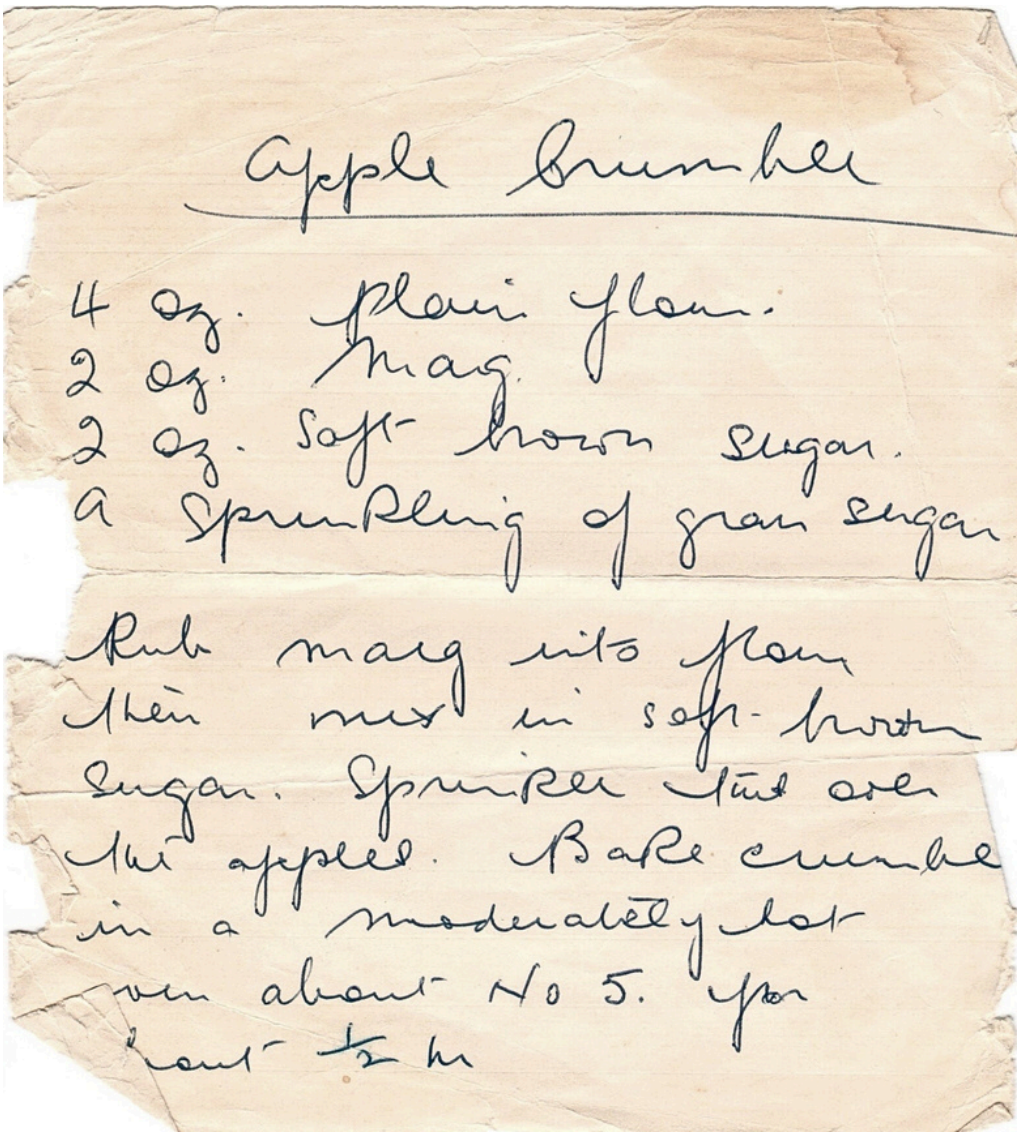
JEAN'S RECIPE BOOK

Dedicated to
Jean Isaacs,

Sister. Wife.
Mother. Nan.
Friend.

APPLE CRUMBLE



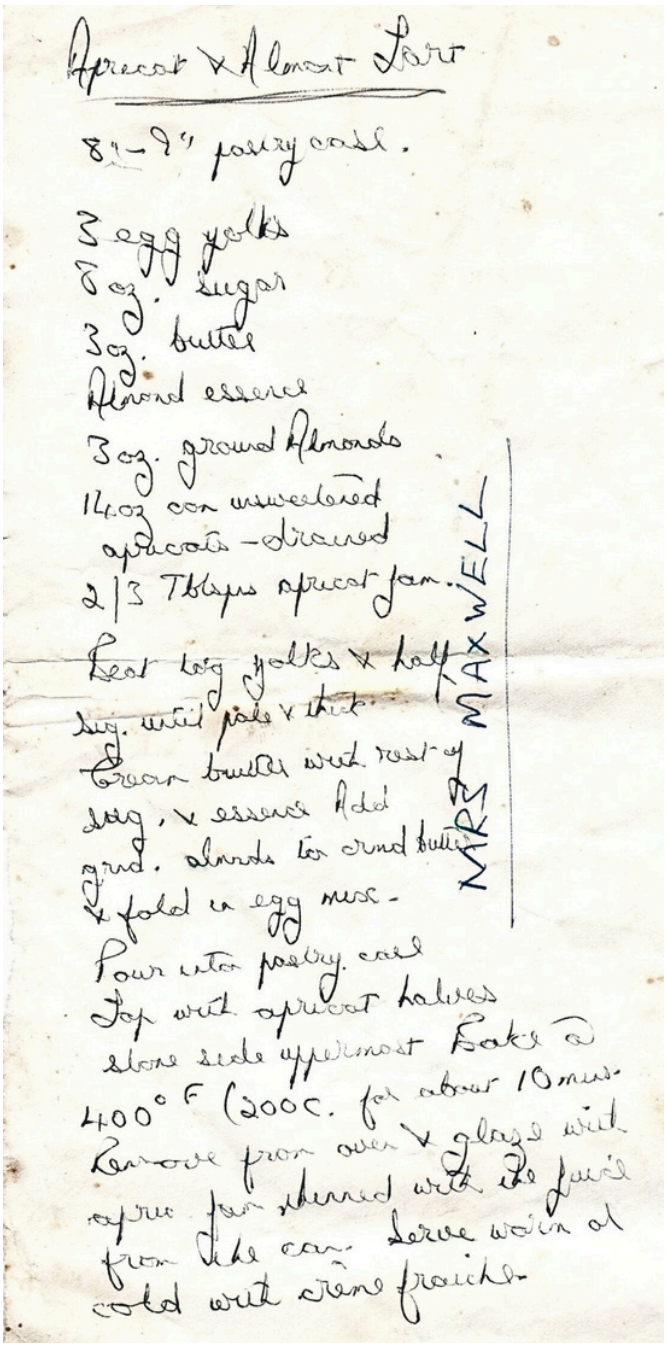
Apple Crumble

4 oz. plain flour.
2 oz. marg.
2 oz. soft brown sugar.
a sprinkling of gran sugar

Rub marg into flour then mix in soft brown sugar. Sprinkle this over the apples. Bake crumble in a moderately hot oven about No 5. for about ½ hr

Notes

APRICOT AND ALMOND TART



Apricot & Almost Tart

8½–9" pastry case.

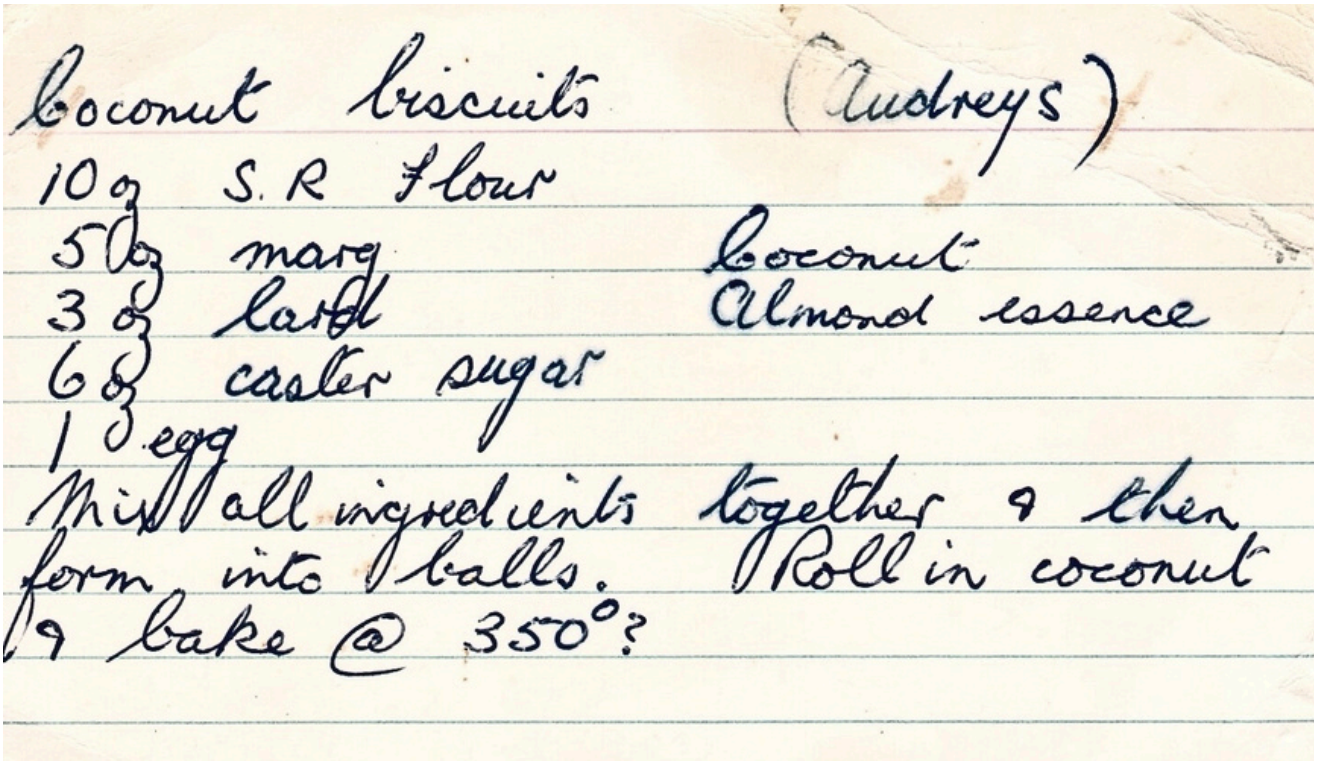
3 egg yolks
2 oz. sugar
3 oz. butter
Almond essence
3 oz. ground Almonds
14 oz can unsweetened apricots – drained
2/3 Tblsps apricot jam.

Beat egg yolks & half sug. until pale & thick.
Cream butter with rest of sug., ¼ essence added grnd. almonds & grnd butter & fold in egg mixt.
Pour into pastry case
Top with apricot halves stone side uppermost Bake @ 400° F (200 C. for about 10 mins.
Remove from oven & glaze with apric. jam strained with the juice from the can. Serve warm or cold with crème fraiche.

MRS MAXWELL

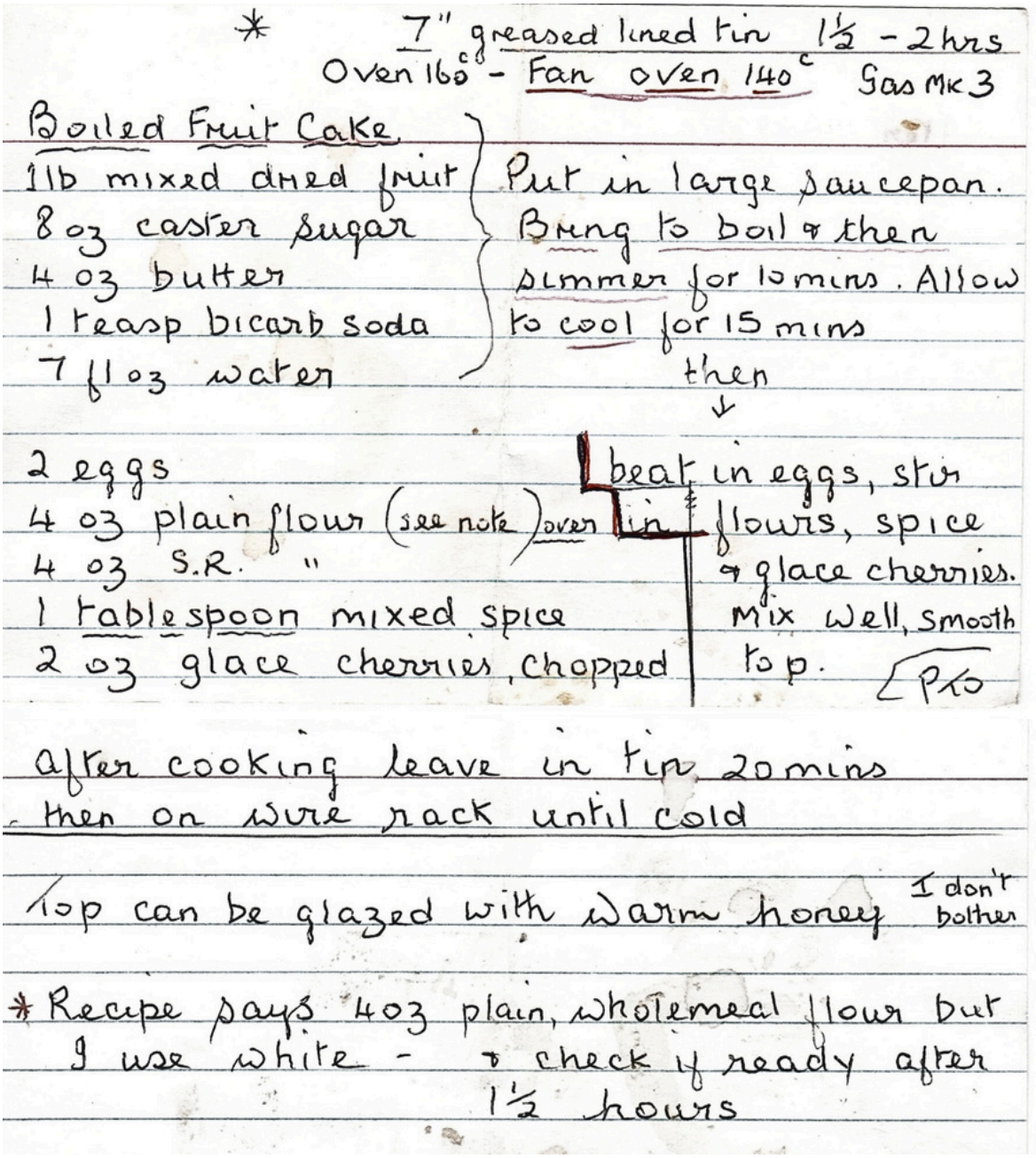
Notes

AUDREY'S COCONUT BISCUITS


Coconut biscuits (Audrey's)
10 oz S.R Flour
5 oz marg
3 oz lard
6 oz caster sugar
1 egg
Mix all ingredients together & then form into balls. Roll in coconut & bake @ 350°?
Coconut
Almond essence

Notes

BOILED FRUIT CAKE



* 7" greased lined tin 1½ - 2 hrs
Oven 160° - Fan oven 140° Gas Mk 3

Boiled Fruit Cake

1lb mixed dried fruit
8 oz caster sugar
4 oz butter
1 teasp bicarb soda
7 fl oz water

Put in large saucepan. Bring to boil & then simmer for 10 mins. Allow to cool for 15 mins

then ↓

2 eggs
4 oz plain flour (see note) over
4 oz S.R. "
1 tablespoon mixed spice
2 oz glace cherries, chopped

beat in eggs, stir in flours, spice & glace cherries. Mix well, smooth top. P/T

After cooking leave in tin 20 mins then on wire rack until cold

Top can be glazed with warm honey I don't bother

* Recipe says 4oz plain, wholemeal flour but I use white - & check if ready after 1½ hours

Notes

BOOZY CHOCOLATE & ALMOND TRUFFLES

BOOZY CHOCOLATE AND ALMOND TRUFFLES

Makes about 20

- 150g (5½oz) dark chocolate
- 100g (3½oz) ground almonds
- 5tbsp double cream
- 75g (2¾oz) golden caster sugar
- 2tbsp dark rum or whisky
- Cocoa powder and edible pink powder for rolling

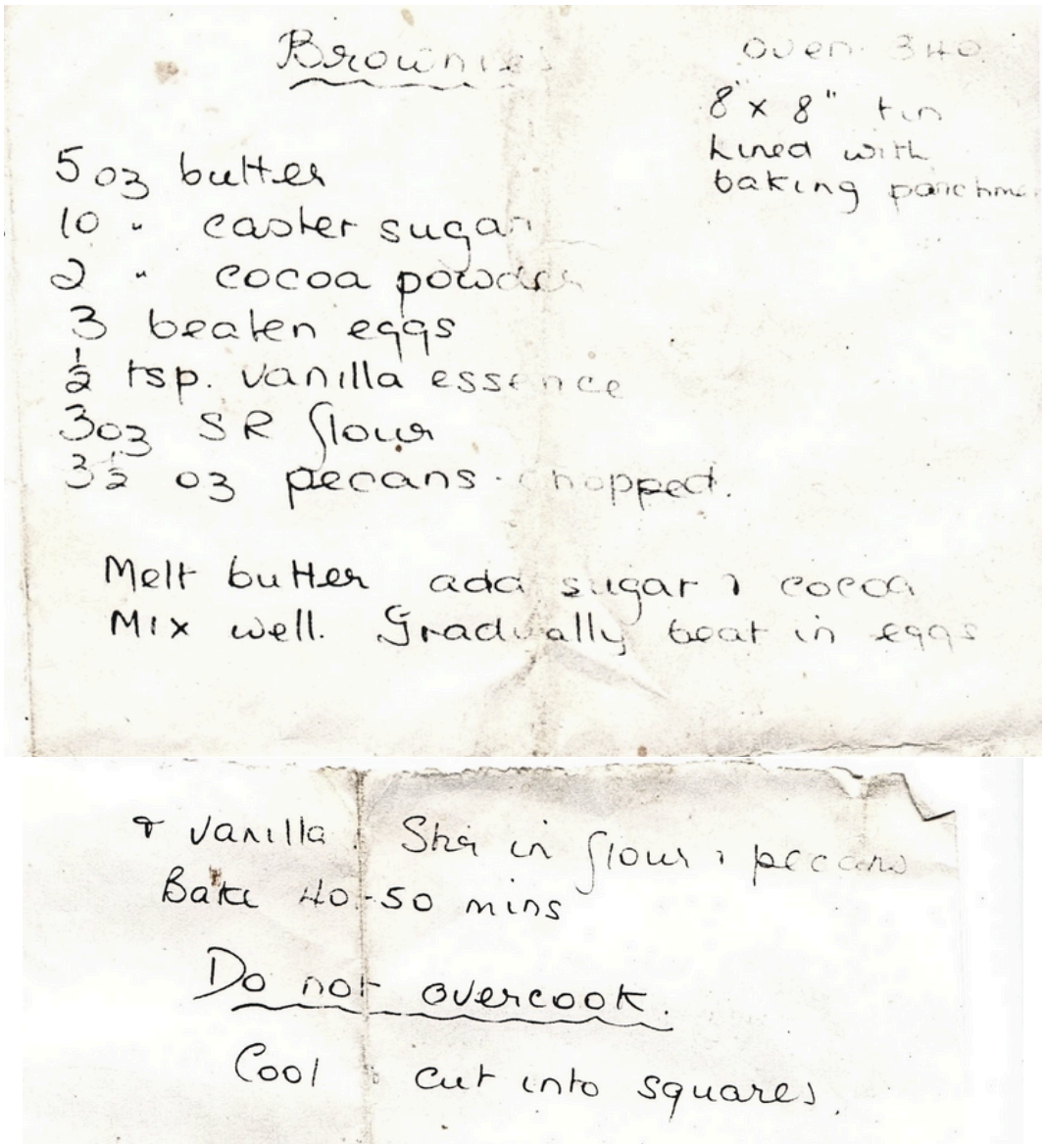
Boil a saucepan of water. Break the chocolate into [illegible]proof bowl (big

When the water boils remove from the heat and set the bowl of chocolate in the pan until the chocolate has melted. Remove the bowl and stir in the ground almonds, cream, sugar and rum or whisky. Mix to a firm paste.

Working quickly, with cool hands, roll the paste into small balls and place them on a tray in the fridge for a few hours. Just before serving, toss the truffles in the cocoa or edible pink powder until evenly coated.

Notes

BROWNIES



Brownies

Oven 340

8 x 8" tin
lined with
baking parchment

5 oz butter
10 " caster sugar
2 " cocoa powder
3 beaten eggs
½ tsp. vanilla essence
3 oz SR flour
3½ oz pecans - chopped.

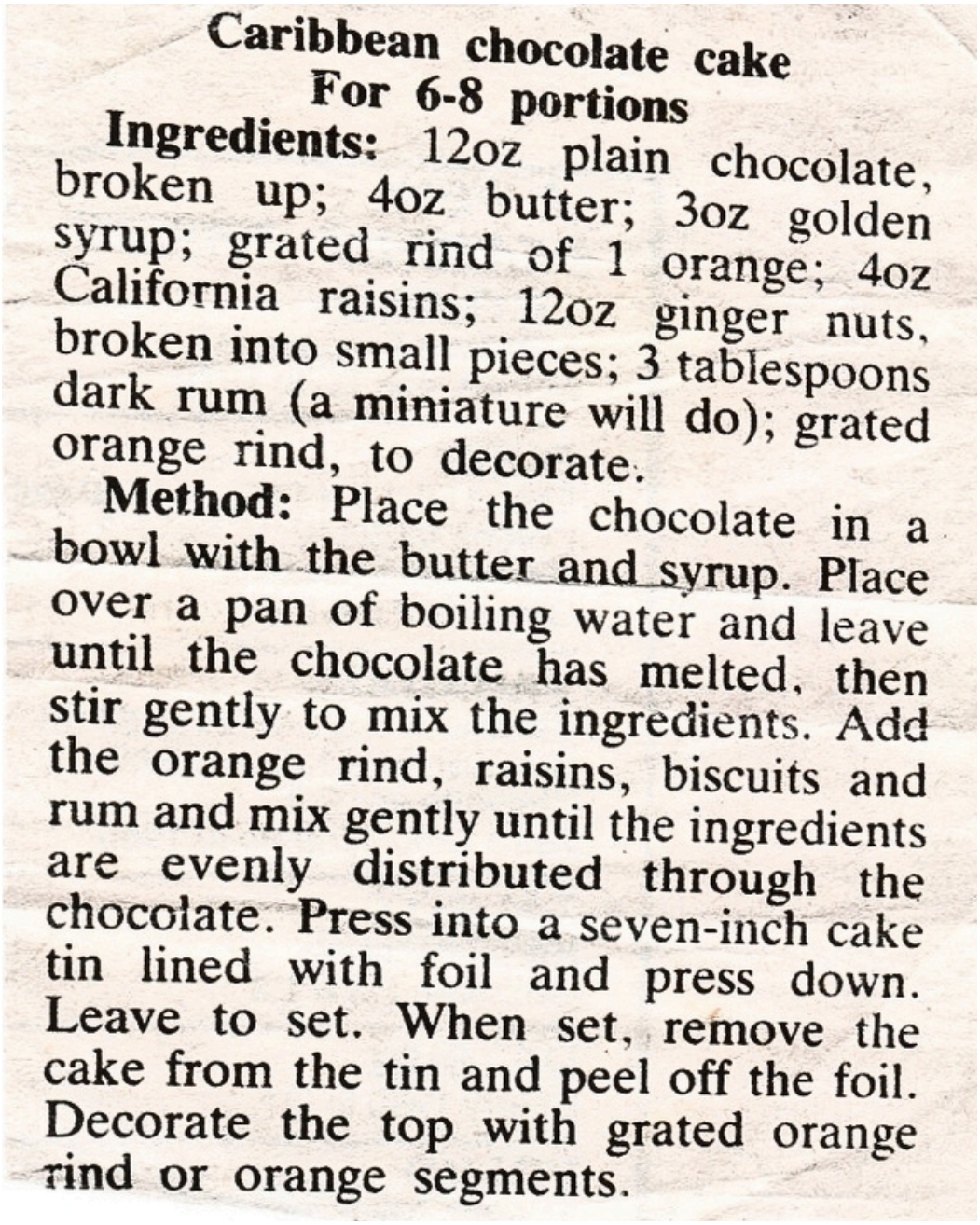
Melt butter add sugar & cocoa
Mix well. Gradually beat in eggs
& vanilla. Stir in flour & pecans
Bake 40-50 mins

Do not overcook.

Cool & cut into squares.

Notes

CARIBBEAN CHOCOLATE CAKE



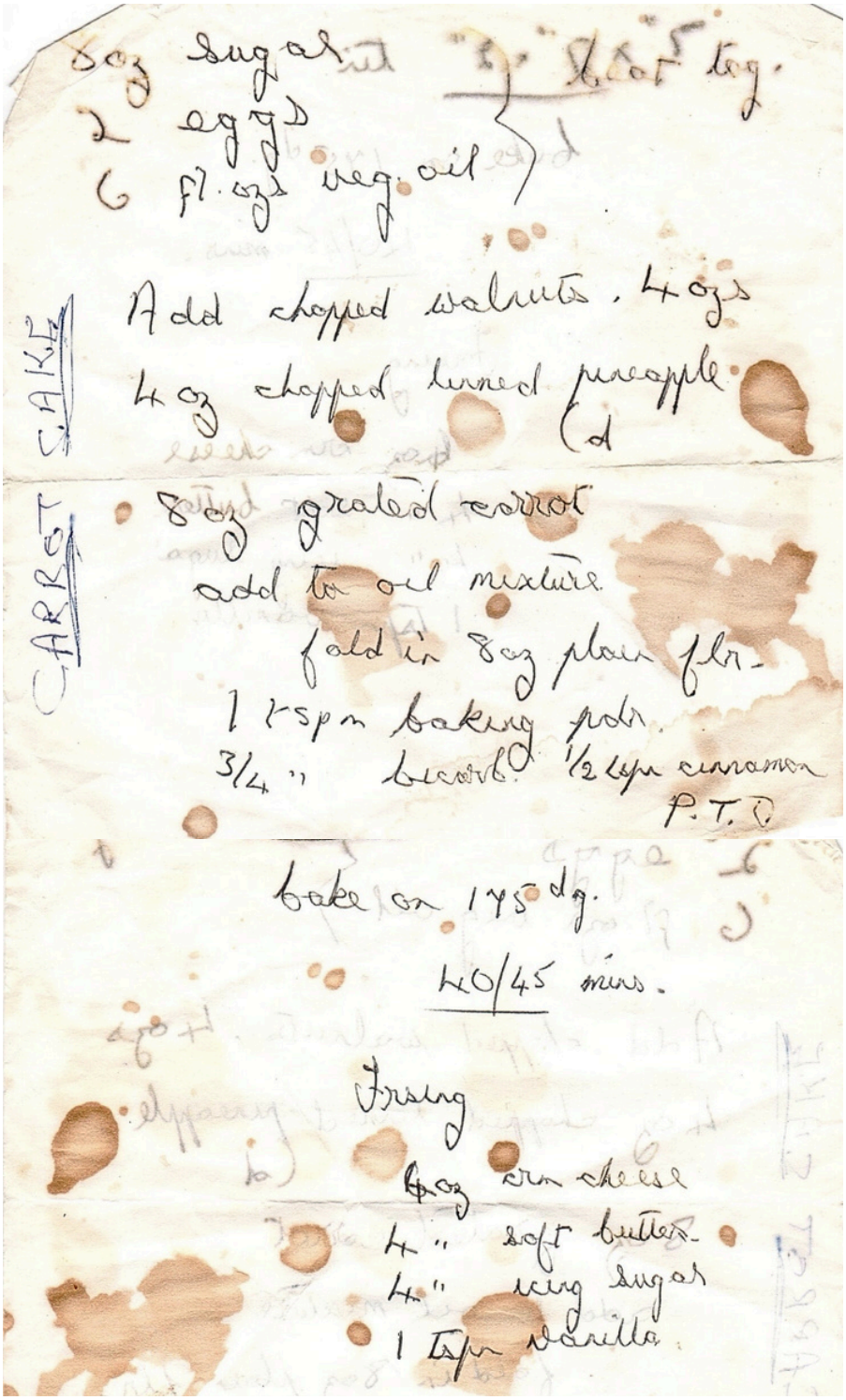
Caribbean chocolate cake
For 6-8 portions

Ingredients: 12oz plain chocolate, broken up; 4oz butter; 3oz golden syrup; grated rind of 1 orange; 4oz California raisins; 12oz ginger nuts, broken into small pieces; 3 tablespoons dark rum (a miniature will do); grated orange rind, to decorate.

Method: Place the chocolate in a bowl with the butter and syrup. Place over a pan of boiling water and leave until the chocolate has melted, then stir gently to mix the ingredients. Add the orange rind, raisins, biscuits and rum and mix gently until the ingredients are evenly distributed through the chocolate. Press into a seven-inch cake tin lined with foil and press down. Leave to set. When set, remove the cake from the tin and peel off the foil. Decorate the top with grated orange rind or orange segments.

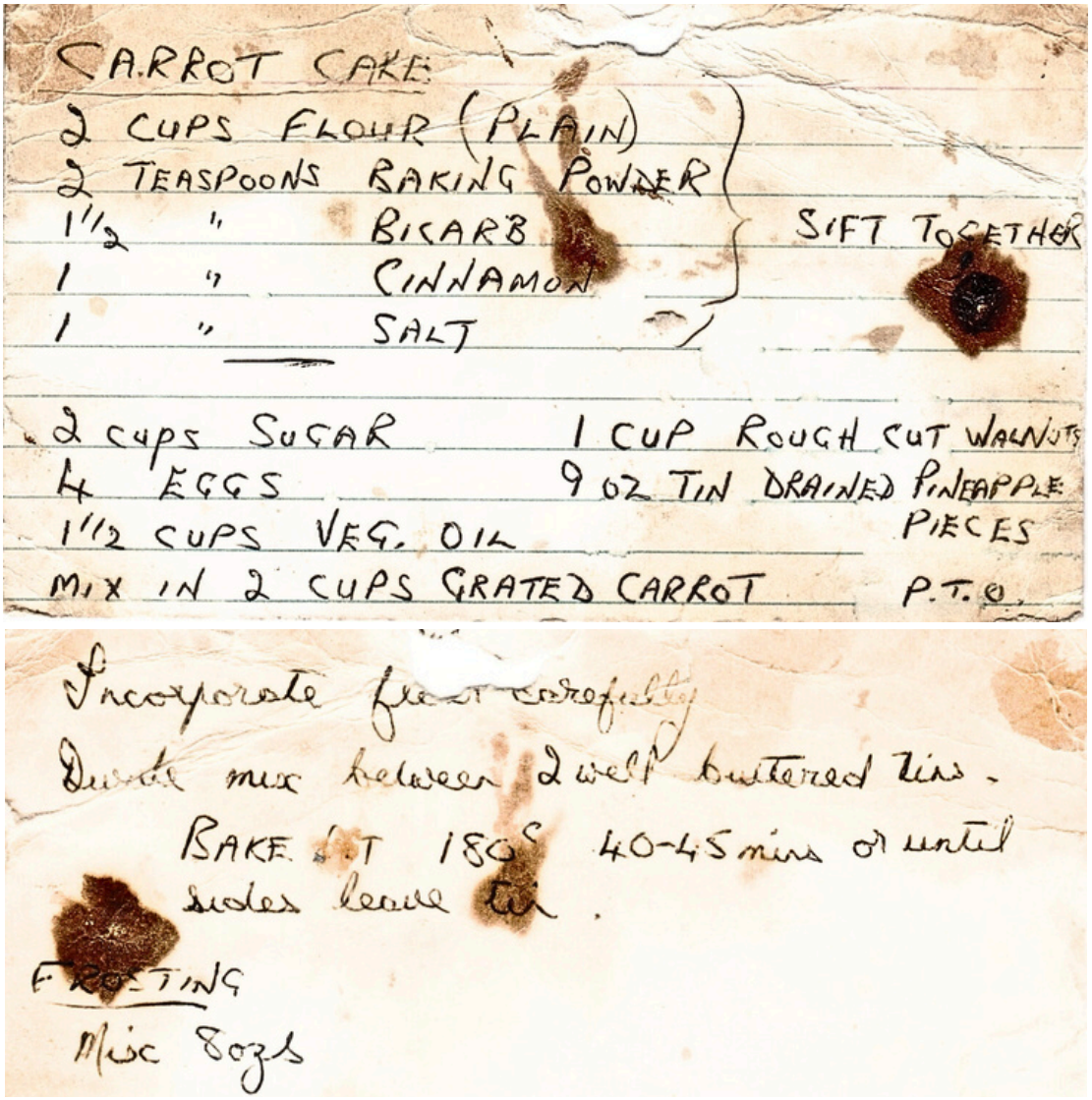
Notes

CARROT CAKE 1



Notes

CARROT CAKE 2



CARROT CAKE

2 CUPS FLOUR (PLAIN)
2 TEASPOONS BAKING POWDER
1 1/2 " BICARB
1 " CINNAMON
1 " SALT
SIFT TOGETHER

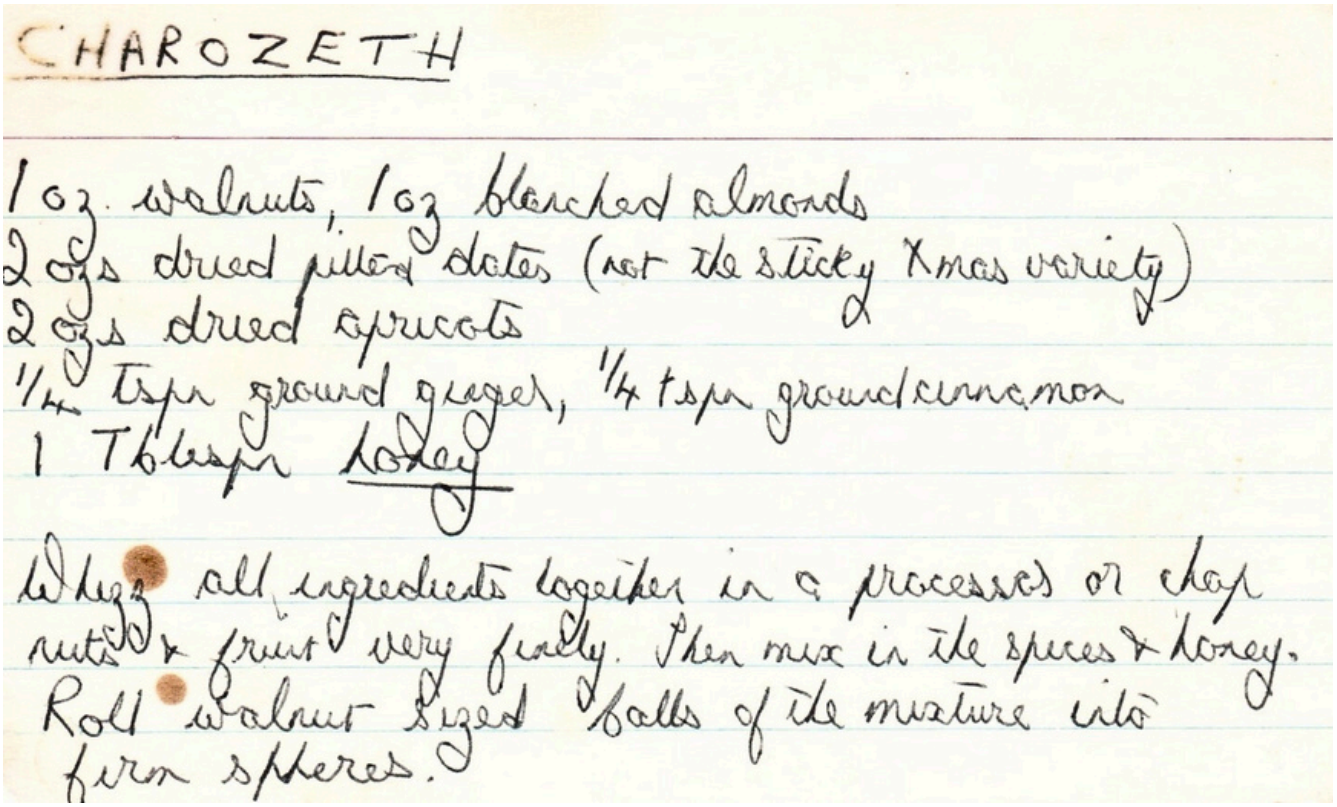
2 CUPS SUGAR
4 EGGS
1 1/2 CUPS VEG. OIL
MIX IN 2 CUPS GRATED CARROT
1 CUP ROUGH CUT WALNUTS
9 OZ TIN DRAINED PINEAPPLE PIECES
P.T.O.

Incorporate flour carefully
Divide mix between 2 well buttered tins.
BAKE AT 180° 40-45 mins or until sides leave tin.

FROSTING
Mix 80gs

Notes

CHAROZETH



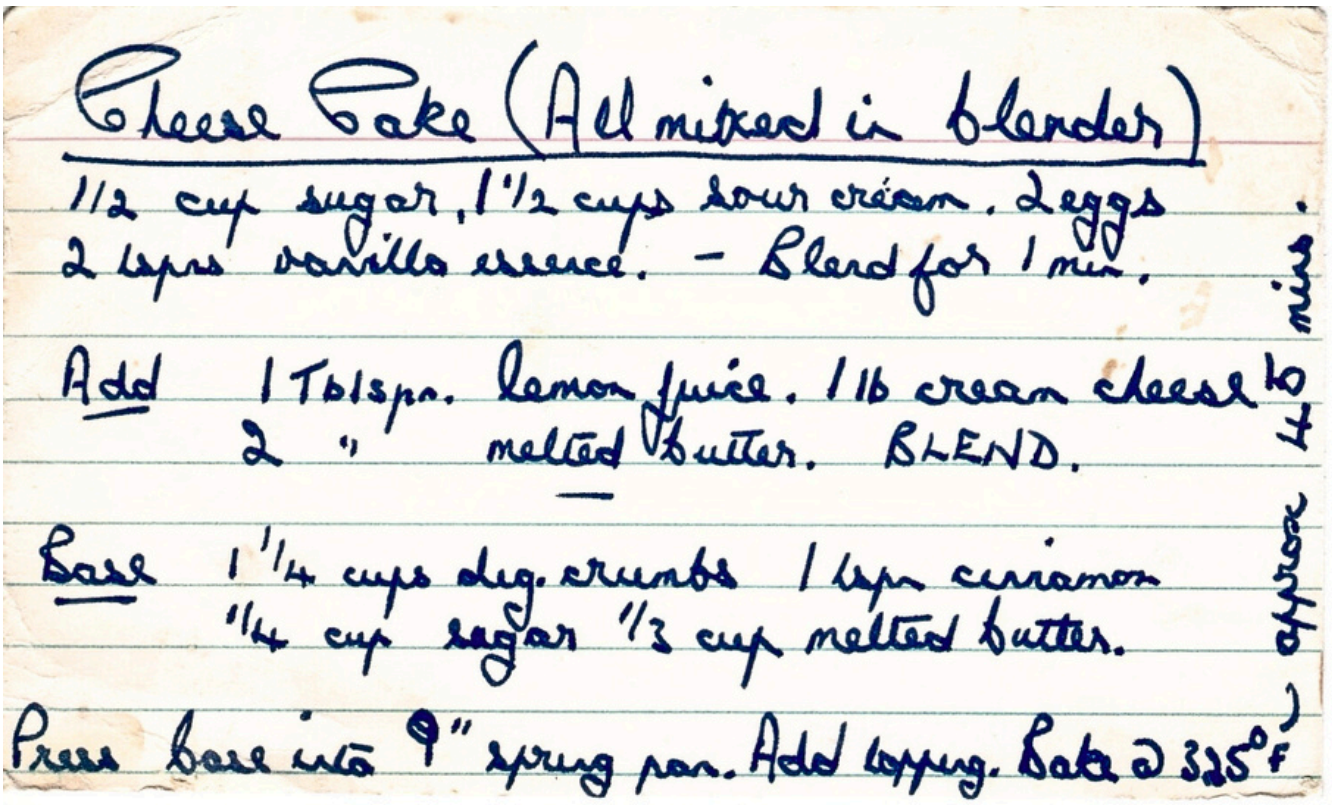
CHAROZETH

1 oz. walnuts, 1 oz blanched almonds
2 ozs dried pitted dates (not the sticky Xmas variety)
2 ozs dried apricots
1/4 tspn ground ginger, 1/4 tspn ground cinnamon
1 Tblespn honey

Whizz all ingredients together in a processor or chop nuts & fruit very finely. Then mix in the spices & honey. Roll walnut sized balls of the mixture into firm spheres.

Notes

CHEESECAKE



Cheese Cake (All mixed in blender)

1/2 cup sugar, 1 1/2 cups sour cream. 2 eggs
2 tsps vanilla essence. - Blend for 1 min.

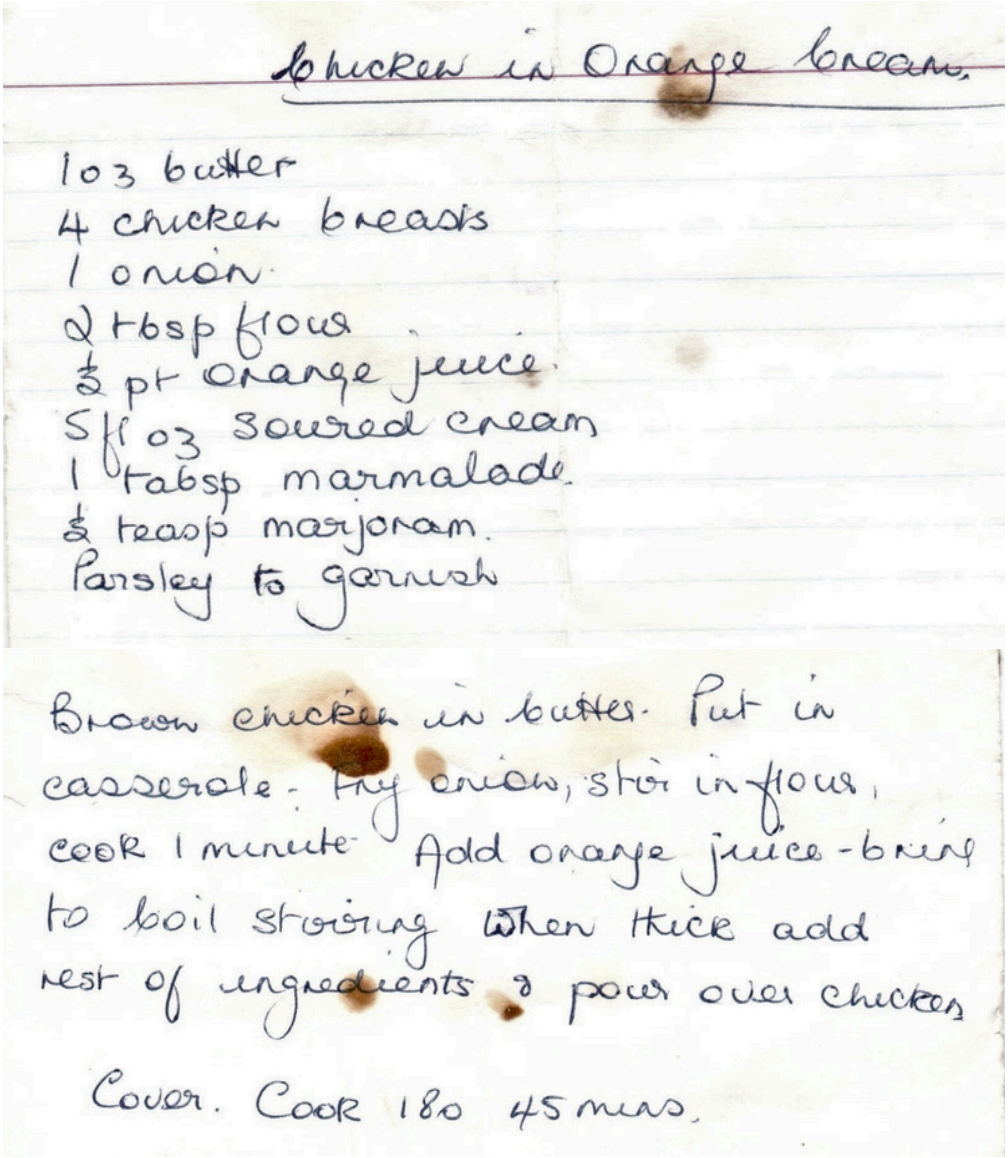
Add 1 Tblspn. lemon juice. 1 lb cream cheese
2 " melted butter. BLEND.

Base 1 1/4 cups dig. crumbs 1 tsp cinnamon
1/4 cup sugar 1/3 cup melted butter.

Press base into 9" spring pan. Add topping. Bake @ 325°F approx 40 mins.

Notes

CHICKEN IN ORANGE CREAM



Chicken in Orange Cream.

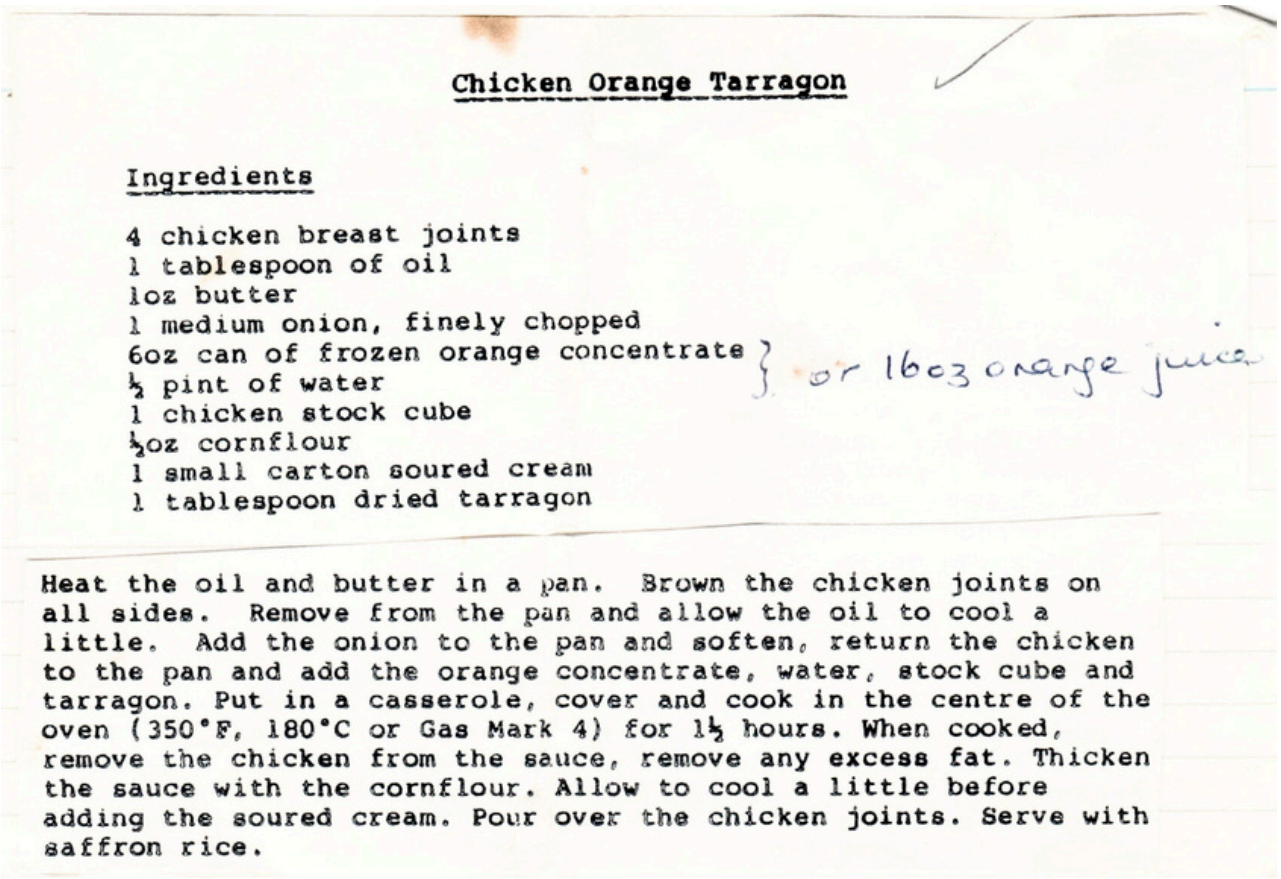
1 oz butter
4 chicken breasts
1 onion
2 tbsp flour
½ pt orange juice
5 fl oz soured cream
1 tabsp marmalade
½ teasp marjoram
Parsley to garnish

Brown chicken in butter. Put in casserole. Fry onion, stir in flour, cook 1 minute. Add orange juice - bring to boil stirring when thick add rest of ingredients & pour over chicken

Cover. Cook 180 45 mins.

Notes

CHICKEN ORANGE IN TARRAGON



Chicken Orange Tarragon

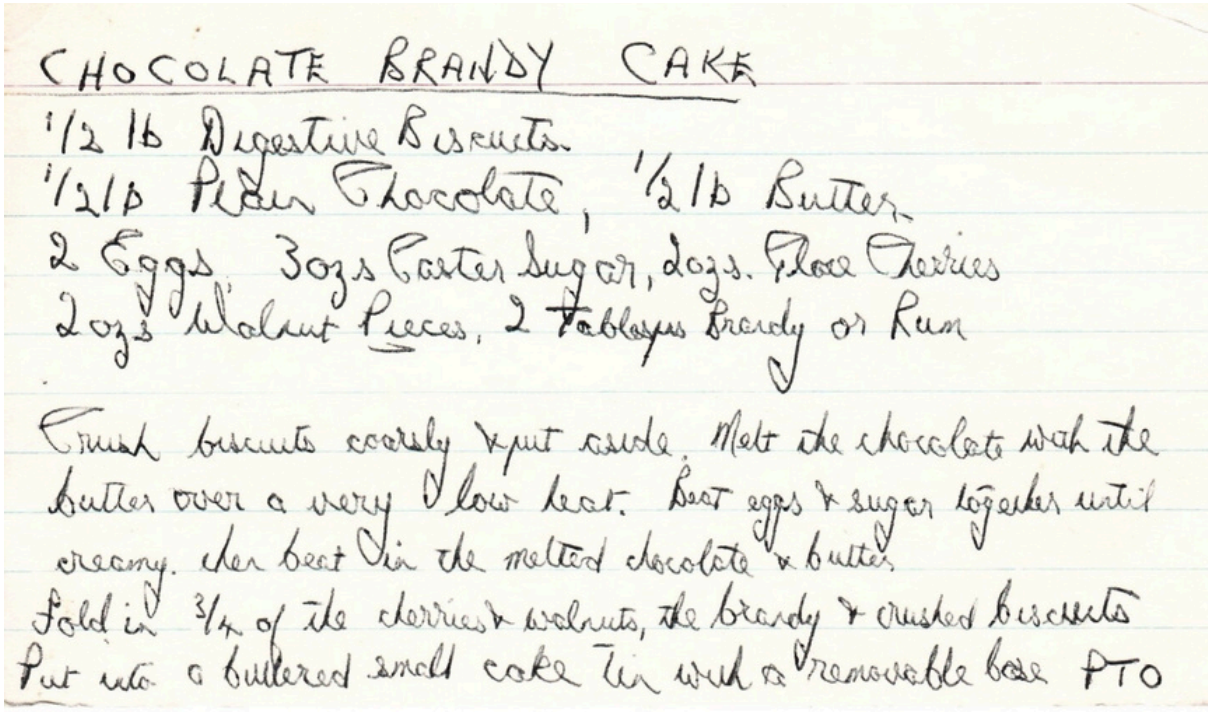
Ingredients

4 chicken breast joints
1 tablespoon of oil
1oz butter
1 medium onion, finely chopped
6oz can of frozen orange concentrate } or 16oz orange juice
½ pint of water
1 chicken stock cube
½oz cornflour
1 small carton soured cream
1 tablespoon dried tarragon

Heat the oil and butter in a pan. Brown the chicken joints on all sides. Remove from the pan and allow the oil to cool a little. Add the onion to the pan and soften, return the chicken to the pan and add the orange concentrate, water, stock cube and tarragon. Put in a casserole, cover and cook in the centre of the oven (350°F, 180°C or Gas Mark 4) for 1½ hours. When cooked, remove the chicken from the sauce, remove any excess fat. Thicken the sauce with the cornflour. Allow to cool a little before adding the soured cream. Pour over the chicken joints. Serve with saffron rice.

Notes

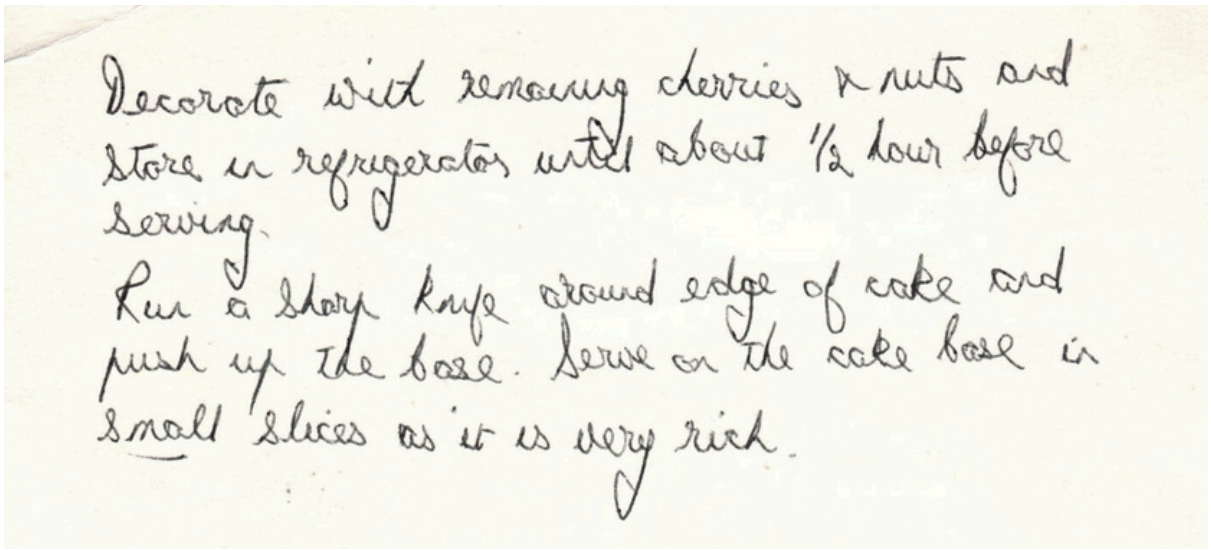
CHOCOLATE BRANDY CAKE



CHOCOLATE BRANDY CAKE

1/2 lb Digestive Biscuits.
1/2 lb Plain Chocolate, 1/2 lb Butter.
2 Eggs 3ozs Caster Sugar, 2ozs. Glace Cherries
2ozs Walnut Pieces, 2 Tablespns Brandy or Rum

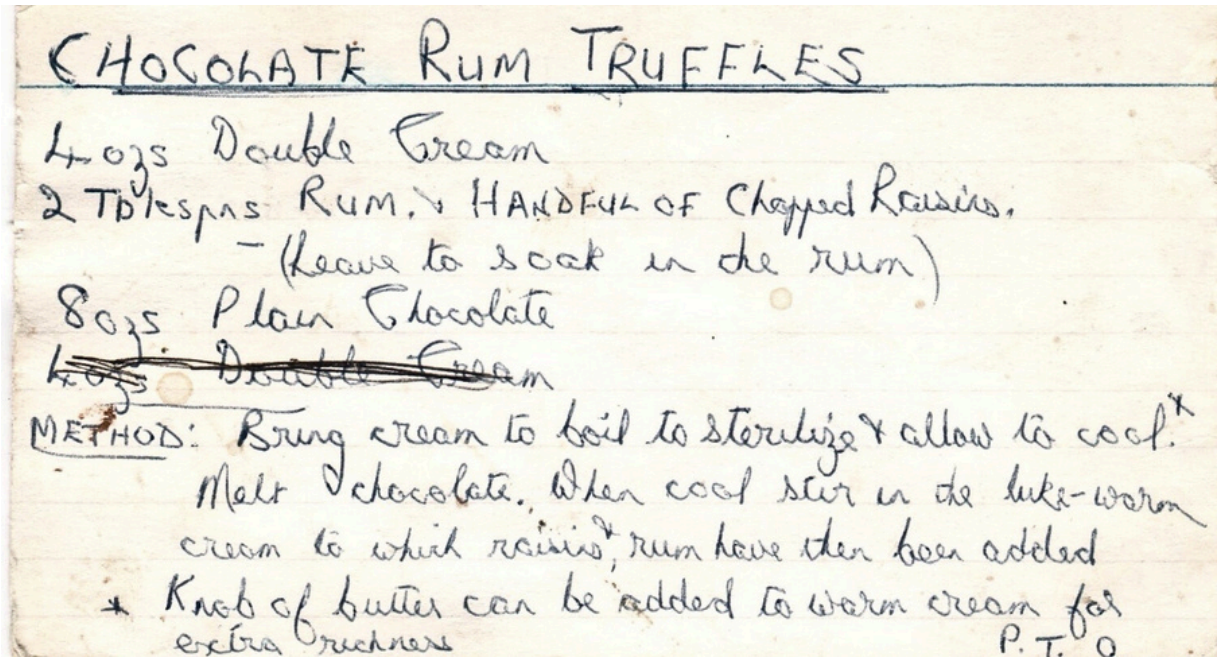
Crush biscuits coarsely & put aside. Melt the chocolate with the butter over a very low heat. Beat eggs & sugar together until creamy. Then beat in the melted chocolate & butter.
Fold in 3/4 of the cherries & walnuts, the brandy & crushed biscuits
Put into a buttered small cake tin with a removable base PTO



Decorate with remaing cherries & nuts and store in refrigerator until about 1/2 hour before serving.
Run a sharp knife around edge of cake and push up the base. Serve on the cake base in small slices as it is very rich.

Notes

CHOCOLATE RUM TRUFFLES

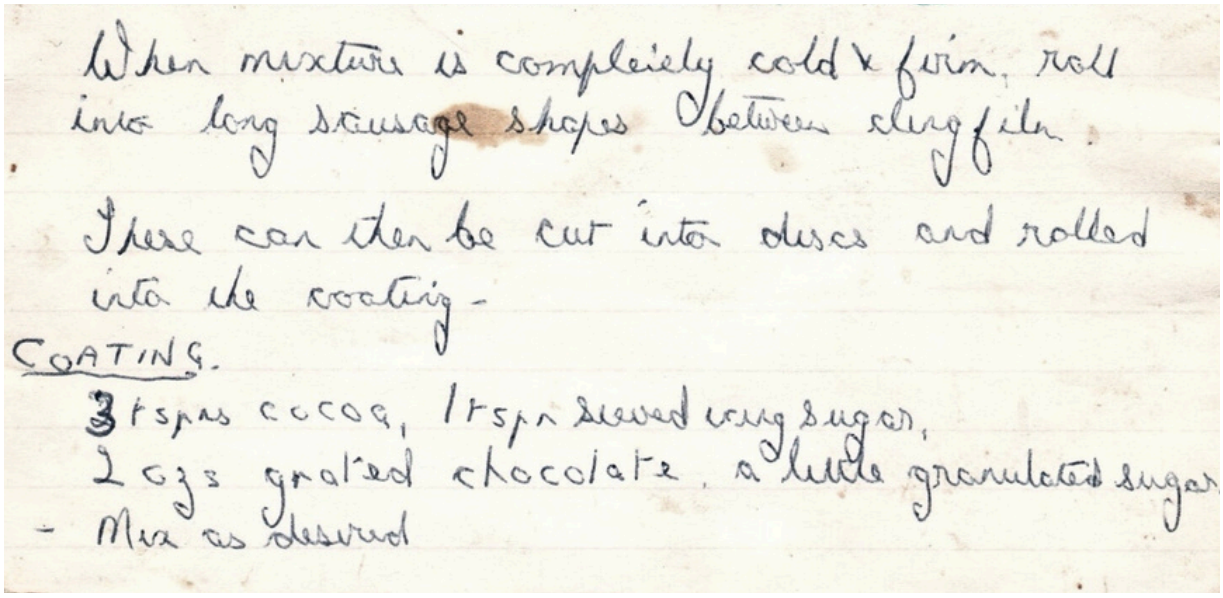


CHOCOLATE RUM TRUFFLES

4 ozs Double Cream
2 Tablespns Rum. & HANDFUL OF Chopped Raisins.
– (Leave to soak in the rum)
8 ozs Plain Chocolate
~~4 ozs Double Cream~~

METHOD: Bring cream to boil to sterilize & allow to cool.*
Melt chocolate. When cool stir in the luke-warm cream to which raisins, rum have then been added
* Knob of butter can be added to warm cream for extra richness

P.T.O



When mixture is completely cold & firm, roll into long sausage shapes between cling film.

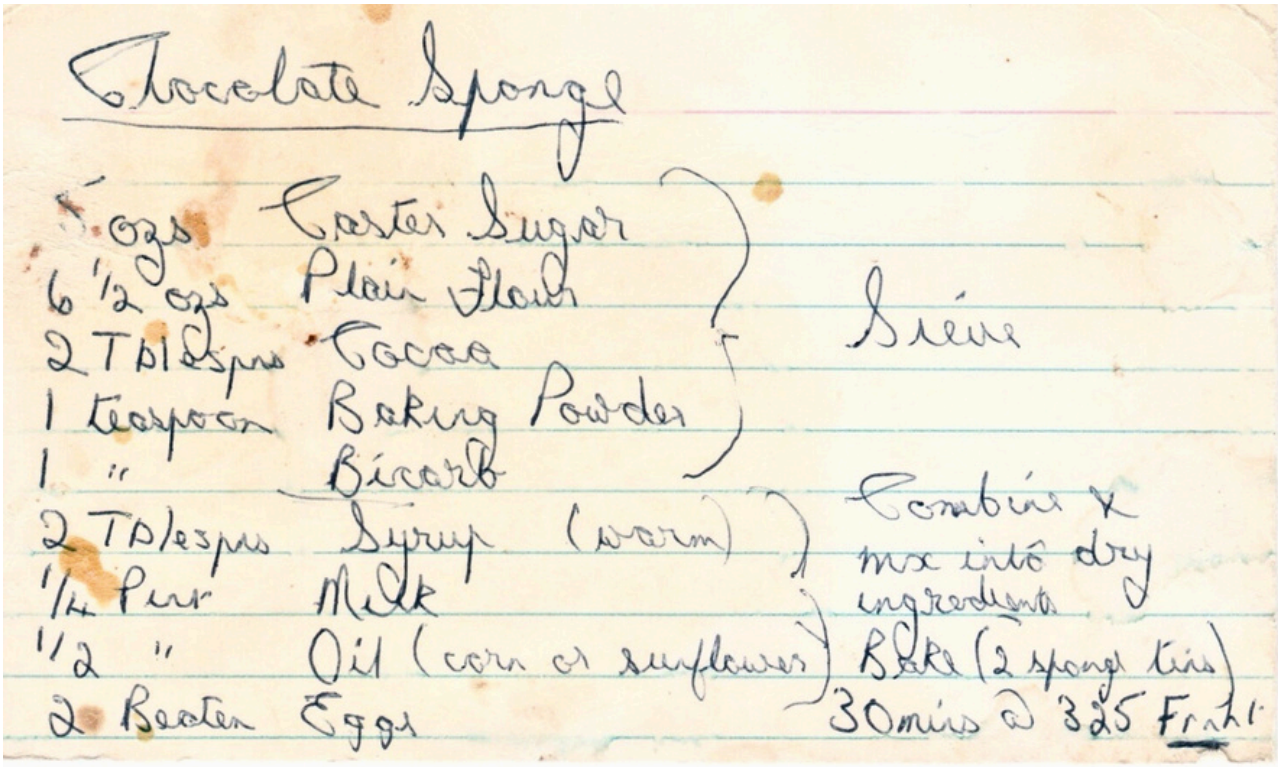
These can then be cut into discs and rolled into the coating –

COATING.

3 tspns cocoa, 1 tspn sieved icing sugar,
2 ozs grated chocolate, a little granulated sugar
– Mix as desired

Notes

CHOCOLATE SPONGE



Chocolate Sponge

4 ozs Caster Sugar
6 ½ ozs Plain Flour
2 Tbl Spns Cocoa
1 teaspoon Baking Powder
1 " Bicarb
2 Tblespns Syrup (warm)
¼ Pint Milk
½ " Oil (corn or sunflower)
2 Beaten Eggs

Cream

Combine & mix into dry ingredients
Bake (2 sponge tins)
30 mins @ 325 Fahr.

Notes

COCONUT & CHERRY CHOCOLATE FINGERS

COCONUT, DARK CHOCOLATE & CHERRY FINGERS

If you like Bounty bars, these will make you very happy. I find them ridiculously addictive.

Makes 16

- 200g (7oz) desiccated coconut
- 85g (3oz) caster sugar
- 150g (5½oz) dark chocolate chips
- 85g (3oz) glacé cherries, halved
- 2 eggs, beaten
- 150g (5½oz) dark chocolate, broken into pieces

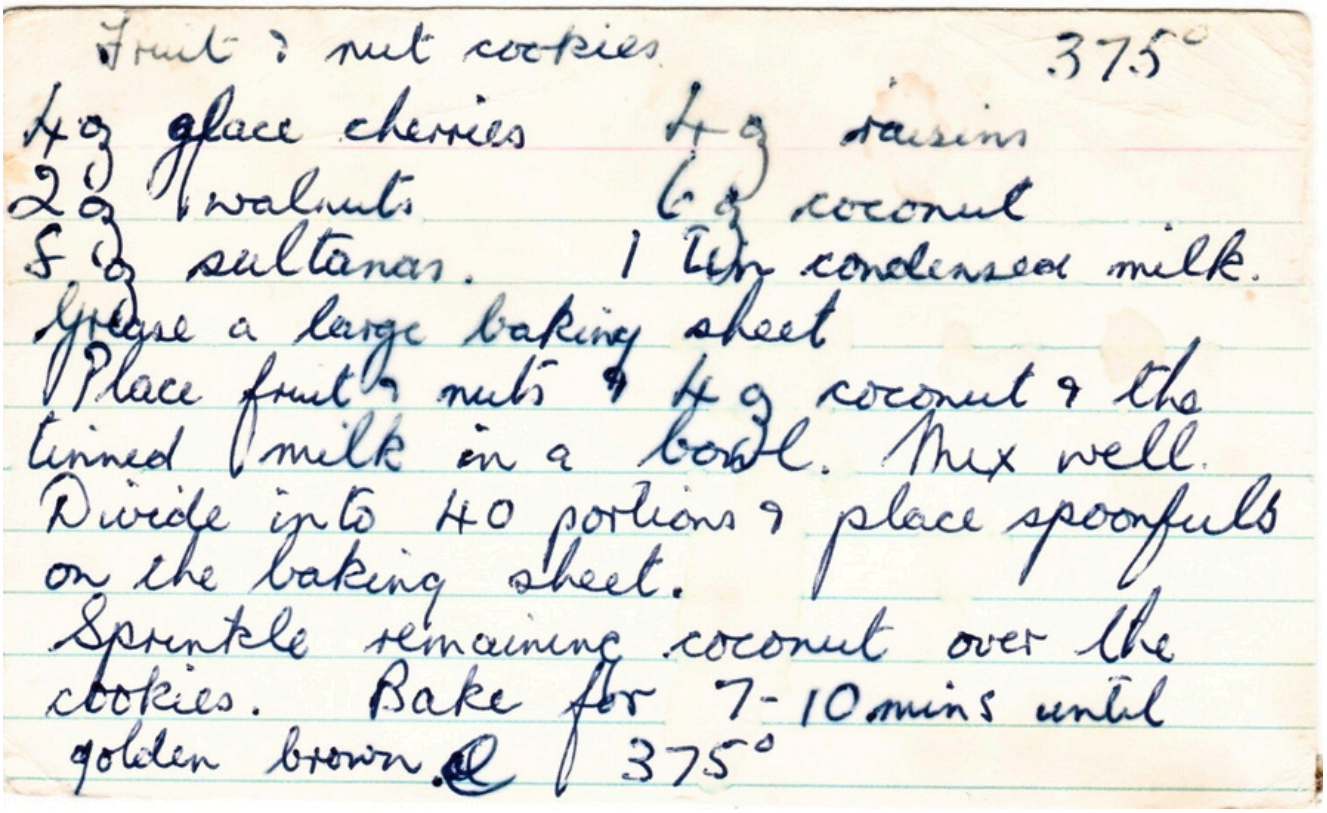
Preheat the oven to 180°C/fan 160°C/gas 4. Line a 30cm x 20cm (12in x 8in) brownie tin with baking parchment. **Combine** the coconut, sugar, chocolate chips and glacé cherries in a bowl until everything is evenly distributed, then **mix** in the eggs until you have a gooey paste.

Spoon the mixture into the tin and spread evenly with a wooden spoon, packing it down firmly. Bake for 20 minutes, until golden brown and set. Meanwhile, **melt** the chocolate pieces in a small glass bowl over a pan of simmering water. When the coconut mixture is baked, pour the melted chocolate over the top and spread it evenly across the mixture.

Leave to cool in the tin, then cut into fingers with a sharp knife and refrigerate until really well set. Store in an airtight container at room temperature, or in the fridge.

Notes

FRUIT AND NUT COOKIES



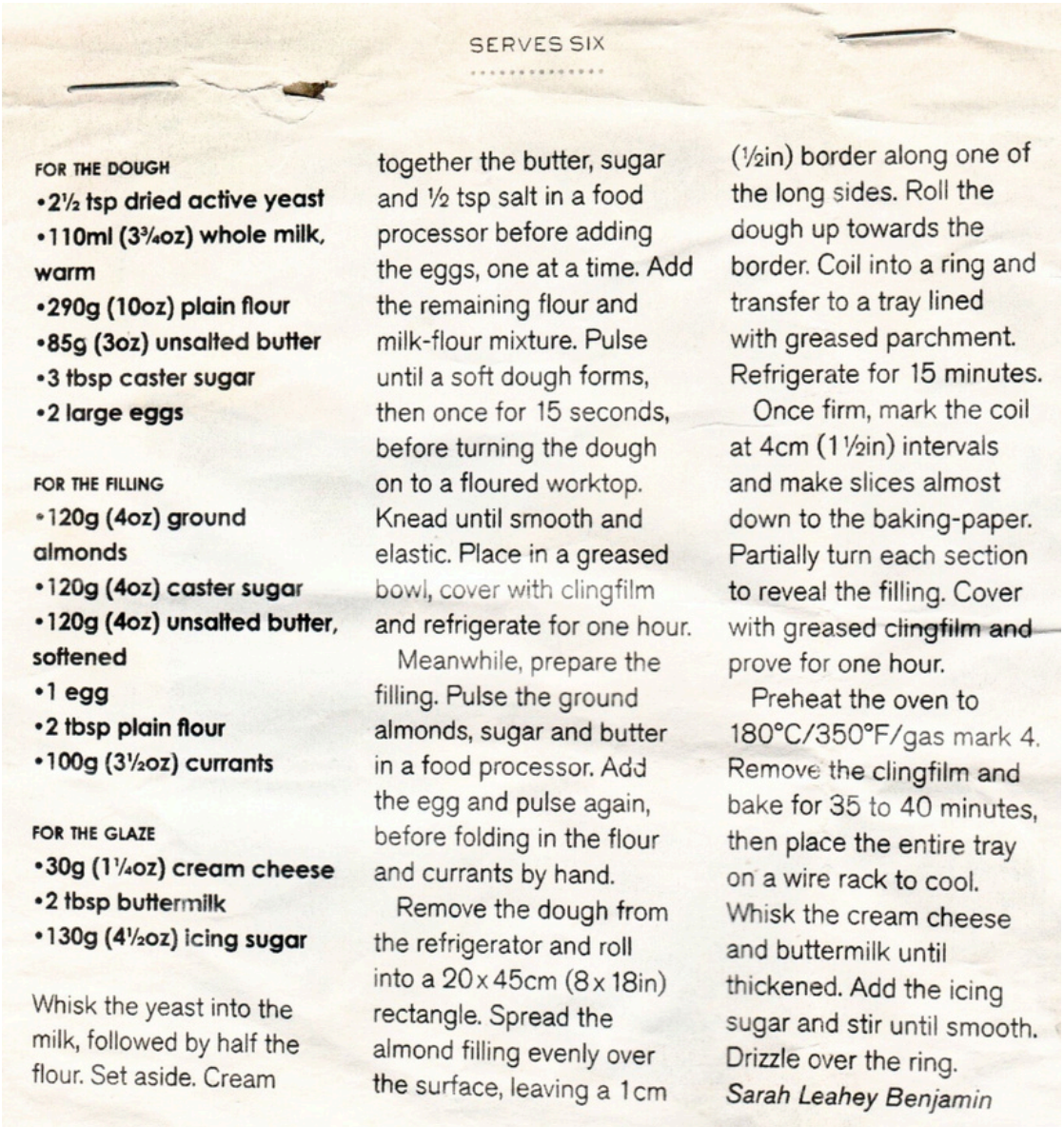
Fruit & nut cookies 375°

4 oz glace cherries 4 oz raisins
2 oz walnuts 6 oz coconut
5 oz sultanas. 1 tin condensed milk.

Grease a large baking sheet
Place fruit & nuts & 4 oz coconut & the tinned milk in a bowl. Mix well.
Divide into 40 portions & place spoonfuls on the baking sheet.
Sprinkle remaining coconut over the cookies. Bake for 7-10 mins until golden brown. @ 375°

Notes

FRUITED BRIOCHE



SERVES SIX

FOR THE DOUGH
- 2½ tsp dried active yeast
- 110ml (3¾oz) whole milk, warm
- 290g (10oz) plain flour
- 85g (3oz) unsalted butter
- 3 tbsp caster sugar
- 2 large eggs

FOR THE FILLING
- 120g (4oz) ground almonds
- 120g (4oz) caster sugar
- 120g (4oz) unsalted butter, softened
- 1 egg
- 2 tbsp plain flour
- 100g (3½oz) currants

FOR THE GLAZE
- 30g (1¼oz) cream cheese
- 2 tbsp buttermilk
- 130g (4½oz) icing sugar

Whisk the yeast into the milk, followed by half the flour. Set aside. Cream together the butter, sugar and ½ tsp salt in a food processor before adding the eggs, one at a time. Add the remaining flour and milk-flour mixture. Pulse until a soft dough forms, then once for 15 seconds, before turning the dough on to a floured worktop. Knead until smooth and elastic. Place in a greased bowl, cover with clingfilm and refrigerate for one hour.

Meanwhile, prepare the filling. Pulse the ground almonds, sugar and butter in a food processor. Add the egg and pulse again, before folding in the flour and currants by hand.

Remove the dough from the refrigerator and roll into a 20x45cm (8x18in) rectangle. Spread the almond filling evenly over the surface, leaving a 1cm (½in) border along one of the long sides. Roll the dough up towards the border. Coil into a ring and transfer to a tray lined with greased parchment. Refrigerate for 15 minutes.

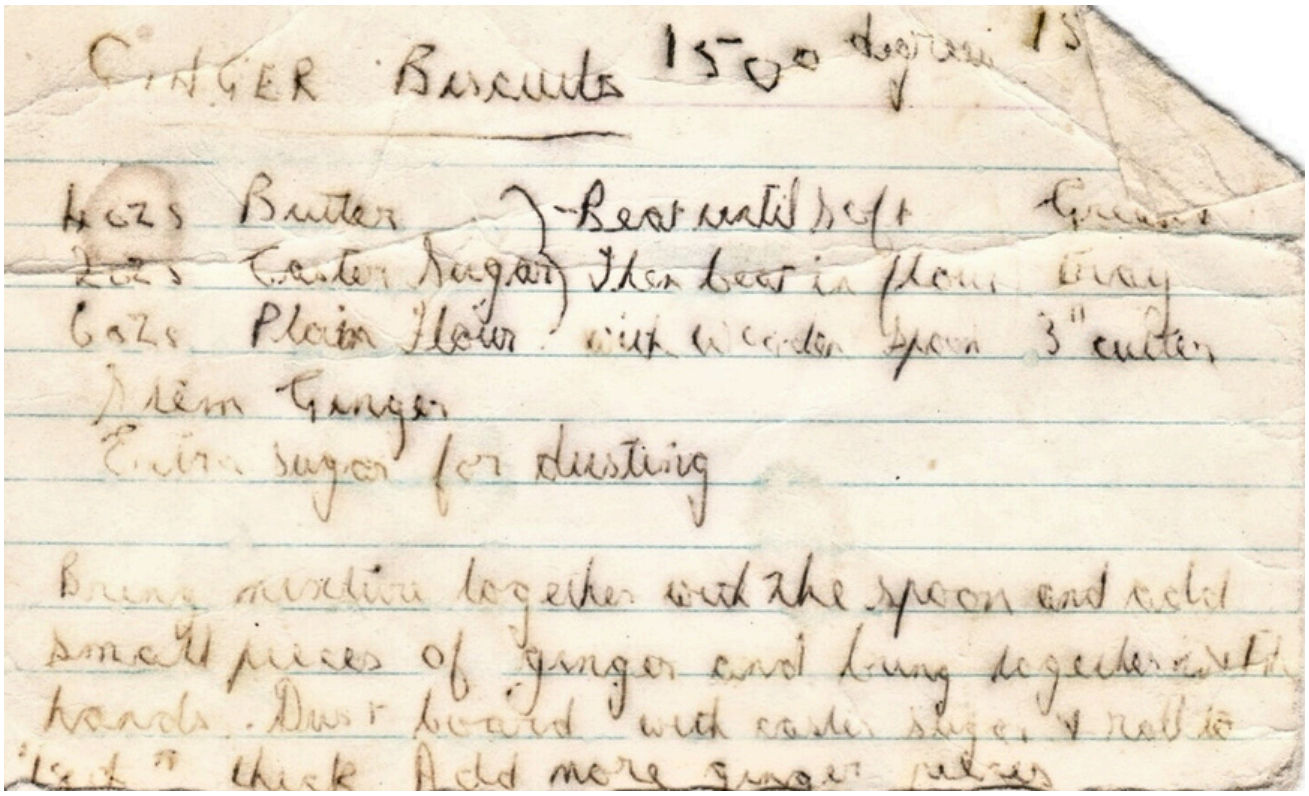
Once firm, mark the coil at 4cm (1½in) intervals and make slices almost down to the baking-paper. Partially turn each section to reveal the filling. Cover with greased clingfilm and prove for one hour.

Preheat the oven to 180°C/350°F/gas mark 4. Remove the clingfilm and bake for 35 to 40 minutes, then place the entire tray on a wire rack to cool. Whisk the cream cheese and buttermilk until thickened. Add the icing sugar and stir until smooth. Drizzle over the ring.

Sarah Leahey Benjamin

Notes

GINGER BISCUITS

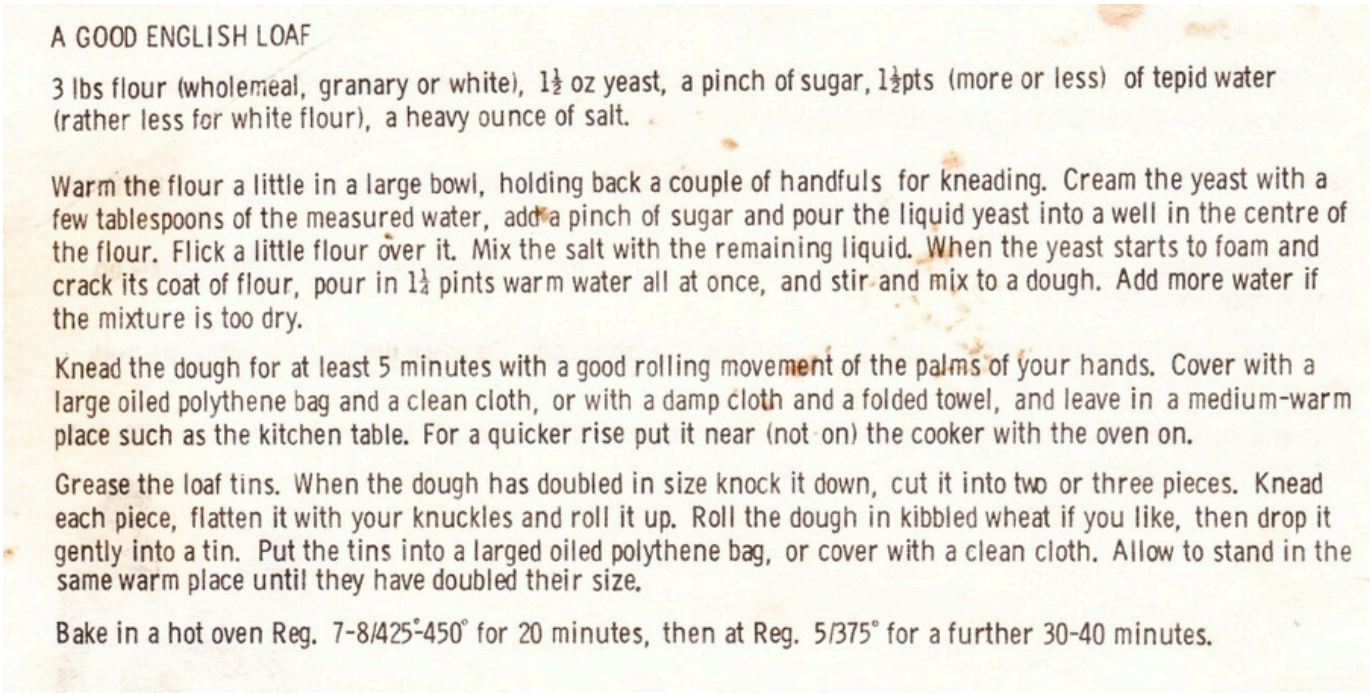

GINGER Biscuits 150° degrees 15

4 ozs Butter } Beat until soft Cream
2 ozs Caster Sugar } Then beat in flour Bray
6 ozs Plain Flour with wooden spoon 3" cutter
1 tsp Ginger
Extra sugar for dusting

Bring mixture together with the spoon and add small pieces of ginger and bring together with hands. Dust board with caster sugar & roll to ¼" thick Add more ginger pieces

Notes

GOOD ENGLISH LOAF



A GOOD ENGLISH LOAF

3 lbs flour (wholemeal, granary or white), 1½ oz yeast, a pinch of sugar, 1½pts (more or less) of tepid water (rather less for white flour), a heavy ounce of salt.

Warm the flour a little in a large bowl, holding back a couple of handfuls for kneading. Cream the yeast with a few tablespoons of the measured water, add a pinch of sugar and pour the liquid yeast into a well in the centre of the flour. Flick a little flour over it. Mix the salt with the remaining liquid. When the yeast starts to foam and crack its coat of flour, pour in 1¼ pints warm water all at once, and stir and mix to a dough. Add more water if the mixture is too dry.

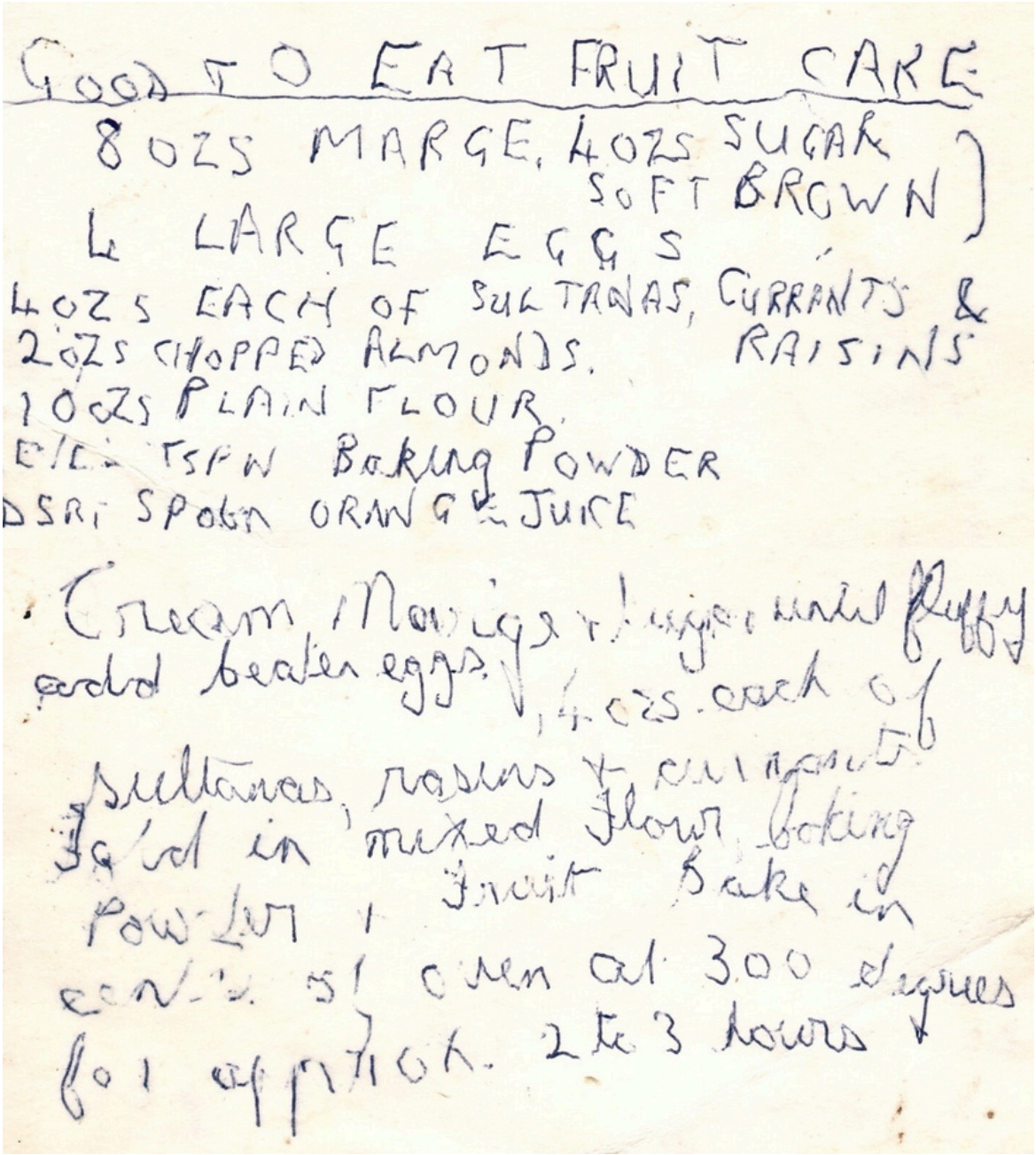
Knead the dough for at least 5 minutes with a good rolling movement of the palms of your hands. Cover with a large oiled polythene bag and a clean cloth, or with a damp cloth and a folded towel, and leave in a medium-warm place such as the kitchen table. For a quicker rise put it near (not on) the cooker with the oven on.

Grease the loaf tins. When the dough has doubled in size knock it down, cut it into two or three pieces. Knead each piece, flatten it with your knuckles and roll it up. Roll the dough in kibbled wheat if you like, then drop it gently into a tin. Put the tins into a larged oiled polythene bag, or cover with a clean cloth. Allow to stand in the same warm place until they have doubled their size.

Bake in a hot oven Reg. 7-8/425°-450° for 20 minutes, then at Reg. 5/375° for a further 30-40 minutes.

Notes

GOOD TO EAT FRUITCAKE



GOOD TO EAT FRUIT CAKE

8 OZS MARGE, 4 OZS SUGAR SOFT BROWN

4 LARGE EGGS

4 OZS EACH OF SULTANAS, CURRANTS & RAISINS

2 OZS CHOPPED ALMONDS.

10 OZS PLAIN FLOUR.

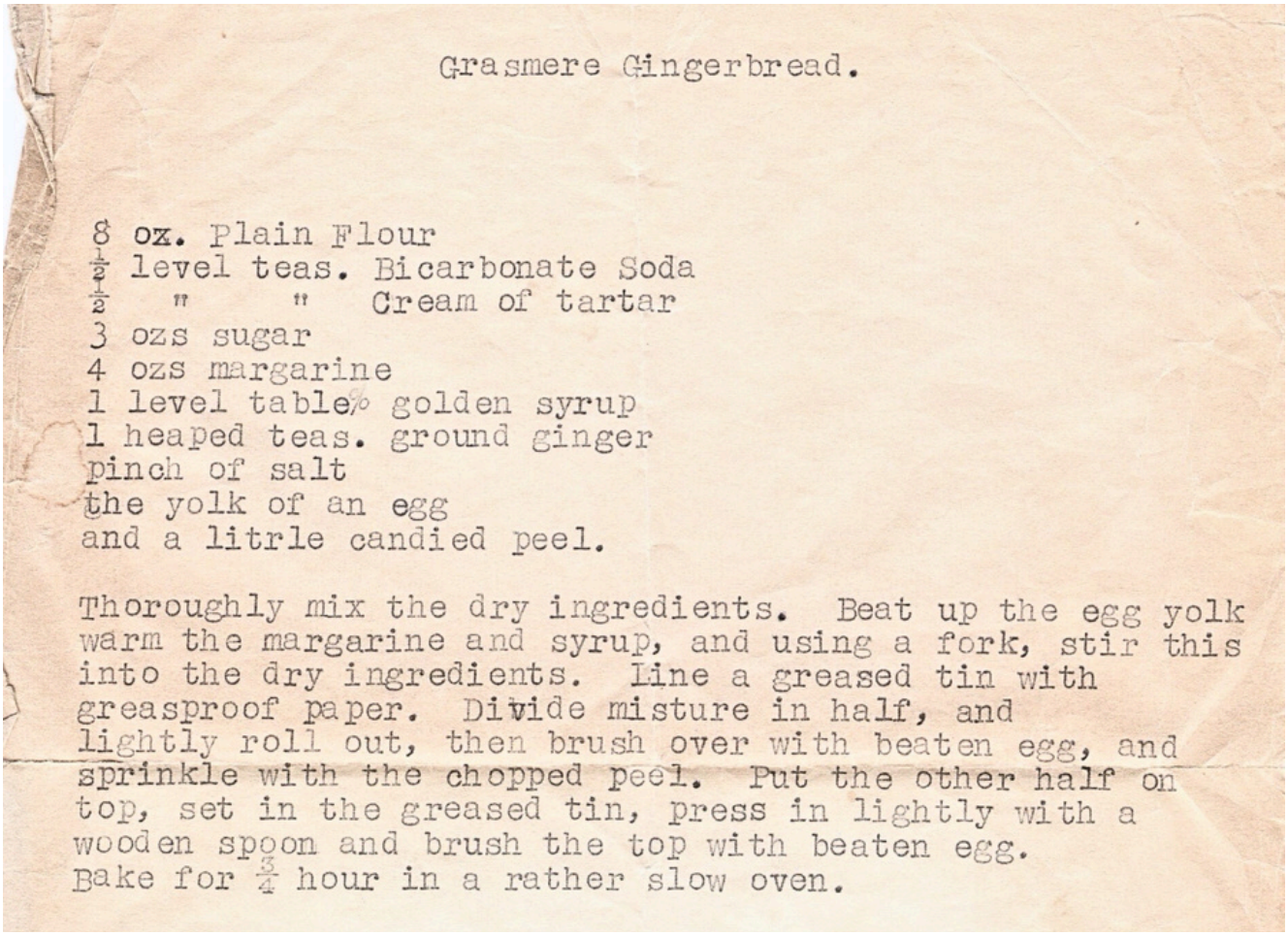
1/2 TSPN BAKING POWDER

DSRT SPOON ORANGE JUICE

Cream Margarine, sugar until fluffy add beaten eggs. Fold in mixed flour, baking powder & fruit. Bake in cake tin in oven at 300 degrees for approx. 2 to 3 hours

Notes

GRASMERE GINGERBREAD



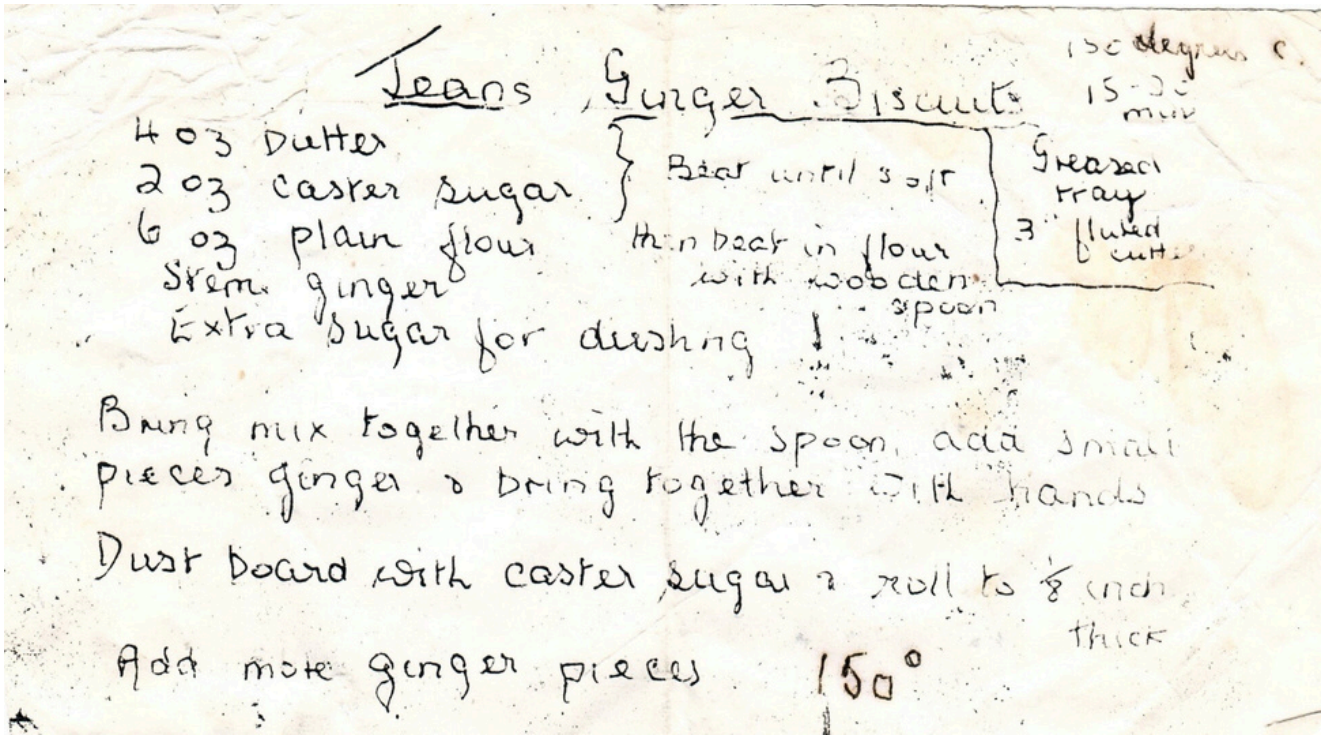
Grasmere Gingerbread.

8 oz. Plain Flour
½ level teas. Bicarbonate Soda
½ " " Cream of tartar
3 ozs sugar
4 ozs margarine
1 level table% golden syrup
1 heaped teas. ground ginger
pinch of salt
the yolk of an egg
and a litrle candied peel.

Thoroughly mix the dry ingredients. Beat up the egg yolk warm the margarine and syrup, and using a fork, stir this into the dry ingredients. Line a greased tin with greasproof paper. Divide misture in half, and lightly roll out, then brush over with beaten egg, and sprinkle with the chopped peel. Put the other half on top, set in the greased tin, press in lightly with a wooden spoon and brush the top with beaten egg. Bake for ¾ hour in a rather slow oven.

Notes

JEAN'S GINGER BISCUITS


Jeans Ginger Biscuits

150 degrees C.

15-20 min

4 oz Butter
2 oz caster sugar
6 oz plain flour
Stem ginger
Extra sugar for dusting

Beat until soft

Then beat in flour with wooden spoon

Greased tray

3" fluted cutter

Bring mix together with the spoon, add small pieces ginger & bring together with hands

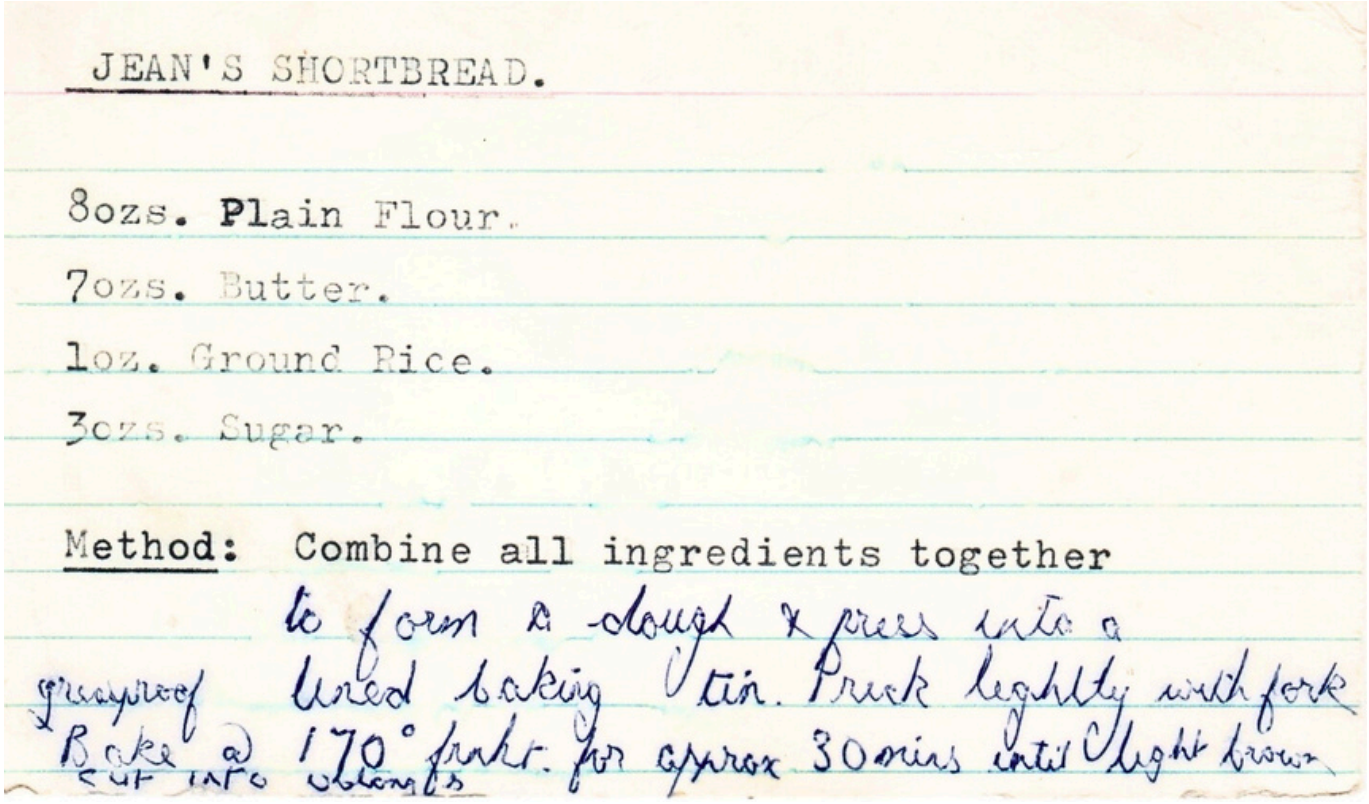
Dust board with caster sugar & roll to ⅛ inch thick

Add more ginger pieces

150°

Notes

JEAN'S SHORTBREAD



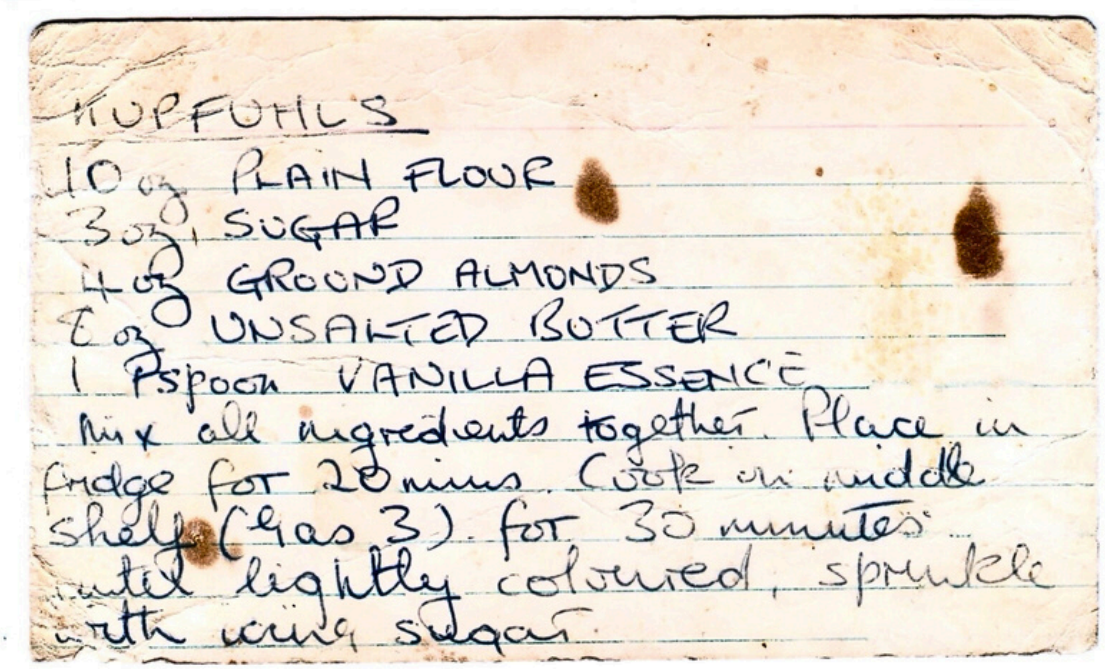
JEAN'S SHORTBREAD.

8ozs. Plain Flour.
7ozs. Butter.
1oz. Ground Rice.
3ozs. Sugar.

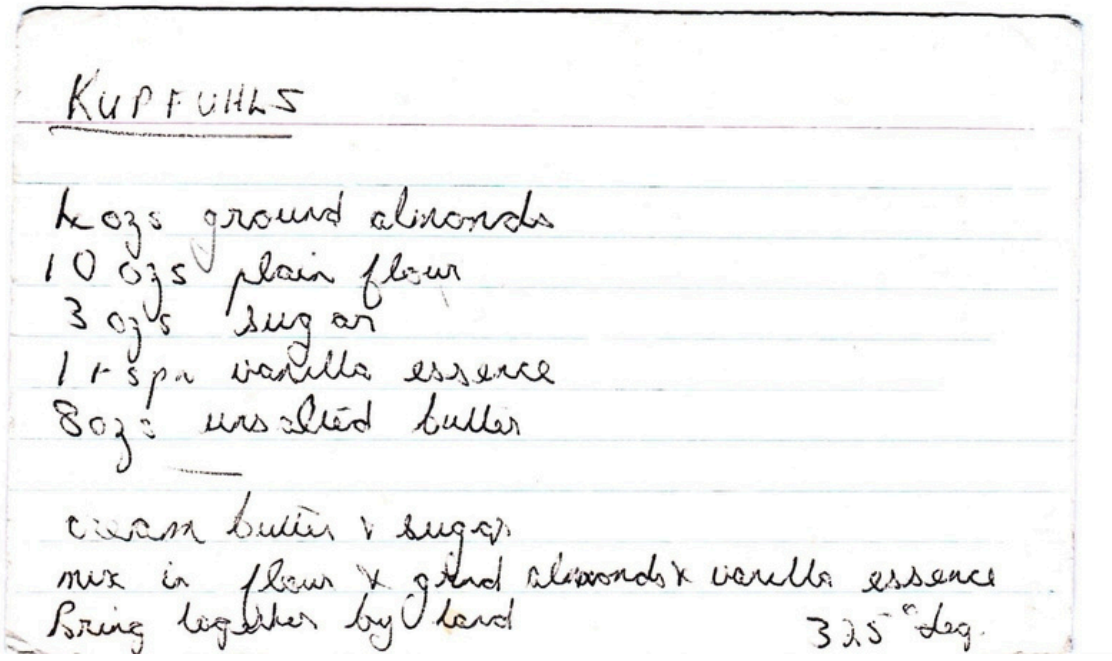
Method: Combine all ingredients together to form a dough & press into a greased & lined baking tin. Prick lightly with fork. Bake @ 170° fahr. for approx 30 mins until slight brown. CUT INTO oblongs

Notes

KUPFUHLS



KUPFUHLS
10 oz PLAIN FLOUR
3 oz SUGAR
4 oz GROUND ALMONDS
8 oz UNSALTED BUTTER
1 Tspoon VANILLA ESSENCE
Mix all ingredients together. Place in fridge for 20 mins. Cook on middle shelf (Gas 3). for 30 minutes ... until lightly coloured, sprinkle with icing sugar.



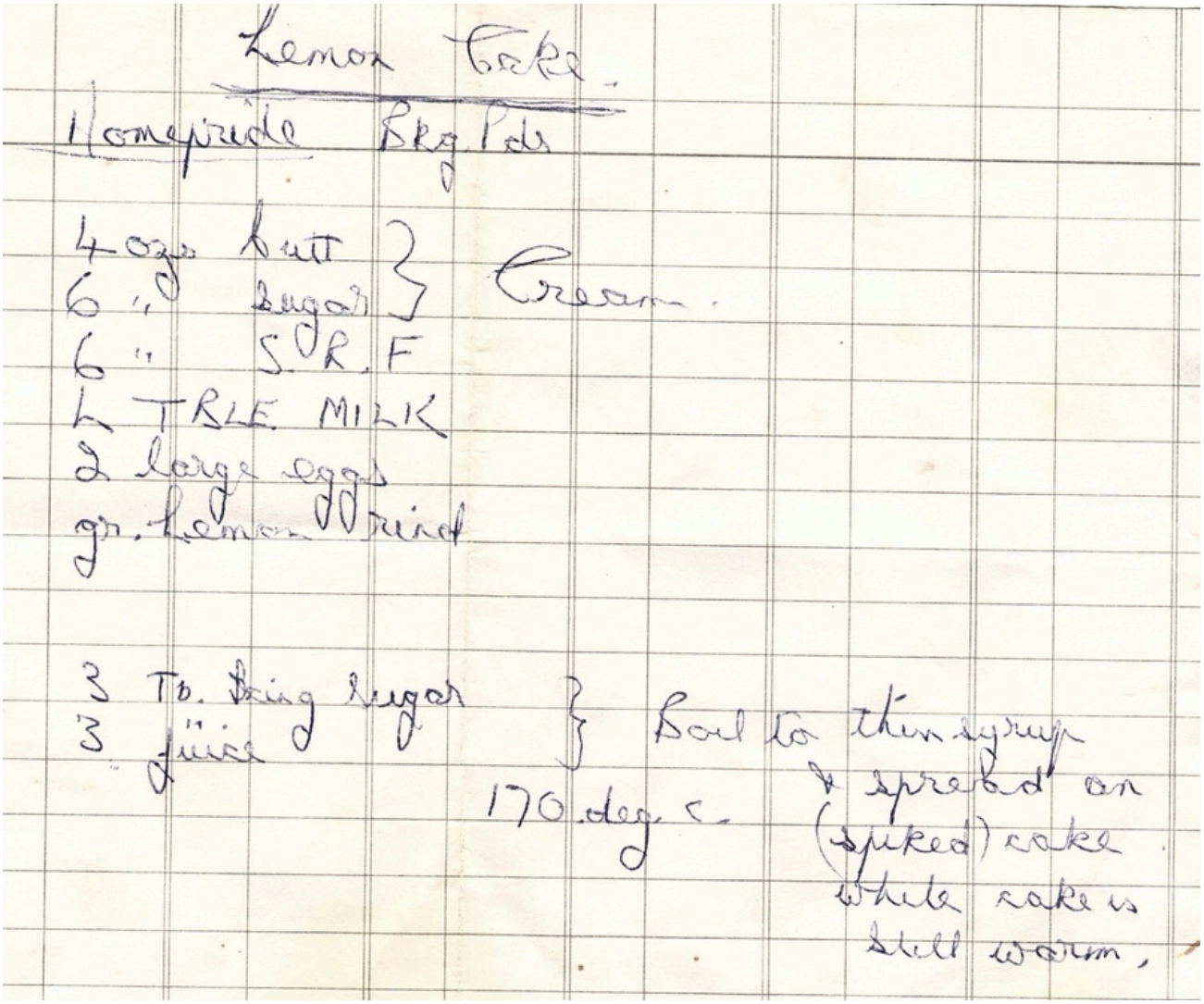
KUPFUHLS

4 ozs ground almonds
10 ozs plain flour
3 ozs sugar
1 tsp vanilla essence
8 ozs unsalted butter

cream butter & sugar
mix in flour & grind almonds & vanilla essence
Bring together by hand
325° deg.

Notes

LEMON CAKE 1



Lemon Cake.

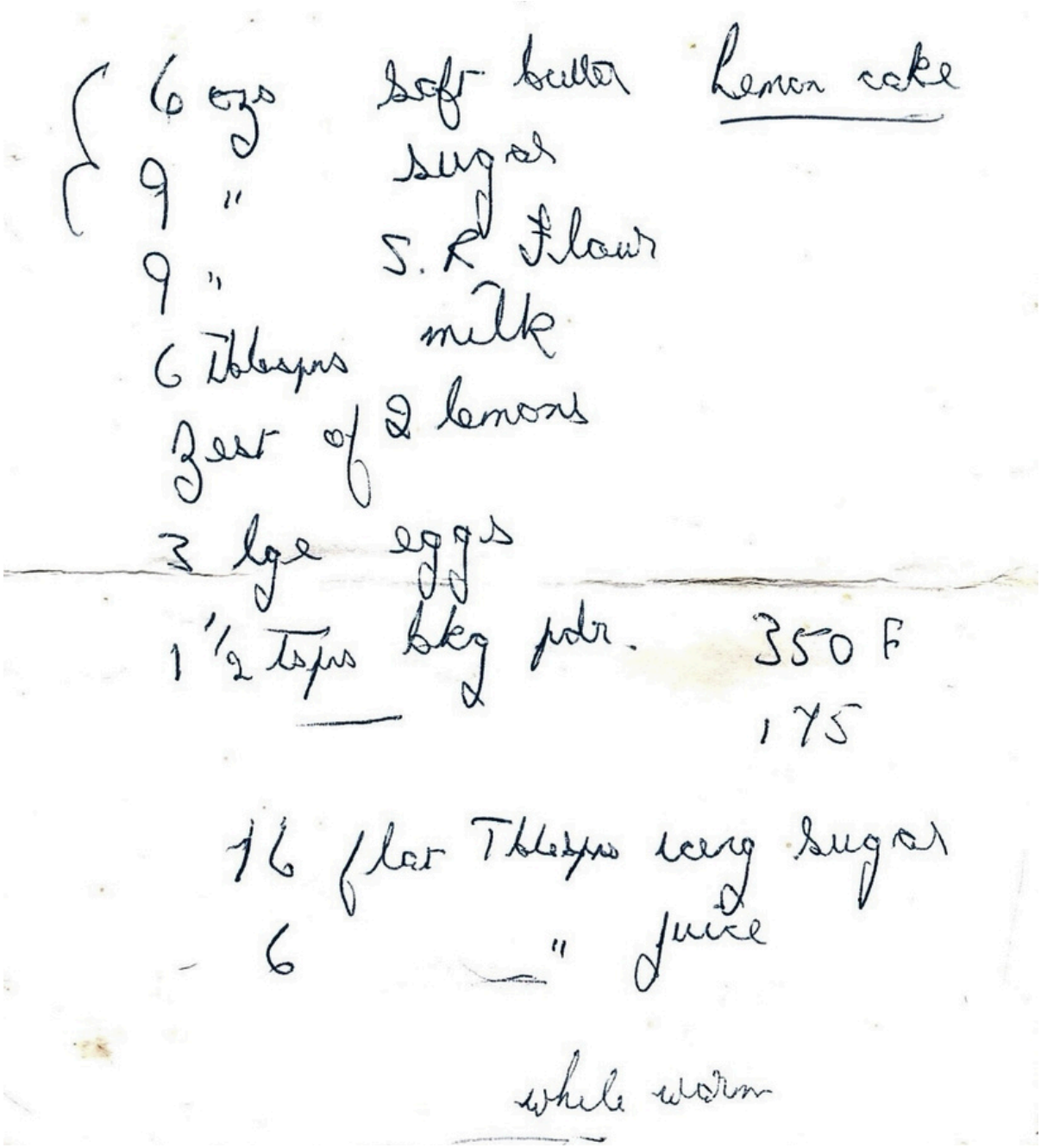
Homepride Pkg. Pds

4 ozs. butt } Cream.
6 " Sugar }
6 " S.R.F
½ TBLE. MILK
2 large eggs
gr. lemon rind

3 Tb. icing sugar } Boil to thin syrup
3 juice } & spread on
170 deg. C. (spiked) cake
while cake is
still warm.

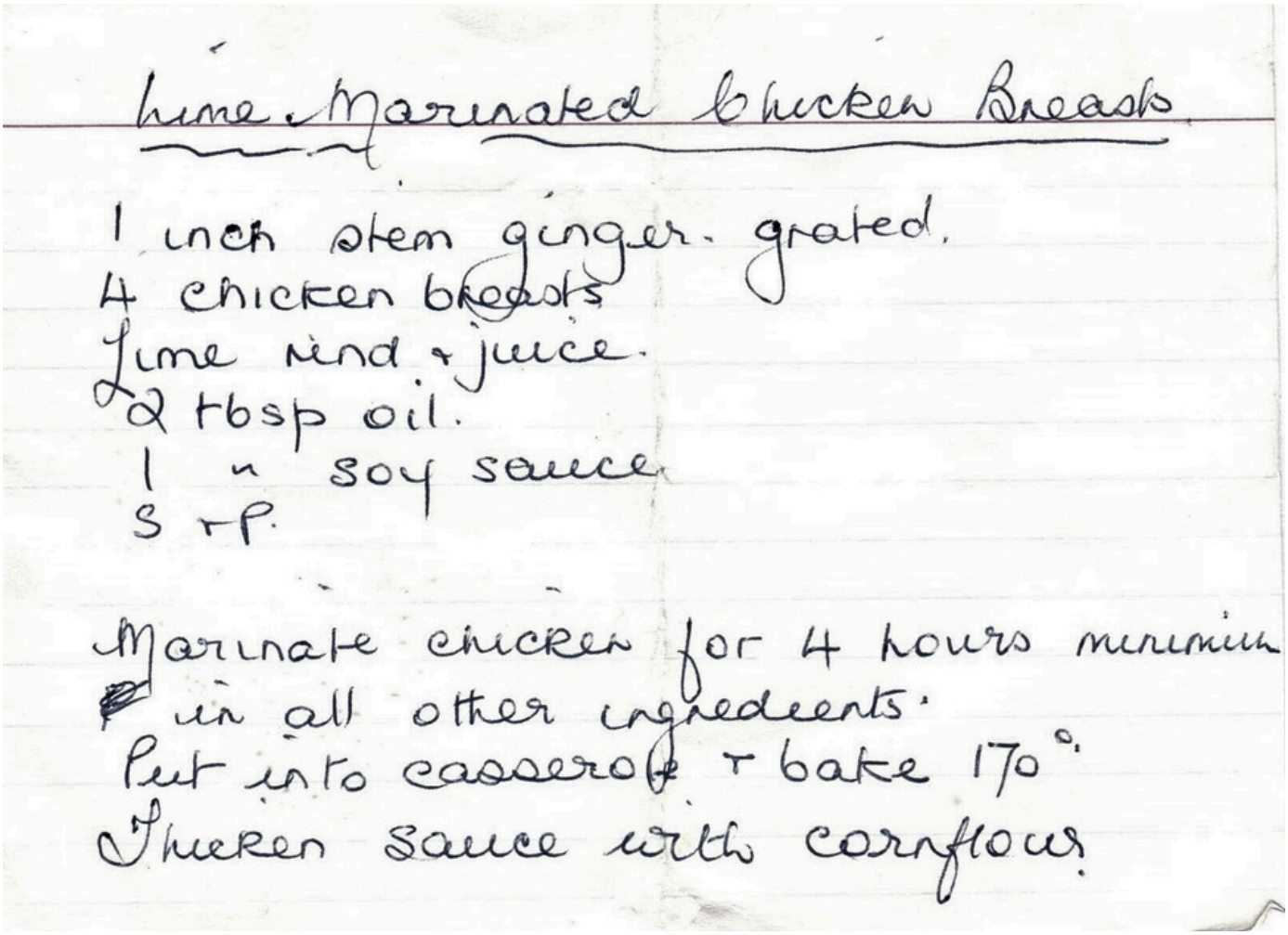
Notes

LEMON CAKE 2



Notes

LIME MARINATED CHICKEN BREASTS



Lime Marinated Chicken Breasts

1 inch stem ginger. grated.
4 chicken breasts
Lime rind + juice.
2 tbsp oil.
1 " soy sauce
S + P.

Marinate chicken for 4 hours minimum in all other ingredients.
Put into casserole + bake 170°.
Thicken sauce with cornflour.

Notes

MACAROON MIXES

MACAROON MIX

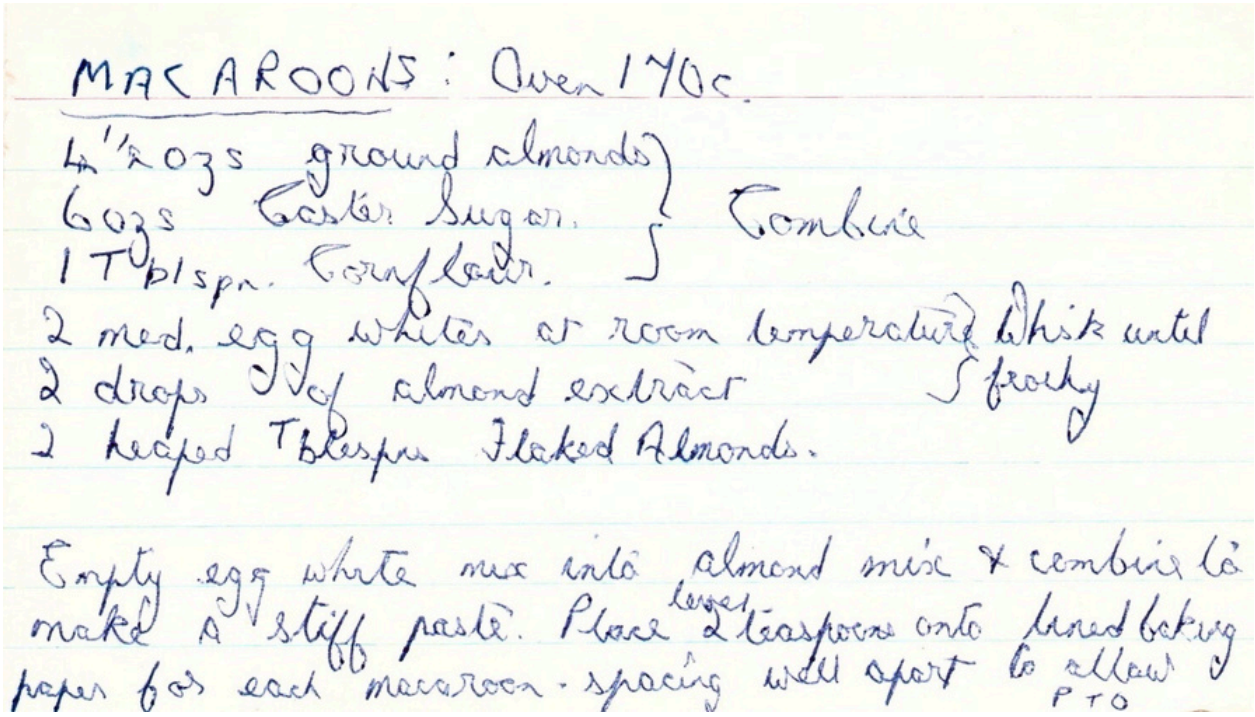
3 TABLESPOONS GROUND ALMONDS
3 " CASTOR SUGAR
2 " CORN FLOUR
1 TEASPOON GROUND RICE
1 EGG WHITE
ALMOND ESSENCE

Alternative Macaroon Mix.

4 ozs Sugar
4 ozs icing Sugar
4 ozs Ground Almonds.
2 ozs Semolina
1 Egg + 1 Egg White
1 Teaspoon lemon Juice
Almond Essence

Notes

MACAROONS



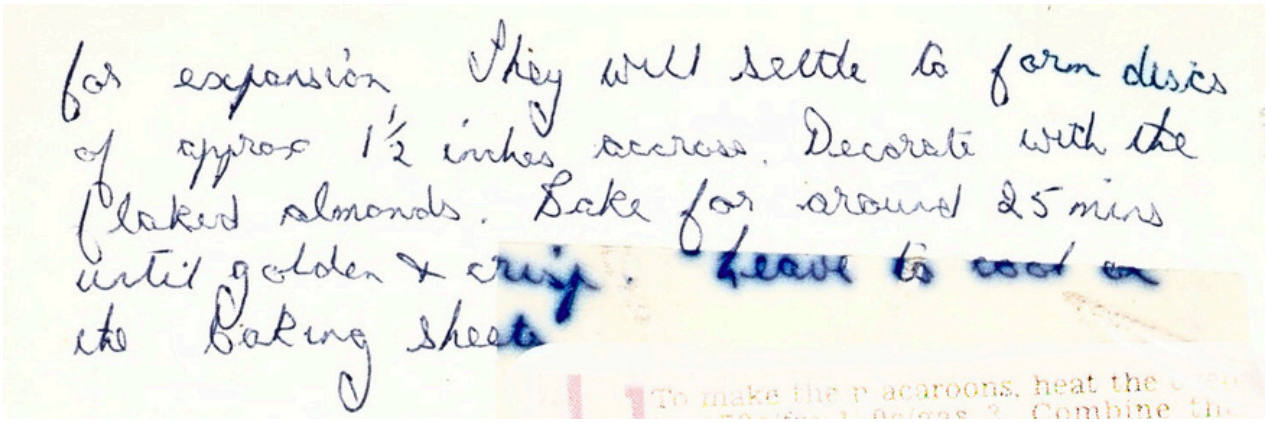
MACAROONS: Oven 170c.

4½ozs ground almonds
6ozs Caster Sugar. } Combine
1 Tblspn. Cornflour.

2 med. egg whites at room temperature Whisk until
2 drops ✓ of almond extract } frothy
2 heaped Tblespn Flaked Almonds.

Empty egg white mix into almond mix & combine to make a stiff paste. Place 2 level teaspoons onto lined baking paper for each macaroon - spacing well apart to allow

PTO

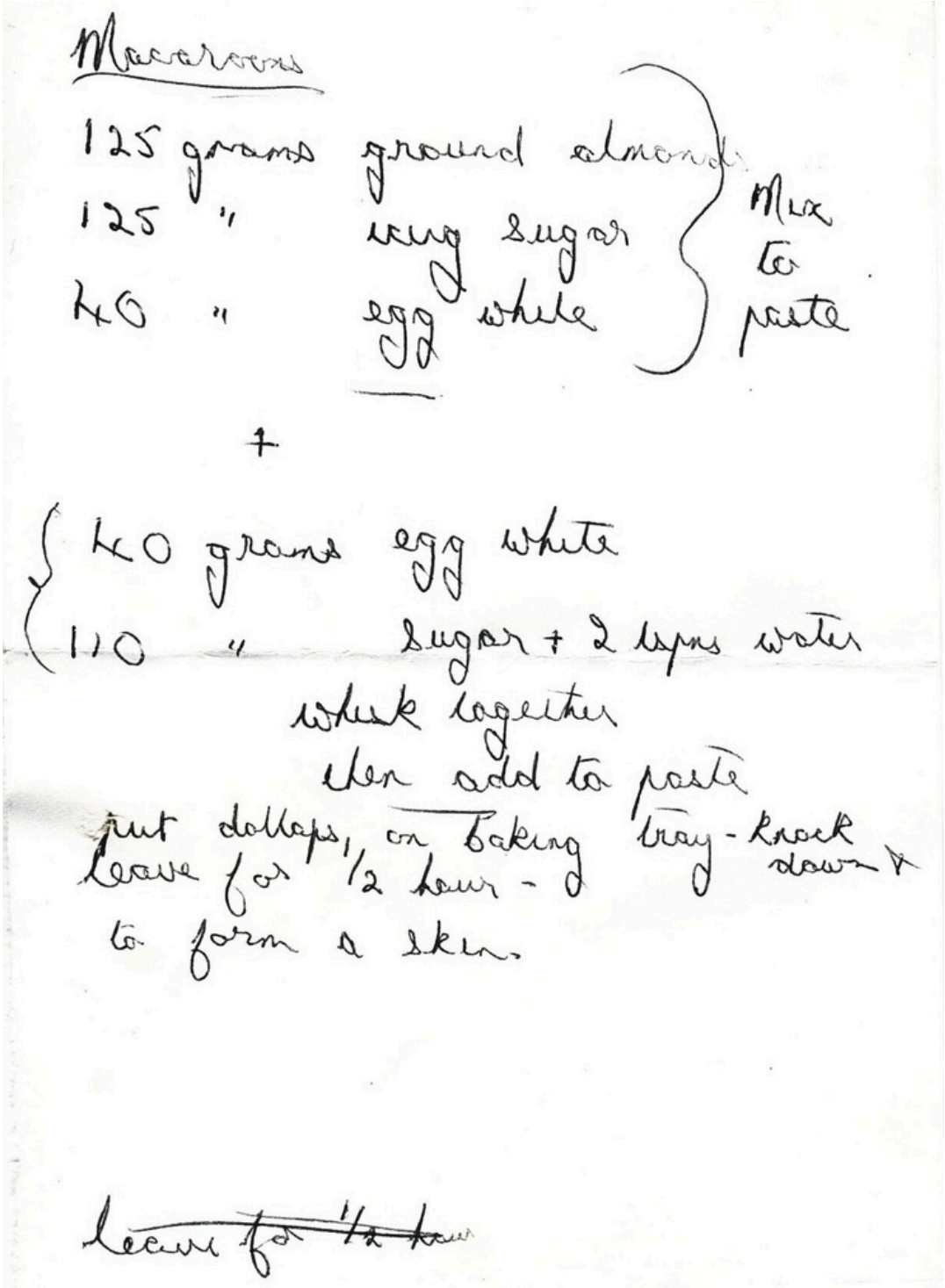


for expansion. They will settle to form discs of approx 1½ inches across. Decorate with the flaked almonds. Bake for around 25 mins until golden & crisp. Leave to cool on the baking sheets

To make the macaroons, heat the ... Combine the ...

Notes

MACAROONS 2



Macaroons

125 grams ground almonds
125 " icing sugar
40 " egg white
} Mix to paste

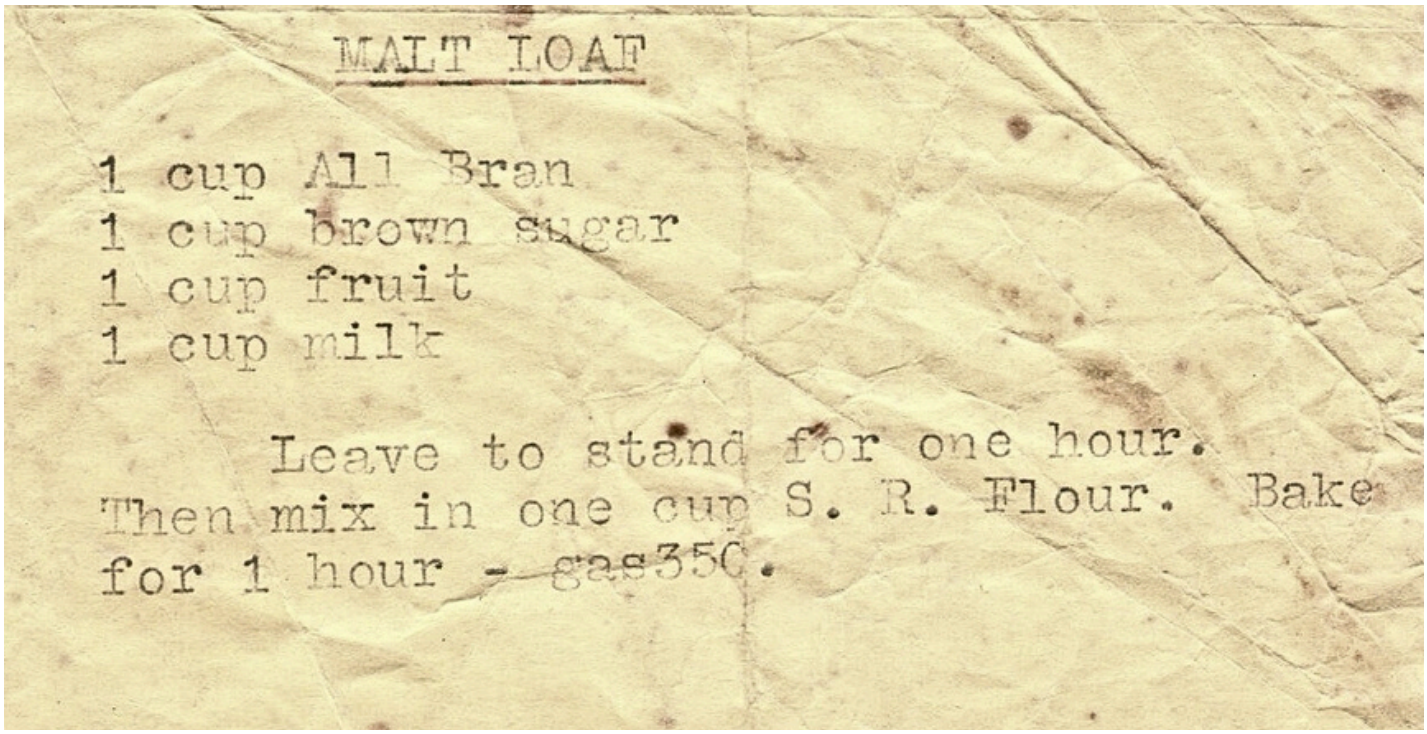
+

40 grams egg white
110 " sugar + 2 tsps water
} whisk together
then add to paste
put dollops on baking tray - knock down + leave for 1/2 hour - to form a skin.

~~Leave for 1/2 hour~~

Notes

MALT LOAF



MALT LOAF

1 cup All Bran
1 cup brown sugar
1 cup fruit
1 cup milk

Leave to stand for one hour.
Then mix in one cup S. R. Flour. Bake
for 1 hour - gas350.

Notes

MARMALADE CAKE

MARMALADE CAKE

8 oz butter (softened), 4 oz caster sugar, 12 oz self-raising flour, pinch salt, 4 eggs separated, ½ lb coarse marmalade, 4 oz chopped walnuts, a few whole walnuts, 1 tablespn sugar.

Heat the oven to Reg. 5/375°. Cream the softened butter and sugar then beat in the egg yolks. Work in the flour and salt, it makes a very dry mixture like shortbread.

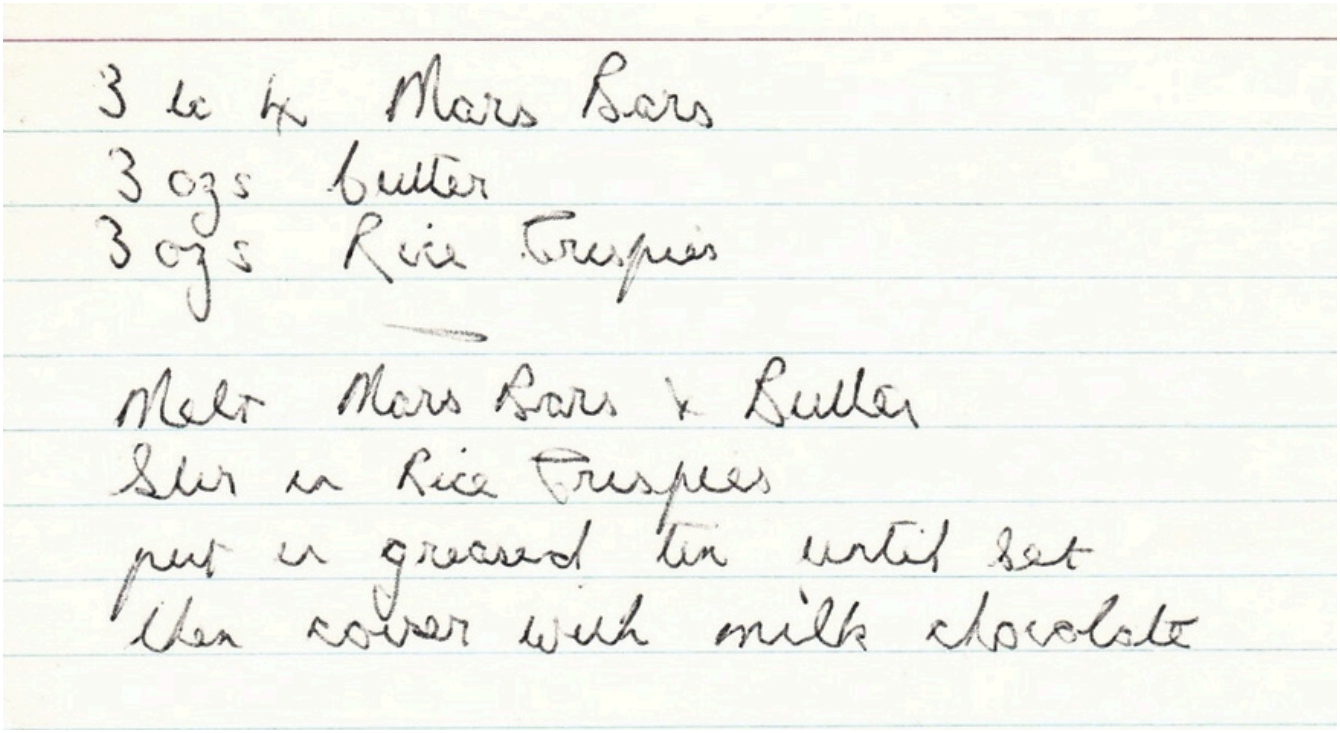
Butter the cake tin and press the mixture into the bottom. Spread the marmalade over the top and sprinkle on the chopped walnuts.

Whisk the egg whites to a soft foam, and spread on top of the marmalade. Decorate the top with halved walnuts and sprinkle the top with sugar.

Bake at Reg. 4-5/350°-375° for 1 hour, covering it with greaseproof paper if it gets too brown. Eat hot or cold, but it is particularly good hot.

Notes

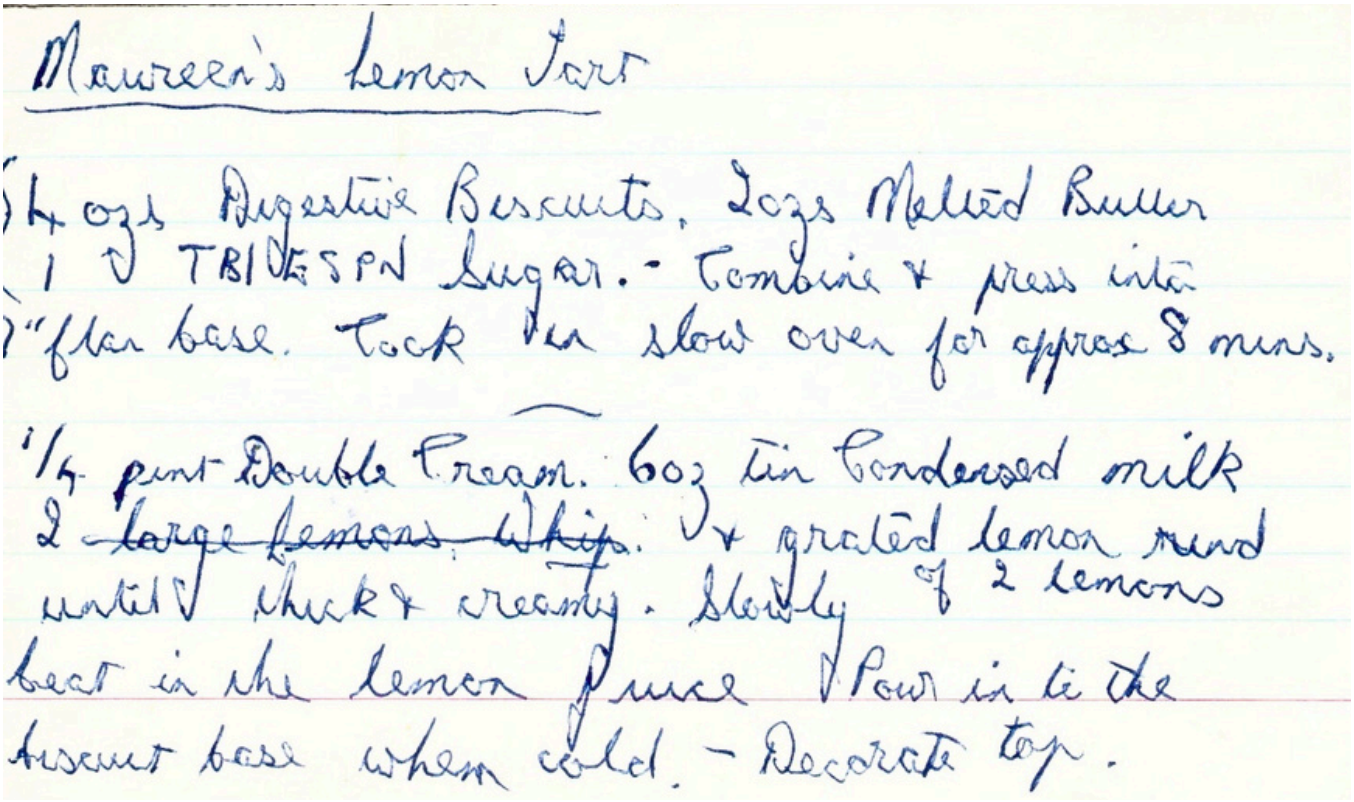
MARS BAR RICE KRISPY TREATS


3 to 4 Mars Bars
3 ozs butter
3 ozs Rice Krispies

Melt Mars Bars + Butter
Stir in Rice Krispies
put in greased tin until set
then cover with milk chocolate

Notes

MAUREEN'S LEMON TART



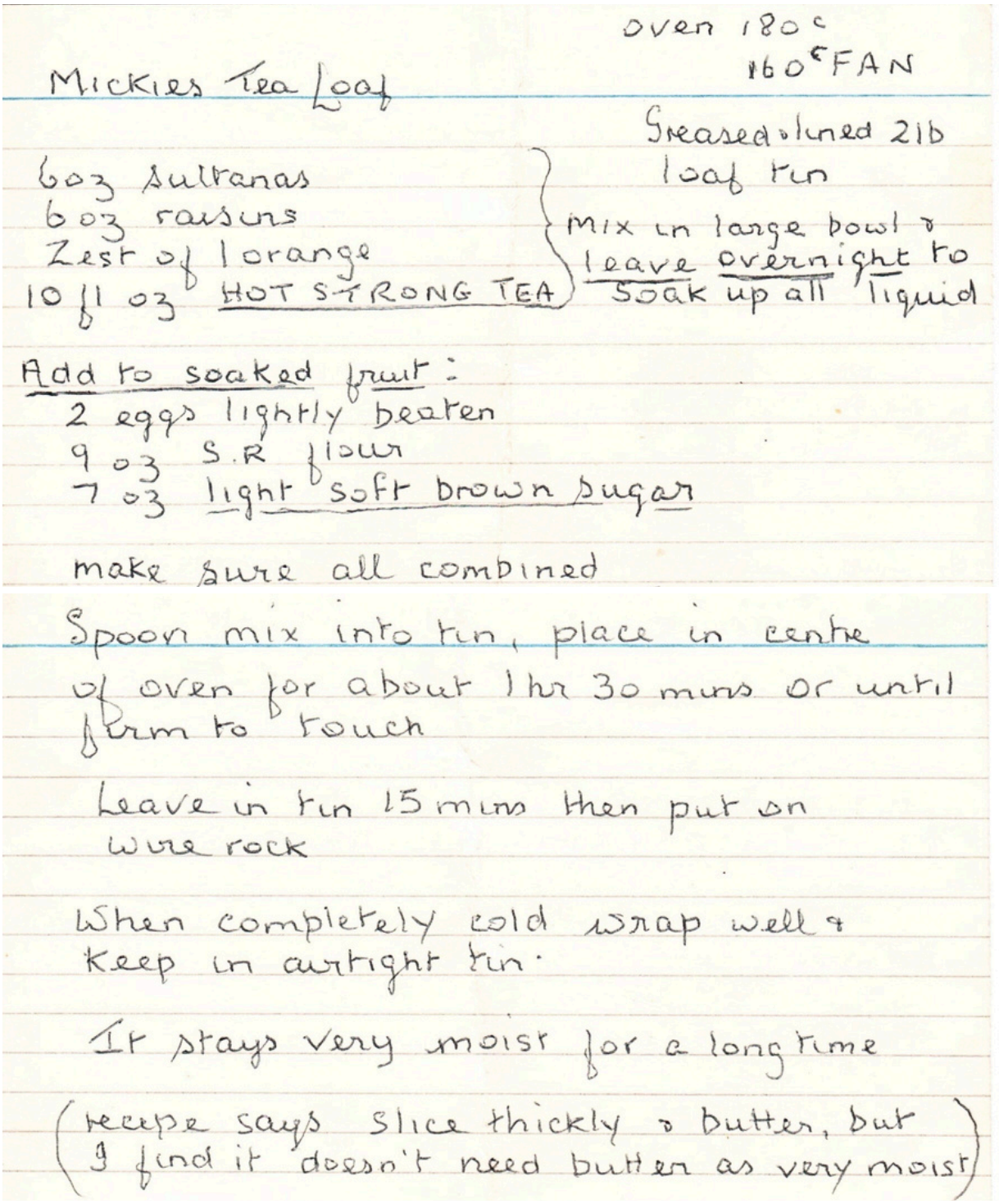
Maureen's Lemon Tart

4 ozs Digestive Biscuits. 2ozs Melted Butter
1 TBLESPN Sugar. - Combine & press into
7" flan base. Cook in slow oven for approx 8 mins.

¼ pint Double Cream. 6oz tin Condensed milk
2 ~~large lemons. Whip~~. & grated lemon rind
until thick & creamy. Slowly of 2 lemons
beat in the lemon juice. Pour in to the
biscuit base when cold. - Decorate top.

Notes

MICKIE'S TEA LOAF



Mickies Tea Loaf

oven 180°c
160°FAN

Greased & lined 2lb loaf tin

6oz Sultanas
6oz raisins
Zest of 1 orange
10 fl oz HOT STRONG TEA

Mix in large bowl & leave overnight to soak up all liquid

Add to soaked fruit:
2 eggs lightly beaten
9 oz S.R flour
7 oz light soft brown sugar

make sure all combined

Spoon mix into tin, place in centre of oven for about 1hr 30 mins or until firm to touch

Leave in tin 15 mins then put on wire rock

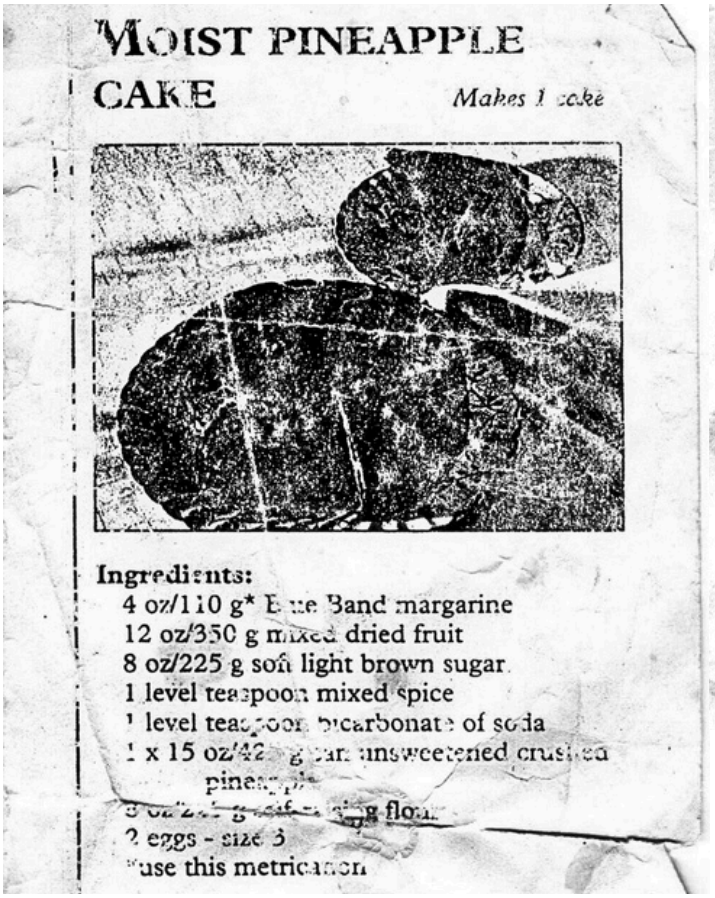
When completely cold wrap well & keep in airtight tin.

It stays very moist for a long time

(recipe says slice thickly & butter, but I find it doesn't need butter as very moist)

Notes

MOIST PINEAPPLE CAKE

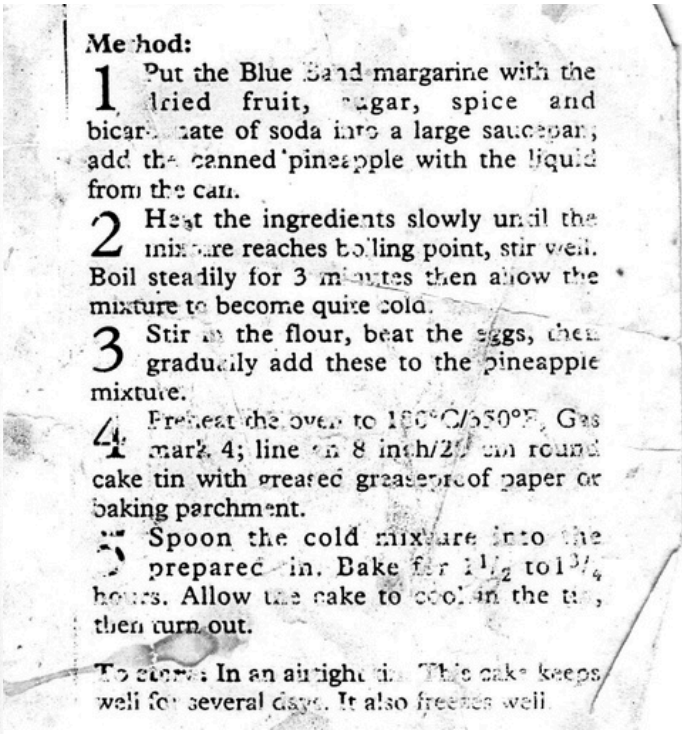


MOIST PINEAPPLE CAKE

Makes 1 cake

Ingredients:

4 oz/110 g* Blue Band margarine
12 oz/350 g mixed dried fruit
8 oz/225 g soft light brown sugar
1 level teaspoon mixed spice
1 level teaspoon bicarbonate of soda
1 x 15 oz/425 g can unsweetened crushed pineapple
8 oz/225 g self-raising flour
2 eggs - size 3
*use this metric conversion



Method:

1 Put the Blue Band margarine with the dried fruit, sugar, spice and bicarbonate of soda into a large saucepan; add the canned pineapple with the liquid from the can.

2 Heat the ingredients slowly until the mixture reaches boiling point, stir well. Boil steadily for 3 minutes then allow the mixture to become quite cold.

3 Stir in the flour, beat the eggs, then gradually add these to the pineapple mixture.

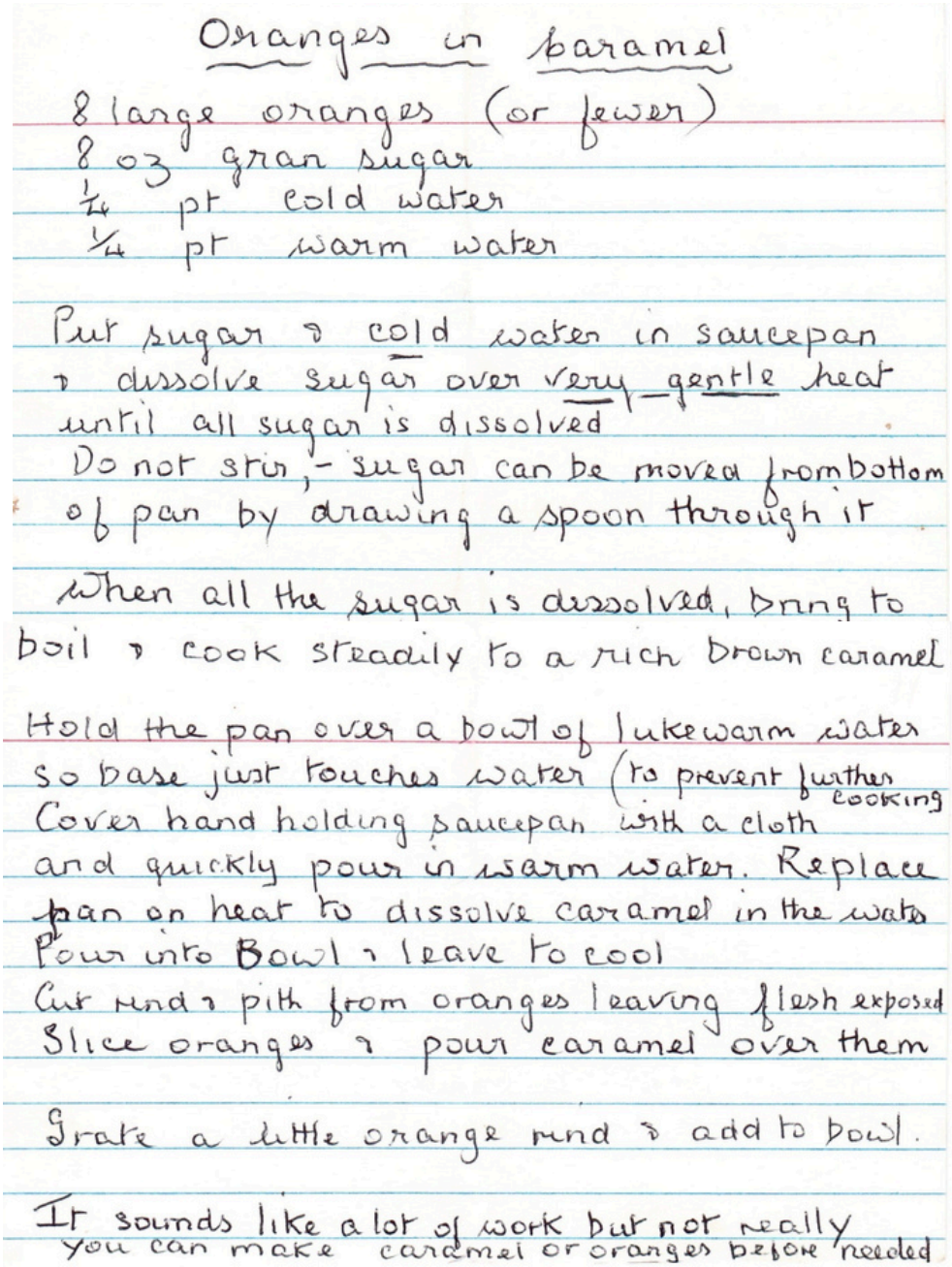
4 Preheat the oven to 180°C/350°F, Gas mark 4; line an 8 inch/20 cm round cake tin with greased greaseproof paper or baking parchment.

5 Spoon the cold mixture into the prepared tin. Bake for 1 1/2 to 1 3/4 hours. Allow the cake to cool in the tin, then turn out.

To store: In an airtight tin. This cake keeps well for several days. It also freezes well.

Notes

ORANGES IN CARAMEL



Oranges in Caramel

8 large oranges (or fewer)
8 oz gran sugar
¼ pt cold water
¼ pt warm water

Put sugar & cold water in saucepan & dissolve sugar over very gentle heat until all sugar is dissolved
Do not stir, - sugar can be moved from bottom of pan by drawing a spoon through it

When all the sugar is dissolved, bring to boil & cook steadily to a rich brown caramel

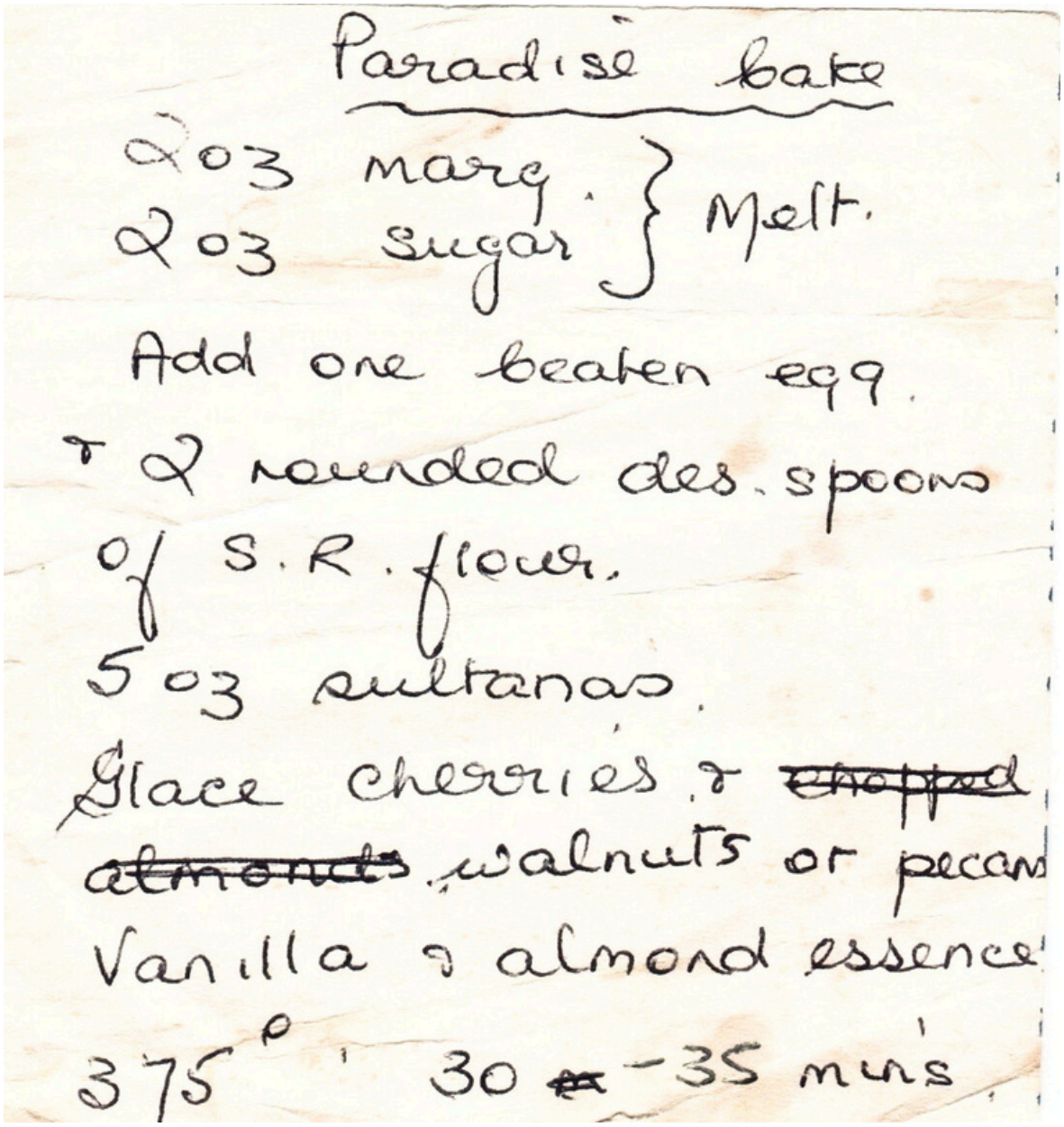
Hold the pan over a bowl of lukewarm water so base just touches water (to prevent further cooking
Cover hand holding saucepan with a cloth and quickly pour in warm water. Replace pan on heat to dissolve caramel in the water
Pour into Bowl & leave to cool
Cut rind & pith from oranges leaving flesh exposed
Slice oranges & pour caramel over them

Grate a little orange rind & add to bowl.

It sounds like a lot of work but not really
You can make caramel or oranges before needed

Notes

PARADISE BAKE



Paradise bake

2 oz marg. } Melt.
2 oz sugar }

Add one beaten egg.

+ 2 rounded dess. spoons of S.R. flour.

5 oz sultanas.

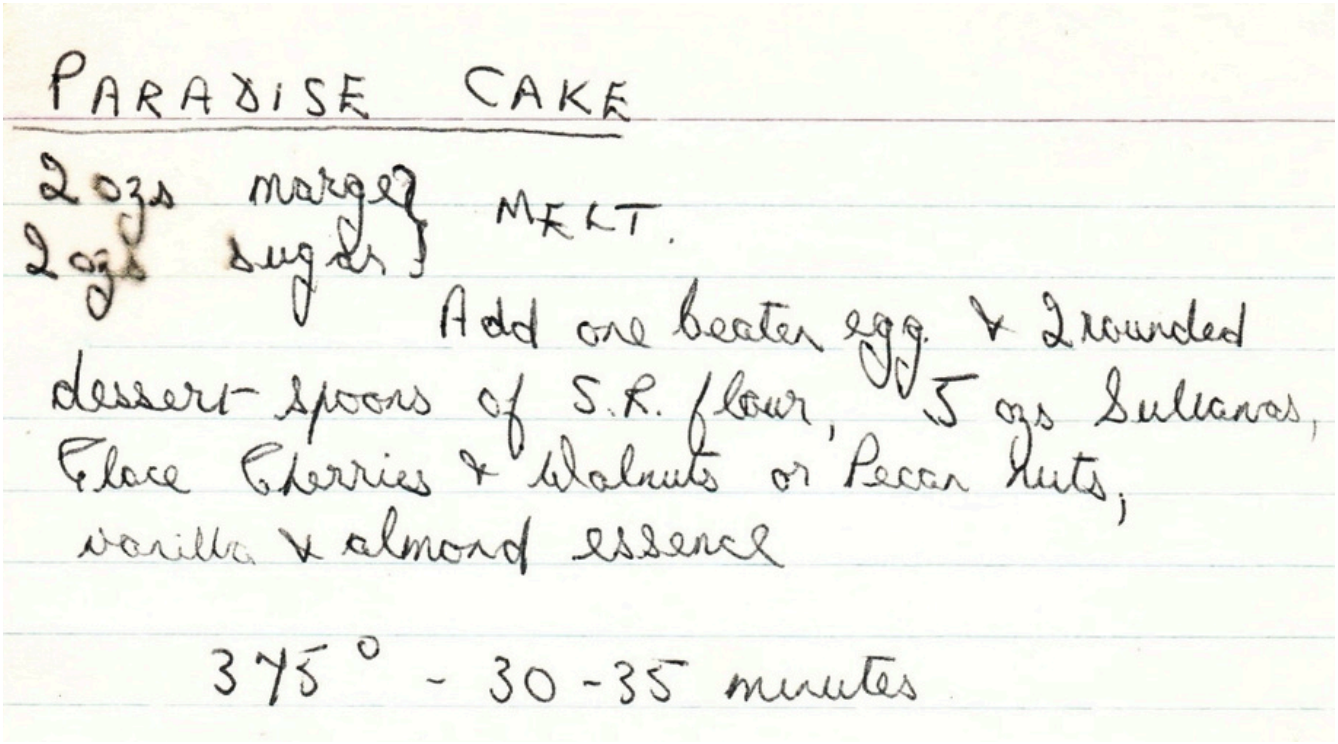
Glace cherries + ~~chopped almonds~~ walnuts or pecans

Vanilla + almond essence

375° 30 ~~-~~ -35 mins.

Notes

PARADISE CAKE



PARADISE CAKE

2 ozs margg
2 ozs sugar } MELT.

Add one beaten egg & 2 rounded dessert-spoons of S.R. flour, 5 ozs Sultanas, Glace Cherries & Walnuts or Pecan Nuts, vanilla & almond essence

375° - 30-35 minutes

Notes

PANFORTE

Panforte

This traditional Italian cake keeps quite well, so seal one in a nice tin as a gift. *Makes 20 slices*

- Rice paper
- 300g (10½oz) nuts, such as almonds, pistachios, hazelnuts
- 200g (7oz) candied peel, chopped
- 75g (2¾oz) plain flour
- 175g (6oz) dried figs
- 2 splashes of sherry or vin santo
- 6tbsp honey
- 150g (5½oz) golden caster sugar
- ½tsp ground cinnamon
- Crushed seeds from 1tsp cardamom pods
- A good grating of nutmeg
- A pinch of ground cloves
- Icing sugar

1 Line the base of a 22cm (8½in)-diameter round or 20cm (8in) x 20cm (8in) square cake tin with rice paper. Toast the nuts in a dry pan and add to a bowl with the candied peel and flour.

2 Preheat the oven to 150°C/gas 2. Blitz the figs in a food processor then transfer to a saucepan with a splash of booze, the honey, sugar and all the spices. Bring to the boil and simmer for 5-8 minutes, then pour onto the nut mixture. Mix well, adding a splash of booze if it's very dry. Spoon into the tin and bake for 30 minutes. Remove from the oven and carefully press a layer of rice paper on top. Return to the oven for 10 minutes, then remove and let cool in the tin.

3 Thinly slice, dust with icing sugar and serve with cups of espresso.

Notes

NIGELLA'S PAVLOVA

INSIDER food

EDITED BY ANGELA MASON

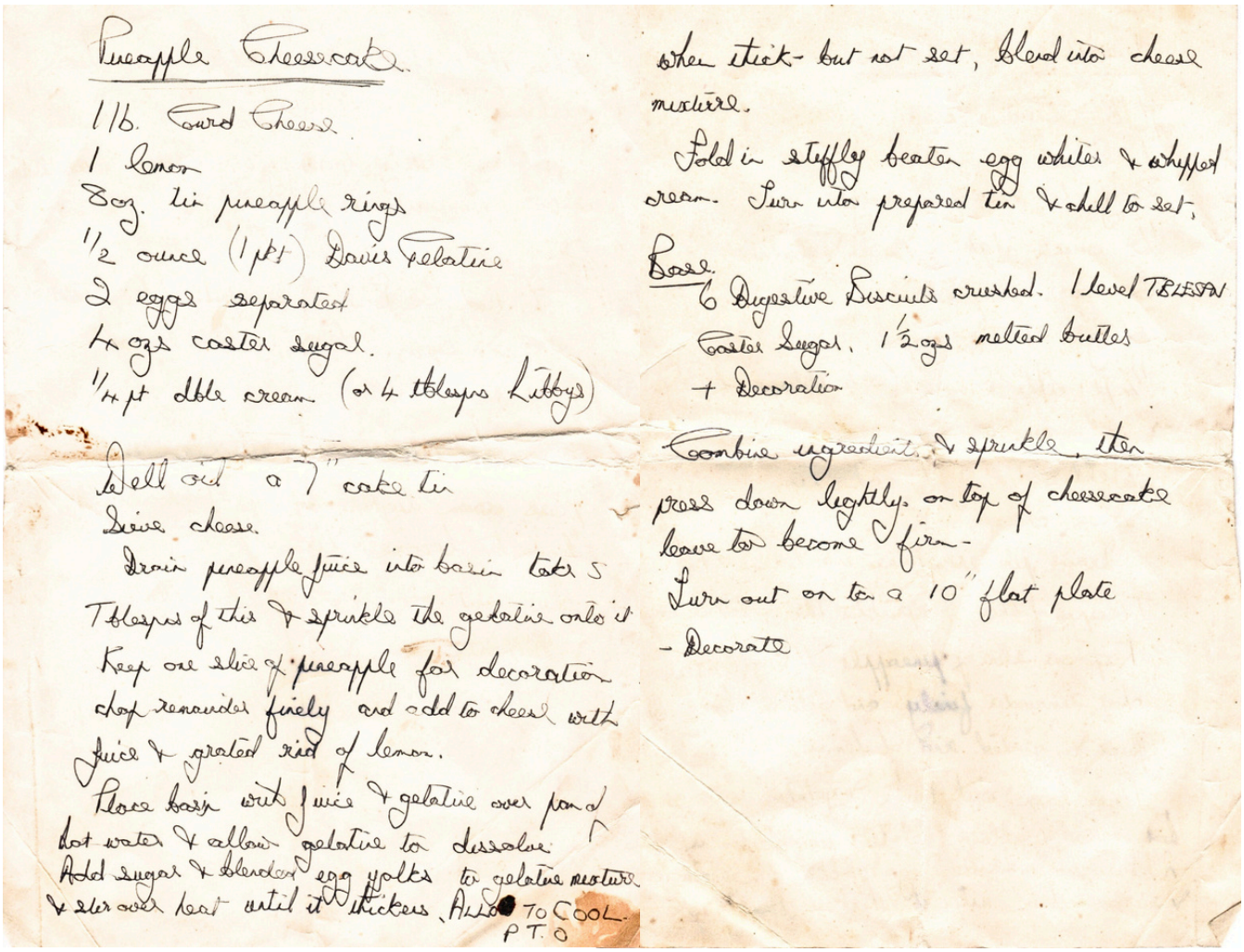
WHOSE PAV IS IT ANYWAY?

More fallout from New Zealand's raid on the Aussie national pud (reported here): Nigella Lawson says the ultimate pav is Australian Stephanie Alexander's, its elusive gooeyness the result of turning the meringue soft-side up before piling on the cream. First preheat oven to 180C/350F/gas mark 4. Line a baking tray with baking paper and draw a 20-23cm circle. Beat 4 egg whites with a pinch of salt until satiny peaks form, then beat in 300g sugar, a third at a time, until the meringue is stiff and shiny. Sprinkle over 2 tsp cornflour, 1 tsp white wine vinegar and a few drops pure vanilla extract, and fold in lightly. Mound on to the paper within the circle, flatten top and smooth sides. Place in oven, immediately reduce heat to 150C/300F/gas mark 2 and cook for 1¼ hours. Turn off oven and leave pavlova in it to cool completely. Invert on to a big, flat-bottomed plate. Whip 300ml double cream until firm, pile on the meringue and spoon over 10 passion fruits scooped – pips and all – from their shells. 'Don't be tempted to add other fruit,' warns Nigella.

23.44: MEAT THERMOMETER. £5.58: DIGITAL FRIDGE THERMOMETER. £9.69. ALL FROM NISBET'S CHEFS' CHOICE. TEL: 01454 85555. MULTIPURPOSE THERMOMETER (SUGAR AND DEEP FRYING). £13.85. ALL FROM DIVERTIMENTI, 139-141 FULHAM ROAD, LONDON SW3. TEL: 0171-935 0689

Notes

PINEAPPLE CHEESECAKE



Pineapple Cheesecake

1 lb. Curd Cheese
1 Lemon
8 oz. tin pineapple rings
1/2 ounce (1 pkt) Davis Gelatine
2 eggs separated
4 ozs caster sugar.
1/4 pt dble cream (or 4 tblsps Libbys)

Well oil a 7" cake tin
Sieve cheese.
Drain pineapple juice into basin take 5 Tblsps of this & sprinkle the gelatine onto it
Keep one slice of pineapple for decoration chop remainder finely and add to cheese with juice & grated rind of lemon.
Place basin with juice & gelatine over pan of hot water & allow gelatine to dissolve
Add sugar & blended egg yolks to gelatine mixture & stir over heat until it thickens. ALSO TO COOL. P.T.O

when thick- but not set, blend into cheese mixture.
Fold in stiffly beaten egg whites & whipped cream. Turn into prepared tin & chill to set.

Base
6 Digestive Biscuits crushed. 1 level TBLESN Caster Sugar. 1 1/2 ozs melted butter + Decoration

Combine ingredients & sprinkle, then press down lightly on top of cheesecake leave to become firm.
Turn out on to a 10" flat plate - Decorate

Notes

RETRO GINGERNUT LOG

RETRO GINGERNUT LOG

SERVES 6

50ml sweet white wine
50g white caster sugar
4 tbsp brandy
200ml extra thick double cream
4 tbsp fresh smooth orange juice
150g gingernuts (about 15)
icing sugar for dusting
optional raspberries to serve

★Have ready a suitable serving plate.
★In a medium bowl, combine the wine, sugar and half the brandy. Using an electric whisk, gradually whisk in the cream and continue until the mixture forms fluffy peaks, taking care not to overwhisk otherwise it can separate.
★In another bowl, combine the orange juice and remaining brandy.
★One by one, briefly dunk each biscuit into the solution, spread with a little of the cream mixture and sandwich the biscuits together in two equal vertical stacks. Lay these side by side lengthways on the serving plate to form a log shape. Smooth the remaining cream mixture over the log, completely covering it.
★Loosely cover and chill for at least half a day. The biscuits will absorb the juices, turning into a soft gingery sponge.
★Dust with icing sugar and serve in slices with a few raspberries if wished.

HOBNOB TIRAMISU

SERVES 6

60g golden caster sugar
3 medium organic eggs separated
450g mascarpone
½ tsp vanilla extract
100ml cold strong black coffee
50ml Kahlua or other coffee liqueur
about 270g Hob Nobs
cocoa for dusting
mini chocolate fingers to decorate

★Have ready a 23cm square serving dish or equivalent. In a large bowl, whisk the sugar and the egg yolks together for 2-3 minutes until pale. Add the mascarpone and whisk until smooth, then add the vanilla.
★In another large bowl, using an electric hand whisk, whisk the egg whites until stiff. Fold into the mascarpone mixture half at a time.
★Spread a couple of spoonfuls of mascarpone mousse in the base of the serving dish.
★Combine the coffee and liqueur in a medium bowl. One or two at a time, dip half the Hob Nobs into the coffee mixture until the outside just starts to soften, and arrange them in a single layer on top of the mousse. Smooth half the remaining mousse on top, then repeat these layers, smoothing the top with a palette knife.
★Liberally dust the top with cocoa and decorate with mini chocolate fingers in diagonal rows as in the picture. Cover and chill for at least 2 hours, or overnight.

Notes

SCRUMPTIOUS TOFFEE SAUCE

SCRUMPTIOUS TOFFEE SAUCE

Children especially enjoy this sweet treat

Makes about 450g (1lb)

- 50g (2oz) butter
- 75g (3oz) caster sugar
- 50g (2oz) light muscovado sugar
- 150g (5oz) golden syrup
- 170g (7oz) tin evaporated milk

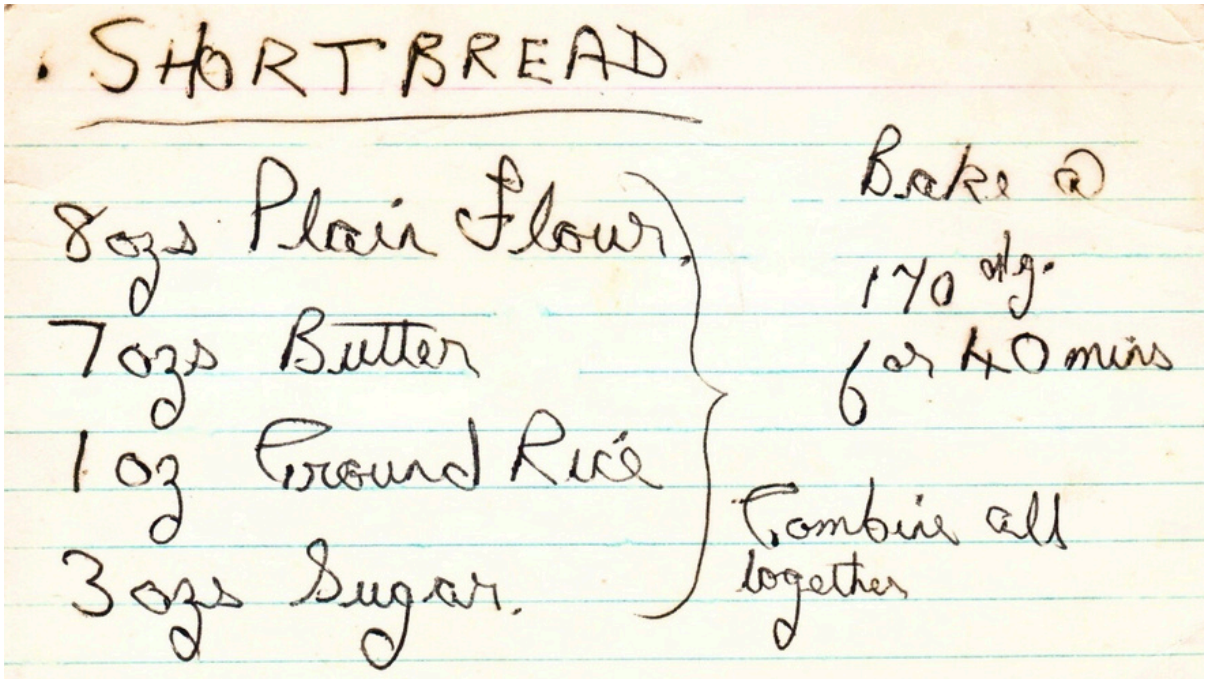
1 Put the butter, sugars and syrup in a pan and heat gently until melted and liquid, stirring continuously. Bring to the boil and simmer gently for 5 minutes.

2 Remove the pan from the heat and gradually stir in the evaporated milk. The sauce can be poured hot or warm, or dolloped on when cold.

PREPARING AHEAD It will keep in the fridge for up to 1 month.

Notes

SHORTBREAD (TWO RECIPES)

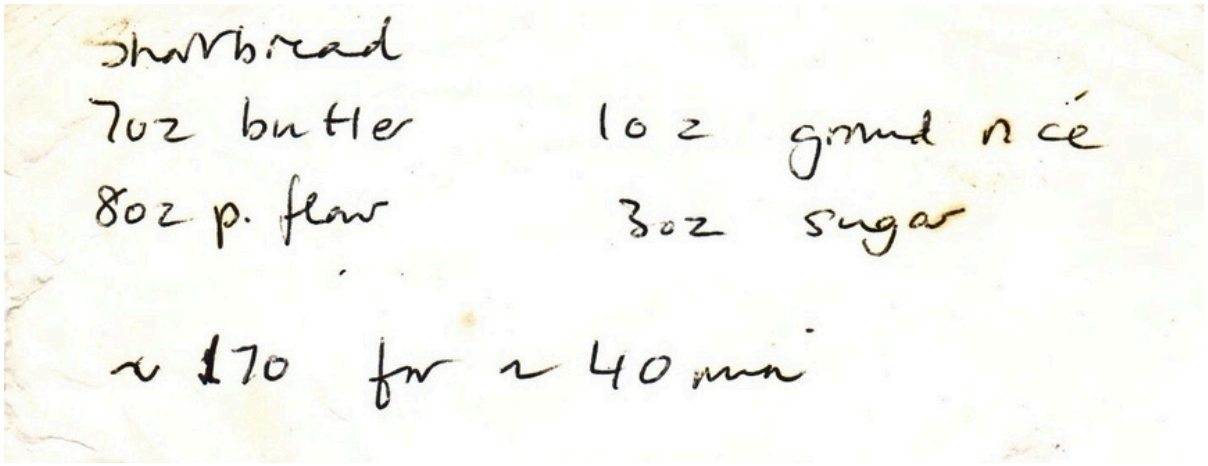


• SHORTBREAD

8ozs Plain Flour
7ozs Butter
1oz Ground Rice
3ozs Sugar.

Combine all together

Bake @ 170 deg. for 40 mins



Shortbread

7oz butter
8oz p. flour
1oz ground rice
3oz sugar

~ 170 for ~ 40 min

Notes

SOUR CHERRY STOLLEN

Sour Cherry Stollen

More like a bread, this German treat has a rich, super-sweet marzipan centre. *Serves 12-14*

- 200g (7oz) dried sour cherries
- 3tbsp kirsch
- 100g (3½oz) butter
- 500g (1lb 2oz) plain flour
- 225ml (8fl oz) milk
- 2 sachets dried yeast
- 50g (1¾oz) caster sugar
- 1 large free-range egg
- 150g (5½oz) mixed peel, chopped
- 1tsp ground cinnamon
- 50g (1¾oz) almonds, chopped
- 300g (10½oz) marzipan or almond paste
- 100g (3½oz) icing sugar
- Juice and grated zest of 1 clementine

1 A few hours ahead, or even a day ahead, soak the cherries in the kirsch.
2 Melt the butter. Sift the flour into a bowl. Heat the milk till it's lukewarm, pour into a jug and stir in the yeast, sugar and a pinch of salt. Leave for 5 minutes then stir in the butter and beat in the egg. Pour into the flour and mix till smooth and shiny. Turn onto a floured surface and make a hollow in the centre.
3 Drain away excess booze from the cherries before adding them, the peel, cinnamon and almonds to the dough. Knead well. After about 5 minutes it should be elastic, but not sticky. Flour the bowl and put the dough back. Cover with a cloth and leave for 1-2 hours, till it has doubled in size.
4 Empty the dough onto a floured surface and briefly knead; roll into a 36cm (14¼in) x 26cm (10½in) rectangle. Roll the marzipan out to the same length and place along the middle. Fold the dough over, encasing the marzipan, and place on a tray. Leave to rise until doubled. Preheat the oven to 190°C/gas 5.
5 Bake for 45 minutes, till golden. Leave to cool on the tray for 5 minutes, then transfer to a wire rack. Sieve the icing sugar into a bowl, add the citrus zest and juice to make a thick icing. Drizzle over the stollen before serving.

Ginger and Clementine Layer Cake

An American-style frosting gives festive flavours of citrus and ginger. *Serves 12*

- A thumb-size piece of fresh ginger
- 350g (12oz) golden caster sugar
- 3 clementines
- 275g (9¾oz) butter, room temperature
- 3 large free-range eggs
- 250g (9oz) plain flour
- 2tsp baking powder
- ½tsp ground ginger
- 200ml (7fl oz) buttermilk
- 300g (10½oz) icing sugar
- 300g (10½oz) cream cheese

1 Preheat the oven to 180°C/gas 4 and grease and line two 20cm-diameter (8in) round cake tins. Peel and slice the fresh ginger and add to a pan with 150g (5½oz) of the caster sugar, 150ml (¼pint) water and strips of zest from a clementine. Stir to combine, then bring to the boil and simmer for 10 minutes, until thickened. Pour into a jug and leave to cool, then fish out the strips of zest.
2 Beat 125g (4½oz) of the butter withthe remaining caster sugar until pale and creamy. One by one, beat in the eggs. Sift in the flour, baking powder, ground ginger and a pinch of salt and fold with a metal spoon, then gently stir in the buttermilk. Spoon into the tins and bake for 35-40 minutes, until a skewer inserted into the centres comes out clean. Leave to cool for 5 minutes then use a skewer to pierce small holes in the sponge. Drizzle over the cool syrup. Leave cakes to cool for a further 10 minutes, then transfer them to a wire rack.
3 Beat the icing sugar and remaining butter until light and creamy, then gradually beat in the cream cheese. Finely grate in the zest of 2 clementines, with a squeeze of juice to get a consistency and flavour you like.
4 When the cakes are cool, cut in half horizontally. Place a sponge slice on a plate and top with some frosting. Repeat until you've got 4 layers, spreading the remaining frosting over the top and sides.

Notes

STICKY CARROT AND MARMALADE LOAF

STICKY CARROT AND MARMALADE LOAF

Serves 6

- 150ml (5fl oz) vegetable oil, plus extra for greasing
- 2 eggs
- 175g (6oz) light muscovado sugar
- 350g (12oz) carrots, peeled and grated
- 1tbsp thick-cut marmalade
- 1tbsp poppy seeds
- 200g (7oz) self-raising flour
- Pinch of salt
- ½tsp bicarbonate of soda
- 1tsp mixed spice
- 2tbsp thick-cut marmalade
- 2tbsp orange juice

Preheat the oven to 150°C/gas 2. Brush a 13cm x 23cm (5in x 9in) loaf tin with a little vegetable oil and line the base with greaseproof paper. In a large bowl, lightly beat the eggs with the vegetable oil and sugar, then stir in the carrots, marmalade and poppy seeds.

Sift in the flour, salt, bicarbonate of soda and mixed spice. Mix well and pour into the tin.

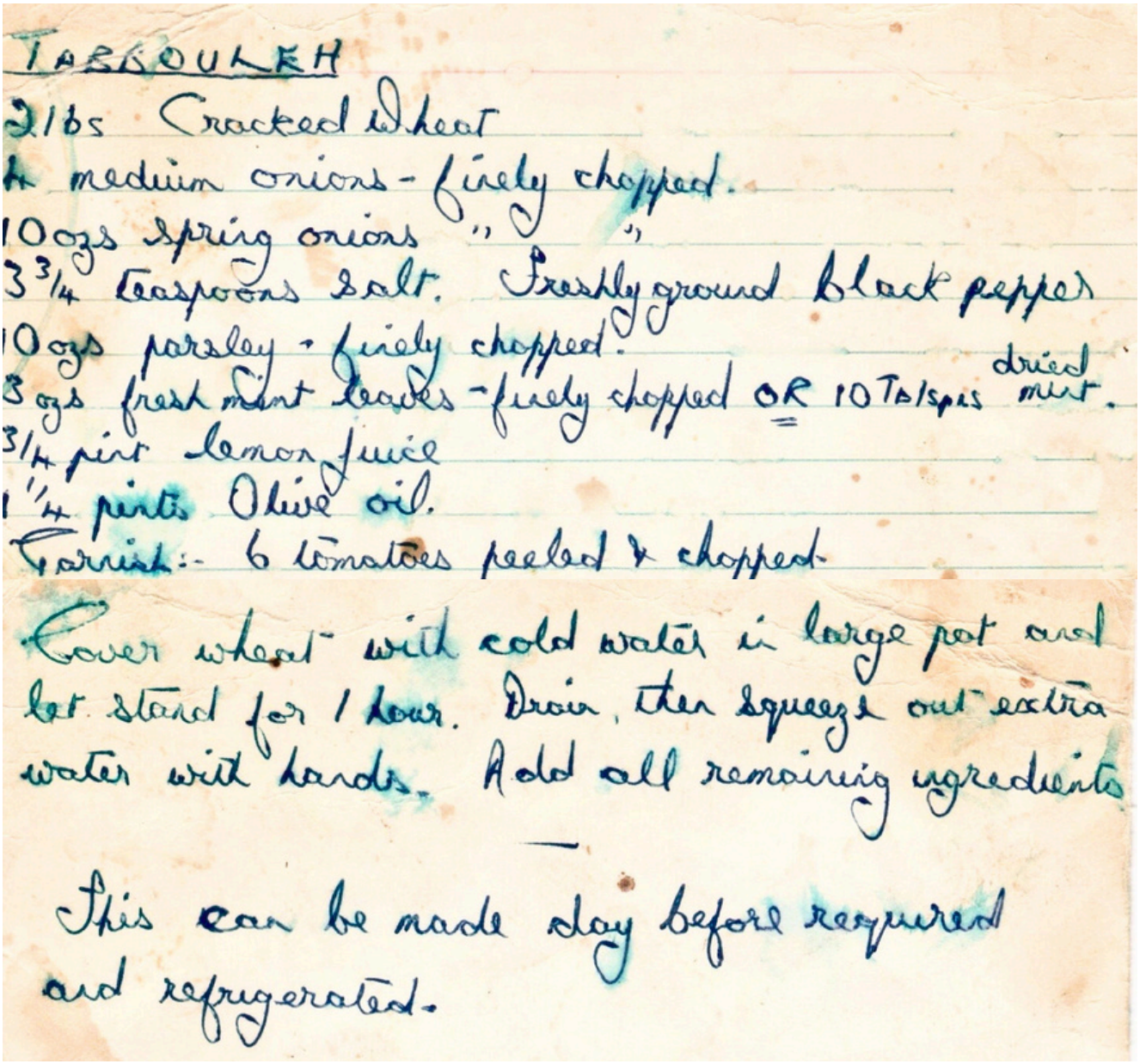
Level the surface and bake for 75 minutes, or until a skewer inserted into the centre comes out clean. Turn out of the tin onto a wire rack.

Heat the marmalade and orange juice together in a small pan.

Make small holes all over the top of the cake with a skewer and brush the marmalade mixture all over. Leave to cool completely before slicing and serving.

Notes

TABBOULEH



TABBOULEH

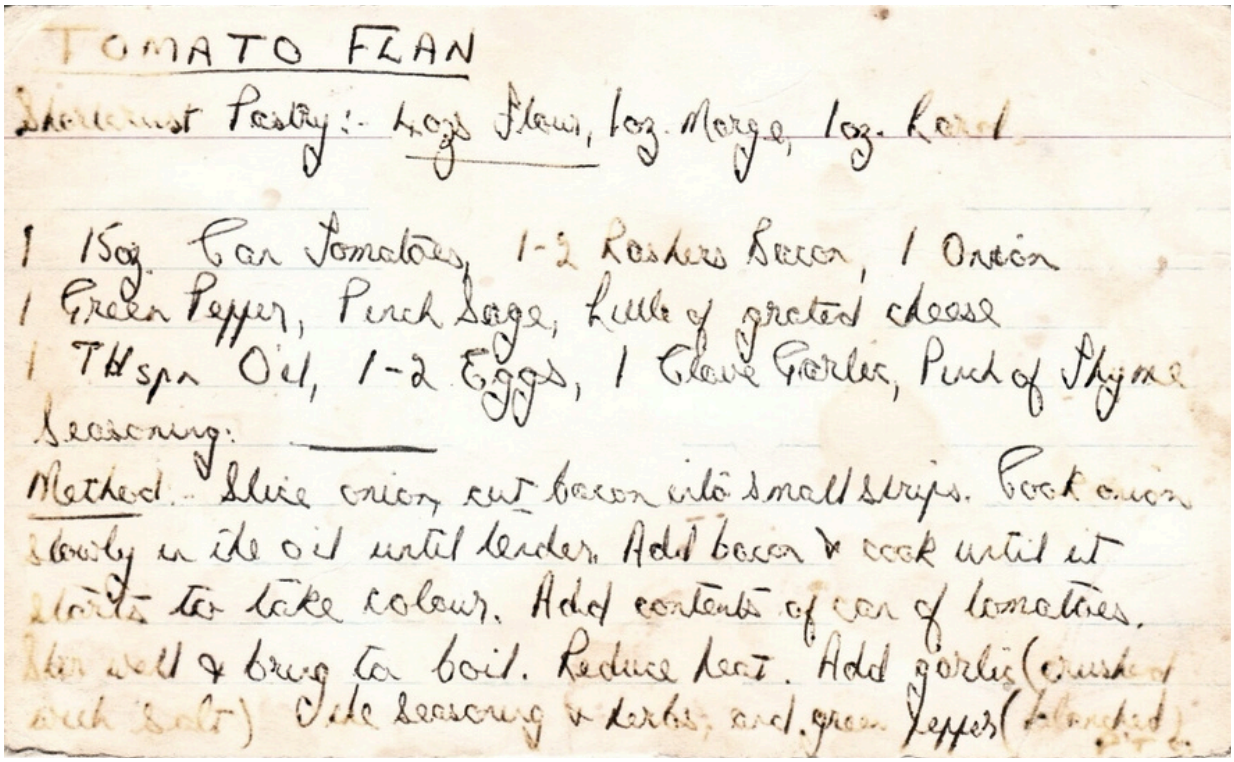
2 lbs Cracked Wheat
4 medium onions - finely chopped.
10 ozs Spring onions " "
3 3/4 teaspoons salt. Freshly ground black pepper
10 ozs parsley - finely chopped.
3 ozs fresh mint leaves - finely chopped OR 10 Tablspns dried mint.
3/4 pint lemon juice
1 1/4 pints Olive oil.
Garnish:- 6 tomatoes peeled & chopped.

Cover wheat with cold water in large pot and let stand for 1 hour. Drain, then squeeze out extra water with hands. Add all remaining ingredients

This can be made day before required and refrigerated.

Notes

TOMATO FLAN

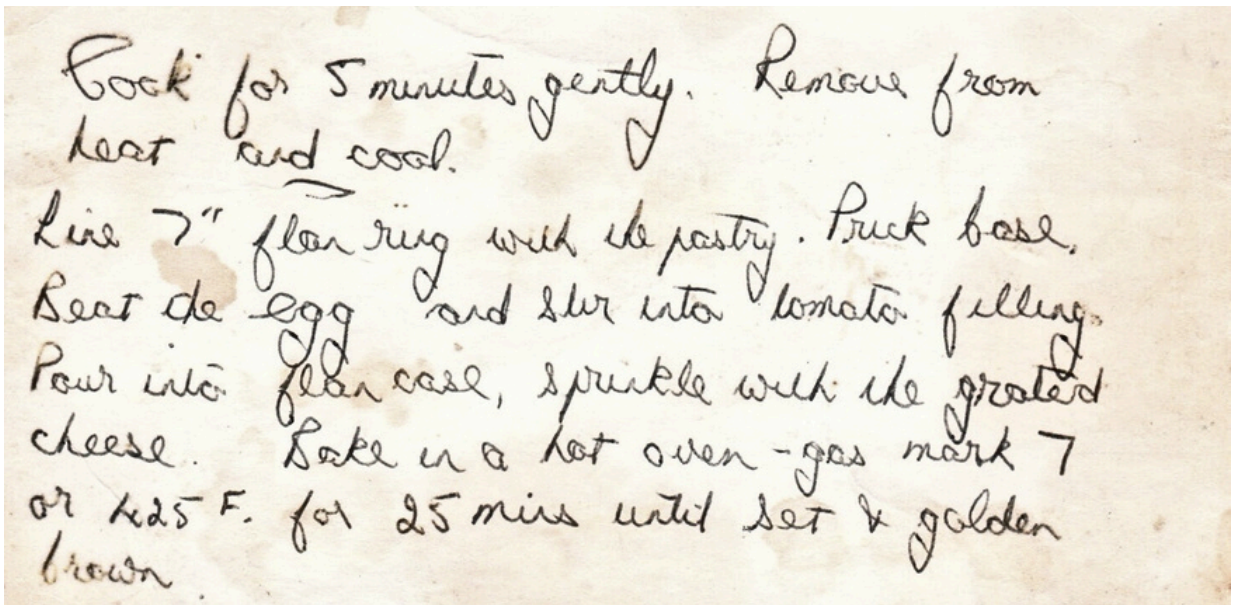


TOMATO FLAN

Shortcrust Pastry:- 4ozs Flour, 2oz. Marge, 2oz. Lard

1 15oz Can Tomatoes, 1-2 Rashers Bacon, 1 Onion
1 Green Pepper, Pinch Sage, Little of grated cheese
1 THspn Oil, 1-2 Eggs, 1 Clove Garlic, Pinch of Thyme
Seasoning.

Method:- Slice onion, cut bacon into small strips. Cook onion slowly in the oil until tender. Add bacon & cook until it starts to take colour. Add contents of can of tomatoes. Stir well & bring to boil. Reduce heat. Add garlic (crushed with salt) the seasoning & herbs, and green pepper (blanched).

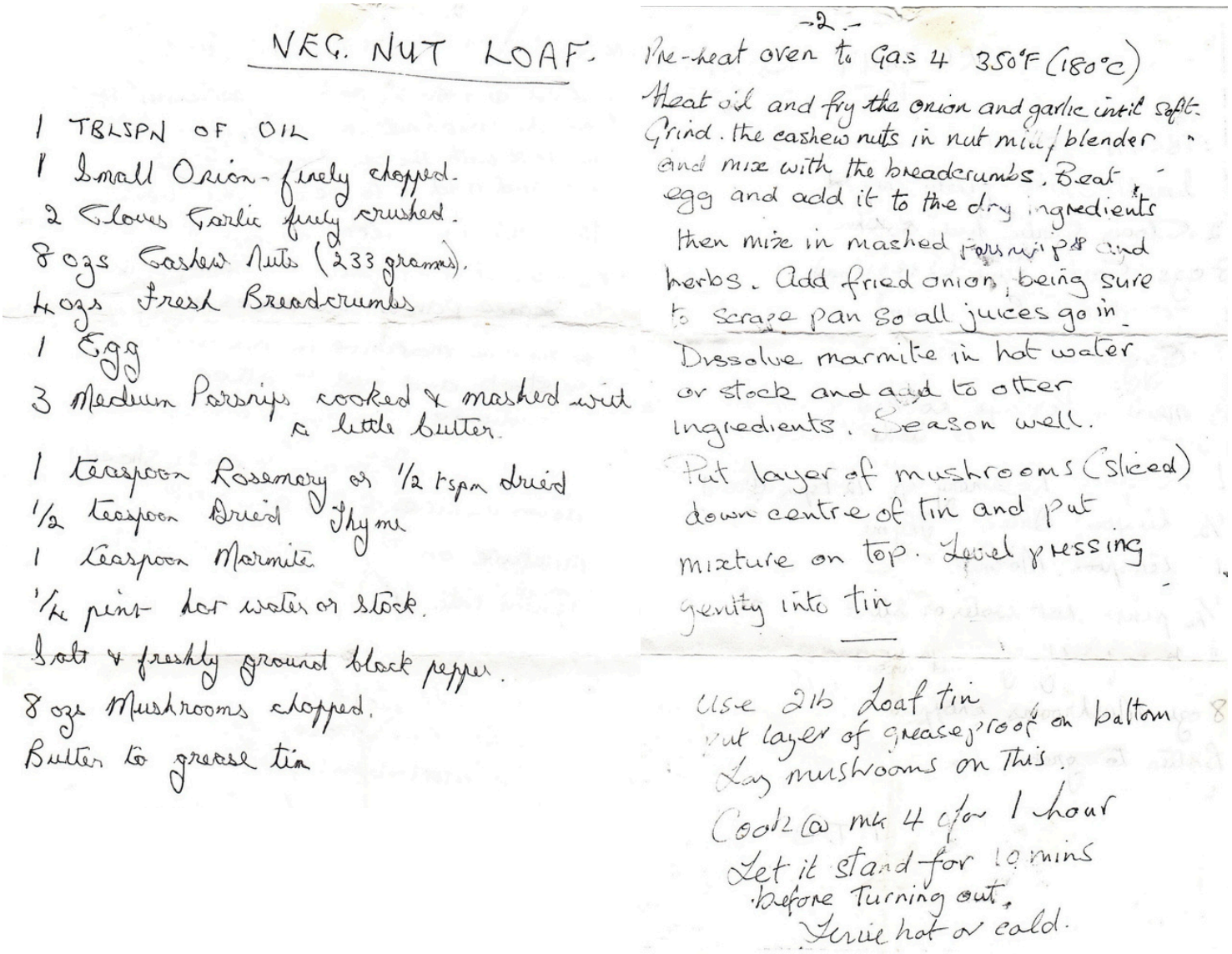


Cook for 5 minutes gently. Remove from heat and cool.

Line 7" flan ring with the pastry. Prick base. Beat the egg and stir into tomato filling. Pour into flan case, sprinkle with the grated cheese. Bake in a hot oven - gas mark 7 or 425 F. for 25 mins until set & golden brown.

Notes

VEG NUT LOAF



VEG. NUT LOAF.

1 TBLSPN OF OIL
1 Small Onion - finely chopped.
2 Cloves Garlic finely crushed.
8 ozs Cashew Nuts (233 grams).
4 ozs Fresh Breadcrumbs
1 Egg
3 Medium Parsnips cooked & mashed with a little butter.
1 teaspoon Rosemary or 1/2 tspn dried
1/2 teaspoon Dried Thyme
1 teaspoon Marmite
1/4 pint hot water or stock.
Salt & freshly ground black pepper.
8 ozs Mushrooms chopped.
Butter to grease tin

-2-

Pre-heat oven to Gas 4 350°F (180°C)
Heat oil and fry the onion and garlic until soft. Grind the cashew nuts in nut mill/blender and mix with the breadcrumbs. Beat egg and add it to the dry ingredients then mix in mashed parsnips and herbs. Add fried onion, being sure to scrape pan so all juices go in.
Dissolve marmite in hot water or stock and add to other ingredients. Season well.
Put layer of mushrooms (sliced) down centre of tin and put mixture on top. Level pressing gently into tin

Use 2lb Loaf tin
put layer of greaseproof on bottom
Lay mushrooms on this.
Cook @ mk 4 for 1 hour
Let it stand for 10 mins
before Turning out.
Serve hot or cold.

Notes