

**TRADITIONAL
ENGLISH RECIPES**

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SOUPS AND STARTERS

Quick Tomato Soup

4 cups tomato juice

2 teaspoon(s) cornflour dissolved in a little cold water 1 teaspoon(s) roasted cumin seed powder 1 teaspoon(s) ginger - garlic paste 1 tablespoon(s) milk

salt and pepper to season.

Combine all the ingredients in a vessel except for milk and bring to a boil on medium flame. Let it simmer on low heat for about 4 minutes. Add the milk and let it simmer again on low heat for about 3 minute(s). Serve hot with: croutons or bread sticks.

English Beef Soup

2 tablespoons olive oil

1/2 pound lean beef -- cut in 1" cubes 1 small onion -- sliced rings 4 stalks celery -- chopped

2 quarts beef broth

1/2 cup chopped carrots

1/2 cup cooked barley

4 tablespoons unbleached all-purpose flour 1 cup cold water

2 tablespoons tomato catsup 1/2 teaspoon worcestershire sauce Salt and pepper to taste

In a large soup pot, heat the oil and brown the beef and onion. Drain off the fat. Add the celery and beef broth. Simmer, covered, for 1-1 1/2 hours, or until the meat is tender. Add the carrots and barley and simmer for 20 minutes. In a small bowl, blend the flour and cold water. Slowly add the flour mixture to the soup pot and cook for 5 minutes, stirring frequently. Add the catsup, Worcestershire sauce, salt and pepper. Stir well and serve.

Beef and Cabbage Soup

1 pound lean ground beef
1/2 teaspoon garlic salt
1/4 teaspoon garlic powder
1/4 teaspoon pepper
Celery -- chopped
16 ounces kidney beans -- drained
1/2 chopped head cabbage
28 ounces tomatoes
1 can water in empty tom. can
4 beef bouillon cubes
Chopped parsley

In a Dutch oven, brown beef. Add all remaining ingredients except parsley; bring to boil. Reduce heat & simmer, covered for 1 hour. Garnish with parsley.

Old Fashioned English Pea Soup

1/2 pound whole green peas 1/2 pound split green peas 1 Smoked ham shank -- uncooked 1 medium onion -- chopped Salt and pepper to taste
Soak whole green peas overnight in a four quart kettle filled with water. In the morning add split peas and remaining ingredients. Boil slowly for about 4 hours. Remove ham shank and serve soup without straining.

Creamy Onion Soup

4 Tablespoons butter
2 pounds onions, thinly sliced
4 cups vegetable or chicken stock
3 cups whipping cream
salt and white pepper

Stilton Toast: French bread, 2 ounces Stilton cheese, 2 ounces Cheddar cheese, and butter.

Toast 6 thick slices of French bread in a 300 degree oven until crisp. Blend the Stilton with a couple Tablespoons of butter, then spread on the toast. When ready to serve the soup, pop one of these on top of each serving bowl and sprinkle with lots of cheddar cheese. Melt butter in a large saucepan over low heat. Add onions, cover, and cook until translucent--stirring occasionally--for about 30 minutes. Add the stock and bring to a boil. Reduce heat and simmer for 15 minutes. Add cream and bring to a boil. Reduce heat and simmer to thicken slightly--about 15 minutes. Season generously with salt and pepper. Ladle into bowls, top with Stilton Toast, and run under the broiler until the cheese is melted and brown. Serve immediately.

MEAT

Lamb Casserole

*Served with sprouts or carrots. 2 lb. stewing lamb (or 8 cutlets) 1 oz. seasoned flour 1 oz. fat
1/2 lb. sliced onions 3/4 pt. beef stock
salt and pepper*

Cut meat into 1-inch cubes. (If you use cutlets, leave them whole.) Coat meat in seasoned flour and fry in fat with onions. Put meat and onions in a casserole dish; pour stock over. Cover and simmer on top of stove, or bake in 350 degree oven, or about 2 hours or until meat is tender.

Steak and Kidney Pie

1 Kidney, beef
4 tablespoons Shortening 2 Onion; chopped
2 pounds Round steak; cubed 1 1/2 tablespoons Worcester sauce 1/2 teaspoon Salt

1/2 teaspoon Pepper

2 tablespoons Butter; softened 2 tablespoons Flour

2 tablespoons Parsley; minced 1 teaspoon Rosemary 1 teaspoon Oregano

Pastry:

1 cup Flour; + 2 teaspoons 1/4 teaspoon Salt 1/3 cup Shortening 2 tablespoons water, cold

Wash the kidney, remove membranes and fat, and cut kidney in 1" cubes. Cube the steak into 1" cubes.

Melt the shortening in a heavy pot. Add the onions and cook, stirring often, until well browned. Add the

steak and kidneys. When the meat is browned on all sides, pour on 2 cups of boiling water, Worcester,

salt, and pepper. Cove and cook over a very low heat for 1 1/2 hours, or until the steak is tender.

Preheat the oven to 400 F. Blend the butter with the flour to make a beurre manie. Drop small pellets of

this paste into the sauce and stir to thicken it. Put meat and sauce into a deep pie plate and sprinkle

with parsley. If you wish to use a pastry topping, roll out the dough and cover the pie plate. Slash the

top, crimp the edges, and bake about 30 minutes, or until well browned. Pastry: Mix the flour and salt.

Cut in the shortening with a pastry blender. Combine lightly only until the mixture resembles coarse

meal or very fine peas; its texture will not be uniform but will contain crumbs and small bits and pieces.

Sprinkle water over the flour mixture, a tablespoon at a time, and mix lightly with a fork, using only

enough water so that the pastry will hold together when pressed gently into a ball.

Corned Beef Hash

1/3 cup minced onions

1 tablespoon bacon drippings 1/8 teaspoon pepper

3 cups diced cooked potatoes 2 1/2 cups chopped cooked corned beef 2 tablespoons fat.

Brown onions in drippings in skillet, add pepper, potatoes and beef and mix thoroughly. Shape into

patties and saute in hot fat. Serves 6.

English Hot Pot

6 potatoes

1 1/2 lb lamb shoulder or breast 2 lamb kidneys [optional] 1 large onion , sliced salt and pepper

1 cup water

2 tablespoons melted butter.

Place half the potatoes in greased casserole, then add meat, cut into cubes. Cover with sliced onion and

season with salt and pepper. Add water. Place remaining potatoes on top, covering meat completely.

Brush with melted butter. Place in moderate oven 350 F and cook for 2 hours. Serves 4-6.

Londonderry Beef Stew

1 1/2 pounds beef steak, cut into 1 inch cubes 3 medium carrots, chopped

3 medium parsnips, chopped

1/2 cup pearl barley

8 medium potatoes

1 cup beef stock

1/4 teaspoon salt, to taste

1/4 teaspoon pepper, to taste

Boil some water in a large saucepan, sufficient to cover the meat, and have approximately 1 inch left

above. Put in the large chunks of meat, and lower the heat to keep the stew simmering. Put in the

chopped or diced carrots and parsnips. Add herbs, salt and pepper to taste. Let simmer for about 20

minutes.

Add peeled whole potatoes and some stock/soup mixture or cornstarch to thicken. Keep the mixture

simmering and stir occasionally. After about an hour from start time, taste it and check the potatoes.

Chile Con Carne with Kidney Beans

1 onion, diced. 1 tablespoon fat 2 cups cooked tomatoes

1 pound ground or minced beef
2 cups cooked red kidney beans 1/2 teaspoon chili powder 1 teaspoon salt
Brown onion in fat, add remaining ingredients, cover and simmer 20 minutes. Add water if mixture becomes too dry. Serves 6.

Cottage Pie

1 large onion, chopped
2 medium carrots, chopped
2 to 3 cloves garlic, minced
1 (14 1/2 ounce) can beef broth
1 1/2 lbs ground beef
1 (8 ounce) can tomato sauce
1 teaspoon salt
1/2 teaspoon pepper
1/2 teaspoon dried oregano
1/2 teaspoon dried thyme
1/2 teaspoon parsley flakes
1/2 teaspoon dried rosemary
1/2 teaspoon rubbed sage
2 cups hot mashed potatoes (prepared with milk and butter)
In a saucepan, combine onion, carrots, garlic and broth. Bring to a boil; reduce heat; cover and simmer for 20 minutes or until vegetables are tender.
Drain, reserving liquid to make gravy, if desired. 4 In a skillet, cook beef until browned; drain. 5 Add tomato sauce and seasonings; bring to a boil. 6 Reduce heat; cover and simmer for 15 minutes. 7 Add reserved vegetables and mix well. 8 Transfer to a greased 2-quart baking dish. 9 Top with mashed potatoes.
10 Bake, uncovered, at 350 degrees for 30 minutes or until potatoes are lightly browned.
11 If desired, make gravy with reserved vegetable liquid; serve with pie.

ROAST BEEF AND YORKSHIRE PUDDINGS

Ingredients (Roast Beef): 1.4kg / 3lbs joint of sirloin of beef 50g / 2oz beef dripping

Ingredients (Yorkshire Pudding):

110g / 10oz of plain flour (sifted)

1 large egg

A large pinch of salt

150ml / 5oz water

150ml / 5oz milk

Beef dripping or cooking fat

Combined method for cooking the Roast Beef and the Yorkshire Pudding:

1. Heat the oven to 180°C / 350°F / gas mark 4.
2. Put the joint of beef into a shallow baking tray or tin.
3. Season the meat to taste with a little salt or a sprinkle of rosemary or a little black pepper
4. Melt half of the beef dripping and pour over the meat and seasoning.
5. Place in the middle of the oven for 70 minutes.
6. After 70 minutes, keep the meat in the oven, but turn up the heat to 220°C / 425°F / gas mark 7.
7. Pour the remainder of the beef dripping into a cake baking tray (The type of baking tray used to make small cakes / muffins). Put the tray, with a little bit of dripping in each of the depressions in the tray, into the oven for 3 minutes or until you see the dripping smoke.
8. Remove from the oven and pour 2 tablespoons of the Yorkshire Pudding batter (see below for batter recipe) into each cake depression and bake for 15 to 20 minutes in the same oven as the beef.

9. 10 minutes after you have taken out the cooked Yorkshire puddings you can take out the beef. Leave to stand another 10 minutes to allow to cool a little before carving.

To make the Yorkshire Pudding Mixture (Batter):

(This will make about 6 or so puddings). 1. Sift the flour into a large bowl

2. Break the egg into the centre of the heap of flour. 3. Mix the water and the milk together in a jug. Pour the mixture slowly onto the flour and egg. As you start to pour the water/milk slowly beat the mixture together with a whisk. Add the salt and continue to beat. The puddings will be lighter if the batter includes a little air.

4. Once all the ingredients have been beaten together leave to stand, covered by a cloth, for 40 minutes or so.

5. Now you are at 'step 8' in the main cooking method. Your oven should be very hot and your tray for the puddings very hot.

LANCASHIRE HOTPOT

A filling, tasty and warming dish from the county of Lancashire. Originally it was baked in the oven then wrapped in an old blanket to keep it hot until it was eaten much later. A favourite for warming the menfolk up whilst watching the horse racing on a cold autumn day.

Ingredients:

2 lb lamb

4 lambs kidneys

20 fl oz hot water

1 teaspoon Worcestershire sauce 2 lb potatoes

$\frac{3}{4}$ lb onions

1 bayleaf

A sprig of thyme

Tablespoon flour

Knob of Butter

Fat or oil for frying Salt and pepper (to taste).

Method:

1. Peel the potatoes and cut into $\frac{3}{4}$ " thick slices.

2. Skin, core and chop the lamb's kidneys. 3. Chop the lamb meat into small cubes or chunks. 4. Brown a few of the cubes of lamb at a time in a hot frying pan with a little oil. Continue until all the pieces have been browned. Once the cubes have all been browned then put them in an oven proof casserole dish (or pot).

5. Now brown the kidneys in the hot oil and scatter over the cubes of lamb in the dish.

6. Keeping the same oil used to brown the meat, brown the onions which should have been chopped up too. 7. Once the onions are golden brown stir in a little flour to soak up all the oil and juices in the pan.

8. In a measuring jug (or cup) add the Worcestershire sauce to the hot water and then pour and stir into the pan with the flour etc. Take care to pour slowly and blend the mixture well, or else you may end up with a lumpy mixture.

9. Add salt and pepper to taste.

10. Now gently heat the pan and bring the contents to a simmer. As soon as it is simmering, take off the heat, then pour over the meat and kidneys in the pot.

11. Add the thyme and bayleaf. Now carefully lay the potato slices on top of the meat to form a cover by overlapping the slices, just like tiles on a house roof.

12. Add a few small knobs (or dollops!) of butter on the potato roof and cover with a tight fitting lid.

13. Place in a preheated oven at 325°F (gas mark 3) or (170°C) for about 1½ hours.

14. Remove the lid and return to the oven for another 45 minutes to help brown the potato roof and

finish the cooking. If you really want a 'crisp brown' covering then finish off under a grill until the desired shade is reached.

Serving Suggestion:

For a really traditional way of eating, try serving with pickled red cabbage.

CHICKEN

Lemon Chicken 4 servings

1/4 c Vegetable oil 3 lb Chicken pieces 3/4 c Lemon juice 1 tb Lemon juice Flour for dredging 1/4 c Vegetable oil 1 Lemon; sliced thin 1/2 c Chicken stock 3 tb Brown sugar 1/2 ts -Salt
Pepper

Combine chicken and lemon juice. Marinate at least 6 hours or overnight, turning occasionally. Remove chicken, discard marinade, reserving 1 Tbsp. Combine flour, salt and pepper; dredge in flour (this step may be skipped). Heat oil in large skillet over medium-high heat, fry in several batches. Transfer to casserole large enough to hold chicken in single layer. Combine peel and brown sugar in bowl, sprinkle over chicken. Combine stock and 1 Tbsp reserved marinade, pour around chicken. Bake at 350F 35-40 minutes. Serves 4 (generous portions) or 6. Good served hot, even better served cold. Great for picnics.

Chicken & Dumplings

6 1/2 c ups Water Divided 4 (8 Oz.) Chicken Breast Halves 1 1/2 c Sliced Mushrooms 3/4 cup Diced Carrots 2 tb Chopped Onion 3/4 ts Poultry Seasoning 1/2 ts Salt

1/2 ts Pepper

1 ts Lemon Juice

4 Drops Hot Sauce

1 cloves Garlic Minced 1 1/4 cups + 2 T. Flour, Divided 1 ts Baking Powder 1/2 cup Skim Milk

Place 6 Cups Water And Chicken, Mushrooms, Carrots, Onion in A Large Dutch Oven. Bring To A Boil; Cover. Reduce Heat & Simmer 45 Min. OR Until Chicken Is Tender. Remove Chicken From Broth & Let Each Cool Separately. Discard Bones & Skin. Cut Chicken

Into Bite Size & Add To Vegetable Mixture. Cover & Chill 8 Hours. Skim Fat From Broth & Discard. Stir in Poultry Seasoning, Salt, Pepper, Lemon Juice, Hot Sauce & Garlic.

Combine 1/4 C. Plus 2 T. Flour & Remaining 1/2 C. Water; Stir Well. Bring Chicken Mixture To A Boil; Stir in Flour Mixture. Reduce Heat & Simmer Uncovered 35 Min. OR Until Thickened.

Combine Remaining 1 C. Flour & Baking Powder. Add Milk, Stirring Just Until Dry Ingredients Are Moistened. Drop Batter By Teaspoonfuls Into Boiling Broth; Cover. Reduce Heat And Simmer 15 Min. OR Until Dumplings Are Tender.

Chicken Parmesan

1 3/4 c Spaghetti sauce

1/2 c Shredded mozzarella cheese

1 tb Grated parmesan cheese

1/4 c Chopped fresh parsley

4 Boneless and skinless chicken breast halves 1 Egg, slightly beaten

1/2 c Seasoned bread crumbs

2 tb Butter or margarine

Using palm of hand flatten chicken to even thickness. Dip chicken into egg then into crumbs to coat. In skillet over medium heat, in hot margarine, brown chicken on both sides. Add sauce. Reduce heat. Cover; simmer 10 minutes. Sprinkle with cheeses and parsley. Cover; simmer 5 minutes or until cheese melts. Makes 4 servings

Baked Chicken

1/2 cup Flour

2 Beaten eggs

1/2 cup Buttermilk 1 tb Dijon mustard 2 cups Crushed cornflakes 6 Chicken legs or thighs

Dip chicken pieces in flour then beaten eggs and then in crumb mixture. Bake in hot oven 425 F about 25 minutes.

British Whisky Chicken

1 2 1/2 to 3 lb fryer, cut up 2 tb Butter

1 c Whiskey

3 c Sliced mushrooms (8 oz) 1/4 c Sliced leeks or gr onions 1/2 c Light cream or milk 2 tb Flour

1 tb Lemon juice

2 ts Whiskey

Rinse the chicken pieces; pat dry with paper toweling. Season chicken with salt and pepper. In skillet brown chicken in butter 15 minutes, turning to brown evenly. Add the 1 cup whiskey to skillet; cover and simmer 30 to 35 min or til chicken is tender. remove chicken to serving platter and keep warm.

For sauce: Skim fat from pan juices. Add enough water to juices, if necessary, to measure 2/3 c liquid. Return to skillet. Stir in mushrooms and green onions. Cook and stir just until onions are tender. Combine cream and flour; add to mixture in skillet. Cook and stir until thick and bubbly. Cook and stir one minute more. Remove from heat; stir in lemon juice and the 2 teas. whiskey. Spoon over chicken. Serve with cooked peas and leeks if desired. FISH

Fish Cakes

1lb 9oz Potatoes, peeled and chopped 1lb 9oz Cod Fillet

1 pint Milk

1/2 Pack Parsley, finely chopped Salt and Freshly Ground Black Pepper) 1oz Plain Flour

2 Large Eggs, beaten

4oz Dried Natural Breadcrumbs Vegetable Oil for shallow frying Lemon Wedges to garnish

For the green sauce

1oz Butter

3 tbsp Cornflour mixed with 3tbsp Water

1oz Capers

1oz Gherkins

2 tbsp Parsley, chopped

2 spring Onions, chopped

Cook the potatoes in boiling salted water for 15-20 minutes until tender. Drain and mash. While the potatoes are cooking, place the fish in a saucepan, cover with the milk and bring to the boil. Remove pan from the heat then drain, reserving the milk. As soon as the fish is cool enough to handle, remove the skin and any bones then flake the fish. Place the potatoes, flaked fish and the parsley in a bowl and season generously. Combine together well then shape into 8 cakes. Dip each cake in the flour, shake off the excess, then dip in the beaten egg and finally the breadcrumbs until evenly coated. Chill until required. They may be stored in the fridge for upto 24 hours.

To make the sauce, place the reserved milk in a saucepan with the butter and cornflour and cook gently, stirring until thickened. Add the remaining ingredients and season to taste. simmer for 1-2 minutes. Cover and leave until required - it can be kept for up to 24 hours in the fridge. Heat a thin layer of oil in a large, ideally nonstick, frying pan and cook the fish cakes in batches if necessary for about 5 minutes on each side over a medium heat until crisp and golden. Garnish with lemon wedges and serve at once with the sauce and a vegetable of your choice.

Halibut in Beer Batter

1lb halibut

4 cups beer batter

1/2 cup pecans, chopped roughly Heat oil in deep fat fryer to 375 degrees.

Cut halibut into 6 pieces (1-1/4 ounces each) or large 1 x 1-inch squares. Mix pecans in beer batter. Coat each halibut piece thoroughly with beer batter and drop, one by one, into 375-degree oil, stirring carefully so halibut won't sink to the bottom and clump together. Cook about 4 to 5 minutes or until halibut is golden brown. Drain halibut on paper towels until ready to serve. Serve these with fresh fries made from baked potato quarters from which the skin has been removed. Fry these in the same oil until a golden brown crust has been formed -- watch carefully. Serve them with a small cup of bernaise sauce and a small cup of cocktail sauce for dipping.

Cod & Chips

INGREDIENTS

2 lb of fresh cod fillets 6 fl.oz milk

Half level teaspoon of caster sugar 4 oz of plain white flour 2 tablespoons of plain white flour 2lb of Potatoes

1 level teaspoon of dried yeast Freshly ground pepper & salt Half a level teaspoon of salt Vinegar

INSTRUCTIONS

To Make Batter:(1-7)

1) Warm the milk and pour into bowl

2) Add the sugar and dissolve

3) Blend in yeast, cover and leave to stand at room temp., for 6/7 min until mixture becomes frothy

4) Sift flour and salt into a bowl, make a well in the center 5) When yeast mixture is ready add to well and mix 6) Whisk or beat until batter is smooth

7) Cover and leave to stand for 30 minutes 8) Peel potatoes and cut into thick chips 9) Wash under cold tap and pat dry with towel 10) Heat a deep fat frying pan or chip pan 11) Test oil by placing one chip in pan when chip rises oil is ready 12) Place chips in oil (in batches if necessary) cook until golden brown, turn onto hot plate and cover

13) Allow the temperature of the oil to cool slightly 14) Mix 2 teaspoons of flour with a pinch of salt and pepper, and coat fish

15) Stir batter and dip the fish into it, lift out and let excess batter drip off

16) Carefully lower fish into the hot oil and cook for 4-5 minutes until golden brown

17) Remove and pat well to remove excess fat Garnish: Fish with slice of lemon,

Season: Chips with salt and vinegar to taste

SALMON FISHCAKES

These salmon fish cakes are delightful - crispy breaded outsides and pink insides. This recipe can be used to make fish cakes from any fish - and must be one of the easiest fish dishes of all to prepare. Even so, this particular salmon recipe is unusually tasty, as well as being a traditional English fish dish.

Make 4 large fishcakes

Ingredients: 12 oz salmon *

12 oz peeled potatoes

1 egg whisked with a fork

1 carrot

1 onion

2 tablespoons natural (plain) yoghurt

1/2 teaspoon paprika

1 teaspoon lemon juice

* If you prefer to use tinned Tuna - then use about a 7 oz tin - but drain off all the oil.

Method:

1. Peel and very finely grate the carrot. Chop the onion into similarly fine pieces.

2. Peel and boil the potatoes until tender.
 3. Grill the salmon for about 2 to 3 minutes each side. They are ready when the flesh starts to become a little opaque and the flesh is easy to flake with a fork. Remove any skin and bones and flake the flesh into small pieces with a fork.
 4. Mash the potatoes with a little pepper but NOT with milk or butter! Once mashed, turn the potatoes into a bowl with the salmon flesh. Add the yoghurt, paprika, lemon juice, chopped onion and grated carrot.
 5. Once the ingredients are well mixed divide into 4 large (or 8 small) portions and shape them into fish cakes. (See the 'Cooks Tip' on this page). Add the whisked egg, a little at a time, until the mixture is held together (binded) by the egg - but without being too runny. Cover with bread crumbs. And the egg will help them stay stuck to the cakes.
 6. Heat a little vegetable oil in a fryingpan and, when hot, fry the fish cakes over a moderate heat for 3 minutes on each side. They should be golden brown.
- These are lovely when served with a salad. Put a wedge of lemon onto each plate.

SAUCES

APPLE SAUCE

Traditionally we eat Pork accompanied by apple sauce. If you want to go back to the days when sauces were not bought in shops but from local produce grown in your garden then try this recipe. It is easy to make. There are no preservatives so it will not keep long. Make it the day before, if you wish, but then keep it in the fridge.

Ingredients:

450gms 1lb apples. (I prefer Bramley apples but any cooking apples will do).

2 tablespoons water

2 tablespoons caster sugar

3 ground cloves

15g or 1/2oz butter

1 teaspoon vinegar

Salt and pepper to taste.

Method:

1. Melt the butter in a saucepan
2. Core the apples and remove the skin. Chop them into small pieces.
3. Put the apple pieces into the pan and add the water.
4. Cover with a lid and cook gently on a medium heat for 8 minutes.
5. Take the pan off the heat and, with a potato masher, mash the apples into a fine puree.
6. Stir in the caster sugar, the vinegar and the ground cloves.
7. Put the pan back on the heat and, stirring all the time, reheat until hot. Do not allow to boil.
8. Taste the mixture and add salt and pepper to taste.
9. Pour into a gravy boat, or similar, and allow to cool.

BREAD SAUCE

Bread sauce is extremely old and has been around since medieval times. It arose because bread was very plentiful, stale bread could be used and flour was not used for sauces. This is a little 'fussy' to make but this recipe is far superior to any packet sauces. It came originally from a medieval recipe for serving with turkey but I have altered it a little to make it a bit richer and smoother. This will make enough for 4 generous sized portions. Serve with chicken, turkey or pheasant. This is best served warm so keep it in a warm gravy boat until it is put onto the table.

Ingredients:

1 peeled onion

450ml or 15 fl oz milk

5 cloves
4 black peppercorns
225g or 8oz of white bread crumbs
15g or 1/2oz butter
2 tablespoons of double cream
Coarse ground black pepper

(Some people like to add a pinch of mace - the ground outer shell of nutmeg).

Method:

1. Push the cloves into the whole onion making sure they are not all grouped together.
2. Pour the milk into a cold saucepan and add the peppercorns (and mace if you wish) and the onion.
3. Bring to the boil then take off the heat. Cover with a clean cloth and leave it to marinate for at least 30 minutes.
4. Now strain the milk through a sieve into another saucepan and stir in the breadcrumbs.
5. Put onto a medium heat and stir constantly for 6 minutes or until the mixture becomes thick.
6. Take off the heat and add salt and pepper to taste then stir in the cream and butter making sure that the butter melts and mixes with the other ingredients.

This sauce should be served warm.

SPECIAL GRAVY

For every day cooking I tend to use packet gravy mix. For special occasions or when impressing visitors then I use this recipe as it produces a great gravy full of body and taste. It does take a little time to prepare so make it in advance and keep it in a gravy boat and heat before serving.

Ingredients:

50g or 2oz of beef dripping (or use about ¾ cup of juices from cooked beef).

1 finely chopped onion

2 large rashers of bacon that has had its rind removed 2 tablespoons of dry sherry

2 tablespoons vinegar

1 finely chopped carrot

50g or 2 oz plain flour

1 bouquet garni

1 tablespoon tomato puree

600ml or 1 pint of beef or lamb or pork stock (use stock cubes). 1 teaspoon of coarse ground black pepper

Method:

1. Chop the bacon into small pieces
2. Melt the dripping in a saucepan and keep it liquid.
3. Now add the onion pieces, bacon pieces and carrot pieces and fry in the dripping in the saucepan until the onions are light brown. This should take about 10 minutes maximum on a medium heat.
4. Add the sherry and the vinegar and simmer for 3 to 4 minutes.
5. Carefully blend in the flour, adding a little at a time to prevent lumps forming, and stir until this mixture goes brown. This will take about 10 minutes.
6. Pour in half of the stock, stirring all the time. Keep heating on a medium heat and keep stirring until the mixture starts to thicken.
7. Bring the mixture to the boil and add the bouquet garni leaving the pan to simmer on a low heat for 30 minutes. Stir occasionally.
8. Stir in the tomato puree, the other half of the stock and the pepper. Add salt to taste.
9. When you are happy with the taste then strain through a gauze or plastic (never a metal) sieve to remove any lumps / the garni / carrot and onion pieces.

10. Let the resulting gravy stand in a dish or gravy boat and pour off any fat or grease from the surface. Keep warm (do not cook) and place in the gravy boat for serving at the table.

MAYONNAISE

Read the method carefully. The secret of making mayonnaise is to add the oil DROP by DROP whilst whisking vigorously in the early stages. Even when using an electric mixer the oil should be, initially, added drop by drop. Once the mayonnaise starts to form the oil can be added more quickly and, in the end, you will be able to add it at a slow pouring rate.

You can use this basic recipe to make a number of variants. Add a teaspoon or three of tomato ketchup to form the mayonnaise for prawn cocktail. Add paprika or chilli powder to give it some 'zing'. Add a teaspoon of dried herbs to make a change. * Instead of sunflower seed oil you could use olive oil to give it a very distinctive taste.

The choice is yours - so go ahead and experiment!

Ingredients:

6 egg yolks (separate from the whites) 1 tablespoon of lemon juice

1 teaspoon of English mustard (The hot mustard, not the cool French mustard)

Black pepper

600ml or 20 fl oz sunflower seed oil (*or olive oil).

Method:

1. Put the mustard, a pinch of salt, a large pinch of ground pepper, the lemon juice and the egg yolks into a large bowl. (If you choose to add ketchup / herbs / paprika etc then add them now). 2. Beat the mixture together with a whisk or mixer

3. Now, whilst still whisking, start to add the oil drop by drop. Keep vigorously whisking.

4. If, at any time, the oil does not seem to be blending in with the egg yolks, then stop adding oil and continue to whisk until the oil is absorbed by the mixture.

5. As soon as the mayonnaise starts to form you can start to add the oil a little faster - but take care.

6. As more and more mayonnaise is formed you will be able to, finally, pour the oil into the mixture in a very gentle trickle. 7. Once the mayonnaise is thick transfer it to a jar and put into the fridge to store until use.

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DESSERTS, CAKES AND PUDDINGS

SPOTTED DICK

Not a very complimentary name - but an extremely filling desert. Originally this was served to fill up the family so that they could not eat (or want to eat) the far more expensive meat. Ideal for cold winter evenings to keep out the weather.

Ingredients:

8 oz Self-raising flour 4 oz Shredded suet 8 oz Currants or Raisins 150 ml Cold Water 1 oz Sugar

1 pinch salt

Method 1: (If you have a pudding cloth)

1. Mix together the flour, sugar, salt, suet and the currents/raisins. Keep mixing and add a little water at a time until the whole becomes a firm dough.

2. Roll into a long cylindrical shape that is about 8 inches long. 3. Take a previously boiled pudding cloth, dry and then dust with flour and wrap it around the dough cylinder. Tie off each end of the cloth but take care to leave a little room between the ends of the dough cylinder and the cloth to allow for expansion when steaming.

4. Put into a large pan of boiling water and boil for approx 2 hours

- top up the pan with boiling water and do not allow to boil dry.

Method 1: (If you do NOT have a pudding cloth). 1. Mix together the flour, sugar, salt, suet and the currents/raisins. Keep mixing and add a little water at a time until the whole becomes a firm dough. 2. Roll into a long cylindrical shape that is about 8 inches long. 3. Carefully place the rolled pastry into a small pan that is close to 8 inches diameter as possible. 4. Place this smaller pan into a larger one then fill the larger pan with boiling water - but do not fill so that the water spills into the smaller pan. This is to make a steamer to 'steam' the pudding. 5. Put on the lid to the larger pan and steam for about 2¼ hours - making sure that the water is topped up in the outer pan with boiling water.

Serving suggestion:

Serve with custard.

OLDE APPLE PIE

This recipe is traditional because it contains more than just apples. Modern apple pies are made predominantly with apples. Some have a handful of blackberries to give taste and colour, or a pinch or two of cloves to enhance the taste.

Ingredients:

225g or 8oz of Shortcrust Pie Pastry . (Click here for easy homemade Shortcrust Pastry recipe) 55g or 4oz sultanas (not shrivelled ones - use nice plump ones) 25g or 1oz currents

55g or 2oz plump raisins

55g or 2oz candied peel. (Chop into small pieces) 1 egg white which has been beaten

3 tablespoons of rum or brandy or whisky or sherry 550g or 1¼ lbs of Cooking apples

2 peeled oranges which have been sliced The juice of a lemon which has been squeezed 55g or 2oz of dark brown sugar

½ teaspoon of grated nutmeg

1 teaspoon of ground cinnamon

40g or 1½ oz flaked almonds

25g or 1oz unsalted butter

1 egg yolk which has been beaten with 1 tablespoon of water Method:

1. Take a 9 inch (22.5 cm) pie dish and wipe the inside surface with butter.

2. Cover an area of work surface with flour and roll out about two thirds of the pastry. When suitable size use it to line the pie dish, trimming off any excess. (Keep any trimmings for decoration). 3. Prick the base of the pastry case with a fork. 4. Take any remaining pastry as well as the unused pastry, wrap in Clingfilm and put into the fridge. Cover the pie base and put into the fridge too.

5. Heat the oven to 190'C / 375'F / gas mark 5. 6. In a large bowl, stir together the currents, raisins, sultanas, candied peel and rum together.

7. Place the pie dish on the baking sheet and bake blind (click here for explanation) for about 10 minutes.

8. Remove from the oven and inspect the pie base. It should be a nice light brown butter.

9. Remove the greaseproof sheet and the beans from the blind baking stage.

10. Brush the base and the sides with beaten egg white and bake in the oven for a further 5 minutes. Then remove. 11. Roll out your remaining pastry to make a pie lid for the pie. 12. Peel, core and then slice the apples into quite thick slices. 13. Take the bowl containing the fruits and rum, add the apples slices and the orange slices. Add the remaining spices (not the almonds) and the sugar and carefully stir trying not to break the fruit up too much.

14. Fry the almonds in butter for a few minutes until golden then remove.

15. Fill the pie with the mixed pie filling and level off. Scatter on the top of the pie filling the toasted almonds.

16. Brush the edges of the pastry case with water and put on the lid. Crimp (compress) the edges to

make them seal. 17. With any trimmings make decorations in the form of leaves and place on the top of the pie lid.

18. Brush the lid (and decorations) with beaten egg yolk, sprinkle with a little, caster sugar and return to the oven. 19. Bake the pie for about 35 to 40 minutes or until the pastry is golden brown and the fruit is tender.

Serve either hot or cold. In winter time consider serving with a topping of brandy sauce.

Ingredients (Shortcrust Pastry): 225g or 8oz plain flour
115g or 4oz unsalted butter cut into cubes Cold water.

Method (Shortcrust Pastry):

1. Sift the flour into a glass or earthenware bowl. Toss in the butter cubes. Using your fingertips rub the butter into the flour until it looks like large breadcrumbs.
 2. Sprinkle about 2 tablespoons of cold water over the surface of the mixture. Using a round bladed knife lightly mix it all together until it forms large lumps, adding a LITTLE more water if necessary.
 3. Again, by using your fingertips, lightly form the lumps of mixture into a smooth ball. (The bowl should be left clean - this is how you know the mixture is at the correct constituency).
 4. Put onto a flour covered surface and knead gently until it is smooth and there are no cracks in the mixture.
 5. Form into a ball again then wrap in Clingfilm and put into the fridge for 30 minutes before using to make a pie pastry.
-

To bake a pie base blind:

Lay a piece of greaseproof paper on the base of the pastry in the dish.

Fill the pie with a layer of dried beans or ceramic baking beans enough to cover the base and weigh the pastry down. (This allows the pie base to be cooked without rising or distorting).

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BREAD and BUTTER PUDDING

A simple and cheap to make pudding that has filled empty stomachs for many, many years. Serve it with few extra sultanas and cover it in custard - and you will have a dish fit for a king!

Ingredients:

4 slices of stale (white) bread

2 oz of butter

2 eggs

2 tablespoons castor sugar

1 tablespoon ordinary (granulated) sugar 3 tablespoons mixed currents and raisins 1 pint milk

Pinch of ground nutmeg

Method:

1. Use slightly stale white bread. Brown bread does not work too well.
2. Spread the butter on each slice of bread - then cut off the crusts.
3. Cut each slice of buttered bread into quarters.
4. Grease a pie dish then make a single layer of bread on the bottom of the dish.
5. Sprinkle some of the sultanas and raisins on the first layer of bread. Sprinkle on a little of the caster sugar.
6. Add another layer of bread on top of the first, sprinkling the fruit and sugar as before. Repeat until all the bread and fruit is used up.
7. Add the eggs to a bowl and beat them. Add the granulated sugar and then the milk and stir well.
8. Pour the egg/milk/sugar mixture over the bread layers (slowly) and allow it to soak into the bread.
9. Leave this to soak for about an hour.
10. Just before the hour is up - pre-heat the oven to gas mark 3, 160°C / 325°F.
11. Sprinkle a little nutmeg (and a little more granulated sugar) over the top layer of soggy bread. Then

place in the oven for about 70 minutes - or until the whole has become set. Take care that you do not leave it too long (not more than about 80 minutes in the oven) or the top will burn and become a bit tough).

TRIFLE

There are so many different recipes for trifle - but this one is easy to make and can be adapted to your own tastes. Easy to make - yes. But please allow a day to prepare it. Some of the ingredients need to be allowed to cool before you can go on to the next step in the recipe.

I suggest that you make it the day before you need it then store it in the refrigerator until it is needed. (Keep the bowl covered with something like 'cling film' to prevent it drying out or absorbing the smell of anything else in the fridge).

This will make a trifle large enough for about 6 people.

Ingredients:

1 swiss roll or sponge cake 1 packet of fruit flavoured jelly (Jell-O) 1 tin fruit custard

fruit/chocolate/decorations* sherry**

* This is for decoration - try using bananas, grated chocolate, pistachio etc - but try to co-ordinate with the flavour of the jelly. ** Optional - use about 2 tablespoons maximum.

Method:

1. Cut the swiss roll into slices about $\frac{1}{2}$ to $\frac{3}{4}$ inch thick.
2. Get a large glass serving dish or bowl. Line the bottom and sides with the swiss roll slices.
3. Sprinkle the sherry over the bottom (but do not use too much or you will destroy the trifle flavour) and pour the canned fruit (complete with its juice) into the bottom - do it carefully so as not to disturb the swiss roll slices.
4. Prepare the fruit jelly (Jell-O) to the manufacturer's instructions. Put it in the fridge until ALMOST set.
5. Now spread the nearly set jelly over the swiss roll slices and the fruit. Leave to set. (WARNING: If you pour the hot/warm jelly over the swiss roll it will be absorbed and there will be no 'jelly' layer).
6. Make the custard, but ensure it is thick (but not lumpy!). Leave it to cool.
7. When the custard is cool pour it over the jelly layer in the bowl. Make sure the custard is NOT hot - if it is it will melt the jelly and make a mess of the whole trifle.
8. Allow the whole to cool - preferable in the fridge.
9. Just before serving decorate the top layer of custard. You can drop on banana slices, grate chocolate, add cherries, cream let your imagination run riot - but try to do something that will not 'clash' with the fruit in the trifle or the jelly.

POOR KNIGHTS

More of a snack than a meal - and how else can I describe this delightful recipe passed on to me by a friend? It consists of egg toast in wine - a sublime mixture of simple food and gourmet tastes!

Ingredients:

4 Thick slices of bread 200 ml White wine 2 Eggs

$\frac{1}{2}$ tsp Cinnamon $1\frac{1}{4}$ tbsp Sugar Icing sugar

Serves 4 - (1 slice per person)

Method :

1. Beat the eggs. Cut the crusts off the slices of bread and discard the crusts. Cut the bread slices in to four equal quarters.
2. Place the bread into a fairly deep dish.
3. Mix the eggs with the wine, sugar and cinnamon. Once fully mixed pour over the bread slices and leave them to soak up the mixture for 3 or 4 minutes.
4. Put enough cooking oil in a frying pan until it is about $\frac{1}{4}$ " deep and then heat. Once the oil is hot, gently slide an egg covered bread slice into the oil. Take care you do not splash oil everywhere as it will

spit hot oil. Fry until golden brown, then turn over the slice and fry the other side until golden brown. 5. Take out and let drain on either kitchen paper or a cake cooling rack.

6. Let most of the oil drain off, but whilst the toast is still warm, sprinkle with a little icing sugar and (if to your taste) a little cinnamon.

1. Repeat for the other slices.

Victoria Sandwich

4 Eggs medium size

9 oz (250g) of Margarine/Butter 9 oz (250g) of Castor Sugar 9 oz (250g) of Self Raising Flour Half a teaspoon of Vanilla Essence Strawberry Jam

Half a pint (285ml) of Fresh Double Cream 1 teaspoon of Caster Sugar

INSTRUCTIONS

1) Preheat the oven to (190 C), (375 F), (Gas Mark 5) 2) Grease and flour the bottoms of two Sandwich tins (21.5 cm 8.5 inches in diameter).

3) Put the Margarine in a bowl and beat until it is soft and creamy 4) Add in sugar and continue to beat until the mixture is light and fluffy

5) Beat in eggs one at a time and mix very thoroughly 6) Add in vanilla essence and mix

7) Sift in the flour slowly, folding into the mixture with a metal spoon

8) Divide the mixture equally between the two sandwich tins 9) Place in center of oven and bake for 30 minutes until sponge is well risen

10) Remove from oven and allow to cool for 5-10 minutes in the tin 11) Remove from tin, and allow to cool down fully 12) When sponge is cold take one and turn it upside down on a serving plate

13) Spread evenly with Jam, and place whisked cream on top

1. Cover with second sponge, and sprinkle with caster sugar.

Fairy Cakes

INGREDIENTS (3oz) margarine (3oz) white sugar

(4oz) self raising flour 2 medium eggs Milk

salt

INSTRUCTIONS

1. Place the margarine and sugar into a bowl, mix together well until margarine is soft and no sugar remains in bowl. 2. Place the eggs in a separate bowl, and beat well. 3. Add the beaten egg a little at a time to margarine and sugar, mix together well.

4. Sieve the flour into the mixture, add the salt and fold well. 5. Add enough milk to make mixture into a soft dropping consistency.

6. Spoon into greaseproof baking cases and bake in a pre-heated oven at (160°C), (325°F), (Gas Mark 3) for 20-25 minutes. 7. When golden remove from bake and place on wire tray to cool, do not remove from cases until cool.

Can be served plain, or topped with icing or chocolate. Often served plain with fresh cream and strawberry Jam.

Jam Roly-Poly

1 Cup sifted cake flour 1/4 teaspoon salt 5 eggs

1 cup honey

1 tablespoon lemon juice 1 cup of your favourite jam

Sift flour and salt together. Beat egg whites until stiff but not dry. Beat yolks until thick, add honey gradually and beat until well blended. Add lemon juice. Add flour gradually to yolk mixture.

Beat 5 minutes. Fold in stiffly beaten whites. Pour about 1/2 inch deep in 1 or 2 small shallow oblong baking pans, which have been greased on bottom only. Bake in slow oven 325F 20 to 30 minutes.

Turn onto towel which has been sprinkled with confectioners sugar and trim off crisp edges. Spread

with jam. Roll. Wrap in oiled paper until cool.

Bakewell Tart

6oz shortcrust pastry

(could use Pepperidge farm sheets or pie crusts) 2 tbsp raspberry jam

2oz margarine

2oz caster sugar

1 egg

1oz self-raising flour

2oz ground almonds

1 tbsp milk

Few drops of almond essence To decorate: flaked almonds

Roll out pastry. Line 20cm (8in) pie dish. Trim edges and reserve pastry. Spread jam over base of pastry.

Cream together

margarine and sugar. Beat in egg, fold in flour, ground almonds, milk and essence.

Old Fashioned Treacle Tart

6 oz shortcrust pastry

8 oz golden syrup

finely grated rind and juice of 1 lemon 3 oz fresh breadcrumbs beaten egg, to glaze

Roll out the pastry on a floured surface and use to line an (8 inch) fluted flan dish.

Reserve trimmings.

Chill for 30 minutes.

Bake blind at: 375°F for 15 - 20 mins.

Meanwhile, to make the filling, warm the golden syrup in a saucepan with the lemon rind and juice.

Sprinkle the breadcrumbs evenly over the base of the pastry case, then slowly pour in the syrup. Make

strips from the reserved pastry trimmings and place these over the tart in a lattice pattern. Brush the

ends with water to stick them to the pastry case. Glaze with a little egg. Bake in the oven at: 375°F for

about 20-25 minutes until the filling is just set.

Gingerbread

1 cup brown sugar 1 cup sour milk

3 cups flour

3/4 cup molasses 3/4 cup shortening, melted 2 eggs, beaten

1 teaspoon baking soda 1 teaspoon ginger 1 teaspoon cinnamon 1/4 teaspoon salt.

In a large bowl combine eggs, sugar, shortening and molasses. Sift flour, baking soda, salt, ginger, and cinnamon in another bowl.

Add alternately with milk to first mixture. Beat until well mixed.

Bake in a greased 9 x 13 in. pan at 375 degrees for 40-45 minutes or until a toothpick inserted in the middle comes out clean.

Apple Crumble

Apple Filling

3 large cooking apples 1 tablespoon water 3 cloves or 1 teaspoon allspice Crumble

1/4 cup self-rising flour 2 tablespoons softened butter 2 tablespoons brown sugar 2 tablespoons rolled oats

1 Preheat oven on 200 degrees celcius. 2 Peel, core and cut apples into smallish pieces. 3 Place cut apple, cloves and water into a

small casserole dish. 4 Cover and place in microwave on high for about 5 minutes. 5 In a small bowl

rub the butter and flour together. 6 Them stir in oats and sugar. 7 Put the crumble mixture on top of the

apple and put into oven for around 5 minutes or until crispy and brown on the top.

Cherry Tart

8 ounces plain flour

1 pinch salt

2 teaspoons icing sugar

1 ounce cornflour

4 ounces lard 2 ounces margarine, mixed with the lard 1 egg yolk 2 tablespoons cold water

Filling

1 lb black cherries, stoned (or pitted if you prefer) 4 ounces icing sugar

2 eggs

3 ounces ground almonds, finely ground 3 to 5 drops almond essence

1 Set oven to 400F or gas Mark 6. 2 Make the pastry- Sift the flour, salt, cornflour and icing sugar into a bowl. 3 Rub in the mixed lard/margarine and bind into a dough with the egg yolk and water. 4 Knead the pastry lightly and roll out. 5 Grease a 9 inch pie dish and line with the rolled out pastry. 6 Bake blind for 15 minutes. 7 Reduce oven temperature to 325F or gas Mark 3. 8 Remove pie shell from oven. 9 Arrange cherries in the pastry case. 10 Mix the sugar, eggs and almonds together with the almond essence. 11 Pour the mixture over the cherries. 12 Bake for 50- 60 minutes until firm and golden. 13 Serve hot or cold with cream and/or ice cream. 14 NB Baking blind is to place a piece of baking paper in the shell, then fill the shell with split peas (or other appropriate filling). 15 The peas and paper are removed when the shell is cooked. 16 This causes an even heat to be distributed and at the same time prevents the bottom and the sides of the shell from expanding too much and appearing 'lumpy'. 17 It also helps give the shell a pale colour so that when it is baked later with a filling it does not go black.

Tea Scones

2 cups sifted flour

1 tablespoon sugar 1/2 teaspoon salt

4 teaspoons, baking powder 4 tablespoons cold shortening 1/2 to 3/4 cup milk 1 egg, well beaten melted butter, Sugar

Sift dry ingredients together and cut in shortening. Add milk to egg, then add to flour mixture gradually, adding more milk if necessary. Knead lightly on a floured board. Roll to 1/2 inch thickness. Cut into wedges, place on greased baking sheet, brush with melted butter and dredge with sugar. Bake in hot oven 400 degrees F for 15 minutes. Makes 15.

SHORTBREAD

1 3/4 cups plain flour

8-10 ozs butter (nothing else will do) 6 oz sugar

salt

Preheat oven to 350F

Sift flour onto a board.

Put sugar in a separate pile on the board, and work in butter. Gradually knead in flour: you should end up with a firm dough. Flour the board and roll to a thickness of 3mm to 5mm. Cut into circles and prick with a fork. Bake on a greased tray for 30 minutes.

CUSTARD

A 'must have' for apple pies and many other dishes. Ready made custard is usually excellent but this recipe is based on how it used to be made a long time ago. It is easy to make and the only thing that could go wrong is that it might become too hot and curdle. If it does? Don't worry. Just whisk in an egg and it will return to normal.

This can be served hot or allowed to chill in the fridge. For an 'extra special' custard stir in about 150ml or 5 fl oz of double cream at the very end of the heating process.

Ingredients:

25g or 1 oz caster sugar 300ml or 10 fl oz of boiling milk 3 drops of vanilla essence 2 large egg yolks

Method:

- 1. Beat the egg yolks*
- 2. In a large bowl place the sugar, vanilla essence and the beaten egg yolks and mix together.*
- 3. Now pour in the boiling milk, whisking as you pour. 4. Put the custard into a saucepan and, over a LOW heat, stir until the right constituency is obtained. Test by putting a wooden spoon in the mixture - it should cover the back of the spoon when the spoon is lifted out. DO NOT let the mixture boil or you will end up with sweet scrambled eggs.*
- 5. If you want to add the double cream then this is the time to do it.*
- 6. Remove from the heat and either serve immediately or allow to cool. Once cooled it should be covered and kept in the fridge for 2 days. Do not reheat once chilled.*