book of recipes has been compiled to raise funds for the East Kilbride & District Dementia Carers Group, and consists of recipes donated by Service Users, Carers, Staff, Volunteers, Committee Members, Neighbours and Friends. We are indebted to everyone who contributed.

*Compiled by Kevin & Carole Richards*

## Index Page 1

<b>Recipe No.</b>	<b>Title</b>	<b>Recipe No.</b>	<b>Title</b>
1	Table of equivalents	44	Potato, tomato cheese supper
2	Broccoli and cheese soup	45	Corfu fish stew
3	Carrot & Almond soup	47	Salmon chowder.
5	Celery & Lovage soup	48	Bacon, cheese and red onion tart
6	Courgette & Cumin soup	49	Cumberland sausage and apple plait
7	Cullen Skink	50	Bacon & leek savoury
8	Dan's Special Onion soup	51	Durham pan haggerty
9	Geordie Barley broth	52	Sticky sausage
10	Karen's Sweet Potato soup	53	Chicken Aux Trois Epices
11	Roasted Tomato & Basil soup	54	Chicken stroganoff
12	Leek & Celery soup	55	Coronation chicken salad
13	Slow roasted root vegetable soup	56	Herby chicken nuggets
14	Vermicelli & Watercress soup	57	Middle Eastern yellow chicken
15	Bulgar Wheat Salad	58	Susan's chicken Au Roi
16	Coleslaw	59	Turkey & bean stir fry
17	Couscous with Feta	60	African Bobotie
18	Cranberry & Pistachio rice	61	Donna's delicious macaroni mince
19	Cucumber & carrot salad.	62	Italian meatloaf .
20	Greek salad	63	Keftethes (fried mince meat balls)
21	Grilled & baked courgettes	64	Koftas
22	Homemade oven chips	65	Lamb pasties (with harissa)
23	Horiatiki salata	66	Special pork chops
24	Houmous dip	67	Spaghetti bolognaise
25	Imam Bayildi	68	Swedish beef
26	Italian seasoned vegetables	69	Aileen's carrot cake
27	Mint, nut & apricot couscous	70	America pumpkin pie
28	Italian style potatoes	71	Apple turnovers
29	North African salad	72	Australian crunch
30	Pineapple & spring onion salad	73	Ayrshire shortbread
31	Waldorf salad	74	Barmbrack
32	Borek	75	Boiled fruit cake
33	Cheese flan	76	Border pancakes
34	Cheese loaf	77	Boston brownies
35	Cheese muffins	78	Buns
36	Cheese pastries	79	Carrot cookies
37	Cheesy potato bake	80	Chiffon tarts
38	Creole jambalaya	81	Chocolate brownies
39	Cumbrian cheese crisps	82	Custard crème
40	Feta cheese dips	83	Chocolate crisps
41	Kounoupithi	84	Cinnamon biscuits
42	Macaroni cheeseburgers	85	Cinnamon cake
43	Pesto	86	Claire's shortbread

## Index Page 2

Recipe No.	Title	Recipe No.	Title
87	Clootie dumpling	118	Short bread (easy recipe)
88	Coconut bars	119	Shortbread round
89	Country dance cake	120	Singin' hinnies
90	Cumbrian carrot cake	121	Spicy fruit loaf
91	Dumpling	122	Spiced honey loaf
92	Vanilla fudge	123	Sponge with oil
93	Ginger snaps	124	Spring caramel shortcake
94	Gran's Ovaltine bread	125	Sultana loaf
95	Granny loaf	126	Tea loaf, fat free
96	Gran's melting moments	127	Treacle scones
97	Gran's orange cookies	128	Zabaglione
98	Grasmere gingerbread	129	Apple and ginger jam
99	Helen's Jaffa drizzle loaf	130	Bramble jelly
100	Isa's shortbread	131	Carrot jam
101	Kath's biscuit cake	132	Crab apple jelly
102	Lemon cheese cake	133	Crab apple cheese
103	Lemon meringue pie	134	Lime or lemon marmalade
104	Malt bread	135	Pineapple marmalade
105	Marmalade cake	136	Raspberry jam
106	Marmalade tea bread	137	Strawberry jam
107	Mars bar cake	138	Beetroot chutney
108	Microwave chocolate cake	139	Granddad's apple chutney
109	Microwave dumpling	140	Green tomato chutney
110	No bake fruit cake	141	Indian chutney
111	Mrs. Mitchell's chocolate cake	142	Chocolate sauce
112	Nutty dainties	143	Cumberland rum butter
113	Oaty biscuits	144	Lakeland toffee
114	Oat crunches	145	Tablet
115	Pastry with oil	146	Tablet (swiss milk)
116	Quick cheese cake	147	Hints & Tips
117	Scot block candy		

### (1) Table of Equivalents

#### Equivalent Temperatures

Gas Mark	°C	°F
2	150	300
3	170	325
4	180	350
5	190	375
6	200	400
7	220	425
8	230	450

#### Measures

¼ pt	=	142ml
½ pt	=	284ml
1 pt	=	568ml
1oz	=	28.35g
2oz	=	56.7g
4oz	=	113.4g
8oz	=	226.8g
16oz	=	453.6g

## **(2) BROCCOLI AND CHEESE SOUP**

1 chopped onion  
1 clove of garlic (crushed)  
25g (1oz) butter  
450g (1lb) broccoli florets  
1 potato, medium, peeled and diced  
2 sticks celery, chopped (optional)  
450ml (3/4 pint) vegetable stock  
300ml (1/2 pint) milk  
75g (3oz) red Leicester cheese grated or crumbled blue stilton cheese  
1 diced red pepper, to garnish

Fry the onion and garlic in the butter until soft.

Add the remaining vegetables and stock bring to the boil and simmer for 15mins.

Liquidise until smooth, add the milk and reheat without boiling.

Stir in half the cheese, garnish with the remaining cheese plus red pepper and serve with bread rolls.



## **(3) CARROT AND ALMOND SOUP**

2 onions, peeled and chopped  
2 garlic cloves, peeled and chopped  
6 carrots, trimmed, peeled and sliced  
2 celery stalks, trimmed and chopped  
1 tablespoon wheat-free vegetable bouillon powder  
2-3 tablespoons chopped fresh coriander (stalks reserved)  
2-3 tablespoons chopped fresh parsley (stalks reserved)  
100g ground almonds

Place the onions, garlic, carrot and celery in a large saucepan.

Add 1.25 lt boiling water and the bouillon powder.

Bring to the boil and add the herb stalks.

Lower the heat and simmer for 30mins until vegetables are tender when pierced with a knife.

Remove from the heat and allow to cool slightly. Strain, reserving the stock. Remove the herb stalks, and then blend the vegetables in a food processor or with a hand blender until smooth.

Return the mixture to the pan and add the ground almonds and enough of the reserved stock to make a soup-like consistency.

Reheat, then divide between warmed soup bowls and serve garnished with fresh coriander and parsley.

### **For a change.**

This soup is also very good made with sweet potatoes. Just add one sweet potato, peeled and diced, in place of two of the carrots and cook as above.

#### **(4) CARROT AND CORIANDER SOUP**

1 potato  
2 onions  
2oz butter  
Chopped parsley  
2 pints chicken stock  
4 large carrots  
1 teaspoon ground coriander  
Single cream (optional)

Peel potato and onion and cut into small chunks.

Melt butter in pan; stir in vegetables and cook over a low heat for about 5mins.

Add coriander and season to taste.

Add stock and bring to the boil, then simmer until carrot is tender.

Cool slightly then puree.

Reheat soup and serve garnished with cream and chopped parsley.



#### **(5) CELERY AND LOVAGE SOUP**

6-8 sticks of celery (washed and chopped)  
2 onions, peeled and chopped  
1 pint chicken or vegetable stock  
1 large potato, peeled and chopped  
Handful of Lovage leaves, chopped

Put first 4 items in pan, cook till soft then blend. Add Lovage leaves and blend again.



#### **(6) COURGETTE AND CUMIN SOUP**

1lb courgettes  
½ lb onions  
1 clove garlic  
1 medium potato  
¾ pint vegetable stock  
1 teaspoon ground cumin

Wash and trim courgettes – cut into pieces.

Chop onion; crush garlic and add to pan with peeled and chopped potato, stock and cumin.

Cook till soft, and then blend.

Serve with swirl of cream (optional).

### **(7) CULLEN SKINK**

12oz skinned finnan haddock  
1 ½ pints boiling water  
1 medium onion, peeled and chopped  
1 pint milk  
1 ½ lb potatoes, chopped and boiled  
½ oz butter  
Parsley, chopped to garnish

Put fish in pan, cover with water; bring back to the boil adding onion.

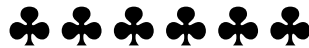
Cover and simmer for 15mins until the fish is cooked. Strain off liquid and reserve.

De-bone fish and flake flesh.

Return bones, stock and milk to pan and simmer for 1hr.

Strain to remove bones; mash potato with butter and add to pan with flaked fish. Stir well.

Serve with parsley garnish.



### **(8) DAN'S SPECIAL ONION SOUP**

3 large brown onions, peeled and sliced  
3 red onions, peeled and sliced  
1 glass red wine  
1 pint stock (beef or veg cube)  
1 dessertspoon olive oil

Heat oil in wok, add sliced onions and stir fry till onions have caramelized.

Add red wine and stock and allow to boil for about 10mins till liquid level is reduced.

Nice served with toasted French bread sprinkled with strong cheddar cheese and grilled till bubbling.



### **(9) GEORDIE BARLEY BROTH**

1lb flank of mutton  
2 pints water  
1 onion  
Salt and pepper  
2oz diced carrot  
2oz diced turnip  
2oz diced celery  
½ oz pearl barley

Trim mutton and cut into pieces.

Place in pan with water and salt, bring to boiling point, skim well then simmer for 2-3hrs.

Wash barley and add with vegetables. Cook for a further hour, season well and add chopped parsley.

## **(10) KAREN'S SWEET POTATO SOUP**

1 tablespoon olive oil  
1 onion chopped  
2 cloves of garlic (crushed)  
750g sweet potatoes, peeled and chopped  
1 large red pepper, de-seeded and chopped  
1.2l veg stock  
150ml coconut milk  
Fresh coriander to garnish

Heat oil in saucepan and cook onions for 2mins until softened. Add garlic and cook for further 1min. Add sweet potatoes and pepper.  
Pour in stock and bring to the boil. Simmer for 10-15mins until potatoes and pepper are softened. Blend until smooth then return to pan. Add coconut milk and heat through.  
Season with salt and black pepper; garnish with coriander



## **(11) ROASTED TOMATO AND BASIL SOUP**

3lb tomatoes  
10z fresh basil  
3 fat cloves garlic (unpeeled)  
4 tablespoons ex. virgin olive oil  
1 large potato, about 6oz  
2 rounded tablespoons tomato puree  
Salt and pepper

Oven temp: gas mark 5 375F (190C).

Skin tomatoes by pouring boiling water on them: leave for exactly 1min.  
Slip off skins; half each tomato and arrange on baking tray, cut side uppermost.  
Place garlic cloves on tray too, leaving skins on.  
Season with salt and pepper and sprinkle a few drops of olive oil on each tomato and on garlic.  
Top each tomato with a piece of basil leaf which has been dipped in olive oil.  
Pop in oven for about 1hr or until the edges of the tomatoes are slightly blackened.

About 20mins before the end on roasting time (after 40mins), peel and chop the potato; place in saucepan with some salt and 1 pint of boiling water.  
Add tomato puree and simmer for about 20mins.

When tomatoes are ready, scrape them and all their juices into a food processor; rescue the garlic cloves from the tray and squeeze pulp to join the tomatoes. Discard skins.

Add contents of the potato saucepan and mix everything to a thick puree.  
Sieve out tomato pips if required.

The soup is now ready for gently re-heating.

### **(12) LEEK AND CELERY SOUP**

12oz celery, washed and sliced  
12oz leeks, washed and sliced  
2 cloves garlic, crushed  
1 ½ pints vegetable or chicken stock

Put celery, leeks and garlic into large pan.  
Add stock; bring to the boil and simmer for 20mins.  
Blend.  
Nice with home made croutons.



### **(13) SLOW ROASTED ROOT VEGETABLE SOUP**

(A fat free soup; serves 6)

8oz peeled carrots, cut into 2" lengths  
8oz peeled celeriac cut into 2" pieces  
8oz leeks, trimmed and washed and cut into 2" lengths  
8oz swede cut into 2" pieces  
1 small onion, peeled and chopped roughly  
2 ½ pints (1 ½ litres) stock made with marigold swiss bouillon vegetable powder.  
3 bay leaves  
Salt and pepper.

Pre-heat oven to gas mark1, (275f/140C)

Once everything is peeled and chopped, place in a casserole or oven proof pot and bring up to a gently simmer; put on lid and leave to cook for about 3hrs.

On removal, remove bay leaves and liquidise the soup in several batches.  
Re-heat gently but do not boil.



### **(14) VERMICELLI AND WATERCRESS SOUP**

2 bunches of watercress  
2 large onions, peeled and chopped  
1 ¼ pints chicken stock  
3oz vermicelli  
Salt and pepper  
2oz grated cheese

Wash and trim watercress and remove coarse stalks.  
Place in large pan with onions, seasoning and stock.  
Simmer for 15mins.  
Cool slightly and blend.  
Add vermicelli and cook for 5mins.  
Serve with grated cheese.

**(15) TABBOULEH (BULGAR WHEAT SALAD)**

(Recipe originated in the Lebanon)

1 stock cube (vegetable) dissolved in  $\frac{3}{4}$  pint boiling water  
8oz bulgar wheat  
6 spring onions, chopped  
3 tomatoes, chopped  
6 sundried tomatoes in oil, chopped.  
3 tablespoons chopped mint  
Juice of  $\frac{1}{2}$  a lemon  
2 tablespoons chopped coriander  
3 tablespoons extra virgin olive oil  
1 tablespoon sundried tomato oil  
4oz feta cheese  
2oz pitted black olives  
Black pepper

Pour boiling stock over Bulgar wheat and leave to soak till all stock is absorbed.  
Mix in all remaining ingredients and place in fridge to chill.



**(16) COLESLAW**

1 finely sliced red onion  
12oz finely shredded white cabbage  
8oz grated carrots  
Crushed clove of garlic (optional)  
4 tablespoons light mayonnaise  
1 tablespoon white vinegar

Mix vinegar, mayonnaise and garlic.  
Add to onion, cabbage and carrots.  
Mix well and chill.  
More mayonnaise can be added.



**(17) COUSCOUS WITH FETA**

1 tablespoon olive oil  
2 finely chopped red onions  
8oz couscous  
 $\frac{1}{2}$  pint vegetable stock  
1 teaspoon chilli powder  
2oz raisins  
2 tablespoons chopped mint  
20 cherry tomatoes, roasted for 10mins in hot oven  
7oz feta cheese, cubed  
Rind and juice of lemon

Heat oil in large pan. Add onions and soften.  
Add couscous, stock and chilli.  
Cook about 7mins till couscous is fluffy.  
Add tomatoes, raisins, mint, lemon rind and juice; season to taste.  
Place in bowl and top with feta cheese.

### **(18) CRANBERRY AND PISTACHIO RICE**

1lb2oz basmati rice  
Pinch saffron strands  
4oz dried cranberries  
2oz shelled pistachio nuts, chopped

Rinse rice well and place in pan with 2 pints of water, saffron, cranberries and 1 teaspoon salt.  
Bring to the boil, stir and cover.  
Simmer for 12mins till rice is tender and the liquid absorbed.  
Scatter over nuts.



### **(19) CUCUMBER AND CARROT SALAD**

1 cucumber  
4 large carrots  
1 red onion halved and thinly sliced  
2 tablespoons golden caster sugar  
6 tablespoons white wine vinegar  
1 red chilli, seeded and finely chopped  
Bunch of radishes, sliced

Cut cucumber into 3 chunks; cut each chunk in half lengthwise and slice thinly lengthwise.  
Cut carrots into ribbons.  
Put cucumber into a colander and sprinkle with salt.  
Leave for 1hr, rinse and pat dry.  
Heat sugar and vinegar gently in pan to dissolve sugar.  
Stir in chilli and leave to cool.  
Tip veg into a bowl and drizzle over dressing.



### **(20) GREEK SALAD**

3 medium tomatoes  
1 cucumber  
1 red onion  
Black olives  
7oz feta cheese, cut into chunks  
½ teaspoon dried oregano  
4 tablespoons olive oil + 1 tablespoon lemon juice; mixed together.  
Fresh herbs (coriander or mint).  
Salad leaves.

Cut tomatoes into chunks.  
Cut cucumber into chunks (peel if you like).  
Finely slice onion and de-seeded pepper and put into bowl lined with salad leaves.  
Add remaining ingredients.  
Toss with salad dressing.

## **(21) GRILLED AND BAKED COURGETTES**

Wash, trim and cut courgettes in half lengthwise.

Cook on "Foreman" grill till soft (about 2mins).

Place courgettes onto a baking tray and cover with slices of feta cheese; grill till brown.

This dish makes a tasty starter.



## **(22) HOME MADE OVEN CHIPS**

4 large potatoes (Maris Piper).

2 tablespoons of oil.

Coarsely ground black pepper.

Heat oven to gas mark 7.

Wash and dry potatoes and cut into even sized chips.

Put in bowl; add oil and pepper and stir well to coat chips.

Place on baking tray and cook for about 35mins (turning once).

For a change – omit pepper and use a little pinch of chilli powder.



## **(23) HORIATAKI SALATA (MIXED SALAD)**

1lb ripe tomatoes (washed and dried).

2 shallots peeled and sliced or 1 large red onion peeled and sliced.

1 green or red pepper washed and dried and cut into thin ribbons.

4 –6" piece of cucumber, thinly sliced.

Handful of green or black olives.

4oz of feta cheese, cubed.

A large pinch of dried oregano.

Good quality olive oil.

Salt

Quarter tomatoes and mix with other ingredients in a large bowl.

Toss gently in oil and serve with crusty bread.



## **(24) HOUMOUS DIP**

Juice of 2 lemons.

2 tins chickpeas.

80ml olive oil.

1 garlic clove.

1 tablespoon tahini paste.

Rinse and drain chickpeas.

Place lemon juice, 2 tablespoons of water, oil, crushed garlic clove and chickpeas in a processor to make a chunky puree.

Serve with vegetable batons.

### **(25) Imam Bayildi (The Imam Fainted)**

4 aubergines  
Oil for frying.  
10-12oz onions finely sliced.  
3 cloves of garlic finely sliced.  
4 tablespoons of olive oil.  
14oz tin of chopped tomatoes.  
1 teaspoon of tomato puree.  
Salt and pepper.  
2 teaspoons dried parsley  
1 teaspoon dried oregano

Wash and dry aubergines. Slice in half lengthwise.  
Fry gently until soft and drain on kitchen paper. Put into oven proof dish.

Sauté onions till transparent; add garlic and stir well.  
Add tomatoes and puree.  
Add one teaspoon dried oregano, 2 teaspoons dried parsley.  
Stir well and cover aubergines with mixture.  
Bake at gas mark 4 (350F) for about 1hr, basting occasionally.



### **(26) ITALIAN SEASONED VEGETABLES**

250g spinach (fresh preferred)  
500g tomatoes (rough chopped)  
1 small green pepper (rough chopped)  
1 small yellow pepper (rough chopped)  
1 onion (rough chopped)  
½ tablespoon sugar  
1 teaspoon Italian seasoning  
½ teaspoon salt  
½ teaspoon garlic puree  
375g butter beans (1tin drained)

Roughly chop onion and peppers.  
Skin and de-seed tomatoes and chop roughly  
Place the onion and peppers in pot and cook till softened  
Add the garlic and salt and a little sugar to taste.  
Add butter beans.  
Add the Italian seasoning.  
At point of service add the tomatoes and spinach. *N.B. the spinach only has to be wilted.*



### **(27) MINT, NUT AND APRICOT COUSCOUS**

Lightly toast a mixture of unsalted nuts in a hot dry pan.  
Add chopped dried apricots.  
Mix together with soaked couscous and sprinkle with torn mint leaves.  
Serve warm.

### **(28) ITALIAN STYLE POTATOES**

3 ½ lb Potatoes  
313g butter  
125g soft flour  
Italian seasoning  
Garlic salt  
Salt and cracked pepper (to taste)

Wash, peel and wash potatoes and cut into quarters.  
Place flour onto a tray.  
Dry off potatoes and coat in flour, removing any excess.  
Layer potatoes in a large roasting tray with the butter.  
Add garlic salt, Italian seasoning, salt and pepper.  
Bake in the oven at 350F until tender, approx 2hrs.  
Check periodically and move around to prevent sticking.



### **(29) NORTH AFRICAN SALAD**

6oz long grain rice  
1 small cucumber (diced)  
2 medium bananas (peeled and sliced)  
2 tablespoons raisins  
1 tablespoon almonds  
4 tablespoons olive oil  
4 tablespoons lemon juice  
1 tablespoon grated lemon rind  
1 teaspoon salt  
Large pinch of ground coriander, cumin and cayenne pepper  
1 teaspoon clear honey

Cook rice 12-15mins till tender; drain and cool  
Put into bowl with fruit and nuts and mix well.  
Mix together, lemon juice, rind, spices, salt and honey.  
Pour over rice; mix well and chill for ½ hr.



### **(30) PINEAPPLE AND SPRING ONION RICE SALAD**

(Nice with chicken.)

1 large can pineapple chunks  
300g long grain rice  
4 spring onions (chopped)  
2 tablespoons fresh chopped coriander (to serve)

Cook well washed rice in boiling water till cooked (12-15mins).  
Drain and add pineapple chunks and spring onions.  
Heat through and serve with coriander.  
*Serves 4-6 and can be adapted to suit.*

### (31) WALDORF SALAD

1lb tart red eating apples (cored)  
2 tablespoons lemon juice  
1 teaspoon caster sugar  
¼ pint light mayonnaise  
½ head of celery  
2oz walnuts  
Lettuce

Slice one apple thinly; dice the rest.

Dip apple slices in dressing made with lemon juice, sugar and one tablespoon of mayonnaise. Set aside.

Toss diced apple in rest of mayonnaise dressing: - leave to stand for ½ hr.

Add celery and nuts to apple with rest of mayonnaise.

Line a bowl with lettuce and pile mixture in centre.

Garnish with apple slices.



### (32) BOREK

500g/1lb 2oz feta cheese (if very salty soak in a little cold water overnight)  
2 eggs, beaten  
4 tablespoons chopped fresh dill  
Salt and freshly ground pepper  
1 packet filo pastry  
Olive oil

Beat the cheese and eggs into a smooth paste.

Stir in the dill then season to taste.

Work with 3 sheets of filo at a time, keeping the other sheets in their original wrapping to prevent drying out. Stack the 3 sheets of pastry on top of each other, brushing well with olive oil before placing the next one on top. Cut into rectangles 13 x 20cm/5 x 8". Place a thin cylinder of stuffing 9cm/3 ½ "long on the short side, fold over the long edges, then roll up to make a neat oblong.

These Borek are usually deep fried; they can also be brushed with olive oil and cooked on a greased baking tray in a very hot oven @ 220C/425F/gas mark 7, until golden brown. They should be served hot.



### (33) CHEESE FLAN

Flan case using about 8oz short crust pastry

*Filling*

3oz strong cheddar cheese (cubed)  
1 slice stale white bread (cubed)  
1 medium onion (peeled and chopped)  
1 egg  
¼ pint milk  
Salt and pinch of cayenne pepper  
*Liquidise filling ingredients.*

Pour blended mixture into flan case and bake for about ½ hour at gas mark 5 (375F) till golden brown and set.

### **(34) CHEESE LOAF**

*(Nice sliced and buttered)*

2oz marg  
3oz finely grated cheddar cheese  
¼ pint milk  
1 level teaspoon baking powder  
8oz S.R flour  
½ teaspoon salt  
½ teaspoon dry mustard power  
Pepper

Put all ingredients into a bowl. Mix thoroughly with a wooden spoon to form “scone” dough.  
Grease and line a 1lb loaf tin and put in mixture.  
Bake at gas mark 4 (350F) for 1 – 1 ¼ hrs.



### **(35) CHEESE MUFFINS**

2oz butter  
7oz plain flour  
2 teaspoons baking powder  
2 tablespoons sugar  
¼ teaspoon salt  
1 teaspoon paprika  
2 eggs  
1 teaspoon dried thyme  
2oz mature cheddar cheese cut into ½ “dice

Preheat oven to gas mark 5. Grease 9 muffin tins or paper cases.  
Melt butter and set aside.  
Mix together, in bowl, flour, baking powder, sugar, salt and paprika.  
In another bowl, combine eggs, milk, melted butter and thyme and whisk to blend.  
Add milk mixture to dry ingredients and stir till just moistened. **Do not mix till smooth!**  
Put heaped spoonful into prepared cups and drop in a few pieces of cheese into each.  
Put another spoonful of mixture on top.  
Bake till golden brown, about 25mins then leave for 5mins – can be served warm.



### **(36) CHEESE PASTRIES**

6 sheets frozen filo pastry (defrosted)  
50g/2oz butter (melted)  
2 large eggs (beaten)  
115g (4oz) feta cheese (crumbled)  
115g (4oz) each Gruyere and cheddar cheese (grated)  
4 tablespoons chopped mint  
1 teaspoon ground nutmeg

Preheat oven to 180C/350F/gas mark 4.  
Brush one sheet of filo pastry with butter, fold in half and cut into 3 rectangles.  
Repeat with remaining filo to make 18.  
Mix together the remaining ingredients.  
Put one teaspoonful of filling onto each rectangle and fold into a triangle.  
Brush triangles with butter and bake for 25-30mins.

### **(37) CHEESY POTATO BAKE**

900g/2lb potatoes, peeled  
450ml/ ¾ pint milk  
Salt and pepper  
Large pinch of grated nutmeg  
1 garlic clove, cut in half  
100g/4oz emmenthal or cheddar cheese, grated  
15g ½ oz butter

Preheat oven to 220C/425F/gas mark 7.

Lightly grease a shallow baking dish.

Cut the potatoes into thin slices.

Put the potatoes in a pan with the milk. Season and sprinkle over the grated nutmeg. Bring to the boil.

Simmer gently for 10-15mins or until tender.

Rub the cut sides of the garlic inside the greased baking dish.

Transfer the potato slices into the dish. Cover with cheeses.

Dot the surface with butter and bake for 20mins, or until the cheese melts and the crust is golden brown.



### **(38) CREOLE JAMBALAYA**

1oz butter  
1 tablespoon sunflower oil  
2 garlic cloves, crushed  
1 large onion  
6 spring onions, chopped  
2 sticks celery, chopped  
1 red + 1 green pepper deseeded and chopped  
½ teaspoon ground cumin  
1 bay leaf  
1 teaspoon Tabasco sauce  
7oz long grain rice  
1 tablespoon chopped fresh thyme  
Can of chopped tomatoes  
Can of sweetcorn, drained  
Salt and pepper  
4 tablespoons fresh chopped parsley  
1 pint vegetable stock

Heat butter and oil in large pan.

Fry garlic, onion, spring onions, celery and peppers for 5mins, stirring all the time.

Add cumin, Tabasco and rice and stir for 2mins.

Add bay leaf, thyme, tomatoes and stock. Bring to the boil, stir; reduce heat and cover.

Simmer gently for 15-20mins, stirring occasionally till rice is tender and stock absorbed.

Stir in sweetcorn and season.

Remove bay leaf and sprinkle with parsley.

Chopped cooked chicken, prawns or chorizo can be added.

### **(39) CUMBRIAN CHEESE CRISPS**

4oz butter or marg  
4oz plain flour  
1oz crispy rice cereal  
5oz mature cheddar cheese (grated)  
½ teaspoon black pepper

Set oven to gas mark 4 (350F).  
Grease baking sheets.  
Cream butter and grated cheese.  
Put in other ingredients, mix well and make into small balls.  
Place on tray and flatten slightly with fork.  
Bake for 20mins till golden. Cool on wire rack.



### **(40) FETA CHEESE DIP**

1 red pepper (halved)  
5 tablespoons olive oil  
2 red onions (chopped)  
300g/11oz feta cheese, crumbled  
1 teaspoon finely chopped fresh thyme  
2 tablespoons balsamic vinegar

Preheat grill to hot.  
Grill pepper for 3-4mins until skin has blackened. Place in a plastic food bag, seal and set aside.  
Meanwhile, heat 1 tablespoon of the oil and fry the onions for 4mins until softened.  
Spoon into a bowl and add feta cheese, thyme, balsamic vinegar and remaining oil. Season to taste.  
Take pepper out of bag, remove the skins and discard.  
Finely chop the pepper; add to the feta mix. Season and serve.



### **(41) KOUNOUPITHI**

4 tablespoon olive oil  
3 cloves garlic, finely chopped  
1 large onion, finely chopped  
800g/1 ¾ lb canned Italian plum tomatoes  
1 bay leaf  
2 ½ cm/1" cinnamon stick  
Salt and freshly ground black pepper  
1 large cauliflower  
1 tablespoon lemon juice  
150g/5oz feta cheese

Pre-heat the oven to 190C/375F/gas mark 5.  
Heat half the olive oil and gently cook the garlic and onion till soft.  
Add the tomatoes, herbs, spice and seasoning, cover and simmer 5mins.  
Divide the cauliflower into florets and stir into the sauce. Cover and cook for another 10mins.  
Turn into a shallow ovenproof dish.  
Remove the cinnamon and sprinkle with the remaining olive oil and the lemon juice.  
Grate the feta cheese over the top and add a little more black pepper. Bake in the oven for 25mins.

#### **(42) MACARONI CHEESEBURGERS**

2oz quick cook macaroni  
2oz margarine  
2oz flour  
½ pint milk  
3oz strong cheese, grated  
Salt and pepper  
1 teaspoon dry mustard

Flour, beaten egg and breadcrumbs (for coating).

Cook macaroni for 12mins, drain and rinse under cold water.  
Melt marg in pan, add flour then slowly add milk to make thick sauce.  
Add cheese, seasoning and pasta and leave to cool.  
Form into rounds and coat in flour, egg then crumbs.  
Shallow fry till golden.



#### **(43) PESTO**

2 cups fresh basil leaves  
3 cloves garlic  
½ cup olive oil  
¼ cup pine nuts  
¼ cup parmesan cheese  
Salt to taste

Combine all ingredients in a blender or food processor and blend to a fine consistency.  
Toss lightly with pasta.  
Sprinkle with parmesan cheese as desired.



#### **(44) POTATO, TOMATO AND CHEESE SUPPER**

1lb potatoes, boiled and sliced  
½ lb grated cheese  
1lb sliced tomatoes

Place layer of potatoes in an oven proof dish and season.  
Cover with layer of tomatoes, season.  
Sprinkle half the cheese and repeat layer.  
Place in hot oven @ gas mark 6 and cook for 20mins until brown and bubbling.

#### **(45) CORFU FISH STEW**

4 tablespoons extra-virgin olive oil  
1 large potato peeled and cut into pieces  
1 large onion finely sliced.  
2 carrots, peeled and cut into rounds  
2 celery stalks, chopped  
1 Kg/2lb fish fillets  
Juice of 2 lemons

Heat 3 tablespoons of oil in a pan and gently cook the onion till soft.

Add carrots, celery and potatoes.

Stir with a wooden spoon until the vegetables are coated with oil, then add the garlic and allow the mixture to begin to change colour before adding enough water to cover the contents of the pan.

Add seasoning, then cover and cook gently for 15mins.

Cut the fish into small pieces and add to the pot, stirring gently with a wooden spoon to avoid breaking up the fish. Add a little more water if necessary but be careful not to “drown” the fish.

Most of the liquid should be absorbed by the time the fish and vegetables are cooked.

After 10mins pour in the lemon juice and check the seasoning.

Remove the pan from the heat and let it stand for 5mins.

Pour on the remaining olive oil and serve at once.



#### **(46) RISOTTO FISH CAKES**

4oz canned salmon or tuna, drained  
7oz risotto or Arborio rice  
6oz chestnut mushrooms, cleaned and sliced  
1 medium onion, peeled and chopped  
1 clove garlic, crushed  
1-1 ¼ pints vegetable stock

First-make risotto. Put rice (well washed), onions and garlic into pan.

Add small quantity of stock.

Bring to the boil and add mushrooms.

Keep adding a little stock; stir well until all stock is absorbed and rice is cooked (20-25mins).

Allow to cool.

Add flaked fish plus salt and pepper to taste.

Form into small balls and flatten.

Add a little oil to heavy based frying pan.

Cook for about 5mins per side till golden.

Serve with salad.

### **(47) SALMON CHOWDER**

1 pint milk  
Medium sized can of salmon (drained)  
Medium sized can of sweetcorn (drained)  
1oz butter  
Chopped parsley  
Small chopped potato

Put milk and sweetcorn and potato into pan and bring almost to the boil.  
Add flaked salmon, butter and parsley-heat gently for a few minutes until potato is cooked. Season well.

*Variation:* Using tuna or chopped prawns, Omit corn and use raw, diced vegetables-potatoes, onions, peas, and carrots Cook for 15mins. Add a little extra milk if required.



### **(48) BACON, CHEESE AND RED ONION TART**

12oz shortcrust pastry  
2 red onions  
4 rashers smoked back bacon, (de rind if necessary)  
3 medium eggs  
5 fl ozs milk  
1 ½ ozs grated cheddar cheese  
1 ½ ozs feta cheese, crumbled  
1 tablespoon olive oil

Pre-heat the oven to gas mark 6.

Line a flan tin (9") with pastry and chill for 10-15mins.

Bake blind (scrunched up foil or baking beans on the base of flan) for 15mins until pale golden.

Remove foil or beans.

Finely slice onions and cook for a few minutes.

Add bacon, (cut into strips) and cook for a few more minutes.

Beat eggs with milk.

Put onions and bacon on base of flan and pour over egg mix.

Mix together cheeses and sprinkle over top.

Cook for ½ hour till golden and set.



### **(49) CUMBERLAND SAUSAGE AND APPLE PLAIT**

1 packet puff pastry  
1lb Cumberland sausage (skinned)  
1 grated eating apple  
Pinch of herbs

Roll out pastry into a large oblong. Put into baking tray.

Put sausage meat in centre of pastry.

Sprinkle with herbs and cover with apples.

Make slanting cuts down sides of pastry and plait over apples; seal ends.

Brush with beaten eggs to glaze.

Cook for 35-40mins @ 400F till golden brown.

### **(50) BACON AND LEEK SAVOURY**

1lb leeks, washed and thinly sliced  
8oz bacon pieces-chopped and cooked  
1 ½ lb cold, cooked, sliced potatoes  
Pinch of mixed herbs  
Pinch of nutmeg  
1 pint of well seasoned cheese sauce  
3oz grated cheddar cheese  
2oz butter

Set oven to gas mark 4 /350F

Melt butter in frying pan and cook leeks for 5mins, stirring often.

Grease shallow casserole dish.

Put half the sliced potatoes in base of dish, add leeks and bacon pieces then top with rest of potatoes.

Season with nutmeg and herbs.

Cover with cheese sauce; sprinkle with grated cheese and bake for 30-40mins.



### **(51) DURHAM PAN HAGGERTY**

*Serves 2 to 3 people.*

3 or 4 large potatoes  
2 white onions  
1 red onion  
About 400g carrots  
½ turnip (400-500g)  
6-8 slices back bacon  
1 oxo cube  
About ¾ pint boiling water

Heat the oven to gas mark 6.

Peel and slice vegetables.

De-rind the bacon if necessary and cut bacon into 4 or 5 pieces per slice.

Scald oxo cube ensuring it is dissolved.

Into a large casserole layer vegetables and bacon starting and finishing with a layer of potatoes.

Pour over stock. Ensure casserole has a well fitting lid, or use a piece of foil to seal.

Cook for 2 ½ hours till vegetables are very soft.

Turn up heat to gas mark 8

Remove lid and cook for about ½ hour till top layer of potatoes are brown and crispy.



### **(52) STICKY SAUSAGE**

12 good quality pork sausages  
75g runny honey  
75g orange marmalade

Heat the oven to gas mark 6.

Line the roasting tin with foil.

Separate sausages and place in tin.

Mix together the honey and marmalade and pour over the sausages.

Bake for 40mins turning halfway through cooking.

### **(53) CHICKEN AUX TROIS EPICES (CHICKEN WITH THREE SPICES)**

4 chicken breasts

Butter

*Sauce*

6 spring onions

1 teaspoon each of coriander, cumin and cardamon

½ oz cornflour

½ oz butter

1 glass white wine

½ pint chicken stock

3 tablespoons cream

Chop up 6 spring onions and cook them for a few minutes with a large knob of butter-if you have no spring onions, use a large amount of chopped chives.

While this is cooking, crush a teaspoon of coriander, one of cumin and one of cardamon and mix together. (All these spices are available in most supermarkets).

Add the spices to the spring onions with ½ oz of cornflour, stir well and cook for 2mins, and then add a glass of white wine and half a pint of chicken stock. Boil for 5mins.

Flatten four boned chicken breasts, cut into fillets, dip in flour and fry quickly, on both sides in butter. Add the sauce, bubble up for 5mins then add 3 tablespoons of cream.

*Serve with saffron rice and grated courgettes which are also very easy to make:*

Grate 4 or 5 courgettes and mix with juice of a lemon.

Fry gently in butter for about 5mins; turning occasionally.

Add salt and pepper and serve immediately.

From: Adam Ingram (M.P. East Kilbride, Strathaven and Lesmahagow).



### **(54) CHICKEN STROGANOFF**

4 skinless boneless chicken breasts

1 large onion (peeled)

100g/chestnut mushrooms

50g/2oz butter

150ml/ ¼ pint chicken stock

Salt and black pepper

5 tablespoons Crème fraiche

1 tablespoon paprika, to serve

Cut the chicken breasts into thin slices.

Thinly slice the onion.

Halve the mushrooms through the stalk.

Melt the butter in a large, heavy based pan.

Gently fry the chicken strips for 5mins, or till no longer pink.

Lift chicken out of pan with a slotted spoon and reserve.

Place onion in pan and fry gently for 5-6mins, until softened.

Add mushrooms and fry for 2mins.

Return chicken to pan. Pour in stock. Bring to the boil, reduce heat and simmer for 5mins. Season.

Stir in sour cream or crème fraiche and simmer for 5mins, or until the chicken is cooked through.

Serve immediately, sprinkled with paprika.

### **(55) CORONATION CHICKEN SALAD**

4oz pasta twists  
1 tablespoon olive oil  
½ onion, peeled and chopped  
1 tablespoon mild curry powder  
1 chicken stock cube  
1 teaspoon tomato puree  
1 teaspoon apricot jam  
1 teaspoon lemon juice  
4 tablespoons water  
¼ pint mayonnaise  
2 tablespoons single cream  
6oz chicken-cooked and cubed  
Lettuce leaves

Cook pasta for 12mins (or till cooked).  
Drain and rinse with cold water. Drain again.  
Heat oil and cook onion till soft.  
Stir in curry powder and cook for a few minutes.  
Crumble in stock cube, stir in tomato puree, jam, lemon juice and water.  
Stir till boiling and simmer for about 5mins.  
Sieve the sauce and cool.  
Stir in pasta and chicken cubes.  
Chill for 2hrs and serve on a bed of lettuce.



### **(56) HERBY CHICKEN NUGGETS**

1lb 2oz chicken breasts  
1 egg  
4oz white bread crumbs  
1 teaspoon mixed herbs  
Pinch salt  
5 tablespoons oil

Cut chicken into 2" pieces.  
Mix together crumbs and herbs.  
Beat egg.  
Dip chicken pieces in egg then crumbs till coated.  
Place on baking sheet and chill for 10-15mins.  
Fry nuggets in oil, turning occasionally, for 10 -15mins till cooked through.  
Drain and serve.

### **(57) MIDDLE EASTERN YELLOW CHICKEN**

2 large onions, peeled  
150ml/5fl oz lemon juice  
Salt  
5 chicken quarters  
½ teaspoon ground saffron  
2 tablespoons olive oil

In a food processor, reduce the onions to pulp and mix with the lemon juice and a little salt.  
Arrange the chicken in a shallow glass or china dish and pour over the marinade. Leave for at least 5hrs.  
Turn the chicken over from time to time so the marinade permeates every part.

Pre heat oven to 190C/375F/gas mark 5.

Cut 6 pieces of kitchen foil and arrange a piece of the chicken in the centre of each, with a spoonful of marinade. Fold over the foil to seal and place on a baking tray with seam upwards.

Cook in oven for 20mins.

Dissolve the saffron in the oil. Open the packets and brush the top of each chicken piece with saffron oil.  
Cook for a further 10mins until golden brown.



### **(58) SUSAN'S CHICKEN AU ROI**

Tin of condensed mushroom soup  
Tin of condensed chicken soup  
Squeeze of lemon juice  
2 tablespoons mayonnaise  
A little milk  
4 chicken breasts

Cut chicken breasts into small pieces and stir-fry in a little olive oil till cooked.

Put top five ingredients into a basin and mix well.

Put drained chicken pieces into casserole and pour over sauce.

Cook for about 1hr @ mark 4, till bubbling hot.

Serve with plain boiled rice.



### **(59) TURKEY AND BEAN STIR FRY**

2 turkey breasts cut into small cubes  
1 onion finely chopped  
4 or 5 button mushrooms finely sliced  
1/3 tin sweetcorn, drained  
Red pepper, finely sliced  
Tin of mixed beans in mild chili sauce (Sainsbury's)  
1 tablespoon water mixed with a dash of light soy sauce  
1 tablespoon olive oil  
Packet of instant noodles

Heat the oil in wok. Stir fry turkey till nearly cooked through.

Add onions and continue cooking, adding peppers, mushroom then sweetcorn.

Stir well; add can of mixed beans, soy sauce and water.

Heat through for 4-5mins and serve with noodles.

### **(60) AFRICAN BOBOTIE**

500g lean minced lamb (or minced beef)  
1 finely chopped onion  
1 crushed garlic clove  
2 slices white bread  
125ml milk  
1 tablespoon medium curry powder  
1 tablespoon apricot jam  
100ml water  
A little oil  
4 eggs  
100ml milk

Preheat oven to gas mark 4.  
Remove crusts from bread and soak in 125ml of milk.  
Gently fry together onions and garlic in a little oil.  
Add curry powder and cook for another minute.  
Add meat and cook till browned.  
Add soaked bread, jam and water; mix well.  
Place in oblong casserole dish.  
Beat eggs with milk.  
Pour over meat mixture and bake for ½hr till golden and risen.



### **(61) DONNA'S DELICIOUS MACARONI MINCE**

1lb steak mince  
1/3 bag macaroni  
1 large onion  
8 mushrooms  
½ green pepper  
½ red pepper  
Garlic clove or garlic salt  
1 tin Campbell's condensed mushroom soup  
1 tin Campbell's condensed tomato soup  
Grated cheese

Brown mince and drain excess fat.  
Add chopped onion, mushrooms, pepper and garlic; stirring for 5mins.  
Add tins of soup to the mince and veg.  
Simmer gently for around 15mins.  
Boil macaroni; drain and add to the mince mixture, stirring well until macaroni is covered in the mince.  
Transfer to a large ovenproof dish and top with grated cheese.  
Cook at 190C for around 30mins or until cheese is bubbly and brown.  
Serve with crusty or garlic bread.

**(62) ITALIAN MEAT LOAF**

(Yield: 8)

1Kg shoulder steak (minced)  
1 large green pepper  
1 large red pepper  
2 tins chopped tomatoes  
1 large onion  
8 slices back bacon  
125g white breadcrumbs  
30g parmesan cheese  
1 tablespoon garlic puree  
5g finely chopped basil  
Pinch oregano  
40g finely chopped parsley  
1 teaspoon beef boullion  
3 eggs  
40g tomato ketchup  
Onion and garlic powder

Combine meat, seasoning and remaining ingredients, except ketchup and bacon.  
Add breadcrumbs.  
Add eggs last.  
Mix well.  
Press meat into two loaftins, forming a dome shape.  
Brush ketchup on top and season with onion and garlic powder; salt and pepper.  
Place the bacon on top; 4 slices per tin.  
Baste occasionally with ketchup.  
Finish off with thinly cut slices of onion.  
Cover with foil and bake for 1 ½ - 2 hrs at gas mark 7.



**(63) KEFTETHES (FRIED MINCE MEAT BALLS)**

1lb minced lamb or beef  
2 crust less slices of stale bread, soaked briefly in water  
1 medium onion, peeled and grated coarsely  
1 egg  
Salt and pepper  
1 tablespoon fresh, chopped mint  
2 tablespoons fresh, chopped parsley  
3oz plain flour  
5 tablespoons oil for frying

If no fresh herbs are available use ½ teaspoon dried mint and 1 teaspoon dried parsley.  
Squeeze out excess water from bread.  
Combine with meat, egg and herbs.  
Mix well and make into walnut sized balls.  
Roll lightly in flour and fry in oil till golden and well cooked.

#### **(64) KOFTAS**

1lb 2oz lean minced lamb  
Finely grated zest of lemon and orange  
1 garlic clove, crushed  
¼ teaspoon ground cumin  
Large handful of fresh, chopped coriander  
Large handful of chopped mint  
1 teaspoon harissa paste  
Olive oil for cooking

#### ***Dipping sauce***

250ml natural yogurt  
1 tablespoon Harissa  
Squeezed lemon juice  
2 tablespoons chopped fresh mint

Put all Kofta ingredients in a large bowl.  
Mix and shape into about 20 small balls flattening slightly.  
Heat oil and cook ½ of balls for 2mins each side and repeat.  
Mix together the dipping sauce and enjoy.



#### **(65) LAMB PASTIES (WITH HARISSA)**

40g Bulgar wheat  
500g lean minced lamb  
1 finely chopped onion  
1 teaspoon ground cumin  
1 teaspoon ground coriander  
Finely chopped mint  
Salt and pepper  
A little oil

Harissa sauce for dipping.

Put Bulgar wheat into bowl and cover with cold water. Leave to stand for 5mins.  
Drain and squeeze out as much water as possible.  
Combine lamb with Bulgar wheat, onion and spices.  
Shape into very small balls (wet hands first).  
Grill-brushed with oil first, till cooked (10-15mins).  
Serve with harissa sauce.



#### **(66) SPECIAL PORK CHOPS**

Grill pork chops.  
Put spoonful of apple sauce on top along with slice cheddar cheese.  
Return to grill until cheese bubbles.

### **(67) SPAGHETTI BOLOGNAISE**

1 ½ lb minced beef  
8 oz un- smoked bacon  
1 can chopped tomatoes  
1 small can tomato puree  
4 sticks celery, sliced  
3 medium carrots (peeled and sliced)  
2 medium onions (chopped)  
4 cloves garlic (crushed)  
Ground pepper  
2 or 3 teaspoons sugar

Fry the crushed garlic in a little oil till brown.

Add onions and fry for 3mins.

Add the bacon and fry for a further 3mins.

Add beef and fry till brown.

Add the chopped tomatoes and stir for about 5mins.

Lower heat; simmer with lid on for about 15mins.

Add chopped carrot and celery; stir and replace lid. Simmer for a further hour.

Add tomato puree, stir and cover and cook for a further 20mins.

Add salt, pepper and sugar.

Cook spaghetti in boiling water for about 12mins. Drain and serve with bolognaise.



### **(68) SWEDISH BEEF**

12oz braising steak, cut into very fine strips  
1½ oz butter  
2 medium onions, peeled and finely sliced  
1pt beef stock  
Finely grated lemon rind  
Pinch of nutmeg  
Salt and pepper  
1 teaspoon chopped parsley  
1oz flour  
3oz cream cheese  
2 tablespoons cold stock  
12oz spaghetti

Heat butter-sauté meat and onions till nearly cooked.

Add stock and seasoning, cover and simmer for 30mins till meat is tender.

Soften cheese and work into flour and stock until a smooth cream is obtained.

Stir into meat mixture and simmer very gently for 10mins.

Cook spaghetti for 12mins or till cooked, drain.

Place spaghetti in large dish and add meat sauce.

### **(69) AILEEN'S CARROT CAKE**

8oz S.R. flour  
Pinch salt  
2 teaspoons ground cinnamon  
6oz caster sugar  
8 fl oz sunflower oil  
4 eggs (size 3)  
6oz grated carrot  
4oz walnuts  
1oz sultanas

Heat oven to gas mark 4 / 350 °F.

Sift flour, salt and spice into a large bowl.

Stir in sugar then beat in oil and eggs, adding one at a time.

Add carrots, walnuts and sultanas and mix well.

Pour batter into a greased, lined 9" square cake tin and bake for 1hr till firm and well risen.

Turn out onto wire rack to cool.

Top with icing made from full Philadelphia soft cheese and icing sugar.



### **(70) AMERICAN PUMPKIN PIE**

*For the pastry*

250g plain flour  
125g butter or lard

*For the filling*

500g pumpkin, peeled and diced  
100ml water  
2 eggs  
½ teaspoon ground cinnamon  
½ teaspoon grated nutmeg  
1 can (just less than 400g) condensed milk

Rub the flour and butter together until you have fine crumbs (or use a food processor), then run your hands under a cold tap and shake them over the mixture. Bring the mixture together to form a short pastry, but don't overwork it. Place in a 20cm tart tin and chill for at least ½ hr.

Meanwhile, make the filling.

Poach the pumpkin in the water until it is soft enough to puree-this should take 10-15mins.

Mash to a smooth paste and allow to cool completely.

Beat in the eggs, cinnamon, nutmeg and milk, and then set aside.

Pre-heat the oven to 200C/400F/gas mark 6 and warm a baking tray large enough for the tart tin.

Fill the pastry case with the pumpkin mixture and bake the pie on the hot baking tray for 15mins.

After that, lower the temperature to 180C/350f/gas mark 4 and cook for a further 30mins – a fan assisted oven should take less time than an old fashioned one.

When time is up check that the pastry is golden and the filling is set (it might take another 15mins).

Traditionally, this desert is served cold.

*Ice cream makes a great accompaniment, as does crème fraiche, which will reduce sweetness.*

### **(71) APPLE TURNOVERS**

100g short crust pastry  
100g tinned apples  
Caster sugar

Set oven to 200C/gas mark 6  
Divide pastry into two 50g pieces. Roll out each into a circle and cut out shapes with a saucer.  
Divide apples equally and place onto one half of the pastry circle.  
Wet rim of one half of the pastry and fold over the apples.  
Seal edges well and decorate by marking with a knife or fork.  
Bake for 15mins until golden brown.



### **(72) AUSTRALIAN CRUNCH**

8oz marg  
5oz caster sugar  
3oz coconut  
2 ½ oz crushed cornflakes  
1 tablespoon cocoa  
5oz S.R. flour

Melt marg in pan; stir in sugar, cocoa and corn flakes.  
Gradually add flour.  
Turn into a greased swiss roll tin and level.  
Bake at gas mark 4 for ½ hr.  
Cut into triangles when warm.  
These can be covered with melted chocolate.



### **(73) AYRSHIRE SHORT BREAD**

8oz plain flour  
7oz butter  
1oz ground rice or rice flour  
3oz caster sugar

Mix dry ingredients in a bowl and rub in butter.  
Knead to a smooth mix then shape into ½" thick round.  
Pinch edges to decorate and prick centre with a fork.  
Bake on greased baking tray for 50mins at gas mark 3 or 4.  
Cut into triangles when still warm and sprinkle with caster sugar.

**(74) BARMBRACK**

8oz dried mixed fruit  
8oz S.R. flour  
4oz soft brown sugar  
Pinch of salt  
6fl oz strained cold tea  
1 egg

Soak fruit in cold tea overnight.

Beat egg and add to fruit mixture. Add dry ingredients and mix well.

Put into greased loaf tin and cook for 1hr at gas mark 4.

Serve sliced and buttered.



**(75) BOILED FRUIT CAKE**

2 eggs  
1 ½ cups of water  
1 cup light brown molasses  
(Mixed fruit and glace cherry depending on taste)  
1 level teaspoon cinnamon  
1 level teaspoon mixed spice  
2 cups wholemeal S.R. flour  
4oz butter of marg

Put water, fruit, cherries, cinnamon, and mixed spice into a saucepan;.

Bring to the boil and simmer for 1min.

Allow to go cold then add 2 beaten eggs and the flour.

Pour all into 8" cake tin lined with greaseproof paper covering the top with paper.

Place in a heated oven for 1 ½ hrs at 160 °C.

When cool place in tin or wrap with plastic. Keeps very well.



**(76) BORDERS PANCAKES**

2 cups S.R. flour  
½ teaspoon baking soda  
½ teaspoon plus a little extra cream of tartar  
1 egg  
2 tablespoons caster sugar  
Milk

Beat together egg and sugar.

Add dry ingredients. Mix well.

Add milk to make a fairly soft batter.

Cook on a hot girdle till bubbles appear on the pancake then turn over to cook the other side.

Place in a clean tea towel and cover while the rest of the pancakes are cooked.

### **(77) BOSTON BROWNIES**

2 ½ oz butter or marg  
2oz plain chocolate  
6oz caster sugar  
2 ½ oz S.R flour  
¼ level teaspoon salt  
2 eggs, beaten

Grease and line 8" square tin.

Melt butter and chocolate in basin over hot water and add sugar.

Sift flour with salt and add the chocolate mixture and beaten eggs.

Beat till smooth and pour into tin.

Bake for 35-40mins at gas mark 4/350 °F till the mixture is risen and beginning to leave the sides of the tin. Leave to cool in the tin then cut into fingers.



### **(78) BUNS**

100g S.R flour  
Pinch of salt  
40g marg  
½ egg  
A little milk

Set the oven temperature to 220C/gas mark 7.

Sieve the flour and salt into a bowl.

Cut the marg into small pieces and add to the bowl.

Rub in the marg until like fine breadcrumbs.

Add the sugar and any additional ingredients and mix well.

Add the half egg (beaten) and enough milk to make an elastic consistency.

Shape into rough heaps and place on a greased baking tray.

Bake in a hot oven for 15mins until golden brown. Cool.

#### ***Variations.***

Coconut Buns  
Rock Buns  
Raspberry Buns

#### ***Additional Ingredients.***

25g coconut  
25g mixed fruit  
A small dot of jam into the centre of bun before baking.



### **(79) CARROT COOKIES**

1 tablespoon marg  
2 tablespoons sugar  
A few drops of vanilla or almond flavouring  
4 tablespoons raw grated carrot  
6 tablespoons S.R. flour

Cream the fat and sugar together until fluffy.

Beat in flavouring and carrot.

Fold in the flour.

Drop spoonful of mixture into small patty pans.

Sprinkle tops with sugar and bake in oven at gas mark 6 for about 20mins.

### **(80) CHIFFON TARTS**

Pastry Tarts (Short crust)

Filling -1 egg

4oz sugar

4oz desiccated coconut

Apricot jam

Line patty tins with short crust pastry.

Whisk egg. Add sugar and coconut.

Put ½ teaspoon of jam into each case and one spoonful of coconut mixture.

Bake for about 20mins at gas mark 6.



### **(81) CHOCOLATE BROWNIES**

7oz butter

7oz plain chocolate

3 eggs (beaten)

9 oz caster sugar

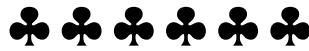
4½ oz plain flour

Grease and line 8" x 11" tin. Heat the oven to gas mark 4.

In heavy based pan melt together chocolate and butter. Allow to cool.

Beat together eggs and sugar; add cooled chocolate mixture then flour and mix well.

Pour into tin and bake for 25mins. Cool and cut into quarters



### **(82) CUSTARD CREAMS**

6oz S.R. flour

6oz marg

2oz custard powder

2oz icing sugar

Cream the marg and icing sugar.

Put the custard in with the flour.

Sieve the custard powder/flour together into creamed marg and icing sugar.

Roll into balls. Place on swiss roll tin. Press tops with a fork.

Bake in oven at 350 °F until pale golden brown.



### **(83) CHOCOLATE CRISPS**

4oz marg

4oz sugar

1 packet stoned dates

3oz rice crispies

Chocolate for coating

Put marg, sugar and finely chopped dates into a pan.

Melt over a low heat until dates are very soft.

Mix in crispies and put into a greased swiss roll tin.

Coat with chocolate. When cool, cut into squares.

#### **(84) CINNAMON BISCUITS**

9oz plain flour  
½ teaspoon ground nutmeg  
¾ teaspoon baking soda  
4 ½ oz softened butter or margarine  
3 ½ oz caster sugar + 2 tablespoons caster sugar  
1 egg (beaten)  
1 tablespoon cinnamon

Heat an oven to gas mark 4.  
Combine flour, nutmeg, baking powder and salt.  
Cream the butter and 3½ oz caster sugar.  
Beat in egg and stir in flour mixture in shallow dish.  
Combine cinnamon and 2 tablespoons caster sugar.  
Dip small pieces of the dough into sugar mix, flatten with a fork.  
Bake on a greased tray for about 15mins.



#### **(85) CINNAMON CAKE**

*Base.*

8oz plain flour  
2 teaspoons baking powder  
½ teaspoon salt  
1 teaspoon cinnamon  
4oz butter or marg  
6oz sugar  
2 eggs (separated)  
5fl oz milk

*Topping.*

1oz Kellogg's cornflakes  
1 tablespoon butter or marg (melted)  
½ teaspoon cinnamon

Stir together flour, baking powder, salt and cinnamon.  
Blend butter, sugar and egg yolks.  
Stir in the dry ingredients.  
Add milk, stirring only until combined.  
Beat egg whites until stiff and fold into batter.  
Place in a greased round 9" cake tin.  
Crush cornflakes slightly and combine with remaining ingredients. Sprinkle evenly over batter.  
Cook in moderate oven (375F/190C/ gas mark 5) for about 75mins or until cooked.



#### **(86) CLAIRE'S SHORTBREAD**

4oz caster sugar  
8oz butter or marg  
8oz plain flour  
4oz cornflour

Cream the sugar and fat. Knead in flour and cornflour. Roll to about 1/3 inch thick.  
Cut into rounds or fingers and bake in a moderate oven till pale golden.

### **(87) CLOOTIE DUMPLING**

7 cups S.R. flour  
1lb raisins  
2 teaspoons ginger  
2 teaspoons cinnamon  
2 teaspoons spice  
½ lb marg  
1 teaspoon bicarbonate of soda  
1 ½ cups sugar  
Milk

Mix all to a fine dough and steam for 3hrs.



### **(88) COCONUT BARS**

#### *Base*

2oz Kellogg's cornflakes (crushed)  
4oz butter or marg  
5oz flour  
2oz brown sugar

#### *Topping*

2 tablespoons flour  
½ teaspoon baking powder  
¼ teaspoon salt  
2 eggs  
6oz brown sugar  
½ teaspoon vanilla essence  
4oz chopped nuts  
6oz cocoa

To make the base, combine the crushed cornflakes with the butter, flour and sugar.

Press evenly and firmly into the bottom of a 13 x 9inch baking tray.

Bake at 275F/140C/ gas mark 1 for about 10mins. Remove from the oven.

To make the topping, mix together the flour, baking powder and salt.

Combine eggs, sugar, coconut and vanilla.

Add flour mixture and nuts; mix well together.

Spread over baked layer.

Bake in a moderate oven (350F/140C/gas mark 4) for about 20mins.

Cool and decorate with one of the following toppings:

Melted chocolate

Water icing with hundred and thousands on top

Water icing with chocolate drops or sweets

Icing made up with lemon juice and decorated with lemon slices

Coffee flavoured icing

### **(89) COUNTRY DANCE CAKE**

4oz melted marg  
4oz S.R. flour  
2oz coconut  
2oz sugar  
2oz crushed cornflakes

Mix coconut, cornflakes and flour.  
Pour in melted marg and mix.  
Press into greased tin.  
Cook at gas mark 3 for 15mins.  
Mark into sections before cooled.



### **(90) CUMBRIAN CARROT CAKE**

8oz soft brown sugar  
2oz water  
8oz carrot, peeled and grated  
4oz raisins  
1lb plain flour  
3oz butter  
1 level teaspoon salt  
1 level teaspoon bicarbonate of soda  
2 level teaspoons baking powder  
½ level teaspoons mixed spice  
2 level teaspoons ground cinnamon  
4oz chopped nuts  
1 beaten egg

Set oven to gas mark 3 (325°F)

Grease a deep 7" square tin.

Place water, sugar, raisins, carrot, spices and butter in the pan and set to low heat till sugar has dissolved, stirring all the time. Then boil for 3mins.

Remove from heat and leave till the mixture is tepid; stir in sieved flour, salt, baking powder, bicarbonate of soda, nuts and beaten egg. Mix well.

Place in tin and bake for about 1hr, till firm.

Leave in the tin for 15mins then turn out onto wire rack.

Keep for 24hrs. before cutting.

*Nice buttered and keeps well.*

## **(91) DUMPLING**

1lb S.R. flour  
½ lb marg  
6oz brown sugar  
1lb seedless raisins(or more if preferred)  
1 ½ -2oz mixed spice  
About ½ pint of cold water

Rub fat into flour, add sugar and spice; mix well.  
Add fruit and mix until fruit is all coated with dry mixture.  
Add half of water.  
Mix well; add the rest of the water slowly  
*[don't make the mixture too wet, just make sure all the flour is mixed in].*

Place mixture in a strong white cloth and leave enough for mixture to swell.  
Tie top up tightly [using plain string or cotton – not coloured as dye may run].  
Put into pot containing plate and boiling water- which should only come halfway up the mixture.  
Boil rapidly for 10mins then reduce the heat to keep the pot simmering gently.

Keep water at the right height by slowly adding to the boiling water between the dumpling and the side of the pot – as required.  
Do not put water over the top.

Boil for about 3 ½ hours.

Remove cloth.  
Place on a plate and dry off in a slightly warm oven.



## **(92) VANILLA FUDGE**

4oz butter  
Pinch of cream of tartar  
½ teaspoon of vanilla essence  
1lb granulated sugar  
¼ pint evaporated milk

Place all ingredients into a heavy based pan and dissolve over a low heat.  
When all sugar has dissolved, boil rapidly, stirring all the time, until a little mixture forms a soft ball when dropped into a cup of cold water.

Remove from heat and beat until thick (3-4mins).  
Pour into tin and cool.  
Cut into squares.

**(93) GINGER SNAPS**

8oz S.R. flour  
4oz sugar  
4oz margarine  
1.5 teaspoons ground ginger  
1 level teaspoon bicarbonate of soda  
2 level tablespoons golden syrup

Cream marg, syrup and sugar together.  
Add dry ingredients – mix well.  
Roll into small balls.  
Place on greased tray and flatten with fork.  
Cook at mark 4 till golden brown.  
Cool on tray for 5mins before lifting onto cooling rack.



**(94) GRANDMA'S OVALTINE BREAD**

1lb S.R. flour  
1 teaspoon baking powder  
1 teaspoon salt  
6 desertspoons Ovaltine  
4oz dried fruit, (raisins, sultanas)  
3 desertspoons sugar  
2 desertspoons syrup  
Milk

Mix all ingredients to make a soft dropping consistency.  
Put into 2 greased loaf tins and bake for about 1hr.  
These loaves keep well and are nice sliced and buttered.



**(95) GRANNY LOAF**

8oz S.R. flour  
½ teaspoons salt  
1oz soft brown sugar  
2oz chopped walnuts  
1 tablespoon syrup  
3oz sultanas or raisins  
¼ pt milk

Place all dry ingredients into bowl with fruit and nuts.  
Beat into soft mixture with syrup and milk.  
Bake in lined loaf tin at mark 4-5 for 45mins.

**(96) GRAN'S MELTING MOMENTS**

3oz S.R. flour  
1oz custard powder  
3oz marg  
1oz sugar

Cream together the marg and sugar.  
Add flour and custard powder.  
Form into small balls; put onto greased trays and flatten tops with fork.  
Bake @ gas mark No. 6 for 15-20mins till golden.  
Cool then sandwich together with butter icing and dip one end into melted chocolate.



**(97) GRAN'S ORANGE COOKIES**

8oz plain flour  
6oz caster sugar  
6oz margarine  
Orange juice

Mix first three ingredients together. Add enough juice to flavour.  
Roll into sausage shape and put into fridge for ½ hr to firm.  
Cut into rounds and bake on greased and floured tray at gas mark 4 for about 15mins till golden.  
Cool on tray for 15mins.



**(98) GRASMERE GINGERBREAD**

8oz butter  
8oz soft brown sugar  
1lb plain flour  
2 level teaspoons ground ginger  
1 level teaspoon cream of tartar  
1 level teaspoon bicarbonate of soda  
Pinch of salt  
1 tablespoon golden syrup

Set oven to gas mark 3 (325 F).  
Grease shallow tray 12" x 7".  
Beat together butter and sugar, then stir in syrup and add rest of ingredients. Mix well.  
Put into tin and press down firmly with floured fork.  
Bake for 40-60 mins.  
Leave in tin till cold then cut into fingers.

**(99) HELEN'S JAFFA DRIZZLE LOAF**

140g\5oz butter  
200g\8oz S.R. flour  
1.5 teaspoon baking powder  
200g\8oz golden caster sugar  
3 large eggs  
6 tablespoons milk  
Finely grated zest of one large orange

*To Finish.*

3 tablespoons orange juice (fresh)  
50g\2oz golden caster sugar  
50g\2oz dark chocolate

Heat oven to 180C (fan 160C) gas mark 4  
Butter and line base of large loaf tin.  
Put all cake ingredients into a bowl and beat for 3-5mins until light and fluffy.  
Bake for 40-50mins until golden brown and firm to the touch.

Meanwhile, heat orange juice and sugar in a small pan, gently stirring until dissolved.  
When the cake is cooked, remove from oven and spoon over the orange mix.  
Leave to cool in tin then remove to cool on wire rack.  
Melt chocolate and drizzle over cake. Thick chocolate can be applied over all to top of cake if preferred.



**(100) ISA'S SHORTBREAD**

2 cups plain flour  
1 cup cornflour  
1 cup icing sugar  
8oz butter

Knead together butter and sugar.  
Add ½ of the flour and knead again.  
Add cornflour and knead again.  
Add the rest the flour and the icing sugar and knead well.  
Cut into fingers.  
Bake on tray @ mark 5 for ¾ hr -1hr till golden.



**(101) KATH'S BISCUIT CAKE**

½ lb rich tea biscuits  
4oz marg  
3 rounded tablespoons cocoa  
2oz caster sugar  
1 heaped tablespoon syrup  
4oz plain chocolate

Into pan put butter, sugar, cocoa plus syrup and melt over low heat.  
Crush biscuits and combine with melted mixture.  
Spread onto a buttered swiss roll tin and cover with melted chocolate.

### (102) LEMON CHEESECAKE

#### *Base*

4oz Digestive biscuits  
2oz butter

#### *Filling*

5oz carton whipping cream  
Juice and rind of 3 lemons  
Large tin of condensed milk

Melt butter and stir into crushed digestive biscuits.  
Press into bottom of loose bottomed tin.  
Scrub lemons and dry. Grate rinds very finely.  
Add juice and rind to whipping cream and spread onto base.  
Leave to set.



### (103) LEMON MERINGUE PIE

1 baked 8" flan case

#### *Filling*

4oz sugar  
1 lemon  
2 egg yolks  
1oz cornflour  
½ pint water  
Knob of butter (1oz)

#### *Topping*

2 egg whites  
3oz caster sugar

Scrub lemon well and dry. Cut into small pieces and liquidise with sugar, egg yolks, cornflour and water.  
Strain mixture into pan and press well down on sieve for maximum amount of liquid.  
Add butter and cook till mixture thickens stirring all the time.  
Cook for a further 2mins then allow mixture to cool.  
When cool, fill baked flan case.  
Whisk egg whites till stiff; gradually fold in caster sugar with metal spoon.  
Cover lemon mixture with meringue and bake in moderate oven for about 10mins.



### (104) MALT BREAD

3 cups S.R. flour  
½ cup sugar  
1 cup raisins  
1 cup milk  
2 tablespoons black treacle

Mix together all dry ingredients then add milk and treacle.  
Place in 2lb lined loaf tin and bake for 45mins @ gas mark 4-5.

**(105) MARMALADE CAKE**

12oz S.R .flour  
Pinch of salt  
1 level teaspoon bicarb  
5oz sugar  
5oz marg  
4 tablespoons marmalade  
2 eggs  
1/3 pt milk

Sieve flour, salt and bicarb. Rub in fat.  
Add sugar and mix well.  
Add marmalade, eggs and milk to give a soft mixture.  
Bake in greased loaf tin @ gas mark 4 for 1 ¼ -1 ½hrs.



**(106) MARMALADE TEABREAD**

½ pt strong cold tea  
1lb mixed dried fruit  
6oz demerara sugar  
3 level tablespoons marmalade  
Juice and grated rind of one orange  
1egg, beaten  
12oz S.R. flour  
1 level teaspoon mixed spice

Infuse 2 teabags in ½ pt boiling water and leave until cold - remove teabags.  
Soak dried fruit overnight in this liquid.  
Grease and line 2lb loaf tin. Set oven to gas mark 4.  
Add sugar, marmalade, rind, juice of orange and beaten egg to soaked fruit.  
Add flour and mixed spice to mixture. Beat well.  
Pour into loaf tin and bake for 1 ¾ hrs till golden brown and springy to the touch.



**(107) MARS BAR CAKE**

3 mars bars  
3oz butter or marg  
2 cups rice krispies  
Large bar of cooking chocolate (or similar)

Melt mars bars and butter slowly in pot (or use microwave on low power).  
Mix with wooden spoon.  
Put krispies into large bowl. Add melted mixture to krispies and mix gently.  
Put mixture into Swiss roll tin and press down gently.  
Leave to cool then place in fridge to harden.  
Melt chocolate (either over a pot of boiling water or in microwave at low power).  
Pour melted chocolate over hardened mix.  
When hard, mark into squares with knife.

### **(108) MICROWAVE CHOCOLATE CAKE**

6oz margarine  
6oz sugar  
3 eggs  
5 ½ oz S.R. flour  
1 ½ oz cocoa  
1 tablespoon milk (*Orange can be used instead of milk*).

Line base of dish with grease proof paper or baking parchment.  
Sieve flour and cocoa together twice.  
Put ingredients into a food processor on full speed until the mixture is well mixed.  
Pour into dish and cook for 7-8mins on full power (650).  
Test with a skewer after 7mins and cook for a little longer if needed.  
Remove from microwave oven and leave dish to cool for 10mins.  
Turn out onto a plate and remove paper.



### **(109) MICROWAVE DUMPLING**

225g margarine or butter  
1 cup cold water  
33g (1 jar) mixed spice  
1 teaspoon ginger (optional)  
2 desertspoons treacle  
1 cup sugar  
2 cups S.R. flour  
2 lightly beaten eggs  
Lots of microwave Clingfilm  
500g (1lb) mixed dried fruit (currants, raisins & sultanas).

Melt margarine with water, mixed spice, ginger, treacle & sugar in a large pot.  
Once melted and bubbling add fruit and stir over a low heat for 1min. Turn off heat.  
Sieve in all flour; mix well again then pour into a microwave bowl before allowing to cool.

The bowl should lined with clingfilm and have a lot of clingfilm overhanging as this should cover the mixture and act as a "clot".

Microwave on full power for 7-10mins; when cooked remove from the microwave and cut a hole in film to allow steam to vent. Leave for 30mins and turn onto a plate.



### **(110) NO BAKE FRUIT PIE**

6oz digestive biscuits  
3oz melted butter  
½ orange jelly  
Small tin evaporated milk  
Small tin oranges

Crush biscuits and bind with melted butter; use to line 8" pie tin. Leave to cool.  
Dissolve jelly in fruit juice. Leave to cool.  
Whisk in evaporated milk and ½ of drained oranges.  
Pour into pie tin. Leave to set, then decorate with remaining oranges.

**(111) MRS. MITCHELL'S CHOCOLATE CAKE**

4oz caster sugar  
2oz margarine  
2 eggs  
4oz S.R flour  
1 teaspoon baking powder  
1 tablespoon cocoa  
2-3 tablespoons hot water

Cream marg and sugar until very pale and fluffy.

Add eggs and beat. Add flour.

Melt cocoa in hot water and add to mixture. Beat well.

Add baking powder.

Bake in lined square 8" tin at gas mark 7 for 15mins and then mark 5 for a further 10mins till well risen



**(112) NUTTY DAINTIES**

4oz hard margarine  
4oz rolled oats  
1 ½ tablespoons golden syrup  
4oz sugar  
4oz desiccated coconut

Set the oven to mark 3 (325F).

Grease swiss roll tin. Place oats, sugar and coconut into bowl and mix well.

Gently melt syrup and margarine in pan and pour into bowl; mix well.

Pour into tin and press down well.

Bake for 20mins till golden brown.

Leave in tin to cool, but cut into fingers when still warm.



**(113) OATY BISCUITS**

3oz plain flour  
½ level teaspoon of bicarbonate of soda  
3oz caster sugar  
3oz rolled oats  
3oz margarine  
1 tablespoon milk  
1 level tablespoon syrup

Grease 2 baking trays.

Sift flour and bicarb; stir in sugar and oats.

Heat together in pan the butter, milk and syrup till melted.

Pour onto the first mixture and mix well. Roll into small balls and place well apart on tray.

Flatten slightly with floured fork.

Bake for 20-25mins @ mark 2 ((300F).

Cool on trays for a few minutes.

### **(114) OAT CRUNCHIES**

75g plain flour  
50g margarine  
25g caster sugar  
Porridge oats

Switch on oven @ 170C/gas mark 3

Cream marg and sugar together until soft and creamy

Add flour A LITTLE AT A TIME until soft dough is formed

Press out on a floured board to form a circle 1cm thick

Place on greased baking tray, sprinkle with oats and mark into 4 or 8 segments.

Bake in pre-heated oven for 15-20mins.

Place on cooling tray.



### **(115) PASTRY WITH OIL**

4 fl oz sunflower oil  
3 tablespoons iced water  
10oz plain flour  
¼ teaspoon salt

Put oil and water into bowl and mix with fork till blended.

Add sifted flour and salt till soft dough is formed then roll out.



### **(116) QUICK CHEESECAKE**

6oz ginger snaps (crushed)  
3oz marg  
1 large tub Greek yogurt  
1 pkt gelatine  
2 finely sliced pieces of preserved ginger  
2 tablespoons ginger syrup  
2 ripe pears  
Lemon juice

Melt marg and stir in crushed ginger snaps. Press onto loose bottomed cake tin.

Heat gelatine in small basin over hot water adding ginger syrup plus 1 tablespoon of hot water.

Stir until dissolved.

Pour yogurt into bowl. Add dissolved gelatine and chopped ginger plus 1 peeled and chopped pear.

Pour into cake tin and leave to set (about 1hr).

Decorate with pear slices dipped briefly in lemon juice.

### **(117) SCOT BLOCK CANDY BARS**

8oz marg  
6oz caster sugar  
6oz plain flour  
1 small tin condensed milk  
4 level teaspoons syrup  
6oz chocolate

Cream 4oz fat with 2oz caster sugar. Add flour and work to form a smooth dough.  
Press into tin. Bake @350F until pale brown.  
For filling melt together the condensed milk, remaining fat, sugar and syrup.  
Boil for 5mins then beat for 2mins.  
Pour onto short bread and leave to set.  
Cover with melted chocolate and mark into squares. This will make 16-18 squares.



### **(118) SHORTBREAD EASY RECIPE**

8oz butter  
8oz plain flour  
Pinch of salt  
4oz cornflour  
1 or 2oz ground almonds  
4oz caster sugar

Put all dry ingredients in a bowl.

Cut butter into small cubes and add to bowl. Using a hand mixer (electric) at low or rub in the butter with fingers until a fine creamed mixture of dough is formed.

Press into a shallow tray (as used for swiss rolls) prick all over with a fork.  
Bake @ 300F (gas mark 2) for 55mins or till pale gold. *(40-45mins in fan assisted oven).*  
Remove from oven; mark into squares or fingers and sprinkle with sugar.  
Store in an airtight tin.



### **(119) SHORTBREAD ROUND**

200g (8oz) plain flower  
100g (4oz) butter  
50g (2oz) caster sugar

Oven temp 170C/ gas mark 3  
30/40mins  
Makes round of 6-8 segments

Leave butter out of fridge to soften.  
Cream butter and sieved the caster sugar with a wooden spoon.  
Continue creaming and add a little sieved flour a little at a time.  
Gradually as more and more flour is added it becomes harder to cream and the mixture starts to crumble.  
Instead of a wooden spoon, use a clean hand to mix in flour.  
Place in cake tin; smooth out with back of spoon for uniform thickness and smoothness.  
Cut into sections (6 or 8) and create a pattern using a fork.  
Bake in oven for 30-40mins till golden brown. Remove from oven but not container.  
Sprinkle castor sugar over top and leave to cool. When cool, cut and place on cooling tray.

*Recipe donated by Sally H. Soughton (Ex Home Economics Teacher)*

**(120) SINGIN' HINNIES**

8oz plain flour  
2oz butter  
2oz lard  
1oz currants  
1 teaspoon baking powder  
½ teaspoon salt  
Milk (plus sour cream if available)

Rub fats into flour; add other dry ingredients.  
Mix with milk (and sour cream if available).  
Roll out and bake both sides in a hot girdle.



**(121) SPICY FRUIT LOAF**

1 cup sugar  
1 cup water  
2oz butter or marg  
1 teaspoon bicarb  
1 teaspoon mixed spice  
2 cups fruit  
1 egg  
2 cups S.R. flour

Boil the first six ingredients in pan for 5mins and allow to cool.  
Add 1 beaten egg and 2 cups of S.R. flour.  
Bake in loaf tin for 1hr @ 180°C.



**(122) SPICED HONEY BREAD**

2oz margarine  
5oz honey  
5oz demerara sugar  
10oz plain flour  
Pinch salt  
1 teaspoon baking powder  
1 level teaspoon bicarb  
1 level teaspoon mixed spice  
1 level teaspoon ground ginger  
1 level teaspoon ground cinnamon  
2oz or 3 pieces finely chopped preserved stem ginger  
1 egg  
¼ pint milk

Melt butter in pan; stir in honey and sugar; mix and allow to cool.  
Sieve flour, salt, baking powder and bicarb. Add spices and ginger.  
Add melted mixture, egg and milk and beat well.  
Pour into 2lb loaf tin which has been greased and lined.  
Cook for about 1 ¼ hrs @ gas mark 4 (350°F).  
Cool for 10mins in tin then turn out carefully. *This loaf keeps well.*

### **(123) SPONGE WITH OIL**

2 eggs  
4oz caster sugar  
3 tablespoons sunflower oil  
3 ½ oz plain flour  
½ oz corn flour  
1 level teaspoon baking powder  
Pinch of salt

Whisk together eggs and sugar till mixture leaves a trail; add oil and whisk again.  
Sift together flour, corn flour and salt then gently fold into mixture.  
Grease and line two 7" – 8" sandwich tins and divide mixture into them.  
Bake at gas mark 5 for 20mins.  
Cool in tins for a few minutes before turning out to cool.



### **(124) SPRING CARAMEL SHORTCAKE**

*Base.*

4oz butter  
2oz caster sugar  
6oz plain flour

*Filling.*

4oz butter  
4oz caster sugar  
2 tablespoons golden syrup  
Small can Nestlé's milk

*Topping.*

6oz chocolate

Cream together 4oz butter and 2oz caster sugar. Then work in 6oz flour to a stiff pastry.  
Press into a 7" x 11" x 1" deep baking tray and bake @ 180°C/ 350°F, gas mark 4 for about 20mins.

In a saucepan dissolve 4oz butter, 4oz caster sugar, 2 tablespoons golden syrup and 1 small can of Nestlé's Milk (4 tablespoons). Boil for 5-10mins.

Quickly spread over shortbread base. Cool.  
Melt 6oz chocolate and spread over set caramel topping.  
Mark into 30 pieces.



### **(125) SULTANA LOAF**

1 cup sugar  
1 cup milk  
1 cup sultanas  
4oz margarine  
2 cups flour  
1 egg

Melt first four ingredients in saucepan. Add 2 cups flour. Add 1 egg.  
Pour into loaf tin and cook for 1hr @ 350°F.

**(126) TEA LOAF, FAT FREE**

1lb mixed dried fruit  
6oz demerara sugar  
10 fluid oz cold tea  
1 large egg  
11oz S.R. flour

Mix together the fruit and sugar and soak overnight in tea.  
Mix in the egg and flour and place in 2 loaf tins.  
Bake for 45mins @ gas mark 5 then reduce temperature to gas mark 3 for 15-20mins.  
Store the loaf for 3 days before serving.



**(127) TREACLE SCONES**

8oz plain flour  
2oz butter  
½ teaspoon baking soda  
½ teaspoon cream of tartar  
½ teaspoon cinnamon  
½ teaspoon ground ginger  
Pinch of salt  
1 tablespoon treacle  
Milk

Rub butter into flour. Add soda, cream of tartar, cinnamon, ginger and salt. Mix thoroughly.  
Melt the treacle with a little milk and stir into flour mixture adding just enough milk to make a firm dough. Knead lightly on a floured board. Roll out to ¾ "thick and cut into triangles.

Bake on greased tray in hot oven gas mark 6 for 10-15mins.



**(128) ZABAGLIONE**

6 eggs  
75g caster sugar  
90ml Madeira

Place egg yolks and the sugar in a large metal bowl and whisk till light and it forms peaks.  
Gradually add the Madeira continuing to whisk.  
Now place bowl over a pan of simmering water and continue to whisk until mixture becomes thick and mousse like approx 5-7mins.

Serve immediately by pouring into cocktail glasses and garnish with a skewered cherry and serve with a thin shortbread biscuit.  
(Serves eight).

**(129) APPLE AND GINGER JAM**

4lb cooking apples  
1 ½ pints water  
8oz preserved ginger  
3 tablespoons ginger syrup  
Grated rind and juice of three lemons  
3lb sugar

Peel, core and chop apples. Tie peel and cores in a piece of muslin cloth. Put into a heavy based pan with water and simmer until fruit is very soft and pulpy. Remove muslin bag.

Drip apples over night through a jelly bag. Place liquid in a jelly pan.  
Add cut-up stem ginger, syrup, rind and juice of lemons and sugar.  
Bring all to boil stirring often.  
Boil until setting point is reached then allow to stand for 15mins.  
Pot in sterilized jars.



**(130) BRAMBLE JELLY**

4lb Brambles  
2lb cooking apples (windfalls will do)  
2pts water  
Sugar

Wash fruit. Cut apples into quarters (do not peel or core).  
Put fruit in pan with water and cook for about 1hr till fruit is very soft.  
Strain through a jelly bag and drip overnight.  
Measure juice-1 pint of juice to 1lb of sugar.  
Heat in pan till sugar is dissolved and boil rapidly till set is obtained (15-20mins).  
Pot in heat sterilized jars.



**(131) CARROT JAM**

1lb sugar to each lb of carrots  
Juice of 2 lemons to each lb of pulp  
2 tablespoons Brandy to each lb of pulp

Wash and skin carrots and cut into small pieces.  
Barely cover carrots with water and simmer gently in pan until tender.  
Drain and liquidise. Weigh pulp and return to pan.  
Add equal amounts of sugar and add lemon juice.  
Bring slowly to the boil and boil for 15mins.  
Remove from heat and add brandy.  
Pour into small jars; cover and store in a cool place. N.B. Jam will not keep without brandy!

*This recipe originated from Lewis. Submitted by Ann Walker.*

**(132) CRAB APPLE JELLY**

6lb crab apples  
3 pints water  
Sugar

Wash crab apples and cut into quarters. (Do not peel or core).  
Place in heavy based pan and add water.  
Bring to the boil and simmer for about 1 ½ hrs, till fruit is very soft (add a little more water if required).  
Strain through a jelly bag and allow to drip overnight.  
Measure juice into pan and add 1lb sugar for each pint of juice: stir till sugar is dissolved.  
Bring to the boil and boil until set is obtained (10-15mins).  
Skim and pot in heat sterilized jars.



**(133) CRAB APPLE CHEESE**

Using remaining fruit pulp from crab apple jelly (recipe 132), pass through sieve.  
Measure 1pt of pulp to 1lb sugar.  
Add 1 heaped teaspoon cinnamon and stir in heavy based pan till sugar is dissolved.  
Pot as usual. Keep in fridge but use in 2-4 weeks.



**(134) LIME OR LEMON MARMALADE**

1 ½ lb limes or lemons  
3 pints water  
3lb sugar

Scrub fruit. Place in heavy based pan with water and cover pan with tight fitting lid.  
Simmer for 1 ½ -2hrs till fruit is very soft.  
Remove fruit and slice very finely using a very sharp knife and a fork. Remove and discard all pips.  
Return fruit and juice to liquid in pan.  
Add sugar and stir until dissolved.  
Boil till setting point is reached (approx 15mins).  
Allow to stand 20-30mins before potting.



**(135) PINEAPPLE MARMALADE**

2 oranges (6oz each)  
2 lemons (4oz each)  
13oz can of pineapple in natural juice  
1 pint water  
3lb sugar  
Knob of butter (optional)

Scrub and peel fruit; cut peel into very fine strips.  
Chop up fruit and put into heavy based pan along with chopped pineapple, juice and water.  
Bring to the boil and simmer for 45mins till very soft, add sugar.  
Bring to a rolling boil for about 10mins (add butter to prevent scum if desired). Test for set.  
Leave to stand for ½ hr and pot in sterilized jars.

**(136) RASPBERRY JAM**

4lb Raspberries  
4lb sugar

Wash and hull fruit.

Simmer very gently in own juice for about 15mins till very soft.

Add sugar and stir well until dissolved then boil rapidly until setting point is reached (about 10mins).

Pot in heat sterilized jars.



**(137) STRAWBERRY JAM**

3 ½ lb strawberries  
3 tablespoons lemon juice  
3lb sugar

Hull and wash strawberries.

Place in heavy based pan with lemon juice and simmer gently for 20-30mins till very soft.

Add sugar; stir till dissolved then boil rapidly till setting point is reached (15mins approx).

Allow to cool for 20mins then pot in heat sterilized jars.



**(138) BEETROOT CHUTNEY**

1lb chopped onions  
1 pint spiced vinegar  
3lb cooked beetroot  
2 teaspoons salt  
1lb peeled and chopped cooking apples  
1lb sugar

Peel and slice onions and cook in heavy based pan with a little vinegar for a short time.

Add rest of ingredients –vinegar gradually.

Boil steadily till chutney is thick with no liquid.

Pot in heat sterilized jars.



**(139) GRANDDAD'S APPLE CHUTNEY**

2lb cooking apples, peeled and cored (can use windfall).

½ lb onions

½ oz salt

¼ lb sultanas

¾ lb brown sugar (A lighter, milder chutney can be made using white sugar instead of brown.)

1 ¼ pints malt vinegar

1 level teaspoon ground ginger

Pinch ground white pepper

Put finely chopped apples and chopped onions into heavy based pan. Add other ingredients.

Bring to boil, stirring frequently. Cook for about 1hr till all liquid is absorbed stirring often.

Pot in heat sterilized jars.

*Best kept for about 1 month.*

**(140) GREEN TOMATO CHUTNEY**

2lb green tomatoes  
½ lb peeled onions  
½ oz salt  
½ lb peeled cooking apples  
4oz raisins  
4oz sultanas  
1 pint malt vinegar  
½ lb demerara sugar (add in last ½ hr)  
1 dessertspoon allspice  
2 cloves  
1 teaspoon dry mustard powder

Slice tomatoes. Dice onions and apples.  
Put spices, cloves and mustard into muslin cloth bag.  
Add all ingredients except sugar into a heavy based pan and simmer for 1hr.  
Add sugar and simmer for a further ½ hr till liquid is gone.  
Pot and cover.



**(141) INDIAN CHUTNEY**

1lb cooking apples-peeled cored and sliced  
½ lb onions peeled and chopped  
4 cloves garlic, crushed  
3oz salt  
1lb brown sugar  
2 pints malt vinegar  
8oz raisins, chopped  
1oz ground ginger  
¼ oz cayenne pepper  
1oz dry mustard powder

Simmer apples, onions, garlic, salt, sugar and vinegar till very soft.  
Blend until smooth.  
Add raisins, ginger, cayenne and mustard.  
Mix well and leave overnight and then pot as usual.



**(142) CHOCOLATE SAUCE**

½ lb plain chocolate  
¼ pint single cream or evaporated milk  
4 level tablespoons golden syrup

Melt chocolate in basin over pan of hot water.  
When melted, add syrup and blend together.  
Remove from heat and add cream or milk.  
*This sauce can be frozen.*

**(143) CUMBERLAND RUM BUTTER**

8oz soft brown sugar  
6oz butter  
2 tablespoons rum

Melt butter and pour over sugar in a bowl.  
Mix well then add rum and mix again. Pot.



**(144) LAKELAND TOFFEE**

8oz granulated sugar  
3oz butter  
2 tablespoons golden syrup  
1 small tin evaporated milk

Butter 9" x 7" shallow tin.

Put butter, sugar and syrup into a large heavy pan. Heat gently; stirring constantly till sugar has dissolved.  
Add milk and boil steadily till mixture is darker and thicker, stirring all the time-about 20mins.

Pour into prepared tin and allow to cool.

Break into pieces when set.



**(145) TABLET**

1lb granulated sugar  
2oz butter  
1 teacup milk  
1 tablespoon of golden syrup  
Vanilla essence

Place sugar, butter, milk and syrup into pot.

Bring slowly to the boil and boil for a while.

Test by dropping a small amount into a cup of cold water and if you can roll it into a soft ball with your fingers – it is done.

Remove from heat and add vanilla essence then beat until the mixture begins to go cloudy (or grainy).

Pour into greased tin and cut when cold.



**(146) TABLET SWISS MILK**

2lb granulated sugar  
¼ lb butter  
1 tin swiss milk  
2 teaspoons vanilla essence  
1¼ pt milk

Melt butter and sugar in milk then boil for 10mins.

Add swiss milk and stirring carefully; boil until a ball forms when dropped into cold water (20mins).  
Flavour and then stir well.

Pour into a greased tin (or tray) and mark when almost cold.

**(147) TIPS**

To remove almond skins, place almonds in a pan with cold water. Bring to the boil then drain and plunge into cold water. The skins will now slip off.

To clean a pan with burned on food-pout in Coke and bring to the boil. Leave for a few minutes then rinse out.

To crisp skins of baked potatoes, put in hot oven for ½ hr *after micro waving*.

Put pizzas directly onto oven shelve – they cook better!

To clean “foreman” grill – put on a clean, wet cloth after cooking while the grill is still hot and close lid. Food wipes away easily.

Wash out fridge with water to which bicarb of soda has been added-also good for microwaves.

To measure syrup, honey or treacle, dip spoon into very hot water and shake dry then slip into jar:-  
1 level tablespoon = 1oz (25g).

To weigh honey, flour scale pan – honey comes away easily then.

Use barley instead of rice when making risotto.

In cheese and onion flan, replace brown onions with red onions and half of cheese with Feta cheese.

When making pastry – use half plain flour and half whole meal flour.

Always store homemade jam in fridge (or loft) as it doesn't contain preservatives (the jam, that is... not the loft!!!).

Always leave eggs to be boiled out of fridge to come to room temperature.

Note the date of opening mayonnaise jars – it usually keeps for a month.

Don't store opened tins of food in fridge –  
always decant into a plastic contained as food may react with can.