

St Mary's Hall Association Cook Book

compiled and edited by
Penny Harrison



Incorporating the
St Mary's Hall Cook Book

compiled and edited by
Dr R G Dixon

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Foreword

The idea for this book arose from Old Girls' communications on Facebook, remembering, fondly, Dr Dixon and his 1981 publication. One OG found, and loaned me, her copy, and I have included selected recipes from the original, together with Dr Dixon's original Foreword, in this new SMHA Cook Book and his most welcome Preface to this edition.

Wherever possible, the original illustrations have been used, complemented by photographs and images commissioned for this edition.

I am most grateful to today's Old Girls who have been so kind as to send me their recipes for inclusion. I am particularly pleased to be able to include some notes from the new contributors about the reasons they associate their submissions with the School or with their childhood.

Happy reading – and happy cooking and eating!

Penny (Titheradge) Harrison, 1969-1973
Team Manager, SMHA





ST. MARY'S HALL COOK BOOK



St. Mary's Hall as it looked in 1876.

Foreword to the original Cook Book

St Mary's Hall probably eats better now than it ever has done in the past. As standards have risen so have costs.

In the Hall's first year, 1836-37, when there were only 35 pupils and fees were £20 per annum, the cost for butcher's meat was £159.8.4; the baker charged £102.9.3; milk, butter, eggs and cheese cost £54.16.6; vegetables and fruit cost £12.0.4; and groceries £40.2.0. 50 years later when there were 100 pupils and fees were £23 per annum, the housekeeping bill came to £1488.9.9.

Costs, however, were kept down partly because charitable farmers sold produce at a discount and partly because, for a long time, the Hall produced much of its own food. Around the turn of the (*last*) century, for example, fruit and vegetables from the garden were valued at only a little under £200 and eggs and fowl from the poultry-yard at just under £40. Indeed, in 1980, the "outlay on food, wages, etc., shows the same careful economy which has long distinguished the management of the Hall".

With the advent of World War One, during which the Headmistress helped to dig up part of the playing field to make a vegetable plot, prices increased dramatically, doubling in the six years to 1921, when housekeeping costs £4428. Now, in the year 1980-81, food alone cost the Hall £42,500, fuels £33,000 and laundry and cleaning materials £8,540.

The recipes in this book have been contributed by present pupils, but also by Old Girls, parents, staff and friends. All have been tried and tested.

As "favourite recipes" they surely reflect the sophisticated eating standards of the contributors!

Included, also, are various recipes attributed to M M Ewart, the mother of M E Odell, who was one of the first day girls and a school benefactress. These recipes, dated between 1847 and 1917, come from a handwritten note-book and are reproduced verbatim.

Bon appetit.

R G Dixon

Abbreviations:

Tablespoon – tbsp

Teaspoon – tsp

Dessertspoon – dssp

Temperature:

This is given in degrees Celsius throughout

Measurements:

These are given in metric throughout but a converter is to be found inside the back cover

PREFACE

Most people have memories of some sort about school food. At my own preparatory school I was fortunate – Tony, the chef, formerly of the army catering corps, was good. Those were the days of comfort food – steamed puddings, apple pies, green (why, I don't know) curries and many other memorable dishes, tho' not always memorable for the right reasons. I recall very little about meals at senior school (Stowe), which in itself says much about its quality, but I clearly remember the 18th century grandeur of the surroundings.

One of the first things I had to do when I joined the staff at SMH in 1978, was to ask the Head, the lovely ***Olive Leslie***, for a day off work to participate as a finalist in the Evening Argus/Segas 'Cook of the Year' competition on December 12th, live in front of an audience, at the Metropole Hotel. I was runner-up – and the only contestant to imbibe the wines meant for the judges; what a way to miss a day of school! On another occasion, I gave a wine-tasting session for some of the VIth form. Olive, of course, attended too. Her condition towards the end of the evening suggested that she had enjoyed herself.

These were the days of 'family service' – the school sat down *en famille* to eat all at the same time, with a member of staff sitting at the head of the table dishing out the food.* It was sad, but necessary, to change to the cafeteria system.

It was after this that I started to think about producing an SMH Cookbook. I bashed out the recipes, all contributed by girls, parents and staff, on at an old typewriter, ***Amanda Vokins*** prepared the super cartoons, which still make me chuckle, and ***Emma Fletcher*** the delightful illustrations.

Shoreham Copy Centre printed the pages, and many of us spent many hours collating the pages, ready for binding, in the Geography Room in the Pool Block. By the time I left SMH, in 1991, only a handful of copies remained.

It is flattering that there should be a desire to republish much of the original by the SMHA, although the credit for the original naturally goes to the entire production team, as it does, indeed, for the new edition. This cook-book is quite an achievement and deserves every good fortune and success.

Roger Dixon

** In my day, tables were "taken" by Vth and VIth form and I was table monitor throughout my time in VIth form which led to me never getting a main course but having first dibs on the wonderful puddings! Ed. #2*

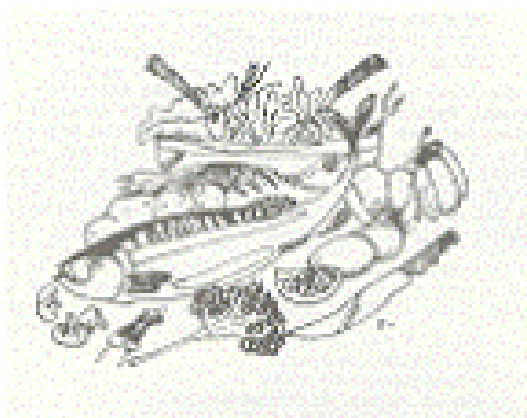
Jo (Podd) Stubbs, who has kindly liaised between Ed. #1 and Ed. #2 wrote that she remembers Roger coming runner-up in that competition - his photo, she thinks, was in the Evening Argus but he never admitted to drinking the Judges' wine! She is thrilled that some cartoons and illustrations are in this edition and hopes, it being the 30th anniversary of her cohort leaving, that some of them will be at the reunion / book launch on 21 June 2014. Jo had some photos of the original cook book being sold outside Venn House/Pool Block. Unfortunately, she lent the album they were in and it had not been returned however she still hopes to locate the negatives and if she succeeds they will be posted on the SMHA website. She closed:

"It's all very 1980s - I can remember it vividly!"

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STARTERS



Leek and Potato Soup

675g leeks

225g potatoes

40g butter

1.2 litres chicken stock

150ml double cream

Wash the leeks and slice thinly. Peel and slice the potatoes. Melt the butter in a pan, add the leeks and potatoes and cook gently for ten minutes without browning.

Add the stock, bring to the boil, cover and simmer until the vegetables are soft. Pass through a sieve, or blend, and season to taste. Return to the pan, stir in the cream and reheat, but do not boil. Serve garnished with slices of blanched leek, chopped parsley or chives.

Samantha Slumbers

Watercress Soup

1 large, or two small, potatoes
1 large onion
1 bunch watercress
25g butter
1 tbsp olive oil
Parsley or thyme
Salt and pepper
450ml chicken stock
300ml milk or single cream



Melt the oil and butter in a heavy-based saucepan, cook the sliced onion until transparent, then add the peeled and chopped up potatoes and cook gently, stirring the onions in with them. Finally add the watercress having removed the stalks and washed thoroughly. Add the seasoning, a pinch of parsley and the stock. Stir for a minute or two, cover and simmer until tender (about 15 minutes). Blend and return to the pan. Add the milk, check seasoning, heat and serve.

Mrs I G Grant

Cold Carrot Soup

1 medium onion, finely chopped
1 medium, or large, tin of carrots
40g butter
1.2 litres chicken stock
300ml double cream
1 small can condensed (frozen) orange juice

Cook the onion gently in butter until soft.
Drain the carrots.
Put carrots, onion, stock and orange juice into blender and purée.
Season to taste.
Fold the cream into the purée then chill.

Mrs B Johns

Italian Sausage Soup

675g mild Italian sausage, cut into 1 ½ cm pieces

2 cloves of garlic, minced

2 large onions, chopped

1 large (750g) can of tomatoes

3 cans 400g each consommé

1 ½ cups red wine

½ tsp crumbled basil leaves

3 tbsp chopped parsley

1 medium green pepper, chopped

2 medium courgettes, sliced 1cm thick

3 cups uncooked noodles

Grated parmesan cheese

Cook the sausage in a large casserole over a medium heat until lightly browned. Drain off the fat. Add the garlic and onions and cook, stirring, until limp. Stir in the tomatoes (including liquid), consommé, wine and basil. Simmer, uncovered, for 30 minutes. Cool, chill and skim off the fat. Reheat, adding parsley, pepper, courgette and noodles. Simmer, covered, for 25 minutes or until the noodles are tender. Ladle into individual bowls and sprinkle with parmesan to serve. Serves 6

Miss M Hondagneu

SMH Austerity Lentil Soup

340g orange lentils
2 litres water
2 vegetable stock cubes
1 small bacon bone (optional)
1 bay leaf
1 medium size onion, sliced
salt and pepper
2 tablespoons single cream
garnish - chopped fresh mint

Wash the lentils and drain them. Put into a saucepan with the water, bacon bone (if using), stock cubes, bay leaf and onion. Boil for around 30 minutes.

When the lentils are soft remove the bone and flavourings. Liquidize in a blender.

Return the soup to the rinsed-out pan with the cream and heat through. Do not boil. Adjust the seasoning to taste. Serve sprinkled with a little mint.

Diana (Markham) Sijpesteijn, 1969-1973

The annual SMH austerity lunch comprised lentil soup, bread and cheese followed by fruit. The difference in cost between this lunch and the standard school meal was donated to charity to help those in the world who suffered from inadequate nutrition. Not only was the soup very tasty and the cause so worthy, but as I ended up qualifying and working as a Dietitian, I appreciate that it was in fact a well balanced and nutritious meal.

Sian (Williams) Spencer 1967-1977 (with David Spencer)

adds to the austerity theme with her home made bread on page 107.

She serves it with her ***Butternut Squash Soup***.

120 g peeled and sliced Onions

500 g peeled and diced squash

250 g Potatoes peeled and diced

250 g Carrots peeled and diced

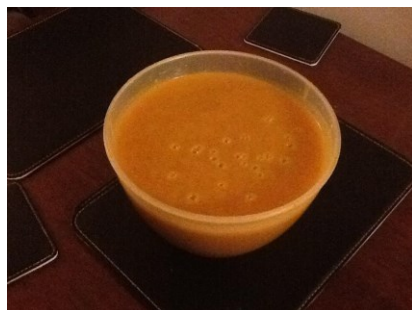
1 litre of water / stock with cider if wished

Put the vegetables in a large saucepan covering with enough water and braise off for 5 minutes or until the vegetables are softened

Add the liquid and bring to the boil turn the heat down and simmer for 45 minutes or until all the vegetables are cooked and soft.

Liquidise and season to taste.

For entertaining add cream and herbs.



When I went ski-ing in my teens and twenties, *writes Sian*, Knorr packet soups were seen as the height of sophistication. This Sian/David recipe gives you your 5 a day. It eliminates preservatives, salt and sugar and is cheap to make.

***Salmon, or
Tunafish Mould***



200g tin salmon or tuna
50g butter
1 cup breadcrumbs
1 or 2 eggs
**Anchovy / Worcestershire
Sauce**
1 tbsp chopped parsley
Seasoning to taste

Beat the eggs. Drain the salmon or tuna.

Mix all ingredients together, put into a well greased basin and steam for 1 ¼ hours.

Serve with Caper or Egg Sauce. (See sauces chapter).

Marjorie (Drake) Elliot 1930-34

Cheese & Cucumber Mousse

1 large cucumber
150g cream cheese
1 tsp onion juice
7g gelatine
3 tbsp cold water
150ml boiling water
2 tbsp white wine vinegar
1 tbsp castor sugar
A pinch of mace
**150ml double cream,
lightly whipped**
Salt and pepper to taste

Dice the cucumber, unpeeled, sprinkle it with salt and leave it pressed between two plates for 30 minutes. Drain thoroughly and mix with the vinegar, sugar and mace. Beat the cheese with the onion juice and season. Soak the gelatine in the cold water and then pour on the boiling water, stirring until it is dissolved, then stir in the cream cheese.

When this is cold, fold in the cucumber and the lightly whipped cream and turn into a 740ml lightly oiled mould. Chill until set. Turn out of the mould and garnish with watercress and serve with hot toast. Serves 6-8.

R G Dixon

Tuna Fish Cocktail

200g tin of tuna chunks
1 tsp finely chopped onion
1 tsp lemon juice
3 tbsp mayonnaise
1 tsp tomato purée
Pepper to taste
6 stoned black olives
4-6 lettuce leaves
Parsley, paprika
and lemon slices.



Drain the tuna and discard the oil. Mix together the onion, lemon juice, mayonnaise, tomato purée, pepper and two chopped olives. Add the tuna in chunks and mix gently. Shred the lettuce and place in four goblets. Add the tuna fish mixture, garnish with a black olive, parsley, a shake of paprika and place a lemon slice on the side of each goblet.

Tessa Levene

Pousse Bedaine

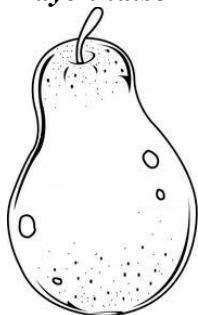
450g cream cheese
100g cooked ham
1 green pepper
50g cucumber
25g almonds
½ onion
Pinch of mixed herbs
1 tablespoon chives

Finely chop the ham, peppers, cucumber, almonds, onion, herbs and chives. Beat the cheese until smooth and shiny. Gradually introduce the chopped ingredients and mix well.

Pile the mixture up in a deep dish and serve with hot thickly cut toast. Prawns or crisply cooked bacon may also be added for variation. Serves 8.

Kathryn Vokins

***Pears in Tarragon
Mayonnaise***



**4 pears (Comice or similar)
1 large egg
2 tbsp castor sugar
3 tsbp tarragon vinegar
150ml double cream**

Beat the egg and sugar in a bowl and add the vinegar. Place the bowl over a pan of simmering water and stir the mixture until thick. Leave until cold. Whip the cream until it has begun to thicken and fold it into the mixture. Peel and halve the pears and remove cores and stalks. Place the pear halves on individual plates, rounded sides up (two halves per person) and pour over the mayonnaise. Serve chilled with a sprinkling of paprika or chopped walnuts.

R G Dixon

Desert Island Cocktail

**1 ripe melon
½ cucumber
4-6 tomatoes
½ cup vegetable oil
¼ cup white wine vinegar
4 sprigs fresh mint
1 teaspoon castor sugar**

Remove the skin and seeds from the melon before chopping into 2.5cm cubes. Dice the cucumber into 1cm cubes. Skin, seed and chop the tomatoes. Chop three sprigs of mint with the sugar.

Combine all ingredients, chill and decorate with the remaining mint leaves.

Serves 6-8 as a cool, refreshing summer starter.

Zara Curzon

Simply Melon

- 1 ripe melon**
- 1 small carton plain yoghurt**
- 2 “chunks” stem ginger,**
chopped into small pieces
- 2-3 tsp of the syrup from the**
stem ginger



Remove the skin and seeds from the melon before chopping into 2.5cm cubes.

Combine with the other ingredients and share amongst 4-6 bowls.

Decorate with a sprig of fresh mint.

Could not be more simple – or delicious!

*Penny (Titheradge) Harrison /
Diana (Markham) Sijpesteijn 1969-73*

Avocado with Stilton & Cream Dressing



- 3 Avocado Pears**
- 75g Stilton cheese**
- 150ml single cream**
- 2 tbsp vegetable oil**
- Juice of one lemon**
- 1 tsp Worcestershire Sauce**
- 1 small onion, grated**
- 1 sprig of parsley, chopped**
- Black pepper**

Beat the cream and cheese together until smooth. Add the oil, lemon juice, Worcestershire sauce, onion and parsley, season and stir thoroughly. Pour the sauce into the halved and stoned pears. Serves 6.

Zara Curzon

Tichna

1 small tin sardines in tomato sauce
4 hardboiled eggs
1 heaped tbsp salad cream
1 dssp lemon juice
12 drops Worcestershire sauce
1 heaped tbsp stiffly whipped cream
Salt and pepper

Mix the sardines with the roughly chopped eggs. Add the other ingredients. Spoon the mixture into bowls and sprinkle with paprika. Serve with hot toast. Serves 6.

Monique Chatwin

Chicken Liver Pate

1 small onion
225g chicken livers
75g butter
5 rashers streaky bacon
Salt and pepper to taste
1 clove of garlic, crushed (optional)
2 tbsp sherry
2 tbsp cream

Melt the butter in a pan and gently cook the onion in it until soft. Add the chopped bacon, livers and garlic (if used) and cook for three or four minutes. Add the other ingredients and blend in a mixer. Turn into a serving dish, cool and store in the fridge.

Nicola Weatherley

Kipper Pate

325g poached kipper fillets

225g cream cheese

Juice and grated rind of one lemon

Freshly ground black pepper

Pound the kipper fillets and mix thoroughly with the other ingredients. Place in an ovenproof serving dish, sprinkle with cayenne and heat in the oven until piping hot. Serve with toast.

Miss S Hunt, 1973-1980

Kreuznach Eggs

(from the Palatinate)



4 hardboiled eggs

1 gherkin, chopped

2 raw egg yolks

4 tbsp oil

Salt and pepper to taste

4 anchovy fillets, chopped

50g ham, chopped

2 tsp German mustard

2 tbsp vinegar (or less), to taste

Halve the hardboiled eggs. Remove the yolks and sieve them. Mix half the sieved yolk with the gherkin, anchovy, ham and raw yolks, Fill the egg hollows with this mixture. The remaining sieved yolk makes a sauce similar to mayonnaise. It will absorb up to 150ml oil. Mix the yolk with the mustard to form a creamy paste. Add the oil drop by drop beating constantly. Add vinegar to taste. Coat the egg halves with this mixture.

Mrs V Betts

SAUCES



Caper Sauce

175g butter

4 tbsp lemon juice

3 tbsp caperberries, rinsed

3 tbsp capers, rinsed

2 tbsp flatleaf parsley roughly chopped

Place the butter into a small saucepan over a medium heat and heat until melted and just turning nut brown in colour. Add the lemon juice, rinsed caperberries, capers and parsley and stir through.

Crane Sauce

Two cooked beetroots

2 dssp Horseradish Sauce

1 dssp Mayonnaise

Blitz the beetroots or chop extremely finely and pass through a sieve. Combine with the other ingredients and serve with cold smoked mackerel and brown bread as a delicious starter.

Egg Sauce

1 medium can condensed cream of celery soup

2 hard boiled eggs, finely chopped

2 tbsp green pepper, finely chopped

¼ cup milk

Shake of white pepper

Heat soup, milk, green pepper gently until peppers are softened. Add egg and white pepper to taste.

Penny (T) Harrison

Curry Cream Sauce

1 medium onion, chopped

Olive Oil

1 tbsp mild curry powder

1 tbsp flour

150ml fish or chicken stock

2 tsp tomato purée

1 tbsp mango chutney

Juice of ½ lemon

150ml double cream

Fry the onion in the oil in a saucepan until it is soft. Stir in the curry powder and blend in the flour, cooking for a few more minutes. Gradually add the stock and stir until the sauce thickens. Add the tomato purée, chutney and lemon juice and simmer for five minutes. Stir in the cream and heat through but do not boil.

If adding, e.g., prawns, cooked chicken, diced (etc) do this at the stage before stirring in cream in order to cook through thoroughly.

Penny (T) Harrison / adapted from R G Dixon

Italian Spaghetti Sauce

2 large onions
1 tin carrots, puréed
2 sticks celery
1 or 2 cloves garlic
425g tin tomatoes
1 small tin tomato purée (or equivalent)
100g bacon, finely minced (optional)
Basil, parsley and seasoning to taste
1 stock cube

Chop or shred the onion finely, mince the celery and garlic and fry in olive oil until transparent. Add bacon, tomatoes, carrots, tomato purée, herbs, seasoning and stock cubes and cook gently adding a little water, tomato juice or red wine to keep the consistency as desired.

Serve with mince (etc) as “bolognaise sauce”.

Sarah Reade



MAIN COURSES



MEAT

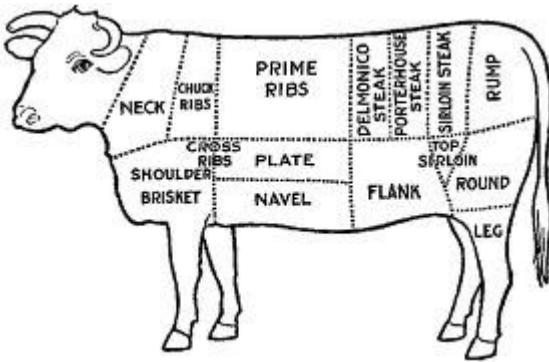
Spiced beef

2.7kg rib or sirloin
225g Demerara sugar
25g ground allspice
25g ground cloves
6g nutmeg
6g saltpetre
100g salt

Rub the sugar into the beef.
Stand for 12 hours then rub in
spices and saltpetre. Stand a
further 12 hours then rub in salt.
Turn daily for two weeks then
cook as for boiled beef.
Serve cold with salads, use in
sandwiches or even deepfreeze.

This is a traditional joint for the Christmas season in
Ireland.

Mrs E O Leslie



Milanese casserole

Cook the macaroni until just tender in well seasoned boiling water. Strain and retain 300ml liquid.
Heat half the margarine in a frying pan and fry the bread until golden brown.
Heat the rest of the margarine and fry the onion for a few minutes.
Add the tomatoes (including liquid) and macaroni liquid and heat.
Stir in the beef and season to taste with salt and pepper.
Cook for 10 minutes.
Stir in the macaroni and 100g of the cheese.
Put the mixture in to a casserole, top with the bread cubes and remaining cheese, and bake at 180° for 30 minutes.

100g macaroni
1 large tin tomatoes
1.2 litres water
75g margarine
2 slices bread, cubed
1 onion, peeled & chopped
450g minced beef

n.b. omission of the beef renders this a vegetarian option.

Mrs K M Sinclair

Cheat Moussaka

100g butter

½ kg cooked, large potatoes

2 onions

Small tin tomatoes

200g cooked lamb or beef mince

25g flour

¼ litre milk

100-150g grated cheese

Layer (starting and finishing with potatoes) in a casserole dish. Make a cheese sauce using flour, remaining butter, milk and half the cheese. Pour over the contents of the casserole and top with remaining cheese. Cook at 200° for 30 minutes.

Melt ½ butter and fry sliced potatoes and onions, separately until golden brown. Set potatoes aside. Mix together onions, tomato, meat and season to taste.

Penny (T) Harrison



Pork fillets with cider

2-3 pork fillets
1-2 tbsp oil and
15g butter
1 small onion
1 tart cooking apple
150ml cider
150ml stock
1 dssp chopped parsley
Kneaded butter (flour and
butter kneaded together to
thicken stock) 4-6 rings of
apple, fried to golden brown

Replace the pork, add the parsley and heat gently.
Serve garnished with the fried apple rings.

Brown the fillets in the oil and butter. Set aside and fry the sliced onion and finely chopped apple for a few minutes.

Return the fillets to the pan with cider and a little stock.

Season, cover and simmer for 25 minutes or until tender.

Take out the fillets; slice them diagonally and keep warm.

Strain the gravy, return to the pan and thicken with the kneaded butter.

Elizabeth Ager

Pork chops in cider

Line a shallow dish with **apple slices** and **onion slices** and cover them with **cider**.

Place pork chops on top and top them with a mixture of **breadcrumbs, grated cheese and sage**.

Bake for 40-50 minutes at 190°.

Rosemary Drew

Pork Crackling with Cider Dip

Pork Crackling
Oil
Salt
675g cooking apples
25g butter
25g brown sugar
300ml rough cider

Score the crackling into long strips.
Remove the fat from underneath and rub with the oil and salt. Cook, on a baking tray, at 175° until blistered and golden brown. Baste frequently, draining off excess fat. When hard break into 15cm strips.

Peel, core and slice the apples. Put with the sugar, butter and cider into a pan and cook gently until it is a puree. Pour into a deep pot, stand on a tray and surround with the strips of crackling.

Zara Curzon

Two veal recipes from M M Ewart (1875)

Veal olives

Cut long, thin collops. Beat them. Lay on them thin slices of fat bacon and over them a layer of forcemeat seasoned high with some sliced shalot (*sic*) and cayenne. Roll them tight, about the size round of 2 fingers but not more than 2 or three inches long. Fasten them round with a small skewer. Rub one egg over them and fry them a light brown. Serve with brown gravy in which boil some mushroom pickle or fresh.

Veal cake

Of veal that has been dressed, pound as much as will fill your mould, add a little white pepper a little shalot and parsley chopped very fine, 2 spoonsful (*sic*) of bread soaked in boiling milk and covered down, 2 spoonfuls cream 3 oz butter. Beat all these ingredients well together. 4 yolks of egg not beaten but put to the other ingredients, 4 whites beaten to a very strong froth. Then mix it all together and put it into the mould which must be buttered, put it into boiling water. Boil it 1 hour and send to table with a good white sauce poured all over it.

Force meat for veal, turkey, fowls, hare &c.

2oz ham or lean bacon, $\frac{1}{4}$ lb suet, rind $\frac{1}{2}$ lemon, 1 tsp minced parsley, 1 tsp minced sweet herbs; salt, cayenne, and pounded mace to taste; 6oz breadcrumbs, 2 eggs. Shred the ham or bacon, chop the suet, lemon peel and herbs very finely; add a seasoning to taste of salt, cayenne and mace, and blend all thoroughly together with breadcrumbs before wetting. Now beat and strain the eggs, working these up with the other ingredients, and the force meat will be ready for use. When it is made into balls, fry to a nice brown in boiling lard or put them in a tin and bake for $\frac{1}{2}$ hour in a moderate oven. No one flavour should predominate greatly and the force meat should be of sufficient body to cut with a knife and yet not dry and heavy. For very delicate force meat, it is advisable to pound the ingredients together before binding with the egg; but for ordinary cooking, mincing very finely answers the purpose. Sufficient for a turkey, moderate sized fillet of veal or a hare.

Curing Hams

10 gal of water; 10 lbs of salt; 5 oz saltpetre; 1 $\frac{1}{2}$ lbs brown sugar or 3 pts molasses or treacle; rub the hams with a little salt and let them remain packed together 12 hours then shake off the loose salt, pack them into your pickling tub and pour the pickle over them boiling hot, cover the tub tight to exclude the air and let them remain in it 50 days then dry and smoke.

Two recipes from M M Ewart (1875)

Chicken Gougère

For the filling:

**450g cooked chicken meat, cut
into small pieces
225g sliced mushrooms
1 medium red pepper, sliced
1 medium onion, diced
25g butter
25g plain flour
600ml chicken stock
1 tsp curry or chilli powder
Seasoning to taste**

For the choux:

**150ml water
150ml milk
100g butter
125g plain flour
4 eggs**

Make the filling first.

Fry the onion and pepper in the butter until soft. Add the mushrooms and stir. Add the flour and cook for a few minutes then pour in the stock a little at a time to make a fairly thick sauce. Add the seasoning and curry/chilli powder before stirring in the chicken. Allow to cool.

To make the pastry, put the butter and liquid into a heavy based pan over a low heat until the butter melts then bring to the boil and remove from the heat. Pour in all the flour and beat the dough until it is smooth and comes away from the sides of the pan. Beat in the eggs, one at a time, until the pastry is shiny.

Spoon the pastry around the sides of a well greased large flan dish and put the filling in the middle. Bake at 200° for 40 minutes. Serve straight from the oven, garnished with parsley, with a salad.

R G D

Spicy Peach Chicken



4 chicken pieces
25g melted butter
3 peaches, skinned and halved
1 heaped tbsp honey
2 tsp prepared mustard
1 tbsp Worcestershire
Sauce
5 tbsp vinegar
¼ tsp chilli sauce
¼ tsp dried marjoram
¼ tsp dried oregano

Wash and dry the chicken pieces. Brush them generously with the melted butter and arrange them in a roasting tin. Mix together all remaining ingredients other than the peaches and stir well to combine thoroughly. Pour the sauce over the chicken and roast, basting frequently, at 180° for 1 hour. Add the peaches to the pan and continue cooking for a further 30 minutes until the chicken is tender and the peaches are warmed through. If fresh peaches are unavailable substitute with 6 well drained tinned peach halves, adding them to the chicken for the last ten minutes of the cooking time.

Sarah Eggers

Iced Chicken Curry

**1 cooked 1.5kg chicken,
boned and skinned, cold
and cut into
mouthful pieces**

1 tbsp olive oil

1 small onion, chopped

1 tbsp tomato purée

2 tbsp apricot jam

1 tbsp curry powder

**150ml chicken stock
(or cube / water)**

Juice of ½ lemon

300ml mayonnaise

3 tbsp single cream

Gently fry the onion in the oil
in a saucepan for 5 minutes.

Stir in the curry powder and
cook for a further few
minutes.

Stir in the stock, purée, lemon
juice and jam.

Stir until boiling and simmer
for 5 minutes. Take off heat,
strain and allow to cool.

To this cooled liquid add the
mayonnaise and cream.

Spoon over the chicken pieces
and refrigerate.

Make a day in advance and serve with rice and a green
salad.

Sarah Holder

Chicken Paprika



**4 chicken joints
2 medium onions
225g tin chopped tomatoes
100g butter
25g paprika powder
2 – 3 green peppers
150ml thick cream or
yoghurt**

Chop the onions and fry them in the butter in a thick pan or casserole. Add the paprika and seasoning and stir well. Add the chicken with a little water and steam gently until the chicken is half cooked. Add the chopped peppers and tomatoes, topping up the liquid if necessary and finish cooking. Stir in the cream or yoghurt and re-heat being careful not to boil.

Mushrooms may be added but can discolour the sauce. If freezing this for later then do not add the cream or yoghurt until heating ready to serve.

Mrs H Bland

Pigeons à la crème

4 young plump pigeons

50g butter

1 tbsp oil

4 rashers bacon

300ml white wine

1 tbsp brandy

1 squeeze lemon juice

1 bouquet garni

Seasoning

2 egg yolks

30ml double cream

Heat the butter and oil in a large flame-proof casserole and brown the pigeons on all sides. Then place them breast-up and cover each one with a rasher of bacon to help keep the birds moist. Pour on the wine, add the brandy, lemon juice, seasoning and bouquet garni. Cover and simmer over a gentle heat for 30-40 minutes until the pigeons are tender. Lift the pigeons out of the casserole and keep them warm. Strain the liquid and return it to the casserole. Whisk the egg yolks and cream and stir into the liquid. Cook over a gentle heat until the sauce thickens but do not allow to boil. Test for seasoning. Return the pigeons to the casserole, heat through and serve with red cabbage and new potatoes.

Miss S Hunt 1973-80

Wells Mess

1 medium or large onion
1 medium aubergine
1 red or green pepper
400g can of tomatoes
Small can of tomato purée
225g mushrooms
1 large can frankfurters
3 or 4 eggs
Oregano

Fry the chopped onion, sliced aubergine and pepper in a little oil until soft, then add the mushrooms, tomatoes and tomato purée, seasoning and oregano to taste. Simmer until cooked and add the frankfurters, chopped up, and the eggs. Serve when the eggs are cooked.

Mr Mike Wells

Sausage Cabin

450g beef / pork chipolatas, cooked
1 small onion, peeled, sliced and cooked in 25g butter
600g potatoes, boiled, drained and mashed
50g grated Cheddar cheese
1 egg, beaten
4 firm tomatoes, thinly sliced
225g peas, cooked and drained

Beat together the potatoes, onion, egg and cheese. Cover a baking sheet with foil and put the potato mixture on it. Shape into a “cabin”. Halve the sausages and press them around the sides, reserving one for a chimney. Arrange the sliced tomatoes as roof tiles. Reheat in the oven for 10 minutes then lift the foil on to a plate and surround the cabin with the peas and serve.

Susan Standing

Sweetcorn Casserole

8 rashers of bacon, cut into small pieces

1 onion, sliced

Grated cheese, to taste

Cayenne pepper

1 tin creamed sweetcorn

Breadcrumbs

450ml white sauce

Lightly fry the bacon and onion. Make a thick white sauce and add the cayenne, bacon and onion, sweetcorn and some grated cheese. Put the mixture into a casserole and top with breadcrumbs and more grated cheese. Cook in a moderate oven for 45 minutes until the top is golden brown.

Rosemary Drew

Sausagemeat Risotto

50g dripping or lard

450g sausagemeat

225g long grain rice

1 medium onion, peeled and thinly sliced

1 large tin tomatoes

600ml beef stock (or stock cube/water)

1 handful frozen peas

1 level tsp dried sage, black pepper and

Worcestershire Sauce, to season

Boil the rice until partially cooked and drain. Melt the fat in a frying pan, add the sausagemeat and fry gently until the meat breaks up. Add the onion and, when it is soft, drain off the fat. Add all the other ingredients, stir gently and simmer the mixture until it is the correct consistency for a risotto. If the rice is not cooked through add more stock and simmer until done.

Mrs K M Sinclair

Kidneys Epicure

12 fresh lamb's kidneys
1 medium onion, finely chopped
25g butter
1 heaped tsp plain flour
1 dssp mustard (French or English)
1 dssp redcurrant jelly
1 tbsp port or sweet sherry
Seasoning
150ml double cream

Remove the skins and cores from the kidneys and slice them thickly. Fry them gently with the onion in the butter for about 5 minutes. Blend in the flour then stir in the mustard, redcurrant jelly, port and seasoning. Stir well then add the cream and reheat, but do not boil. Serve with plain boiled rice

R.G.D.



FISH

Collard Salmon

Split such part of the fish as may be sufficient to make a handsome roll, wash and wipe it and having mixed salt, white pepper, pounded mace and Jamaica pepper in quantity to season it very high, rub it inside and out well. Then roll it tight and bandage it, put as much water and one third vinegar as will cover it with bay leaves, salt and both sorts of pepper. Cover close and simmer till done enough. Drain and boil quick the liquid and put on when cold. Serve with fennel. It is an elegant dish and extremely good.

M M Ewart, 1876

Hot Sussex Smokies

450g skinned smoked haddock

50g butter

50g flour

100g grated cheese

150ml dry white wine

Grated parmesan

600ml fish stock

Poach the fish in water with a bayleaf for 15 minutes, then drain and flake the fish. Melt the butter in a pan, add the flour to make a roux then add the stock slowly until the right thickness is achieved. Season and simmer for 10-15 minutes. Add the cheese and wine and bring back to the boil, thinning if necessary. Add the flaked fish and divide between 6 ramekin dishes. Sprinkle with parmesan cheese and bake at 190° for ten minutes.

Samantha Slumbers; Kathryn and Amanda Vokins

Herrings Tails in Air

4 whole herrings and their roes

500g fresh breadcrumbs

500g chopped onion

2 tomatoes

1 tbsp chopped parsley

1-2 tbsp milk

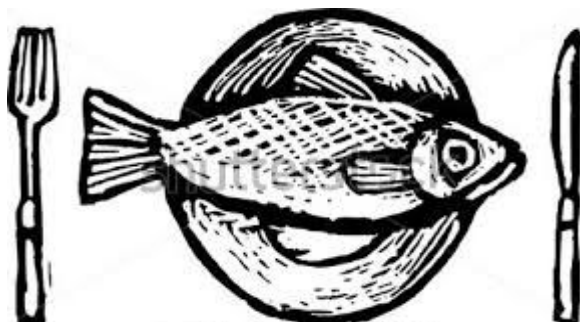
Salt and Pepper

Parsley sprig for garnish



Wash, scale and bone the herrings, leaving the tails intact but trimmed if necessary. Chop the roes and one tomato and mix with the onion, parsley, breadcrumbs and seasoning. Bind the mixture with milk. Lay the herrings flat on a board and spread with stuffing ($\frac{1}{4}$ the mixture per fish). Roll up the herrings from the head end and pack them firmly in an ovenproof dish with the tails uppermost. Slice the second tomato and arrange the slices in the dish. Bake at 165° for one hour. Garnish with parsley sprigs. Serve hot with vegetables or cold with salad.

Alex Fearn



Cheese and Salmon Quiche

100g shortcrust pastry

1 egg

150ml milk

Salt and pepper

½ medium onion, peeled & grated

75g Cheddar cheese, grated

200g tin salmon, drained & flaked

Roll the pastry out thinly and use it to line 4 individual 10cm flan rings. Whisk together the egg, milk, salt and pepper then add the onion and cheese and mix well. Divide the salmon between the pastry cases and spoon the cheese custard mixture over. Bake in the centre of the oven at 205° for 15 minutes. Reduce to 175° for a further 25 minutes until golden brown and set. Remove the rings and serve hot or cold, garnished with sprigs of parsley.

Jane Simmons

Sardine and Tomato Pizza Pie

250g flour

50g butter

Milk to form dough (approx 100ml)

1 tin chopped tomatoes

125g tin sardines

50g grated cheddar cheese

Knead flour and butter and add milk to form a firm dough. Roll out to a round (pizza) and place on baking tray. Drain tomatoes and spread on base. Add chopped sardines and sprinkle with cheese. Bake for approx 20 mins.

P (T) H

Okay girls remember Friday lunches at SMH?

No I don't either. Did we have it or was it so horrible it has been erased by the memory cells?

This started off as Rick Stein's luxury fish pie but has been bastardised and adapted by us over the last 20 years or so. This was one of the first recipes my husband David learnt to cook and it has been a staple of ours on Christmas Eve as we want something which is not meat before the feast. I know the number of steps might seem daunting but it is relatively easy and straightforward you do all the preparing and washing up beforehand making it an ideal dish for feeding friends.

The recipe is on the next page.

Leftovers

This dish can be heated up with pasta or rice however be wary of taking into work for lunch the next day both David and I have been banned from taking this in from colleagues who hate the smell of fish.

Sian (Spencer) Williams, 1967-1977



David and Sian's luxury Fish Pie

**300 grams of pink (fresh salmon) and
white fish (coley is fine) cut into bit size chunks
One each onion, carrot, courgette, a few mushrooms
200 g chopped tomatoes
400 g of potatoes peeled and chopped
Milk
Butter
Fromage Frais
300 mls cheese sauce
Seasoning**

Preheat oven to 150°. Braise fish off in the oven for 10 minutes covering with enough water to ensure it is submerged. Drain off fish and reserve liquid for use later. Set aside. Lightly fry off the vegetables in a little oil or water to soften them. You want the vegetables to retain their bite. Add the chopped tomatoes, season to taste and set aside. Increase the oven temperature to 170°. Make cheese sauce using 1 tablespoon of flour, butter to form a roux, 300 ml milk 755 gms grated cheese 1 tsp Dijon mustard. While making the sauce cook the potatoes in a separate pan by bringing to the boil and boiling for 10 minutes. When the potatoes are soft drain and mash with the milk, butter and fromage frais.

Combine the fish, vegetable mixture and cheese sauce in a large serving dish. If the mixture seems too dry add some of the poaching liqueur. Check for seasoning.

Add mashed potato on top putting through a ricer for a really smooth finish (tip from Gary Rhodes add potato from the outside to the middle rather than the other way round) smoothe the top. Cook for 30 minutes until browned on top and steaming. Serve with a strong green vegetable such as spinach or kale.

VEGETARIAN / VEGETABLES

Supper Surprise

Dice or grate raw potatoes.
Add onion, cheese and chopped tomatoes, flour and seasoning to taste. Turn into ovenproof dish and add warm milk. Put knobs of butter over the top and bake for 1 hour at 200° until browned and cooked through.

2 large potatoes
1 small onion
50g grated cheese
275ml warm milk
1 tbsp flour
Butter
Tomatoes
(fresh or tinned)

P (T) H

Tomato Pasta

1 small tin condensed tomato soup
25g olive oil or butter
Chopped celery or carrot
1 onion
50g cream cheese
50g cottage cheese
100g cooked pasta

Fry the onion and celery or carrot in the oil. Add the condensed soup; mix in the two cheeses and seasoning and heat together. Place the pasta in an ovenproof dish, pour the mixture over and top with parsley. Bake for 30 minutes at 200°. The soup can be varied, for example, by using onion, celery or asparagus.

Mrs S Francis

Tomato and aubergine bake

Wash and thinly slice the aubergines. Lay on a tea-towel and cover each slice with a little salt. Leave for at least ½ hour then rinse under the cold tap and pat dry. Melt the butter in a heavy based pan with the oil and fry the aubergine slices carefully (They burn easily).

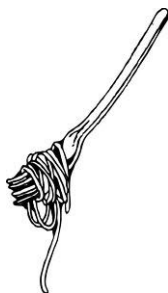
Set on one side and fry the sliced tomatoes slightly. Layer a wide based ovenproof dish with aubergine then tomatoes, salt, pepper and oregano then top with a layer of cheese. Repeat until all ingredients are used up and bake at 150° for ½ hour. Delicious with garlic bread. Serves 6.

2 medium aubergines
450g tomatoes
4 tbsp olive oil
25g butter
Oregano
Salt and pepper
100g grated cheese

Mrs I G Grant

Tasty Spaghetti Topping

1 onion
1 clove of garlic
1 tin chopped tomatoes
1 green pepper, chopped
3 tbsp olive oil
1 vegetable stock cube
Marjoram
Grated cheese



Cook the onion and garlic in the oil and add the tomatoes (including liquid). Add the pepper, stock cube and seasoning. If necessary add some water (or red wine if wished). Add the marjoram and continue cooking gently until required consistency is achieved. Pour over cooked pasta and top with grated cheese. Serve with garlic bread and salad.

Mrs S Francis

A popular dish in Peru from the Andean town of Huancayo

Papa a la Huancaína

4 large potatoes

3 eggs

600gms cottage cheese

100gms evaporated milk

6 water biscuits

2 heaped teaspoons hot chilli powder

3 heaped teaspoons turmeric

Pinch of salt

Lettuce leaves, washed and dried

Black olives



Cut the potatoes into quarters and boil until cooked but firm, allow to cool. Hard boil the eggs, allow to cool then separate the yolks from the whites. Into a liquidiser place the cottage cheese, evaporated milk, egg yolks, chilli, turmeric, salt and water biscuits. Liquidise until the mixture becomes smooth and thickly flowing (add a little more evaporated milk or water biscuits to achieve).

Place lettuce garnish on four plates and the cold potatoes on top (4 each). Pour the creamy mixture over and garnish with cut pieces of egg white and black olives.

Prisca (Baillie) Furlong, 1964 – 1969

When I was at SMH the menu was very bland, nothing exotic not even so much as a curry! So when I left at the age of nearly 17 to live in South America (where my father had just taken up the post of Anglican Chaplain to Peru) the spicy cuisine there was a sheer joy to my taste buds.

Papa a la Huancaína was a popular ‘Entrada’ (‘Starter’) in Lima but the time I enjoyed it the most was when my 6th form class from my new school (Markham College – Independent school for boys with just myself and one other girl in the 6th form!) went on a week long geography field trip which involved a 36 hour bus ride over the Andes to the jungle town of Tingo Maria. We stopped, in the middle of the night, at an adobe ‘eating house’ 14,000 feet up on the bitterly cold Junin plateau. There was no glass at the windows, just sack cloth and no electricity, just oil lamps – but the Papas a la Huancaína was chilli hot, delicious and thoroughly reviving!

Eggs Provençale

400g onions

400g tin tomatoes

100g tin of tomato purée

Olive oil

2 cloves garlic

Oregano

1 bay leaf

Seasoning

6 eggs



Fry the sliced onions in the oil until transparent. Add the tomatoes and purée, the bay leaf, a pinch of oregano, the crushed garlic and seasoning. Stir, cover and simmer for at least half an hour to allow the contents of the pan to fuse. Put about one dessertspoonful of the sauce into each of six ramekin dishes, make a well in the centre of the sauce and break a raw egg into it. Bake in a pre-heated oven at 170° for 15-20 minutes and serve immediately. The sauce is often better if it is made the day before and reheated for use.

Mrs I G Grant

Vegetable Flan

100g shortcrust pastry

150ml cheese sauce

150g cooked, hot, vegetables (e.g. onions, carrots, peas, beans, cauliflower, broccoli)

Parsley to garnish

Line a flan dish with the pastry and bake “blind” for 20-25 mins. Mix together the sauce, vegetables and seasoning to taste and pour into the flan case. Serve hot or cold, garnished with parsley.

Alex Fearn

Cheese Fondue



3 cups coarsely grated cheese

1 tbsp cornflour

½ clove garlic

300ml dry white wine

2 tbsp kirsch, slivovitz or cognac

A pinch each salt, grated nutmeg and cayenne pepper

French or crusty bread, cubed

Rub the inside of a casserole or fondue pan with the garlic and mix the cheese and cornflour in it. Pour in the wine and stir over a low heat until all are blended and cheese has melted. Add the salt, kirsch (or alternative), nutmeg and cayenne and stir. Spear a bread cube on a fork, dip in and...eat!

A mixture of emmenthal and gruyere is commonly used but can be replaced with cheddar. Liquid can be substituted with cider or beer instead of wine.

Miss K Ridley, 1975-1980



Farmhouse Pie

4 large potatoes

300g frozen or tinned mixed veg.

Tin/small bottle bolognaise sauce (or see sauce chapter)

20g melted butter

Cook and drain potatoes and slice. Layer in an ovenproof dish with the vegetables. Pour sauce over before placing last layer of potatoes on top. Brush with melted butter and bake at 200° for 35-40 minutes.

Serves 4.

P (T) H

Cheese and potato ring

450g potatoes

340g onions

50g butter

150g cheese, grated

Grate potatoes and onions and toss them in melted butter with ½ the grated cheese. Grease flan dish and heat the dish in the oven (200°). When the dish is hot, remove from oven and press potato mixture well down. Return to oven and bake for 45 minutes. Turn out on to heated flat ovenproof dish. Sprinkle remainder of cheese over the top and grill until bubbling golden brown.

Serves 4.

P (T) H

Cheese Pudding

275ml milk

50g grated cheese

50g breadcrumbs

25g butter

1 egg, separated

Onion salt / garlic salt and seasoning

Heat milk and add butter, breadcrumbs, onion/garlic salt and seasoning. Stir until butter has melted. Fold in the cheese and egg yolk to the mixture. Whip the white of egg and fold in. Put into ovenproof dish and bake at 200° for ½ hour until brown and well risen. Serves 2.

P (T) H

Eggs Roulade Souffle

4 boiled and shelled eggs, kept in cold water

2 eggs, separated

450g cooked vegetables, diced.

280g butter

Flour and milk to form a roux

50g grated cheese

Use butter, flour and milk to make a sauce. Add cheese and season to taste. Beat in two egg yolks and add the vegetables. Stir well. Whisk the egg whites and fold into the mixture. Grease an ovenproof souffle dish and put 1/3 mixture into the bottom. Add the boiled eggs and the rest of the mixture. Bake at 200° for 30-35 minutes until well risen.
Serves 4.

P (T) H

Potato Pancakes

675g potatoes
1 onion
2 eggs
3 tbsp flour
Seasoning to taste

Grate peeled potatoes and onion. Cook thoroughly. Set aside for 5 minutes and then drain. Stir in remaining ingredients, divide into flattish rounds and fry in oil or butter on both sides.

P (T) H

Fried Bacon and Garlic Potatoes

675g potatoes
2 tbsp olive oil
25g butter
8 cloves garlic
8 rashers streaky bacon

Peel the potatoes and cut into cubes about the size of sugar lumps. Fry them in the oil and butter in a large frying pan, turning frequently. When they are half cooked add the garlic, thinly sliced, and the bacon, cut into thin strips, rind removed. Continue to cook until everything is a golden brown.

R.G.D.

Fried Cabbage



1 large onion, sliced

½ green pepper

Oil

1 white cabbage

½ tsp celery salt

½ tsp cumin seeds

½ tsp mixed herbs

Fry the onion and pepper with a minimum of oil. Wash the cabbage and slice, thinly, then add to the onion with all other ingredients. Cover the pan tightly and cook until the cabbage is your preferred texture. Season to taste.

Mrs P Rook

Red Cabbage with caraway

1 small to medium red cabbage

1 medium onion, finely chopped

100g butter

2 tbsp wine vinegar

1 tbsp caraway seeds

40g sultanas

Coarsely shred the cabbage and blanch in boiling salted water for 5 minutes. Drain well and return to the pan with the rest of the ingredients. Continue to cook over a low heat for about 30 minutes, stirring occasionally. Season to taste.

R.G.D.

Dutch Red Cabbage

**1 red cabbage
sliced very thinly
1 small onion, sliced
2 cooking apples, sliced
1 cup currants
2 bay leaves
3 or 4 cloves
1 tsp cinnamon
1 tsp sugar
Salt to taste**

Place all ingredients in a large saucepan and half cover with water. Bring to the boil and simmer for ½ hour. Drain, preserving the water which will be a rich blue colour. Melt a knob of butter in the saucepan, add 1 tbsp flour and form a roux then add some of the cooking water, a dash of milk and a smattering of vinegar.

When a sauce is achieved return the cabbage and reheat for not more than 3 minutes. This recipe, handed down in the family for several generations, is believed to be a speciality of the Overijssel region of Holland. Serve with boiled potatoes, fried black pudding and a good rich gravy. It is a tasty nourishing winter dish.

Mrs S Sevink

Boor Kool Met Spek (Curly kale with bacon)

**Sufficient potatoes for each person
500-900g curly kale
Salt
25g butter
Streaky bacon**

Prepare the potatoes and place in a saucepan. Cover with the kale, which should have been washed and the leaf midribs removed. Add the salt and $\frac{3}{4}$ cover with water. Bring to the boil and simmer for 25 minutes. Drain and mash the potatoes and kale together with the butter until the mixture is fluffy and light green in colour with dark green speckles. Serve with the bacon, fried, a good gravy and a dollop of Piccalilli.

Mrs S Sevink

Stuffed Jacket Potatoes

**4 potatoes of an even shape
and a baking variety
225g grated cheese
Seasoning**

Wash and prick the potatoes, rub them lightly with greased paper and bake them for about one hour until soft when pinched, at 205°. Cut in half, lengthwise and scoop out the centres, keeping the skins intact. Mash the potatoes in a bowl add in the cheese and seasoning and mix thoroughly. Replace in the skins and bake until hot and golden brown. For additional/alternative fillings, use 225g bacon, chopped and fried or 8 tbsp cream mixed with 8tsp chopped chives.

Susan Harrison

Gratin Dauphinoise

**8 potatoes
1l milk
50g butter
Salt and pepper
½ clove of garlic (optional)
Grated cheese**

Peel the potatoes and cut them lengthwise. Place in a saucepan, pour the milk over and boil for 5-7 minutes. Rub an ovenproof dish with the garlic and grease it with plenty of butter. Layer the dish with the potato slices, seasoning, a little butter and some grated cheese. Pour over sufficient hot milk to cover the potatoes and dot with butter. Bake in the centre of a preheated oven for ½ hour at 205°.

Madame Neve

Einbren of Peas and Carrots

25g margarine or chicken fat

Pinch of sugar

25g flour

150ml stock

275g tin of carrots

275g tin of peas

Seasoning to taste

Melt the fat in a saucepan, add the sugar and flour and cook until light brown in colour, but not burnt. Remove from the heat and add the stock, a little at a time, beating well. Return to the heat and bring to the boil. Add the drained vegetables and reheat. Adjust seasoning and serve hot.

Tessa Levene

Stuffed Tomatoes

4 large tomatoes

1 cup long grain rice

1 red or green pepper, chopped

50-75g grated cheese

1 clove of garlic, crushed

Boil the rice until cooked. While it is cooking cut the tops off the tomatoes and scoop the flesh into a bowl. Add the chopped pepper, cheese, garlic and seasoning, with the cooked rice and mix together. Fill the tomato cases with this mixture and place them in an ovenproof dish. Sprinkle grated cheese on top to form a crust and bake in a moderate oven for 15-20 minutes.

Penny Hill

Marrow Savoury

1 small or medium marrow
2 cups long grain rice
150g grated cheese
4 tomatoes

Slice the marrow into rounds, removing the seeds and skin. Cook until soft but still “holding together”. Cook the rice. In a medium sized ovenproof dish layer rice, marrow and cheese. Finish with sliced tomatoes and sprinkle them with the last of the cheese. Season to taste and bake in a moderate oven for 30 minutes.

Penny Hill

Spinach with anchovies

This is an **Italian** way of serving spinach. Add **chopped anchovy fillets**, one per person to be served, together with **lemon juice and butter** to some **chopped, drained, cooked spinach**.

In **Spain** the butter is replaced by **oil and chopped garlic**; **raisins and pine nuts** are added.

Mrs V Betts



Vichy Parsnips

**500g parsnips, peeled
& sliced
25g butter
Seasoning
1 tbsp sugar
100ml water**

Put the ingredients into a pan, cover closely and cook.

By the time the water has disappeared the parsnips will be cooked.

Allow them to brown in the butter and to caramelise slightly.

(Beware, they stick rather easily).

This is the recipe for Vichy carrots adapted to parsnips, a vegetable which the French unjustly despise. It brings out the sweetness in the parsnips and is excellent served with ham.

Mrs V Betts

Courgettes with tomatoes and herbs

**450g courgettes, washed and thickly sliced
25g butter
4 tomatoes, peeled and roughly chopped
1 clove garlic, peeled and crushed
1 tbsp chopped parsley
1 tsp dried thyme
Salt and black pepper
50g cheddar cheese, finely grated
15g fresh white breadcrumbs**

Bring the courgettes to the boil and cook for three minutes. Drain and place in an ovenproof dish. Heat the butter, add the tomatoes and garlic; parsley, thyme and seasoning and cook until a thickish mixture has formed. Adjust seasoning and spoon over the courgettes. Sprinkle with the cheese and breadcrumbs and bake in a moderate oven for 20-25 minutes. Serve hot on its own or with a meat main dish.

Amanda Vokins

Rice with mushrooms

100g rice boiled or steamed

2 tbsp oil

8 mushrooms, coarsely chopped

1 tbsp Soy Sauce

1 onion, finely chopped

Salt and pepper to taste

Heat the oil in the frying pan, add the onion and fry until brown. Then add the mushrooms and fry until semi cooked. Add the rice and sauté gently, stirring occasionally until the dish begins to brown. Stir in the Soy Sauce and seasoning and serve.

Julia Stiles

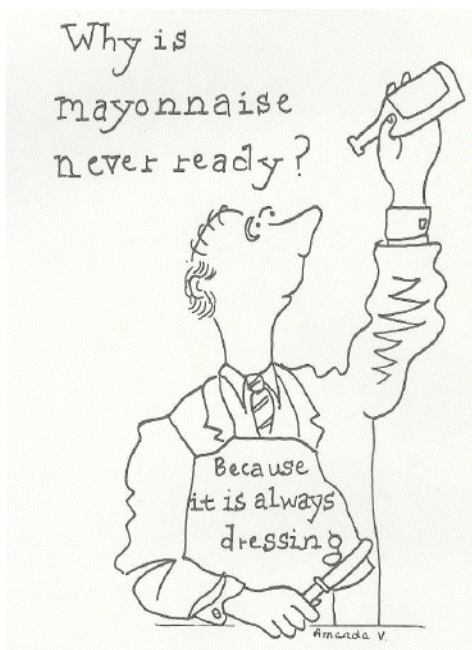


Illustration by Amanda Vokins

PUDDINGS (HOT)



Lemon Sponge Soufflé

50g butter
90g castor sugar
15g plain flour
300ml milk
2 eggs, separated
Grated rind and juice
of 1 lemon

Cream the butter with the grated lemon rind and sugar. When it is fluffy beat in the egg yolks; then stir in the sifted flour alternately with the milk. Add the juice of the lemon and fold in the stiffly beaten egg whites, lightly but thoroughly. Bake in an ovenproof, "china" rather than metal dish in a moderate oven, 175°, for about 45 minutes until the pudding is golden brown.

The pudding separates into two layers, a spongy cake on top and a layer of creamy lemon sauce at the bottom

Rebecca Ridgway and Sarah Humphrey

Lemon Pudding

Suet Crust:
227g self raising flour
112g suet
112g currants
30g Demerara Sugar
9 tbsp water

Filling:
112g butter
60g Demerara sugar
1 grated lemon rind
1 tsp lemon juice

Sift flour and stir in suet, sugar and currants and mix to form soft dough with water. Roll into circle and use 2/3 to line a pudding basin. Roll remaining 1/3 into a smaller circle. Mix butter, sugar, lemon rind and juice and put into the lined basin. Form a lid with the small circle and crimp it with the sides. Cover with foil, pleated to allow the pudding to rise, and steam for 2 ½ hours.

P (T) H

Miss Orme's famous Cornflake Treacle Tart

Ready-rolled shortcrust pastry *or*

Home made shortcrust pastry *or*

1 ready-made pastry case

115g golden syrup

85g cornflakes

55g butter

25g dark brown soft sugar

Preheat oven to 200°

If making the case, line a quiche dish with the shortcrust pastry. Trim off the excess around the edges. Prick the base of the pastry case with a fork.

Place a sheet of foil into the pastry case and pour in enough baking weights/dried beans to fill the base. Bake in preheated oven for 20 minutes or until lightly golden. (You may need to remove the foil and beans and place back into the oven for 5 minutes).

Meanwhile, in a medium-large saucepan, melt the butter, sugar, golden syrup and salt together. Once the sugar has dissolved, gently fold in the cornflakes, making sure that all the cornflakes are coated in the syrup.

Remove pastry case from the oven, remove the weights/dried beans. Pour in the cornflake mixture and level off the mixture with a wet knife.

Bake the tart for an additional 5 minutes or until just set. Allow to cool slightly before serving with custard or with...

Miss Orme's famous chocolate sauce

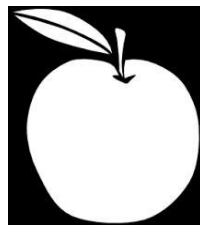
Break the chocolate into pieces and put them with the syrup and butter into a double saucepan (or bowl over a saucepan half filled with water).

50g plain chocolate
4 tbsp golden syrup
15g butter

Heat the pan and leave the ingredients to melt over the water, stirring from time to time. Serve hot with ice cream, any chocolate pudding or treacle tart.

Dutch Spiced Apple Cake

900g Bramleys or other cooking apples
100g Demerara sugar
½ tsp nutmeg
1 tsp cinnamon
75g chopped nuts
Shavings of butter
Shortcrust pastry



Line a shallow rectangular tin with the pastry and cover with thinly sliced peeled apple, overlapping. Mix the sugar, spices and nuts together and sprinkle on the apple. Dot with the butter and bake at 200° for 30-40 minutes.

Mrs P Gain

Dutch Custard

Lay into a tart a border of puff paste and a pint and a half of fresh gathered raspberries well mixed with 3oz sugar. Whisk thoroughly 6 large eggs with 3oz more sugar and pour it over the fruit. Bake for 30-4 minutes.

M M Ewart, 1876

Apple Oatcake

65g SR flour
75g porridge oats
90g brown sugar
75g margarine
2 large cooking apples
½ tsp cinnamon
Almond essence
Lemon juice

Mix the dry ingredients together. Melt the margarine and add it to the mixture, mixing until crumbly. Put half of this into a greased loaf tin. Peel and grate the apples (or stew them) add the essence and add to the loaf tin. Spread the remaining oat mixture on top and bake at 190° for 30-40 minutes. Serve hot or cold with cream.

Susan Hennings

Apple Macaroon

450g cooking apples
Soft brown sugar
2 egg whites
100g castor sugar
50g ground almonds

Peel and slice the apples and put them in a greased ovenproof dish. Sprinkle them with brown sugar to taste. Whisk the egg whites until they are light and fold in the almonds and castor sugar. Lightly spread the mixture over the apples and bake at 180° for one hour. Serve hot or cold, with cream. This is a quick and simple way to use up egg whites. The apples can be replaced by e.g. plums or gooseberries.

R.G. D.

Pineapple Pudding

**1 large tin pineapple
chunks**

50g flour

50g butter

2 eggs, separated

100g castor sugar

Milk

Make a sauce by melting the butter, adding the flour and thinning with the juice from the tin and enough milk to make up to 600ml.

Don't worry if this curdles.

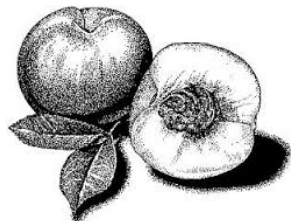
Stir in 25g sugar.

Beat in the egg yolks, pour over the pineapple chunks in an ovenproof dish and put in the oven for 10 minutes to set.

Beat the egg whites with 75g sugar until stiff and spoon on to the pudding. Bake in a moderate oven for 40 minutes or until the meringue is faintly golden. Serve hot, preferably with very cold cream.

Mrs E O Leslie

Baked Peaches



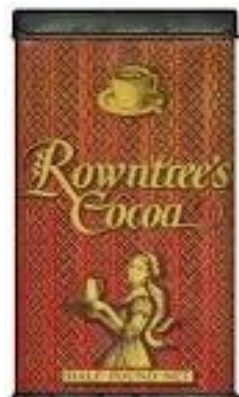
Use two peach halves for each serving. Mix equal quantities of soft brown sugar and ground almonds in a small bowl and add enough butter to hold all together. Make walnut shaped balls of this mixture and place one in the hollow of each peach half.

Stand the peach halves in an ovenproof dish and over each pair of halves pour one tablespoon of sweet cooking sherry. Bake for 15-20 minutes at 180°. Serve either hot or cold; with or without cream.

Mrs H Bland

Chocolate Surprise Pudding

75g SR flour
2 tbsp cocoa powder
100g butter or margarine
100g sugar
2 eggs
1 pinch of salt
½ tsp vanilla essence
1-2 tbsp milk



And for the sauce:

100g soft brown sugar
2 level tbsp cocoa powder
300g hot water

Sift together the flour, cocoa and salt and set aside. Cream the fat and sugar and add the lightly mixed eggs and essence. Add the flour and fold in with enough milk to make a medium soft consistency. Put the mixture into a 1.2l pie or baking dish (the dish must be large enough as the sauce boils during cooking).

For the sauce, mix the brown sugar and cocoa in a basin. Stir in the hot water and mix well. Pour this mixture carefully over the top of the contents of the dish and bake at 190° for 40 minutes.

When ready the baked cake will have risen to the top leaving a rich chocolate sauce underneath. Serve hot with cream. If any is left over (!?) it is also good cold.

Mrs H Bland

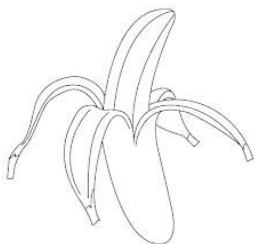
Vermicelli Pudding

100g vermicelli
½ tsp salt
35g sugar
50g sultanas
35g margarine, melted
1 egg, beaten

Bring 1l of water to the boil and add the vermicelli and salt. Cook for five minutes. Drain the vermicelli and rinse with cold water. Mix with the rest of the ingredients and pour into a 900ml ovenproof dish. Bake at 190° for 45 minutes.

Tessa Levene

Banana Pudding with Lemon Sauce



8 small ripe bananas
120g sugar
1 tsp lemon juice
1 egg

Mix all ingredients together and pour into a greased ovenproof dish. Bake for 1 hour at 150° or until the middle is dry (use skewer to test).

For the sauce, bring **240 ml water** to boil in a saucepan. Mix together **60g sugar** and **1dssp flour** and whisk into the water. Simmer. Mix together **one beaten egg** and **the juice of a lemon** and add to the mixture in the saucepan. Stir until smooth and thick.

P. (T). H.

Banana upside down cake with brown sugar crème fraiche

“Don’t panic when it comes to turning out the cake. I guarantee one bold deft flick of the wrists and a perfect upside-down cake will emerge!”

4 medium bananas
1tbsp milk
1tsp vanilla extract
175g castor sugar
175g unsalted butter, softened
2 large eggs, beaten
200g SR flour, sifted
Pinch of salt
85g soft light-brown sugar

Mash one banana with the milk and vanilla. Cream the castor sugar and half the butter until light and fluffy then gradually beat in the eggs, Fold in the flour/salt and the banana mixture, alternately, until thoroughly combined.

To make the base/topping cream the brown sugar and remaining butter and smear over the base and a little way up the sides of a buttered ovenproof dish about 25cm wide and 5cm deep. Slice the remaining bananas and arrange over the base. Spoon the sponge mixture over the bananas, smoothing the top. Bake at 180° for about 40 minutes until golden brown and springy to the touch. Leave to cool for 10 minutes then run a knife around the edge. Place a serving plate over the top and grasping the plate and the pan turn the cake upside down with one rapid movement. Serve warm, with ***brown-sugar crème fraiche...***

...200ml crème fraiche
1 level tbsp soft dark brown sugar...

Spoon the crème fraiche into a shallow bowl, smoothing the surface, Sprinkle with the sugar and place in the fridge for at least two hours by which time the sugar will be melted and sticky.

P (T) H

Impossible pie

Blend together

4 eggs

¼ cup margarine or butter

1 cup sugar

½ cup flour

¼ tsp salt

2 cups milk

1 cup coconut and

1 tsp vanilla extract

Place in a buttered pie dish and bake at 180° for one hour.

P (T) H

Toffee apple pudding

Crumb the bread and mix in the flour and suet and form a dough with water.

Thickly grease a pudding basin with the butter and press half the brown sugar on to coat it.

Roll 2/3 pastry out to line the pudding basin.

Roughly chop the apple and mix in the remaining sugar.

Place in the lined basin and re-roll the remaining dough to form the lid. Form a lid with the small circle and crimp it with the sides. Cover with foil, pleated to allow the pudding to rise, and steam for 2 hours. Turn out and serve with cream.

120g white bread

80g SR flour

80g suet

3-4 apples

Knob of butter

120g brown sugar

P (T) H

Sticky toffee pudding (the original version)

For the Pudding

120g butter
180g sugar
4 eggs
240g flour
1 tsp bicarb. of soda
2 tbsp coffee essence or
very strong black coffee
240g dates, stoned
300ml boiling water

For the Topping

Combine:
2 tbsp double cream
90g sugar
60g butter
and bring to the boil.

For the Sauce

Combine:
240g syrup
60g sugar
60g butter
& the grated rind of two
oranges over a low heat.

Line an approx 23cm square cake tin with buttered greaseproof paper. Mix together flour, bicarbonate, butter, sugar, eggs and dates and when thoroughly combined pour in the boiling water and coffee. Mix together until smooth. Bake at 180° for 1 ½ hours.

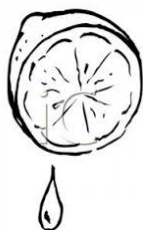
Meanwhile prepare the topping and sauce.

When the pudding is cooked, pour the topping over the cooked pudding and brown under the grill.

Serve with the sauce in a jug.

P (T) H

PUDDINGS (COLD)



Sharp Lemon Pudding

2 lemons
1 tbsp lemon juice
water
4 tbsp cornflour
2 eggs
30g butter
227g sugar

Grate the lemon rinds, squeeze the lemons, add juice and water to make up to 570 ml liquid. Bring to boil. Whisk eggs with cornflour. Whisk this into the hot liquid and continue to whisk until it thickens. Remove from heat and beat in butter then sugar. Leave until cold then beat and serve with sponge fingers, langues de chat etc..

P (T) H

Lemon Pavlova

4 eggs, separated
340g castor sugar
Vinegar
Cornflour
1 lemon
145 ml double cream, whipped

Make Pavlova by usual method using 220g sugar. Bake in two circles (100° for at least one hour). Whisk together the egg yolks, 120g sugar, lemon rind and juice over boiling water (double saucepan) until the mixture thickens. Cool, whisk in the whipped cream and use to sandwich together the meringue circles.

P (T) H

Lemon Mousse

3 large lemons
3 large eggs, separated
125g castor sugar
300ml double cream
150ml water
15g gelatine

Finely grate the rind from 1 ½ lemons and squeeze in the juice from all 3. Dissolve the gelatine in the water in a small bowl over hot water. Put the sugar, rind and egg yolks in a bowl and whisk over very hot water until frothy. Take the bowl off the water and stir in the lemon juice and liquid gelatine. Beat until well blended. Leave this mixture until the gelatine is beginning to set, and then fold in the lightly whipped cream and the stiffly beaten egg whites. Turn into a soufflé dish and leave to set.

Miss S Hunt, 1973-80

Digestive Lemon Tart

150g crushed digestive biscuits
75g butter, melted
1 dssp castor sugar
150g condensed milk
140g single cream
2 lemons, rind and juice

Mix the biscuits and butter and tamp down into a greased ovenproof dish and bake for 10 minutes. Combine the rest of the ingredients and pour on to the cooled base. Chill until needed.

Penny Hill

Lemon Ice Cream

2 eggs, separated
50g castor sugar
Rind and juice of one lemon
150ml double cream, lightly whipped

Beat the egg whites until stiff and then gradually beat in the sugar. Lightly mix the egg yolks, finely grated lemon rind and juice until light in colour. Fold this into the beaten egg whites with the cream. Pour the mixture into an ice-making tray or trays and freeze, stirring occasionally until firm.

P (T) H

Penny's Cheating Fruit Ice Cream

Combine a tub of any preferred "own brand" or "value" vanilla ice cream with your choice of 4 ripe bananas, well mashed or blended; stewed plums, blitzed; ditto other fruits to suit your palate, and refreeze. Experiment then sit back and wait for the praise. It will be forthcoming!

P (T) H

Dream Pie

4 eggs

225g castor sugar

2 lemons

600ml double cream

¼ tsp cream of tartar and a pinch of salt

Beat the egg whites with the cream of tartar and a pinch of salt. Add 1 cup of sugar and continue beating until stiff.

Spread in a well-buttered deep pie plate, bringing the meringue mixture up to the edge and just over the rim.

Bake for 25 minutes in a very slow oven (135°) and then for a further 25 minutes at 150°.

It should be no more than faintly brown.

For the filling, beat the yolks until thick. Add ½ cup sugar, ¼ cup lemon juice and the grated rind of 1 lemon. Cook this mixture in a double boiler until thick. Cool. Fold in 1 cup of the cream, whipped, and turn into the cooled meringue case. Decorate with the rest of the cream.

Mrs E O Leslie

Peasant Girl with a Veil

225g wholemeal bread, crumbed

2 tbsp brown sugar

900g apples

Whipped cream

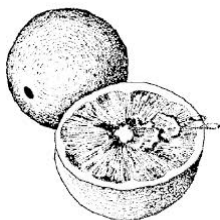
Mix the breadcrumbs and sugar and heat on a flat tray in a slow oven until very dry and crisp. Gently stew and slightly sweeten the apples. When all is cool, fill a dish with alternate layers of the apple and breadcrumb mix, starting and finishing with breadcrumbs. Garnish with whipped cream.

This is a Danish pudding, best served soon after preparation. If made ahead of time it loses its crispness but is still delicious.

Mrs E O Leslie

Grapefruit Sorbet

150g sugar
450ml water
200ml can frozen grapefruit juice
2 egg whites
Mint sprigs



Heat the sugar and water in a pan until the sugar has dissolved then boil, uncovered, for 10 minutes. Add the frozen juice and leave to cool. When cold pour into a 600ml tray and freeze to a slushy consistency.

Whisk the egg whites until thick and foamy but not dry. Fold in the grapefruit slush, return to the tray and freeze until firm. Just before required scoop into chilled glasses and decorate with mint sprigs.

Tanya Proctor

Ice Cream Cake

Thoroughly mix the eggs, sugar and flour, place in a sponge tin and cook. Split when cool and put jam on both halves. Place the ice cream between the two halves and freeze. Cover the cake all over with a cream made from unsalted butter.

2 large eggs
50g castor sugar
50g SR flour
Jam
Ice cream,
Unsalted butter

Mrs Beth Channing

Fruit Ice Cream Bombe

1 lemon jelly
1 medium tin crushed pineapple
1 tub vanilla ice cream
225g strawberries
or other prepared fruit
Ladyfinger biscuits

Make the jelly, using
150ml boiling water.
Leave to cool slightly
then add the pineapple
and ice cream.
Beat together well.

Pour the mixture into a 20cm fluted ring tin, cover with foil and place in the freezer to set. To remove the mixture from the ring place the base in a bowl of warm water for a minute, remove the foil and turn upside down on to a cold plate. Fill the centre with the strawberries, reserving a few for decoration. Push the biscuits underneath to form the spokes of the wheel and arrange the fruit decoration between the biscuits.

Tessa Levene

Coffee Tortoni

Make a meringue mixture with egg whites, sugar and 40g almonds. Lightly whip the cream with the flavourings and fold into the meringue mixture.

2 egg whites, 50g castor sugar, 50g blanched almonds, chopped and toasted.
300ml whipping cream
1 tsp vanilla essence
½ tsp almond essence
2 tbsp very strong black coffee (or coffee concentrate)

Spoon into individual dishes and sprinkle the nuts over. Freeze but allow to soften for around 30 minutes in the fridge before serving with chocolate finger biscuits. Serves 6 and can be made well in advance.

Ruth Chapman

Lis (Ferguson) Eastham of www.la-petite-touche.com has kindly shared the following authentic French recipe.

No student of SMH in the era 60-80 will need a translation, however Lis has kindly provided one which appears on the following page!

Merci Beaucoup, Lis.

Mousse au Chocolat

1 tablette de 200g Chocolat Noir

(dark chocolate)

6 œufs (eggs)

1 pincée de sel (a pinch of salt)



1. Faites fondre le chocolat cassé en petits morceaux au bain-marie ou à feu doux. Lorsqu'il est complètement fondu, remuez délicatement pour obtenir une pâte lisse. Retirez du feu et laissez tiédir.
2. Cassez les œufs en séparant les jaunes des blancs. Ajoutez le sel dans les blancs et battez-les en neige très ferme.
3. Versez peu à peu le chocolat fondu sur les jaunes d'œufs en mélangeant énergiquement.
4. Incorporez délicatement avec une spatule 1/3 des blancs d'œufs battus puis ajoutez le reste progressivement en soulevant la préparation de bas en haut pour bien répartir le chocolat sans faire tomber les blancs. Répartissez dans 6 verrines.
5. Faites prendre la mousse 3 heures minimum au réfrigérateur. Servez bien frais.

1. Melt the chocolate, broken in small pieces in a double boiler or over low heat. When completely melted, stir gently to a smooth paste. Remove from heat and allow to cool. 2 Break the eggs, separating the yolks from the whites. Add salt to the whites and beat them until they are very stiff. 3 Gently pour the melted chocolate over the egg yolks, mixing vigorously. 4 Add 1/3 of the beaten egg white to the chocolate mixture, stirring it very gently with a spatula or metal spoon. Then add the rest, gradually raising the mixture upwards to distribute the chocolate without causing the collapse of the egg whites. Divide into 6 glasses. 5 Put the mousse in the refrigerator for a minimum of 3 hours. Serve well chilled.

For more than 30 years, Lis writes, I have been a fan of 'proper' Chocolate Mousse. I have tested many recipes including those given to me by Chefs in Restaurants and have never been able to recreate the dessert I was looking for. Recently, I found this recipe on the back of a French 'dessert' chocolate bar and decided to give it a go. It transpires that Mousse doesn't need the cream or sugar which most recipes call for – it is just Chocolate and Eggs!

Chocolate mousse (from the SMH Cookbook)

175g plain chocolate	Break the chocolate into
2 tbsp strong black coffee	pieces and put with the coffee
4 eggs, separated	in a heatproof bowl over a
1 tbsp rum	pan of hot water and heat
150ml double cream	gently, stirring occasionally,
1 tbsp grated chocolate	until the chocolate melts.

Remove from heat and cool for 1-2 minutes. Beat the egg yolks and stir into the chocolate with the rum. Beat the egg whites until stiff and fold into the chocolate mixture until combined. Spoon into four individual glasses and chill in the fridge, preferably overnight. Before serving, whip the cream until thick and pipe over each mousse. Sprinkle with the grated chocolate.

Rachel Holder

Swedish Syllabub

Place the brandy, sherry, sugar and lemon in a bowl and allow to stand, covered, until the sugar has dissolved. Stiffly whip the cream and beat in the stiffly beaten egg whites to form a stiff foam.

Carefully fold in the brandy mixture with a metal spoon until well blended. Pour into 8 large wine glasses and chill in the fridge for about 2 hours. By this time there should be a clear fluid at the bottom of the glasses with the cream at the top. Serve with biscuits of your choice.

40ml brandy
80ml sherry
100g castor sugar
Juice and grated rind of
1 lemon
600ml whipping cream
2 egg whites

Sarah Eggers

Ginger Ale Fruit Jelly

1 bottle ginger ale
1 lemon table jelly
1 tin fruit salad/cocktail

Strain the liquid from the fruit into a small pan and bring to the boil. Place the jelly in a 1l measuring jug and pour the liquid over, stirring until the jelly has dissolved. Stir the ginger ale in slowly (it will froth and rise up the jug quickly), stirring well to release the bubbles, until the liquid in the jug measures slightly less than 600ml. Pour over the fruit in a bowl, mould or individual glasses, stir lightly and leave to set overnight in the fridge.

This has a pleasant tang to it. Serve with cream.

Sarah Eggers

Orange Jelly Boats

Cut the smallest possible lid from the stem end of an **orange** and hollow out the interior completely, making sure not to pierce the skin. Make an **orange jelly** with a little less liquid than instructed to set firm. When set, cut the orange into quarters, or eighths, depending on the size of the orange.

Elizabeth Edwards

Apple cream flan

**Blind baked shortcrust
flan case**

4 lge cooking apples

60g butter

2 tbsp sugar

Grated peel of a lemon

**3 crumbed digestive
biscuits**

¼ whole nutmeg, grated

2 tbsp brandy

3 egg yolks

70ml double cream

Cook and pulp apples.

Add sugar and beat in butter then stir in lemon peel, biscuit crumbs, nutmeg and brandy. Set aside to cool. Beat egg yolks and add cream then stir in this to the apple mixture.

Fill the flan case and cake for 30 minutes.

Serve warm or chilled.

P (T) H

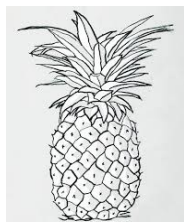
Bird's Nest

(Amended to remove "have some birds' eggs blown")

Make some clear jelly of an amber colour and fill a small round basin half full. Put some moss around a glass dish, turn the jelly out and stand it in the middle. Lay some lemon peel, cut in thin strips to represent straws, over the jelly and place "*mini-eggs*" on top

M M Ewart 1876

Orange and pineapple salad



**1 ripe pineapple
2 large or 4 small oranges
2-4 tbsp icing sugar
4-6 tbsp Kirsch**



Remove the top and bottom of the pineapple with a sharp knife. Reserve the top to decorate the bowl. Cut off the rind and cut the flesh into 2 cm slices, carefully removing the core. *(There is a fabulous gadget from Lakeland which does this – well worth investing in if you like pineapple.)* Cut the peel from the oranges and slice them across into thin rings. Combine the pineapple and orange slices in a large glass, serving dish or bowl, sprinkle them with sugar and Kirsch to taste and chill until ready to serve. Garnish with the pineapple top.

Anon

Surrey Special

100g plain chocolate

50g butter

1 large tin condensed milk

¼ tsp cinnamon

325g plain biscuits, roughly broken



Break the chocolate into pieces and melt it in a pan over a low heat with the butter and condensed milk, stirring briskly to combine. Mix in the cinnamon and broken biscuits. When the biscuits are evenly coated turn the mixture into a 1kg loaf tin and press down firmly. Place the dessert in a cool place or refrigerator to set, 2-3 hours or overnight.

To serve, dip the mould into hot water for a few seconds, then loosen it around the edges and turn on to a plate. Decorate with whipped cream.

Monique Chatwin

Susan Harris' Mother's Chocolate Biscuit Cake

225g Bourneville chocolate

225g butter

2 eggs

2 level dssp castor sugar

2/3 cup sultanas

½ cup cherries

(chopped into 4)

225g digestives

(or a few more)

Dssp brandy or rum

Melt chocolate.

Melt butter in another pan.

Beat eggs and sugar in a bowl and then add to butter stirring all the time.

Add chocolate to the butter/egg mixture.

Fold in biscuits broken into about 5 pieces.

Add sultanas and cherries.

Place in round Pyrex pie dish lined with greaseproof paper. Refrigerate. Remove from fridge about 20 mins before serving. Susan writes this was always a favourite with her friends when she was taken back to SMH in the late 1970s.

Susan (Harris) Roller 75-82

Chocolate flan

4 eggs
Can evaporated milk
180ml milk
3 tbsp sugar
1 tsp vanilla essence
3 tbsp dark rum
70g plain chocolate, melted

Blend the eggs, milk, 1tbsp sugar, vanilla and rum for 2-3 minutes. Add melted chocolate and blend for a further 2 minutes.

Heat oven to 150°.

Melt 2 tbsp sugar carefully until it begins to caramelize. Pour into a large, deep, greased cake tin and ensure the bottom is covered. Pour the mixture on top and put the tin in a shallow baking tin with water in the bottom. Bake for 30 minutes until firm. Cool in the tin, then refrigerate. Turn out to serve.

P (T) H

Chocolate indulgence

Melt butter and chocolate gently together. Whisk egg yolks with sugar and add flour. Combine with chocolate/butter mixture and fold in whisked egg whites.

60g butter
45g plain chocolate
2 eggs, separated
15g sugar
15g plain flour

Pre heat oven to 190°. Put half the mixture into an ovenproof dish then add a layer of hard frozen vanilla ice-cream. Top with remaining mixture. Bake for 9-10 minutes and serve immediately.

P (T) H

Chocolate roulade

Prepare a “Swiss Roll” tin and line with lightly oiled baking parchment or greaseproof paper. Break chocolate into basin and melt over a saucepan of hot water. Separate the eggs, add sugar to the yolks and beat well.

180g plain chocolate
5 eggs
180g sugar
2 tbsp hot water
Icing sugar
250ml whipped cream

Add the 2 tbsp hot water to the chocolate and stir in the egg yolk mixture. Whisk the egg whites and fold in. Pour into the tin and bake at 180° for 15-20 minutes. Cover with greaseproof paper and a tea-towel and leave until cold. Turn out on a sheet of greaseproof paper dusted with icing sugar and peel off the baking parchment. Spread with whipped cream and roll up with the help of the dusted paper. Chill.

P (T) H

Susanne (Fopp) Bray writes “Any mention of school food and I’m instantly reminded of the chocolate Yule logs we made in Audrey de Baughn’s domestic science class. Margaret Cook and I skipped a PE lesson to hide under the desks in a class room and eat all of ours. Don’t recall if there was any retribution other than extreme nausea.” We gather that the addition of butter cream to the roulade achieves this effect!



The Queen of Puddings

1 pint of nice breadcrumbs to 1 quart milk, ½ cup sugar, yolks of 4 eggs, beaten, the grated rind of a lemon, a piece of butter the size of an egg. Bake until done but not watery. Whip the whites of the eggs stiff and beat in ½ teacupful sugar in which has been stirred the piece of the lemon. Spread over the pudding a layer of jelly or any sweetmeat you prefer. Pour the whites of the eggs over this and replace in the oven and bake lightly. Serve cold with cream.

M M Ewart 1875

Banana Snow

6 medium bananas
3 tbsp lemon juice
200g plain yoghurt
4 tbsp castor sugar
150ml double cream
3 egg whites

Mash the bananas into a purée with the lemon juice. Add the yoghurt and sugar and mix well. Whip the cream until stiff. Fold the cream and whites alternately into the banana mixture.

Pour into a serving dish and chill thoroughly. Just before serving sprinkle with grated chocolate. Serves 6.

Penny Hill

Rhubarb Whip

Stew the rhubarb and sugar until soft. Melt the jelly in the hot rhubarb and leave to cool.

Whip the chilled evaporated milk and fold it in.

Turn into individual dishes and serve with ratafia biscuits.

450g rhubarb
150ml water
75g sugar
1 raspberry jelly
200g can evaporated milk

Mrs P Gain

Strawberry Malakoff

450g fresh strawberries

1 packet sponge fingers

225g unsalted butter

150g castor sugar

150ml orange liqueur

2-3 drops almond essence

150g ground almonds

450ml double cream

Extra strawberries, and cream, for decoration

Wash and hull the strawberries. Line and grease the base of a 1.5l soufflé dish with a round of greaseproof paper. Pour a dessertspoon of the liqueur and a little water into a saucer and dip enough sponge fingers into this to line the sides of the dish. Reserve some soaked biscuits for the top of the pudding.

Cream the butter and sugar together until pale and fluffy. Beat in the remaining liqueur and almond essence. Beat well until the sugar is dissolved and then work in the ground almonds. Whip the cream until it holds a peak and fold into the mixture.

Turn one third of the mixture into the dish and cover with a layer of strawberries. Alternate these layers, finishing with the cream mixture. Finish with biscuits and any trimmings which have been cut from them. Cover with greaseproof paper and place a tight fitting plate or saucer over the top with a weight on it. Refrigerate for 6 or more hours.

To serve, remove the greaseproof paper, run a knife round the inside of the mould and turn on to a chilled plate.

Decorate with extra strawberries and whipped cream.

Amanda Rutherford

Continental Cheesecake

For the base:

50g soft margarine

50g SR Flour

½ tsp baking powder

50g castor sugar

For the filling:

75g soft margarine

50g castor sugar

1 lemon, juice and grated rind

1 egg

50g sifted plain flour

50g sultanas

450g full fat soft cheese

300ml double cream

For the base, beat the ingredients together for 1-2 minutes until smooth and creamy and spread over the base of a greased 20cm loose bottomed cake tin.

For the filling, cream together the margarine, sugar and lemon rind until light and fluffy then beat in the egg and lemon juice. Fold in the flour and sultanas. In a separate bowl, soften the cheese and gradually blend in the cream, mixing well. Fold the cheese into the mixture until smooth and pour over the base.

Bake at 165° for 1 ¼ - 1 ½ hours and allow to cool. Remove the tin but leave the cheesecake on the base. Chill before serving.

Mrs Beth Channing



Marshmallow Pavlova with blood orange curd

For the Curd:

**2 blood oranges
110g unsalted butter
225g golden gran. sugar
3 medium eggs
beaten and sieved**

For the Pavlova:

**4 medium egg whites
225g castor sugar
1 tsp white vinegar
1 tbsp cornflour
½ tsp vanilla essence
6tbsp blood orange curd
300ml whipping cream
Kumquats to decorate**

To make the curd, grate the orange zest and squeeze 175ml orange juice (add extra if necessary) into a microwave bowl. Add butter and sugar and cook, uncovered, in the microwave on high for three minutes; taking out and beating every minute. Cool for a couple of minutes then gradually whisk in the eggs. Cook, uncovered again, on high for about 5 minutes again stirring every minute until thickened. The consistency should be of lightly whipped cream. Pour into sterilised jars and seal once cold.

For the Pavlova preheat the oven to 200° and cover a baking sheet with greaseproof paper. Whisk the egg white until stiff. Add the sugar, a heaped tbsp at a time. Stir in the vinegar, cornflour and vanilla, stir gently then pile on to the tray to form a circle 18cm in diameter and about 6cm high. Put in the oven and immediately reduce the heat to 120° and cook for 1 ¼ hours. Cool for a few moments then invert and peel off the paper. When the Pavlova is cold fold 5-6 tbsp curd into the whipped cream and fill the centre. Garnish with Kumquats.
(Also works with lemon or lime curd).

P (T) H

CAKES AND BISCUITS





Guernsey Gâche

680g wholemeal or plain flour

680g Guernsey butter

Two free range eggs

113g candied orange peel

454g sultanas or currants

118ml Guernsey milk

57g yeast

Pinch of salt

57g dark brown sugar

Wash and dry the fruit.

Cream the butter with sugar, add the eggs and then mix in the flour.

Warm the milk; add the yeast and a pinch of salt.

Make a depression in the dough and pour in the milk with the added yeast and mix well.

Add the fruit and knead like bread.

Leave the dough to rise for two hours somewhere warm.

Knock back (knead it again and ‘knock out’ all of the air) and then knead again.

Grease a loaf tin and put in the prepared gâche.

Cook for one hour in a moderate oven, until the top is golden brown.

Serve with Guernsey Butter (toasted or un-toasted) and a nice pot of tea.

Guernsey Gâche (pronounced Gosh) is one of Guernsey’s definitive delicacies. It’s a special bread made with raisins, sultanas and mixed peel. In Guernésiais, gâche means cake, however it’s more like a fruit bread than a cake.

Julia (Bagshaw) Dunnicliffe, 1969-72, writes “this is a delicious recipe for afternoon tea. I used to make it on a regular basis and is very easy (trust me!) It resonates with me in relation to school because Jan Bowes who was an assistant house mistress at St Hilary came from Guernsey and was a very special friend to me during my years at SMH. Jan taught me to design clothes as part of my Gold Duke of Edinburgh Award Scheme and was one of my main assessors. I understand she originally met Olwen Davies cycling round Sark.



ANZAC BISCUITS

1/2 CUP PLAIN FLOUR

1/3 CUP SUGAR

3/4 CUP ROLLED OATS

2/3 CUP COCONUT

MIX TOGETHER

50g BUTTER

1 tbsp GOLDEN SYRUP

MELT TOGETHER AND ADD TO MIX

DISSOLVE 1/2 Tsp BAKING SODA

IN 2 tbsp BOILING WATER

COMBINE WITH MIXTURE

SPOON ONTO BUTTERED TRAY

BAKE 180C FOR 15 MINS



Canadian Apple Slice

225g SR flour
150g butter or margarine
1 large egg
50g sugar

450g cooking apples
½ - 1 tsp cinnamon
100g sugar

Sift the flour into a basin and add the fat, cut into small pieces. Rub in the fat until the mixture resembles crumbs. Stir in the sugar. Add the lightly mixed egg with a fork to make a dough. Put this on a floured surface and knead until smooth. Leave to rest in a cool place for about 20 minutes. Roll out half the dough to fit the base of an 18x27 cm baking tin. On top grate the peeled and cored apples and sprinkle the sugar/cinnamon (having mixed them together). Top with the remaining dough and seal well at the edges.

Place in the centre of a moderate oven, 180° and bake for one hour. Cut into squares when hot and sprinkle with icing sugar when cold.

This keeps well; is excellent for picnics or packed lunches and also freezes well.

Stewed apple or apple purée can be used instead of grated apples. The spices may be varied by using, e.g. mixed spice and adding cloves. Raisins or currants may also be added.

Mrs H Bland

Austrian Coffee Cake

The Cake:

100g butter or margarine
100g SR flour
100g sugar
2 eggs
1-2 tbsp coffee essence or
very strong black coffee

The Syrup:

150ml water
75ml very strong black coffee
100g sugar
2 tbsp brandy or rum
300ml double cream
Shredded toasted almonds

Make the cake the day before it is needed.

Cream the fat and sugar and add the eggs and coffee essence/coffee. Add the flour and mix well. Bake in a 450g loaf tin at 175° for 35-45 minutes and turn out to cool.

Prepare the syrup by boiling the water and sugar for 2-3 minutes. Draw off the heat and add the coffee.

When the cake is cool return it to the loaf tin. Pour the syrup and brandy all over. Cover the tin well with foil or clingfilm and allow it to stand overnight.

Just before serving turn out on to a large oval dish, cover with whipped cream and decorate with the almonds. (If the cream is put on too early the coffee colour seeps through).

“A most popular pudding, especially with the gentlemen!
It is not too sweet but quite rich”

Mrs H Bland

Gateau au Chocolat Francais

1 natural yoghurt
2 yoghurt pots castor sugar
4 eggs
3 yoghurt pots plain flour
1 yoghurt pot oil
150g chocolate powder
3 tsp baking powder

Place the yoghurt and sugar in a mixing bowl and mix with a wooden spoon.

Add the eggs and mix.

Add 2 pots of flour and the oil and mix well.

Add the 3rd pot of flour, chocolate powder and

baking powder. Mix thoroughly and pour into a greased and floured 20cm cake tin, levelling the top. Bake in the centre of a preheated oven at 180° for 30-40 minutes. Dust with icing sugar when cold.

Juliet Wenstrom

Swedish Sokker Kaker

4 eggs
1 teacup water
2 tsp baking powder
2 teacups sugar
1 teacup plain flour
½ tsp vanilla essence

Mix the baking powder and flour. Separate the eggs and beat the yolks, sugar and water until thick (this can be done over a pan of hot water).

Add the dry ingredients and vanilla essence and then the stiffly beaten egg whites. Put into 3-4 greased and lined sandwich cake tins and bake at 190° for about ½ hour. The cake freezes well but put greaseproof paper between layers. It is particularly good if whipped cream and raspberries are used for the top and filling. A drop of liqueur also adds a 'je ne sais quoi'.

Mrs H Bland

Wiener Nusstorte

Beat sugar and egg yolks for 20 minutes. Add the ground nuts and well beaten egg whites. Pour into two greased and lined loose bottomed tins and bake at 180° until the sides have started to “come away”.

When cold, use the whipped cream as a filling and garnish the top with more cream and grated chocolate.

1 cup sugar
6 eggs, separated
2 cups ground nuts
Whipped double cream
Grated chocolate

Amanda Rutherford

Orange Cointreau Cake

150g butter
150g castor sugar
3 eggs
150g SR flour
1 orange
300ml orange juice
2 tbsp cointreau
300ml double cream
1tbsp milk

Decorate with orange slices.

Cream the butter and sugar until fluffy. Beat in the eggs and fold in the flour. Turn into a greased savarin tin and bake at 190° for 25 minutes. Turn out of the tin, cool and pour over the orange juice and cointreau.

Whip the cream with the milk and use to mask the cake.

Jo-Anne Galbraith



Almond cake

Beat butter and cream with sugar. Beat in eggs. Fold in almonds, almond essence, milk and flour. Turn into greased cake tin and bake at 180° for 1 ½ hours. Test with skewer and when centre is dry leave to cool in tin for 30 minutes.

120g butter
180g sugar
2 eggs
60g ground almonds
2 drops almond essence
120g SR flour
3 dssp milk

P (T) H

Chocolate Hazelnut Gateau

225g unsalted butter
225g icing sugar
50g plain chocolate
100g ground hazelnuts
100g crushed digestive biscuits
150ml double cream
A few drops vanilla essence
1tbsp rum
Chocolate Finger biscuits

Turn the mixture into a 20cm loose based and lightly greased cake tin and chill in the fridge for 6 hours. Decorate by pressing the finger biscuits on to the top and sides of the cake and serve with cream.

Cream the butter and sugar. Beat in the chocolate, rum and vanilla essence.

Whip the cream until it is thick and fold it into the chocolate mixture with the nuts and crushed biscuits.

R G D

Gateau de Marrons

Beat sugar, chestnut purée, butter, egg yolks and brandy. Stiffly beat the egg whites and fold them into the chestnut mixture.

450g chestnut purée
100g castor sugar
75g butter
3 eggs, separated
1 tbsp brandy

Pour into a greased cake tin and bake at 180° for 40 minutes. When cold, turn out the gateau and serve with cream. The gateau is best made with fresh chestnuts; if tinned, sweetened, purée is used do not add the sugar.

R G D

Fresh Orange Cake

150g SR flour
100g butter or margarine
Finely grated rind and juice of
1 large orange
2 large eggs
1-2 tbsp milk
100g sugar
100g icing sugar

Cream the butter, sugar and rind. Lightly mix the eggs and beat in. Mix in the sifted flour. Add the milk to give a soft dropping consistency. Bake in a shallow 20cm tin at 180° for 30 mins.

Leave in the tin. Put the strained juice and icing sugar in a pan and warm to make a syrup. Prick the cake all over with a skewer and pour over the cake while both it and the syrup are still warm. Leave in the tin until cold. Loosen the sides and dust with icing sugar before serving. This is also good sliced, decorated with orange segments and served with cream as a pudding.

Mrs H Bland

Orange Marmalade Cake (1)

Sift the flour and spice together. Cream butter, sugar and orange rind until light and fluffy. Add eggs one at a time, beating 1tbsp flour in with each of the last two.

Fold in the marmalade and then the remaining flour with the dried fruit, orange juice and milk.

225g SR flour

1 tsp ground mixed spice

150g butter or margarine

150g soft brown sugar

Grated rind and juice of 1 orange

3 eggs

2 tbsp thick cut marmalade

100g mixed dried fruit

2 tbsp milk

Turn into a deep lined and greased 18cm tin and bake at 180° for 1 ¼ - 1 ½ hours. Test with a skewer. Leave in the tin for a few moments before turning on to a rack to cool. Make an orange icing combining 150g sifted icing sugar and the grated rind and juice of ½ an orange, beaten until smooth. Pour over the top of the cake and leave until set.

Mrs B Johns

Orange Marmalade Cake (2)

100g butter or margarine

100g castor sugar

2 eggs, beaten

150g SR flour

Milk

2 tbsp marmalade

1 tsp mixed spice

150g dried fruit

Test with a skewer

Cream the butter and sugar. Add the eggs, one at a time with a little flour; then the remainder of the flour with a little milk. Stir in the fruit and marmalade. Bake in a lined and well greased loaf tin at 180° for 1 ¼ hours.

Mrs P Gain

Claire Stokes and her friends have happy-sad memories of SMH, being among those whose "school closed around them" but through SMHA - mostly courtesy of her Mum - Claire keeps in touch with what is happening and was delighted to contribute this recipe for her favourite...

...Lemon Drizzle Cake

For the Cake:

225g unsalted butter, softened

225g castor sugar

4 eggs

finely grated zest 1 lemon

225g self-raising flour

For the drizzle:

juice 1½ lemons

85g castor sugar

Heat oven to 180C/fan 160C. Beat together 225g softened unsalted butter and 225g castor sugar until pale and creamy, then add 4 eggs, one at a time, slowly mixing through. Sift in 225g flour, then add the finely grated zest of 1 lemon and mix until well combined. Line a loaf tin (8 x 21cm) with greaseproof paper, then spoon in the mixture and level the top with a spoon.

Bake for 45-50 mins until a thin skewer inserted into the centre of the cake comes out clean.

While the cake is cooling in its tin, mix together the juice of 1 1/2 lemons and 85g castor sugar to make the drizzle.

Prick the warm cake all over with a skewer or fork, then pour over the drizzle – the juice will sink in and the sugar will form a lovely, crisp topping.

Leave in the tin until completely cool, then remove and serve. Will keep in an airtight container for 3-4 days, or freeze for up to 1 month.

Claire Stokes 1999-2008



Black Cherry Gateau

For the Cake:

**75g sugar
3 eggs
75g SR flour
25g melted butter**

For the Filling:

**150ml water
150g sugar
1 tin black cherries
7 tbs Kirsch or Brandy
300ml whipped double cream
Grated chocolate**

For the Cake: Whisk the sugar and eggs together, add the flour and pour in the butter. Turn into an 18cm greased cake tin. Bake at 180° for 20 mins.

Test with finger – ensure the imprint disappears.

For the Filling: Dissolve the sugar in the water over a low heat and add the alcohol and 150ml syrup from the can. Cool and pour over the cake.

Top with a layer of cherries and just before serving cover with the cream and grated chocolate.

Amanda Bisset

Survival Cake

325g SR flour
¼ tsp each of grated
nutmeg, cinnamon,
mixed spice
Grated rind ½ lemon
65g margarine
150g brown sugar
450g mixed dried fruit
25g each mixed peel and
glacé cherries
300ml cider or fruit juice
¾ tsp bicarbonate of soda
1 tbsp milk

This cake improves with keeping.

Sieve the flour & spices, add the lemon rind, rub in the margarine and add the sugar and fruit. Make a well in the centre of the mixture and pour in the cider and bicarbonate, dissolved in milk. Stir well and turn into a 20cm greased and lined cake tin. Leave for 12 hours then bake at 180° for 1 ½ hours until a knife comes out clean.

Ruth McClaughry

Chocolate Cake

Put all ingredients into a bowl and beat thoroughly (A food mixer should be used if possible!). Pour into a greased 20cm cake tin and bake at 180° for about 40 mins until well risen and firm. Leave in the tin for 5 mins then turn on to a wire tray to cool.

Decorate as desired: for example slice the cake through the middle and fill with whipped cream, topping the cake with melted plain chocolate.

125g SR flour
150g castor sugar
150g soft margarine
75g drinking chocolate
powder
3 large eggs
A few drops vanilla
essence
3 tbsp milk or water

Susannah Aylin / Sally Buck

Chocolate Cake with Fresh Orange Frosting

For the Cake:

150g soft margarine
150g dark brown sugar
1 tsp vanilla essence
150g plain chocolate
melted with a little water
3 eggs
150g SR flour
1tsp baking powder

For the Frosting:

50g unsalted butter
150g soft brown sugar
Juice and grated rind of
1 orange
25g plain chocolate
150g icing sugar

For the cake: Cream the margarine and sugar until light and fluffy. Beat in the vanilla and melted chocolate. Whisk in the eggs, singly and stir in the flour and baking powder. Divide the mixture into two greased 20cm sandwich tins and bake at 165° for 30-35 mins. until spongy to the touch.

For the frosting: Gently heat the butter and brown sugar, orange rind and juice. Stir until the sugar dissolves. Off the heat, add the chocolate and stir until it melts. Beat in the icing sugar until smooth. Cool until frosting can be spread without running then ice the cake.

Mrs Beth Channing

Plum Cake

Stone and chop **1 lb raisins**; clean **2 lbs currants**; **1 lb brown sugar**; **1 lb flour**; **1 lb blanched sweet almonds, sliced**; **2 nutmegs, grated**; chop **2 blades of mace** and **6 cloves** very fine; **½ lb candied peel** and **citron**. Beat **12 eggs**, yolks and whites separately; **1 lb butter**; a glass of **brandy**. Do not let the oven be too hot at first. Bake 4 hours.

M M Ewart, 1875

Milk Chocolate Cake

Sift together flour, sugar and cocoa. Rub in the butter. Beat the eggs with the evaporated milk and stir into the mixture with the water and vanilla essence. Pour into a greased and lined 20cm tin or two sandwich tins.

Bake at 170° until cooked.
(use the finger test).

To ice, melt 65g margarine with 4 tbsp cocoa, stir in 225g sifted icing sugar, 3 tbsp milk and 1 tsp vanilla essence. When thickened, ice middle/top/sides of cake as desired.

190g SR flour
225g castor sugar
2 tbsp cocoa
100g butter or marg.
2 eggs
5 tbsp each evap. milk and water
1 tsp vanilla essence

Sarah Reade

Chocolate Fudge Cake

For the Cake:

150g SR flour
50g cocoa powder
125g margarine/butter
150g castor sugar
3 eggs
2 tbsp milk

For the Icing:

225g icing sugar
3 level dssp cocoa powder
75g margarine/butter
75g granulated sugar
3 tbsp water

For the cake: Cream the butter and sugar. Add the eggs and fold in the sifted flour and cocoa and add the milk. Pour into two greased 18cm tins and bake at 175° for 20 minutes.

For the fudge icing: Sift together the icing sugar and cocoa. Heat the granulated sugar and water in a saucepan until the sugar has dissolved then add the butter/margarine and bring to the boil. Pour gradually over the icing sugar and cocoa mixture, stirring all the time. When cooling beat with a wooden spoon until light and fluffy. Fill and top the cakes.

Elizabeth Edwards

Orange Sultana Cake

100g margarine

100g castor sugar

225g SR flour

1 egg

1 small orange

75g sultanas

1 heaped tsp mixed spice

Turn into an 18cm greased and lined cake tin and bake at 180° for about one hour.

Soak the sultanas in the juice of the orange.

Cream the margarine, sugar and orange rind.

Add the beaten egg, flour and spice and, lastly, the sultanas/juice.

Mrs P Gain

Henry the Hedgehog

For the Cake:

100g SR flour

1tsp baking powder

100g soft margarine

100g castor sugar

2 eggs

For the Icing:

100g icing sugar

25g cocoa powder

50g soft margarine

2tbsp milk

**Blanched Almonds /
chocolate buttons**

For the Cake: Sift the flour and baking powder into a mixing bowl. Add the margarine, sugar and eggs and beat together to a smooth mixture. Spoon into two greased sandwich tins and bake at 165° for 20-25 minutes.

Cool on a wire tray.

For the Icing: Sift the sugar and cocoa powder into a bowl and add the margarine and milk. Beat well together.

Sandwich the two halves together with some of the icing.

Shape one “end” of the cake to a point for Henry’s nose and place the cake on a plate or board. Smooth the rest of the icing over to make into a hedgehog shape. Make lines on the icing with a form and press strips of blanched almonds into the icing for quills. Make a nose and eyes from chocolate buttons.

Aureal and Karen Bowerman

Marble Cake

150g margarine
150g castor sugar
2 eggs
225g SR flour
1 dssp cocoa powder
Vanilla essence
Cochineal

Cream the margarine and sugar until light and fluffy. Beat in the eggs and vanilla essence with the sifted flour. Divide the mixture into three equal parts. To one part add the cocoa and a little warm water, colour another with cochineal. Leave the third plain.

Drop alternate spoons into an 18cm cake tin and bake at 180° for one hour.

Anon



Carrot Cake (1)

For the Cake:

2 cups sugar
1 ½ cups vegetable oil
4 eggs
2 cups wholewheat flour
2 tbsp bicarbonate of soda
1tsp baking powder
1 tsp cinnamon
3 cups grated carrot
1 cup chopped nuts
½ cup raisins

To make the Cake: beat the sugar and oil until creamy. Add the eggs and beat well. Stir in the flour, bicarbonate, cinnamon and baking powder. Mix well then add the carrots, nuts and raisins. Turn into a greased cake tin and bake at 150° for one hour.

To make the Icing: beat the ingredients together until smooth. Coat the top and sides of the cake when cold.

For the Icing:

225g cream cheese
½ cup butter
A few drops vanilla essence
450g icing sugar

Miss M Hondagneu

Carrot Cake (2)

Cream the margarine, blend in the sugar and add the eggs. Add the sifted flour, baking powder and bicarb. Press the water out of the carrots with a cheesecloth and add them and all other ingredients to the cake mix. Mix well and pour into a greased cake tin. Bake at 180° for 50-60 minutes.

100g margarine
1 ¼ cups sugar
4 eggs
2 ½ cups plain flour
2 tsp baking powder
½ tsp bicarbonate of soda
1 cup grated carrot
1 cup chopped walnuts
½ cup raisins
25g mixed candied fruit

Amanda Rutherford

Simmel Cake

For the Cake:

450g flour
250g margarine or butter
275g sugar
5 eggs, beaten
Mixed spice
Currants and mixed peel
Milk to mix

For the Almond Paste:

325g ground almonds
325 castor sugar
75g icing sugar
1 ½ tsp lemon juice
½ tsp vanilla essence
One beaten egg, to mix and glaze

Make the paste by mixing the dry ingredients together then adding the lemon juice, vanilla essence and a little egg if needed to make a stiff paste. Set on one side.

Sift flour and spice together. Cream the fat and sugar, beat in the eggs and stir in the dry ingredients adding a little milk if necessary.

Turn one third of the mixture into a 21cm lined and greased deep cake tin.

Roll out no more than 2/3 of the almond paste into a circle and lay this on top of the mixture in the tin then cover with the remaining mixture.

Bake in a slow oven testing with a skewer after perhaps 1 – 1 ½ hours. Take out and cool on a wire tray.

When the cake is cold brush the top with syrup or apricot jam and cover in a thin layer of almond paste reserving enough for 11 small balls arranged around the outside edge. Glaze with beaten egg and place in the cooling oven to harden and colour slightly.

Simmel Cake is traditionally associated with Easter, being baked for Mothering Sunday. The 11 marzipan balls represent the disciples who remained faithful to Christ.

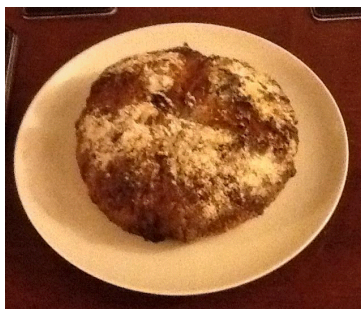


Mrs Beth Channing

Paul Hollywood's soda bread
à la Sian (Spencer) Williams, 1967-1977

Sian writes “I first tried to make bread in the 1970s but it tasted like sawdust (a bit like the bread we used to get on austerity lunch day). Due to a life time of diets I avoided the first two series of the great British bake off but by chance caught the 3rd and my waist line had been paying the price ever since. I have now learned how to prove and knead bread properly and will for ever be grateful to both Mary Berry and Michel Roux junior for saying sieving flour is unnecessary as the kitchen always looked like a bomb site after my efforts. Anyway here is a recipe that does not need sieving or proving and is ready in 45 minutes from start to finish. The bread does not stay fresh after the first day but will last the week as toast. It is delicious with real butter, marmite, or marmalade.”

**500 g strong white and
brown bread flour
(all white if you prefer)
1 tsp bicarbonate of soda
1 tsp salt
400 ml buttermilk**



Heat oven to 200° and prepare a baking tray by lining with parchment paper. Put all the dry ingredients in a bowl, add the buttermilk and stir to form a sticky dough. Tip the dough on to a floured surface, shape quickly into a ball and flatten with your hands. Place the dough on to a baking tray, score into quarters and dust with flour. Be confident – it will rise. Bake for 30 minutes or until it is cooked through and sounds hollow on the bottom. Cool on a rack if you can wait!

Date and Walnut Loaf

**1 cup dates,
coarsely chopped
1 cup soft brown sugar
½ cup walnuts,
coarsely chopped
2 cups plain flour
1 cup boiling water
1 tbsp each of
Butter; Golden Syrup;
Bicarbonate of Soda and
Baking Powder**

Into a mixing bowl put the dates, sugar, walnuts, butter, syrup and bicarbonate. Pour the boiling water over and stir until cool. Add the flour and baking powder and stir well (it will be fairly liquid). Turn into a lined and greased loaf tin and bake in the centre of a pre-heated oven at 175° for 1 hour. Test with a skewer and cook for longer if necessary.

Turn on to a wire tray. Do not cut the same day.

Miss Kathleen Farmer

Bran Fruit Loaf

Put the All-Bran, sugar and fruit into a basin and mix them well. Stir in the milk and leave for ½ hour. Sieve the flour, mix with the other ingredients and pour into a lined and greased loaf tin. Bake in the centre of a pre-heated oven at 175° for 1 hour.

**100g All-Bran
125g sugar
250g mixed dried fruit
300ml milk
100g SR flour**

Francesca Buckroyd

Beer Bread

**3 cups SR flour
1/3 cup sugar
1 can beer**

Mix the ingredients together; pour into a lined and greased loaf tin. Bake in the centre of a pre-heated oven at 180° for 50 minutes. Any kind of beer can be used.

Miss M Hondagneu

Tea Bread

Soak the fruit in the tea for at least two hours. Mix in the sugar, flour and egg and pour into a lined and greased loaf tin. Bake at 175° for 1 hour and then at 160° for ¼ hour or until the loaf comes away from the side of the tin.

225g mixed dried fruit
225ml strained warm tea
75g soft brown sugar
150g SR flour
1 egg, beaten

Elizabeth Edwards

Fruit Loaf

275g mixed dried fruit
175g soft brown sugar
275g SR wholewheat flour
300ml cold tea
1 large egg

Put the fruit and sugar into a bowl with the tea and leave overnight. The next day, stir the ingredients, lightly mix the egg and add with the flour. Mix until smooth and pour into a lined and greased loaf tin. Bake at 180° for 1 ½ hours.

Mrs B Johns

Shirley Read-Jahn wrote “I studied Latin at SMH but my sister, ***Pam Bailey (nee Read-Jahn)***, took cookery with ***Audrey de Baughn***. This would be in the '50s.

We were at SMH from 1953, age 9 (Shirley) and 11 (Pam), respectively, until we left after doing our GCEs. I left in 1961 and Pam would have left in 1959.

I found 2 ancient “yellowed” recipes I must have got from Pam years ago. No photos of the finished product, and written on to “Petty Cash Vouchers”! They appear on the next page.

A de B's Ginger Biscuits

Turn all ingredients on to a floured board.

Knead until smooth.

Roll out thinly.

120g flour

80g syrup

½ tsp ground ginger

50g margarine

½ tsp bicarbonate of soda.

Bake in a very moderate oven for 7-10 minutes until golden brown. Cut into biscuits.

A de B's Brandy Snaps

Drop mixture in teaspoonfuls onto a greased baking sheet allowing plenty of room for spreading.

Bake in a moderate oven 10-15 minutes until light brown and nearly set. Remove carefully with a broad knife and immediately roll each snap round the handle of a wooden spoon. Leave to set for a second or two then slip the spoon out.

Push the whipped cream through each brandy snap.

60g flour

60g sugar

60g margarine

(or butter!)

1 level tsp ground ginger

½ tsp vanilla essence

½ tsp lemon juice

1 tbsp golden syrup

Whipped cream

Shirley and Pamela Read-Jahn

Grantham Gingerbread

100g margarine

250g flour

325g sugar

1 egg

1 tsp ginger

Cream the fat and sugar together and add the egg. Beat in the dry ingredients. Roll into walnut sized balls and place on a greased baking sheet.

Bake at 175° until lightly browned and crisp. This makes about 30-40 biscuits but they disappear quickly!

Mrs H Bland

Ginger Crunch

For the Base:

75g butter or margarine

3 tbsp sugar

150g flour

½ tsp baking powder

½ tsp ground ginger

For the Icing:

1 tbsp golden syrup

1 tbsp butter

½ tsp baking powder

½ tsp ground ginger

For the Base: rub the butter into the flour, add the other ingredients and mix well. Press firmly into a shallow oblong tin and bake at 190° until golden brown. Cool.

For the Icing: melt the ingredients together, cook and stir until smooth. Pour over the biscuit base, spreading evenly with a hot knife.

Cut into squares while still warm.

Jane Simmons



Welsh Cakes

Mix the ingredients together to form a dough. Roll out to 15mm and cut rounds to the required size.

Bake on a griddle (a thick bottomed frying pan can be substituted) until golden brown on both sides.

225g flour

75g margarine or butter

75g sugar

50g currants or sultanas

1 egg

**Pinch of mixed spice
or nutmeg**

½ tsp baking powder

Milk if needed

Mrs Beth Channing

Granny Kempster's Gingerbread

275g plain flour

150g margarine

225g Demerara sugar

75g sultanas

65g chopped walnuts

225g dark treacle

150ml milk

2 eggs, well beaten

3 level tsp baking powder

1 level tsp salt

2 level tsp cinnamon

2 level tsp ginger

½ level tsp nutmeg

Sieve together the flour, salt, baking powder and spices. Add the sultanas and nuts. Melt together the margarine, sugar and treacle and add the eggs. Add the liquid mixture to the dry mixture with enough milk to form a firm, thickish batter. Pour into a well greased, lined, large shallow tin and bake at 150° for about 1 hour. This gingerbread benefits from storing in an airtight tin for three days.

Jo-Anne Gailbraith
from a recipe invented by her Grandmother

Oat Biscuits

125g margarine
50g brown or white sugar
65g porridge oats
65g SR flour
1 egg

and flatten them. Place on a greased baking tray and bake at 165° for 10 to 15 minutes.

Cream together margarine and sugar then add the egg. Add the flour and oats and mix thoroughly. Roll the mixture into small balls

Francesca Buckroyd

Florentines

Put the 75g butter, milk and sugar in a saucepan over a low heat until the butter melts. Remove from the heat and stir in the flour, peel, cherries, almonds and lemon juice. Cool completely and then spoon equal amounts of the mixture, well apart to allow for spreading, on to baking trays covered with rice paper.

Bake at 190° for 10 minutes

or until pale gold. Leave until lukewarm and lift off the trays, removing surplus rice paper. Cool completely on a wire rack. Melt the chocolate and 7g butter in a basin standing over a pan of hot water. Put a heaped teaspoonful on to the rice paper side of each Florentine and spread evenly with a knife. Mark wavy lines with a fork and leave chocolate to harden before serving. Store in an airtight tin.

75g butter
4 tbsp milk
100g sifted icing sugar
40g plain flour
75g chopped mixed peel
50g glace cherries,
finely chopped
75g flaked almonds
1tsp lemon juice
100g plain chocolate
7g extra butter

Alexandra Russell

Swiss Chocolate Finger Biscuits

100g butter

1 heaped tbsp icing sugar

4 heaped tbsp plain flour

2 drops vanilla essence

Chocolate

Cream the butter then add the sugar, essence and flour in that order.

Roll out the pastry and cut into fingers.

Bake on a lined baking sheet at 175° near the top of the oven for 10-15 minutes. When cold, dip both ends in melted chocolate. These biscuits look nice as well as tasting nice, and make good presents!

Mrs H Bland

Mammy's Cookies

Melt the chocolate and margarine over a gentle heat. Break the egg into a mixing bowl, beat in the sugar and keep beating until the mixture is smooth. Stir in the chocolate and margarine until well blended.

Add the flour gradually, followed by the raisins and/or nuts. Roll the dough into small balls and place on a greased baking sheet leaving enough room between each to allow spreading. Bake at 220° for 10 minutes. Lift off the baking sheet and cool.

**50g plain chocolate,
broken into pieces**

4 tbsp margarine

1 egg

150g granulated sugar

150g SR flour

**½ teacup raisins and/or
chopped nuts**

Ruth Chapman

Chocolate Coconut Crunch

100g margarine

100g flour

2 tsp cocoa

50g castor sugar

75g desiccated coconut

Melt the margarine with the sugar then add the flour, coconut and cocoa and mix well. Put into a well greased baking tray and press flat.

Bake for 20 minutes in a moderate oven.

While cooling, make chocolate icing by mixing sifted icing sugar and cocoa with hot water and pour over.

When cold, cut into slices.

Francesca Buckroyd

Chocolate / Peppermint Slices

Mix the dry ingredients.

Melt the butter and pour over the mixture. Mix well and press into a lined Swiss roll tin.

Bake at 190° for 20 minutes, until golden brown

150g SR flour

75g desiccated coconut

50g brown sugar

150g butter

Chocolate Icing:

75g chocolate

25g margarine

½ tsp coffee powder

Melt the chocolate and margarine and add the coffee.

Peppermint Icing:

225g sifted icing sugar

50g margarine

1tbsp milk

1tsp peppermint essence

Add the melted margarine, milk and essence to the sugar.

Mix well

Spread the peppermint icing over the biscuit while still in the tin. Pour the chocolate icing, still hot, over the peppermint icing and put the tin in the fridge to set.

Slice when cold

Fenella Welsh

Chocolate Chip Cookies

150g flour	Cream the margarine and
75g margarine	sugar; beat in the egg and
25g brown sugar	essence (if required).
1 egg	Add the flour and mix
75g granulated sugar	thoroughly.
100g chocolate	Stir in the chocolate, cut into
Vanilla essence if desired	small pieces.

Put teaspoonfuls of the mixture on to a greased baking tray and bake at 175° for about ten minutes.

Francesca Buckroyd

Orange Fork Biscuits

Sieve the flour into a bowl. Stir	100g butter
in the grated rind and sugar. Cut	125g SR flour
in the butter with a knife and	50g castor sugar
work together with hands.	Rind of one orange

Divide the mixture into 30 pieces and roll each piece into a ball. Place on to a greased baking tray and flatten with a floured fork. Bake at 180° for 10-15 minutes.

Replacing 100g flour with drinking chocolate powder makes a chocolate-orange version.

Nicola Weatherley

Flakemeal Biscuits

225g butter	Beat together butter and sugar.
75g sugar	Add flour, baking powder and
100g plain flour	oats and mix thoroughly. Roll
150g porridge oats	out to 3-4mm thick and shape
Pinch of baking powder	into biscuits.

Place on a lightly greased tray and bake in a moderate oven for 15 minutes.

Ruth McClaughry

Peanut Brownies

Beat the butter until soft in a mixing bowl then add the dry ingredients to form breadcrumbs. Add the egg, vanilla and enough milk to form a fairly stiff dough. Add peanuts and mix. Use a teaspoon to spoon rocky lumps on a baking tray. Bake for 15-20 minutes in a moderately hot oven. When cold coat with melted chocolate if wished.

225g SR flour

1 tsp baking powder

100g butter

125g sugar

1 egg

1 tbsp cocoa

1 tsp vanilla essence

1 cup lightly roasted peanuts

Milk to mix

Mrs Beth Channing

Peanut Crisps

100g margarine or butter

100g soft brown sugar

100g salted peanuts

125g SR flour

4 tbsp strong black coffee

½ tsp cinnamon powder

Bake at 175° for about 10 minutes. Cool on a wire tray.

This makes about 25 crisps.

Put all ingredients into a mixing bowl. Roll into pieces the size of a walnut and place them 5-6cm apart on a greased baking tray. Press down each crisp with a fork.

Sarah Holder

Hokey Pokies

Beat the butter and sugar together. Add the bicarbonate to warmed milk and syrup and add to the creamed mixture. Beat with a wooden spoon. Stir in the flour and form into small balls.

Cook on a well greased tray at 175° for about 10 minutes.

100g butter or margarine

125g castor sugar

200g SR flour

1 dssp milk

1 dssp syrup

1 tsp bicarbonate of soda

Miss H Ford

Olive Ridge's Rock Cakes –

The favourite break time treats in the staff sitting room!

225gms self-raising flour

¼ tsp mixed spice

1 large egg

75 gms butter

75 gms Demerara sugar

75 gms sultanas

A little milk to mix

Prepare a baking tray with parchment paper. Sieve flour and spice together. Add to food processor with butter until mixture resembles fine breadcrumbs. Stir in sugar and fruit. Add beaten egg and just enough milk to make a sticky consistency. Place tbsps. of mixture on the tray and bake for 20 mins at 180°

Olive Ridge, 1985-2009



PH note – a variation on this much beloved of the Cub Scouts (yes; *I was an Akela!*) is the Coconut Rock Cake... made by the same process as for Olive's Rock Cakes, above.

225g Self Raising Flour
125g Butter or Marg
125g Castor Sugar
50g Desiccated Coconut
1 Egg
1 tbsp Milk
a few drops Vanilla Essence

Millionaire Shortbread

The Base:

100g margarine
50g castor sugar
125g plain flour

The Filling:

100g margarine
50g castor sugar
½ tin condensed milk

For the Base: rub the ingredients together to make fine breadcrumbs. Form into a ball and press into a medium sized flat greased tin and bake at 200° for 15 minutes. Cool.

For the filling: Melt the margarine and add the sugar and condensed milk. Boil for 5 minutes, stirring all the time. Pour over the base while still in the tin and cool.

Make a topping by melting 225g of plain chocolate in a bowl over a saucepan of hot water and pour the melted chocolate over the cooled filling.

When cold, cut into pieces. It helps to score the chocolate when it is near setting.

Lucy Harrison & Amanda Bisset



SWEETS

Chocolate Fudge

100g plain chocolate	Melt the butter and chocolate in
50g butter	a basin over hot water. When
4 tbsp evaporated milk	blended remove basin from heat.
Finely grated rind of	Add evaporated milk and orange
one orange	rind and mix well. Gradually
325g sifted icing sugar	beat in the icing sugar and mix

thoroughly to get a fairly stiff mixture. Line a shallow 18cm square tin with greaseproof paper and spoon the mixture into the tin. Spread level, rough up the surface and leave until cold. Turn out of the tin.

Elizabeth Ager

Nutty Fudge

Put the milk, sugar, coffee	675g granulated sugar
powder and butter into a large	50g butter
saucepan and bring to the boil,	100g chopped walnuts
gradually dissolving the sugar.	400ml milk
Boil until the mixture reaches	4 tsp coffee powder

120° or until a little of it, dropped into cold water, forms a ball. Remove from heat and beat until creamy. Stir in the nuts and pour into a greased 20cm square tin. Cut into squares when cold.

Francesca Buckroyd

Bounty Bar

225g chocolate

225g grated fresh coconut
(desiccated can be substituted)

100g margarine

½ tin condensed milk

225g icing sugar

Melt half the chocolate and pour into a Swiss roll tin. Mix together the margarine and sugar and add the condensed milk and coconut.

Pour over the hardened chocolate. Leave to set.

Melt the rest of the chocolate and pour it over the top.

When this has set, cut into squares.

Amanda Bisset

Cinder Toffee

Melt together 100g sugar, 2 tbsp golden syrup and 25g margarine. Boil for five minutes then add 1 tsp bicarbonate of soda and pour into a buttered tin until set. Break up and eat!

P (T) H



DRINKS



Rum Punch St Vincent

Mix together 1 part freshly squeezed lemon or lime juice with 2 parts sugar syrup and unsweetened orange juice; 3 parts dark rum and 4 parts (or less, to taste) water. Serve with grated nutmeg, ice and a slice of citrus fruit.

Miss S Hunt 1973-1980

Hot Wine Punch

Heat together **1 litre red wine and 200ml cold tea** then add **200ml dark rum, 8 tbsp sugar, a shake of Angostura bitters, 1tsp nutmeg, 5cm cinnamon stick, 15 cloves and the juice and zest of one small lemon..** Heat almost to boiling and serve with **a slice of lemon**. Especially good when served in thick mugs with hot sausage rolls, mince pies, etc..

Susan Hennings

Lemonade

Pour 1.2 litres of boiling water on to 450g sugar and continue to boil until dissolved. Pour on to the finely grated rind of 4 lemons and 25g citric acid. When cool, add the juice of the 4 lemons. Store in bottles and dilute to taste for use.

Susan Hennings



Elderflower Squash

**20 heads of elderflower,
washed**

2 lemons

1 litre boiling water

80g tartaric acid

1kg white sugar

1kg brown sugar

Put all the sugar and water into a saucepan and bring to the boil, stirring. Put the flowers into an earthenware or plastic container, (do not use metal).

Slice the lemons, with skin, and put with the flowers.

Pour the sugar water and acid over the flowers/lemons and leave for five days, stirring occasionally. Strain and bottle. Dilute to taste with water.

Mrs J Smith

Chocolate Marshmallow Floats

Bring 750ml milk just up to the boil. Remove from heat and whisk in 2 heaped tablespoons drinking chocolate. Pour into four cups and float two marshmallows on top of each.

Alexandra Russell

Rose Hip Syrup - from The Hedgerow Harvest, 1943

Directions given by the Ministry of Food for 2 lbs (900gm) of hips.

Boil 3 pints (1.7 litres) of boiling water.

Mince Rose Hips in a coarse mincer (food processor) and put immediately into the boiling water.

Bring to boil and then place aside for 15 minutes.

Pour into a flannel or linen crash jelly bag and allow to drip until the bulk of the liquid has come through.

Return the residue to the saucepan, add 1 ½ pints (852ml) of boiling water, stir and allow to stand for 10 minutes.

Pour back into the jelly bag and allow to drip.

To make sure all the sharp hairs are removed put back the first half cupful of liquid and allow to drip through again.

Put the mixed juice into a clean saucepan and boil down until the juice measures about 1 ½ pints (852ml), then add 1 ¼ (560gm) of sugar and boil for a further 5 minutes.

Pour into hot sterile bottles and seal at once.

Hints: If corks are used these should have been boiled for an hour just previously and after insertion coated with melted paraffin wax.

It is advisable to use small bottles as the syrup will not keep for more than a week or two once the bottle is opened.

Store in a dark cupboard.

Rose Hips contain Vitamins E, A and D, and antioxidant flavonoids. It is also one of the richest plant sources of vitamin C. During the Second World War Rose Hips were collected by school children organised by their local Women's Institutes.

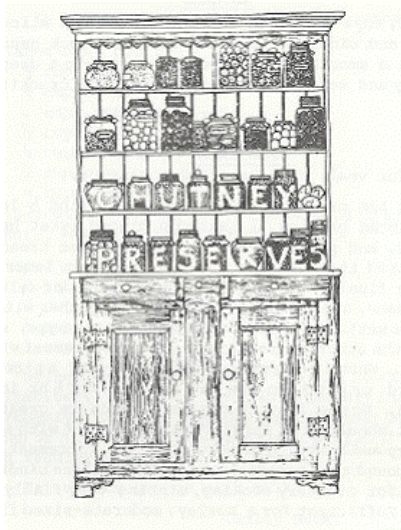
The fact that the recipe calls for the boiling of the Rose Hip liquid seems to overlook the fact that the Vitamin C content would have been destroyed by the high temperatures. Perhaps that was not well understood at the time. Never mind, it tasted *jolly good*!



Rose Hip Syrup was sold commercially in the UK after the war by a company called Delrosa. English children were paid 3d per lb for Rose Hips harvested in the autumn to be made into Rose Hip syrup by the company Delrosa in Wallsend (near Newcastle).

For many years after the war, Delrosa brand Rose Hip Syrup was supplied along with Delrosa Orange for babies, through baby clinics throughout the UK.

CHUTNEYS AND PRESERVES



Three Fruits Marmalade

**1 each grapefruit,
lemon and orange
1.3kg sugar
1.2 litres water**

Squeeze the juice from the fruit.
Cut rinds into pieces and chop finely.
Cook the rind in the juice and water to
soften then add the sugar and boil
briskly until a set is achieved.

Pot and cover.

Mrs B Johns

Green Tomato Marmalade

5 lemons	Wash the lemons, halve and
water	squeeze out juice, retaining this.
1800g green tomatoes	Remove the remaining flesh and
2850g granulated	place it in a large piece of muslin
sugar	with the pips.

Strip away excess pith and cut the peel into thin strips

Place the peel in a pan add 400ml water and simmer, covered for 20 minutes.

Meanwhile cut the tomatoes into quarters, remove the core and pips and add these to the lemon in the muslin and tie tightly.

Shred the tomato flesh and place in a preserving pan with the lemon juice made up to 1.7 litres of water.

Add the softened lemon shred plus the muslin and simmer all together until tender (about 20 minutes) then add the sugar and boil briskly until a set is achieved.

Pot and cover.

P (T) H

Satsuma Marmalade

Peel and segment the satsumas.	450g satsumas
Slice or chop the peel.	3 lemons
Thinly slice the lemon.	550g grapefruit
Peel and segment the grapefruit,	3.5 litres water
discard the pith & chop the peel.	2.7kg granulated sugar

Put the pips from all the fruit into a muslin bag and tie tightly. Put the fruit, peel, muslin and water into a saucepan and simmer for 1 ½ - 2 hours. Add the sugar and boil briskly until a set is achieved.

Pot and cover.

Jane Whittemore

Prune Chutney

Wash the prunes and soak overnight in vinegar.

Remove stones and mince the fruit with the prepared garlic and onions.

Put all ingredients into a preserving pan and bring to the boil. Simmer until thick.

This will take about one hour. Remove the muslin and pour the chutney into clean, heated jars. Cover at once.

900g prunes

1.2 litres vinegar

3 cloves garlic

450g onions

450g brown sugar

15g salt

1 tsp ground ginger

½ tsp cayenne pepper

½ tsp grated lemon rind

Pinch ground cloves

½ tsp pickling spice, tied in muslin

Nicola Gardiner

Dill Bean Sticks

1.3 kg haricot beans, freshly picked

½ cup chopped fresh dill

2 cloves garlic

4 cups water

4 cups cider vinegar

4 tbsp salt

8 tbsp sugar

½ tsp cayenne pepper

Share the dill and garlic equally in the jars. Heat the water, vinegar, salt, sugar and cayenne to boiling point and pour into the jars to the rim. Seal.

This Canadian recipe is delicious as a cocktail snack.

Wash the beans, snip off the tips but leave whole. Par boil, ½ at a time, in unsalted boiling water for 5-10 minutes. Strain when tender but crisp and place at once in a bowl of iced water.

Pack the beans upright in hot sterilized jars.

Mrs E O Leslie

EQUIVALENTS

SOLID

25g = 1 oz

50g = 2 oz

75g = 3 oz

100g = 4 oz

125g = 4.5 oz

150g = 5 oz

175g = 6 oz

225g = 8 oz

250g = 9 oz

325g = 12 oz

350g = 12.5 oz

375g = 13 oz

400g = 14 oz

450g = 1 lb

700g = 1.5 lbs

1 kg = 2.5 lbs

LIQUID

25ml = 1 oz

50ml = 2 oz

75ml = 3 oz

110ml = 4 oz

125ml = 4.5 oz

150ml = 5 oz

175ml = 6 oz

200ml = 7 oz

225ml = 8 oz

250ml = 8.5 oz

275ml = 10 oz

300ml = 10.5 oz

350ml = 12 oz

400ml = 14 oz

450ml = 16 oz

575ml = 20 oz (pt)