



St Mark's Church, Broomhill



# **RECIPES FOR TODAY'S WORLD**

*Good for you, your purse,  
and the planet*



***Harvest 2024***

## **Introduction**

This collection of recipes, which was started in our 60th Anniversary Year but has only just come to fruition, is not intended to be a complete manual of cookery. Rather the idea is to bring together and share recipes which contributors find useful in everyday cookery, making nourishing meals for themselves, family and guests. The emphasis is on making use of available ingredients (from hedgerows or gardens), on using up what is already in the cupboard or fridge, and avoiding waste wherever possible.

We hope that you will enjoy using these recipes, which are all tried and tested by the contributors, and also that you will enjoy the personal memories that are attached to many of them. And hopefully they will inspire you to new and inventive heights in your kitchen!

Pauline Miller, Briony Tayler

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### **A Celtic Table Grace**

God in our waking, God in our speaking  
God in our cooking, God in our eating  
God in our playing, God in our digesting  
God in our working, God in our resting

## **EASY SOUPS**

### **BACHELOR'S SOUP** (Charles Stirling)

*'It is important that food is simple to prepare, that it's nourishing, and that it tastes good.'*

#### **Ingredients**

3 large onions

500g of Sainsbury's cooking bacon

500g of potatoes (scrub, but no need to peel)

250g of red lentils

Milk

#### **Method**

Put 1 L of water into a large (preferably 3L) saucepan, and heat to boiling. Add finely chopped onions, bacon and potatoes. I like to remove the first two layers of the onions as these often survive blending later!

Put the lentils in a separate saucepan, and add a litre of water, bring to a boil and cook for roughly 20 minutes, then add to the boiling bacon potato and onion mix.

When all the components are thoroughly cooked transfer the contents of the saucepan to a blender in portions and blend into a smooth white consistency. Use another large bowl preferably with a pouring arrangement and mix together all the liquid so far

accumulated.

Leave to cool a bit, then transfer to 150 ML plastic containers (typically those used to contain cream) and freeze.

When ready for dinner unfreeze one container ( microwave) and add an equal volume of milk.

Heat to boiling and serve for dinner.

This recipe gives about 15 servings and saves you a lot of trouble. The recipe gives you a rather bland soup, and I typically lighten up mine with a sprinkling of hot paprika.

### Selkirk Grace

Some hae meat and canna eat,  
And some wad eat that want it,  
But we hae meat and we can eat,  
Sae let the Lord be thankit!

Robert Burns

### **LENTIL SOUP** (Mary-Jane Ryder)

*I have a local organic vegetable box delivered every week with a selection of different vegetables. I really like this as you get a chance to try different vegetables that you would not normally buy yourself. Also, knowing they have not come from very far away is good for climate change.*

*Every week, I usually make soup out of the left over vegetables and my favourite is lentil soup. You can use any left over vegetables as long as you chop them into same small cube sized pieces . You can also use any herbs or spices (eg curry powder/cumin/coriander/garam masala /paprika/thyme) and any kind of stock (vegetable/chicken/beef).*

**Suggested ingredients:**

2 carrots  
2 onions  
2 sticks celery  
2 garlic cloves  
1 litre of stock  
Oil for frying  
170g red, green or brown lentils  
Bay leaf and a teaspoon of curry powder.

**Method:**

Chop the vegetables into small dice sized pieces and fry them in some oil in a large pan or pressure cooker over low heat for 10 minutes until soft.

Add finely chopped garlic and continue frying before adding your chosen herb or spice. I like to use a teaspoon of either curry powder or cumin and then fry for a further minute.

Rinse the lentils, drain and add them to the pan and continue frying for a few minutes.

Make up the stock with a stock cube and boiling water and pour on to the fried mixture whilst stirring and then add the bay leaf. If using a pressure cooker, put the lid on and pressure cook for 15 to 20 minutes or, if cooking in a pan, bring to the boil and then lower the heat and simmer with a lid on for 30 minutes or until the lentils are soft. Cool the mixture down a little and remove the bay leaf before using a stick/hand blender to liquidise it into soup.

Taste the soup and add some salt and/or pepper if required and if it is too thick for your liking, you can add some milk.

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***An African saying***

Enjoy the earth gently,  
Enjoy the earth gently;  
For if the earth is spoiled  
It cannot be repaired,  
Enjoy the earth gently

*From the Yoruba people, West Africa*

## **MAIN COURSES**

### **MEAT FREE LASAGNE** (Pat Hunt)

*We are being encouraged to eat 30% less meat in order to reduce methane production from livestock. An easy way to do this is not to eat meat on 2 days each week. This recipe provides 4 generous portions, so makes a meal for a family, or two meals for 2 (with the advantage that flavours mature so it is even better on day 2!).*

### **Ingredients**

2 tbsp olive oil  
Salt and freshly ground black pepper  
2 medium onions  
2 cloves garlic  
1 pepper (red or yellow)  
1 small courgette (and/or 6 button or chestnut mushrooms)  
1 400g tinned tomatoes  
1 tbsp tomato puree  
1 vegetable stockcube  
1 tsp dried basil, or 6 fresh leaves  
100ml red wine or post (optional)  
400g Quorn mince  
50g butter

50g plain flour  
1 pint milk  
1 tsp freshly grated nutmeg  
1 tbsp cream/1 egg (optional)  
Fresh lasagne sheets (can be dried  
but fresh are nicer)  
Spinach leaves  
Grated mozzarella cheese



### **Lasagne sauce**

Put olive oil into a large, thick-bottomed pan with a lid, and heat, adding salt and pepper. When it is gently sizzling add onion and garlic (both finely chopped) and sauté gently until soft but not brown. Add chopped pepper, and courgette/mushroom if using.

Add tomatoes & purée, vegetable stock made up to 1 pint with cold water, plus alcohol if using. Bring to a boil, and simmer for a few minutes. Taste for seasoning, and adjust if necessary – you are aiming for a rich balanced flavour. If the tomato is too sharp add a little sugar to soften. Then add the mince, stirring in slowly. There should be some liquid at the top of the mix, and you may need to add a little more, then simmer gently for 5 minutes. Leave to cool.

### **Bechamel sauce**

Melt butter in a small saucepan, stir in flour and cook gently for a minute or two over a low heat to form a roux. Using a balloon whisk start to add milk slowly and whisk hard to ensure there are no lumps. Bring to a boil, and simmer gently for 3 minutes. Add salt, pepper and nutmeg adjusting to taste. At this point you can add a little cream, or take the pan off the heat, allow to cool a little, and then stir in an egg. When the lasagne bakes this gives a nice raised top.



## **Assemble**

Grease a large dish (about 30 x 23 x 6 cm) and put in half the lasagne sauce. Place sheets of lasagne over the sauce to cover, trimming to fit. Put rest of lasagne sauce on top, and then a layer of spinach leaves. Then a second layer of lasagne sheets, and finally pour the béchamel over the top and cover with grated mozzarella. Bake at 190° (fan) for 45 minutes until the top is a lovely golden brown colour. Remove from oven and rest for 5 minutes before serving.

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Food is not matter  
but the heart of matter  
the flesh and blood of  
rock and water, earth and sun.

Food is not a commodity  
which price can capture,  
but exacting effort,  
carefully sustained,  
the life work of countless  
beings.

With this cooking I enter  
the heart of matter,  
I enter the intimate activity  
which makes dreams materialise

*By Edward Espe Brown from a collection entitled '365 Prayers, Poems and Invocations from around the World', pub. 1991, Edited by Elizabeth and Elias Amidon, Harper & Collins.*

## LEMON LENTILS (Sarah Armstrong)

*This simple vegetarian dal is the Armstrong family's favourite meal! We eat it at least once a week and if we have been away from home, it's the dinner we look forward to most on our return. (By the way, it freezes well.) We usually serve it with basmati rice cooked with whole spices, and some sort of cabbage. Lemon chutney and sour pickle make a good accompaniment. The recipe comes from Ismail Merchant's Indian Vegetarian Cooking, but we have increased the amount of lemon, since we love the combination of sharp and bitter flavours.*

### Ingredients:

150ml vegetable oil  
1 large onion (or more – we like more), thinly sliced  
1 cinnamon stick  
1 dessertspoon finely chopped ginger root  
½ tsp chilli powder (or more!)  
500g red lentils  
600ml vegetable stock  
1 whole lemon



### Method:

Soften about three quarters of the onion in 3 tbsp of the oil in a deep pan with the cinnamon, ginger and chilli. Add the lentils and stir, then pour on the boiling stock. Cut the lemon in half and squeeze the juice, removing any pips. Then add the lemon juice and skins to the pan, pushing them under the surface. Cover and cook gently until the lentils are soft, adding more liquid if it seems too thick.

At the end of cooking remove the lemon halves, making sure that you squeeze out the contents of the softened skins to

obtain all the flavour. Then keep the dish warm and the lid on while you prepare the topping:

Heat the remaining oil in a small frying pan and add the rest of the sliced onion, one or two garlic cloves, thinly sliced, several bay leaves, torn up, or some curry leaves, chopped fresh chilli or a bit more chilli powder.

Fry for about 10 mins until dark brown – almost burnt – then quickly pour it, sizzling, onto the surface of the lentil dal and put the pan lid back on for a few minutes. At the point of serving, stir the topping into the dal.

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## **PHILIP'S ADVENTURES WITH RISOTTO (Philip Booth)**

*One of the things I find fascinating about cooking is the physical transformations that take place in the process of preparing food. You may start with a series of ugly duckling ingredients that because of the way they interact change (hopefully) into a delectably edible swan ...There is something magical about the way a leaven bubbles up and the dough changes from an inert mass to form a springy firm basis for good bread. Or even more, the way in which oil will thicken an egg yolk to make mayonnaise, or stock or milk added to flour and butter turn into an unctuous sauce. It's even more fascinating when there's an element of risk: the mayonnaise that may dissolve into an unappetising vinaigrette, the custard that instead of being velvety smooth may turn into superior scrambled egg if you let your attention wander. And of course, all this requires patience and a great deal of stirring.*

*My recipe below has its origins in my very earliest culinary adventures. Like many of my generation I started cooking under the unpretentious but clear guidance of the late and great Katherine Whitehorn, whose *Cooking in a Bedsitter* assumed that you only had one pan and one gas ring. One of her recipes*

*was for mushroom risotto, which required mushrooms, onion, rice and stock. There was a snag, however. Not knowing any better, I used to use Uncle Ben's long grain rice and a Knorr stock cube; worse, Katherine Whitehorn told you to put all the stock into the pan at once and stir until it had evaporated. It was not very surprising that the end result was all too often a gloopy mess, redolent of old hay. So, as my explorations in French cuisine developed and my ability to make a passable béchamel and produce a well reduced espagnole improved, risotto à la Whitehorn was quietly shelved.*

*I came back to risotto after I had acquired my London flat, where, inevitably, equipment was much more limited than in my Sheffield kitchen, and the need to make acceptable meals with constrained resources was paramount. In the early 21<sup>st</sup> century I turned to the late and equally great Marcella Hazan. Everything that I had done wrong before became apparent. To start with, any old rice will not do: you need Arborio or Canaroli, now of course widely available, that produces a result that is both creamy but maintains that most desirable of Italian qualities, bite. And then – ditch the Knorr packet and make some well flavoured light stock, which for me is usually made from chicken but could be a good vegetable equivalent. The quality of the stock has a very important impact on the quality of the resulting dish. Thirdly, you do need white wine, which of course Katherine Whitehorn's denizens of bedsitters usually didn't have. Fourthly, and for me a must, is saffron, more than worth its weight in gold, but actually of course you only need to use in miniscule quantities. And finally, onion, or perhaps even better, shallots. The dish is then finished with grated parmesan. This is all you need to make a basic risotto milanese which, of course, would typically precede a main course of meat or fish.*

*But at least as important is the cooking method. 'Risotto is not,'*

*says Marcella Hazan very firmly, 'boiled rice.' The principle is that stock is added in very small quantities over the cooking period, and only added when the rice has fully absorbed the previous ladleful. Ruth Richards says that 'stock should only be added by the teaspoonful' which is perhaps taking things rather far, but it does make the point about method.*

*I'm not very good at quantities since this is the kind of dish I can do by eye and taste rather than weights and measures. (You take a cup of rice – but not any old cup, it has to be the one with the broken handle ... etc.) But below, I have tried to convert what I do into something replicable, in the best tradition of scientific research.*

## **Ingredients**

1 onion, finely sliced (or 3 or 4 shallots)  
140gm Arborio, Canaroli or Vialone Nero rice  
600ml light well-flavoured chicken or vegetable stock  
125ml dry white wine  
Saffron  
Grated Parmesan

Other ingredients according to season and availability but might include:

Mushrooms  
Spinach, peas or asparagus in season  
Pancetta, diced  
Fish or shellfish (in which case a fish stock is appropriate)

## **Method**

Slice the onion or shallots finely.

Take a heavy-bottomed pan and add a tbs of olive oil and if you like a knob of butter (some authorities add butter at the end of the cooking; either way it improves the flavour and texture).

Throw in the onion and let it fry gently until it is translucent and has become fragrant; it must not brown.

Add the rice so that it becomes coated with the oil.

Turn up the heat and add a large glass of white wine so that it bubbles. Let the bubbling continue until the wine has been taken up by the rice.

In the meanwhile, your stock should have reached simmering point. Turn the heat down on the risotto and add your first ladleful (not too large) to the dish and stir. Keep stirring as the stock is absorbed and you add the second and subsequent ladlefuls. (You may well wish at this stage to have a second glass of white wine to hand to fortify the cook rather than the dish).



This process will take some 18 minutes and during that time you should not stray too far from the stove, because the rice can all too easily stick to the bottom of the pan.

Some five minutes or so before the end, add the saffron, which should have been soaking in a little of the stock. Add salt if you have not done so before, remembering that parmesan is itself quite salty.

When the rice appears fully cooked, firm but creamy, remove the pan from the hob and add the grated parmesan. Leave for a few minutes before eating.

This is the basic recipe but there are plenty of variations possible. Although it is indeed a *primo piatto* for the Italians, I invariably eat it as a main course. Equally invariably, I add mushrooms which are stirred into the onions until they have absorbed some of the oil before adding the rice. You could try using dried porcini, previously soaked. I also like the addition of

spinach, which I cook separately and add right at the end, in order to maintain its colour and taste. Another possibility is to add small cubes of pancetta, fried with the onion. Equally possible is the addition of fish or shellfish. Recently, Rachel Roddy in the *Guardian* gave a recipe from an old friend on Lake Maggiore which involved toasting the rice in a dry pan at the outset and adding radicchio and gorgonzola, clearly something to try.

The quantities I give are for a rather large single portion – it would do two with smaller appetites, I think. If there is any left over, and I often hope there will be, it can be used to stuff a pepper or a tomato or two, or perhaps to make *arancini*, those little rice balls coated with breadcrumbs and fried.

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## ROAST VEGETABLE CRUMBLE (Margot Fox)

### Ingredients

6 small red onions  
400g sweet potatoes cut into 2cm chunks  
2 courgettes cut into 2cm chunks  
100g button mushrooms  
350g large tomatoes – quartered  
1 tsp of herbs eg thyme or oregano  
1 crushed clove of garlic  
2 tablespoons of olive oil

### Topping

100g flour  
75g fresh breadcrumbs  
50g margarine  
50g parmesan cheese  
25g chopped nuts  
50g sunflower seeds



## Method

Pre-heat the oven to 190 C/gas 5

Combine the onions and potatoes with one tablespoon of oil. Put into a large roasting tin and roast for 30 minutes turning them after 15 mins. Put the remaining vegetables, herbs and garlic into a bowl and coat with one tablespoon of olive oil. Tip into the roasting dish and cook for a further 20 mins.

Put the flour into a bowl and rub in the margarine. Sprinkle over one tablespoon of cold water and mix together to form large crumbs. Stir in the breadcrumbs, nuts and cheese.

Sprinkle the topping over the roasted vegetables and bake for a further 15 – 20 mins until the topping is a golden brown and the vegetables are tender.

NB You can use any combination of vegetables that you like e.g. aubergine, butternut squash .

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## **RUMBLEDETHUMPS** (Shan Rush)

*Eating seasonally is very environmentally friendly! When we buy seasonal food we help to reduce the demand for out of season produce (which needs to be shipped/transported from other countries) and we are also supporting local farming. This means less refrigeration, less transportation, fewer artificial hothouses, less fuels and less irradiation of produce. There are many good reasons to eat seasonally but the top three are;*

- *It tastes better*
- *It costs less*
- *It's good for the planet & good for our health.*

*Winter is a great time to be more mindful of where your food is coming from. Look out for brussels sprouts, spring green cabbage, savoy cabbage, carrots, cauliflower, kale, parsnips and swedes.*

Prep time 10 minutes    Cooking time 40 minutes

### **Ingredients**

600g Root vegetables - a mix of potatoes, carrots, parsnips and swede works well. Peeled and diced.

Small onion, thinly sliced

125g Cabbage, thinly sliced

Cooking oil

Salt, pepper and fresh herbs if you have them

50g Cheddar cheese (or dairy free alternative), finely grated

### **Method:**

While you peel and dice the root vegetables, put a large pan of water on to boil, and preheat the oven to 200°C (180°C for a fan oven). Once all the root veg are chopped up small, add them to the pan of boiling water and cook until soft. This should take about ten minutes. When the vegetables are cooked, drain well.

Add some cooking oil to a frying pan over a medium heat. Fry the onion and thinly sliced cabbage and cook for 3-4 minutes until it starts to go soft. Add the diced root veg. Mix it all together with a wooden spoon or a fork leaving it in big chunks.

Season to taste with salt, pepper and herbs. Tip it all into an ovenproof dish and scatter over the finely grated cheese. Pop it in the oven for 15-20 until it's golden on top.

Tinned chick peas can be added, as a good source of protein.

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## **VEGETARIAN SAUSAGE ROLLS (Pauline Miller)**



*Passed to me by a friend in my U3A Art Group some years ago, this has become a firm favourite of my (vegetarian) granddaughters as well as their parents. So now making a batch has become an essential task whenever they come to visit or we go to them, and a share has to be kept aside for the oldest to take back with her to University! And non-vegetarians seem to enjoy them too.*

### **Ingredients:**

**Pastry:** Either 1 quantity quick flaky pastry (made with 8oz flour & 6oz butter) OR 500g bought puff pastry (quicker & easier).

**Filling:**

10oz fresh wholemeal breadcrumbs

8oz mature cheddar cheese, grated

1 large onion, finely chopped or grated

3 tbsp thick double cream

1 tbsp of fresh herbs (chives, parsley, thyme etc)

1 tsp mustard powder

Tiny pinch of cayenne pepper

Salt & pepper

A little milk, to mix

Milk or beaten egg to glaze

**Method:**

Grease 3 baking sheets, heat oven to Gas 7/425°F/220°C

Place all ingredients for filling into a large bowl, and mix well. If it seems a bit crumbly add some milk until it binds into a paste.

Roll out the pastry thinly and cut 3 strips, rolling them a bit more until they each measure roughly 11 cm by 50cm. Divide the filling mixture into three, and mould one into a long sausage shape, to fit on to one of the pastry strips, lengthways, smoothing it into a nice rounded shape. Moisten one edge of the pastry strip and then roll it up so that the filling is encased, and the moistened edge overlaps the other side, and is stuck down. Turn over to make this seam the base, and then cut the long sausage into pieces about 4 cm. long. Prick each piece a couple of times with a fork, and glaze with the egg (or some more milk). Place on a greased baking sheet and bake in the hot oven for 25 – 30 minutes.

Repeat with the rest of the pastry strips and the filling. If you cut them fairly small you can get 15 per strip, so 45 total, which makes them excellent for a buffet table, but you can cut them larger if you wish to.

These sausage rolls can be frozen before baking, and cooked direct from the freezer, increasing cooking time to 30 – 35 minutes. They are nicest eaten when freshly baked, but can also be frozen after cooking.

## ACCOMPANIMENTS

### FIERY CARROT SALAD (Margot Fox)

#### Ingredients

8 grated carrots  
8 spring onions roughly chopped  
A handful of chopped coriander  
The zest and juice of 2 limes  
1 chilli finely chopped  
2 tsp of honey  
2 teaspoons of olive oil  
1 tablespoon of cider vinegar

#### Method

Put the grated carrots, coriander and spring onions in a bowl.  
Put the rest of the ingredients into a jar and shake well  
Pour over the carrot mixture and combine well.

*(Ed: If you'd like to try this, but aren't sure about the 'fiery' bit, just omit the chilli and maybe reduce proportion of spring onion, to taste. )*

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### ROASTED TOMATOES (Jennie Martin)

#### Ingredients:

Small tomatoes, cut in half  
Small red pepper, chopped finely  
Garlic, a few cloves chopped finely to taste  
Olive oil  
Salt and pepper

#### Method:

Lay the tomatoes with cut side upwards. Sprinkle chopped pepper, garlic and seasoning over the top. Drizzle with olive oil. Bake in medium oven (180°, gas mark 4) for about 30 minutes.

## DESSERTS

### **BLACKBERRY FLUFF** (Pauline Miller)

*This recipe, which I saved from a magazine many years ago, is a great one to do when blackberries are in season – if you go out and pick wild ones, you have a lovely dessert, healthy and almost free, but good enough to serve to guests. The only challenge is finding something to do with the egg yolks!*

#### **Ingredients:**

1 lb blackberries  
4 oz sugar  
juice of half a lemon  
½ oz gelatine  
3 egg whites



#### **Method:**

Simmer fruit and sugar with a tablespoon of water for 10 minutes or so, until the fruit is well softened. Leave to cool for a bit, then pass the fruit pulp through a sieve.

Dissolve the gelatine in the warmed lemon juice, and stir carefully into the fruit puree.

Leave in a cool place until it is starting to set. Whisk the egg whites until stiff, then fold into the fruit, and pile into a glass serving bowl. Leave in a cool place (fridge) to set.

\*\*\*\*\*

#### **Happiness Recipe** (Anon)

*2 heaping cups of patience  
1 heartfelt love  
2 handfuls generosity  
Dash of laughter  
1 headful understanding  
Sprinkle generously with kindness.  
Apply plenty of faith and mix well.  
Spread over a period of a lifetime  
and serve to those you meet.*

## **BLACKCURRANT PUDDING** (Jennie Martin)

### **Ingredients:**

A handful of blackcurrants!

Sugar to taste

150ml double cream

75ml or a couple of dessert spoonfuls Greek style yogurt

2 tsp icing sugar

### **Method:**

Gently cook blackcurrants in a pan with minimum water and sugar to taste. Allow to cool.

Whip cream with the icing sugar and fold in yogurt. Then gently swirl the blackcurrants into the cream (so it looks like raspberry ripple ice cream!)

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## **DENVER CHOCOLATE PUDDING** (Pauline Miller)

*This is a favourite family recipe. My younger son was especially partial to it, and would always choose it for his birthday meal! The recipe has been passed to his wife, and has now travelled with them to Australia.*

### **Ingredients:**

#### pudding

1 cup sugar

1 cup plain flour

2 tsps baking powder

pinch salt

1 tbsp cocoa powder

3½ oz butter

4 fl oz milk

½ tsp vanilla essence

#### Topping

4oz brown sugar

2 tbsp cocoa

12 fl oz liquid (cold water, or coffee, or a mix of the two)



*(Note: a cup is 112g dry ingredients, and 200ml liquid)*

## Method

Sift flour, baking powder, and salt together. Cream the butter with the cocoa, mix in flour plus sugar, then add milk and vanilla, and mix well. Pour into a greased baking dish, and scatter the brown sugar and cocoa over the top.

Then gently pour over the liquid. Bake at 180 ° C for about 40 minutes, until the top is set. Leave to cool – I think it is nicest served just warm with some good vanilla ice-cream.

*Note: I have reduced the amounts of sugar & cocoa from the original version, as it was much too sweet. Also adding coffee makes the flavour stronger – we prefer it with just water, but it is a matter of taste.*

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### **A Celtic Rune of Hospitality**

We saw a stranger yesterday  
We put food in the eating place,  
Drink in the drinking place,  
Music in the listening place

And with the sacred name of the triune God  
He blessed us and our house  
Our cattle and our dear ones  
As the lark says in her song  
Often, often goes Christ in the stranger's guise.

## **D'la Gâche Meleé (Guernsey Apple Pudding) Margaret Ainger**

*This is a traditional Island dish made regularly for us by my Grandma on our summer holidays to their traditional granite homestead. The apples would have been their own. It is simple and cheap to make, especially if cooked in the oven alongside a main course, but has always been special for us. I cook it and think of her and all the many tasty meals she made for us. My grandparents were growers of tomatoes and flowers which they exported to England. In retirement, they grew many types of fruit and veg and timed their plantings to be ripe and ready for our visits. As city children, we would otherwise never have seen fresh garden produce growing, or had the chance to pick it and eat it hours later.*

### **Ingredients:**

50g self-raising flour  
75g vegetarian suet  
1 egg  
75g sugar  
4 cooking apples, peeled and sliced  
A little milk to mix  
Nutmeg or mixed spice



### **Method:**

Mix all dry ingredients in a large mixing bowl, then add the apple slices and chop with a sharp knife until the whole is moist. Add the egg and sufficient milk to make a sloppy dough. Transfer to a greased square dish or baking tray and sprinkle with crunchy sugar. Cook in a moderate oven, gas mark 5/190 degrees C (170 if fan assisted) for 45 to 60 minutes. Sprinkle with a little more sugar if desired, cut into squares and serve warm.

*Eat and drink together  
Talk and laugh together  
Enjoy life together  
But never call it friendship  
Until you have wept together*



## **FAVOURITE CRUMBLE** (Jennie Martin)

### **Ingredients:**

50g plain flour  
25g plain wholemeal flour  
75g soft brown sugar  
50g ground almonds  
50g butter

### **Method:**

Make as for usual crumble recipe. Cook at 190° or gas mark 5 for 25 minutes.

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## **GOOSEBERRY TRIFLE** (Jennie Martin)

### **Ingredients:**

A couple of handfuls of gooseberries, topped and tailed  
30ml elderflower cordial  
25g sugar (or to taste)  
Sponge cake (either homemade or shop bought Madeira cake)  
Sherry or sweet wine or more elderflower cordial  
About 500ml custard (home made and cooled, or bought ready made.  
150ml double cream, whipped  
Chopped pistachio nuts, with or without dark chocolate curls

### **Method:**

Gently cook the gooseberries in elderflower cordial and a little water and allow to cool. Put lumps of cake in serving bowl and moisten with juices from the cooked fruit and more cordial (or sherry, depending on whether you want any alcohol in). Distribute fruit over the top. Then put layer of custard and then cream. Decorate with nuts and chocolate.



## BAKING

### **APPLE FLAPJACK** (Mary-Jane Ryder)

*We had a lot of apples last year (2022) on our old tree in the garden so we stewed and froze many of them in big yoghurt pots. I'm therefore always looking for recipes to use up the stewed apple and I have found a good one for apple flapjack! It is easy to make.*

#### **Ingredients:**

300g porridge oats  
115g light soft brown sugar  
150g golden syrup  
180g butter or margarine  
6 tablespoons of stewed  
apple (or apple sauce)



#### **Method:**

Preheat oven to 180°. Use a 10 x 8 inch baking tin and line it. Pour the oats into a large mixing bowl. In a saucepan melt together the butter, sugar and syrup, stirring constantly until the butter is melted and there are no lumps. Do not let it come to the boil.

Pour this mixture over the oats and stir carefully until the oats are all wet. Spoon half of the oat mixture into the baking tin and press it down and out to the edges until you have a flat even layer on the bottom. Spoon on the stewed apple and spread evenly. Spoon on the remaining oat mixture so all the stewed apple is covered.

Bake in the oven for around 25 to 30 minutes until the top is golden brown. Leave in the tin to cool completely before tipping the flapjack out, peeling away the paper and slicing into squares.

\*\*\*\*\*

## VEGAN APPLE CAKE (Margot Fox)

### Ingredients

150g margarine

300ml oat milk

1 tbsp of lemon juice

350g self raising flour + one tablespoon to coat the apples

100g sugar

100g light brown sugar

1tsp baking powder

1tsp almond extract

Pinch of salt

300g of apples – peeled cored and chopped into 2cm cubes

2 tbsp flaked almonds

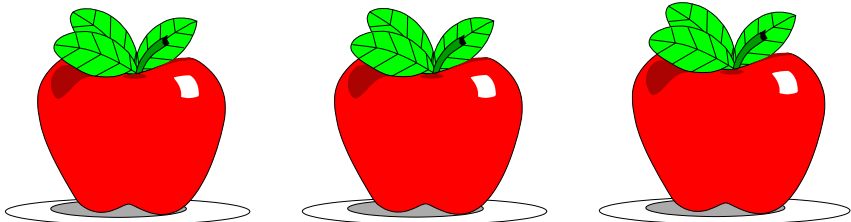
### Method

Pre-heat the oven to 160 C (fan) and line a deep 20cm cake tin  
Pour the oat milk into a jug, add the lemon juice and leave for a few minutes to thicken.

Put the chopped apples into a bowl and toss with a tablespoon of flour

Put the flour, sugar, salt and baking powder into a large bowl and pour over the thickened milk and almond extract. Add the margarine and beat everything together with a whisk.

Fold the apples into the cake mixture with a spoon and when combined pour into the prepared tin and sprinkle over the flaked almonds. Cook for 1 hour to 1hour 20 mins or until golden and firm to touch. Leave in the tin to cool, and eat within 3 days.



## **GLUTEN FREE VEGAN CAKE** (Jennifer Hurrell)

### **Ingredients**

1½ cups SR GF flour  
1 cup granulated sugar  
½ cup cocoa  
⅓ cup oil (light olive oil or veg)  
1 tsp vanilla extract  
1 teaspoon white vinegar (wine or apple cider)  
1 cup cold water  
¾ cup dairy free choc chips or raisins for choc cake  
½ tsp salt

*(Note: a cup is 112g dry ingredients, and 200ml liquid)*

### **Method**

Sieve dry ingredients and mix all thoroughly. Pour into an oiled, base lined 6" square tin. Bake 170° fan for about 35-40 mins.

### **Variations**

No choc chips or fruit  
Divide mix into muffin tins (makes 10)  
Top with melted dairy free chocolate

*This cake is a very simple store cupboard bake. It also has the advantage of being suitable for many different food requirements – ideal for taking to bring and share events at church. It freezes well but does not keep above a couple of days fresh. Hope you enjoy making - and eating it.*

\*\*\*\*\*

## **CHOCOLATE BISCUIT CAKE** (Eve Saunders)

*This recipe was included in the previous Broomhill Festival cookery book, but it has been so consistently appreciated by family and friends alike, that I am including it again in our 2023 version. It is wonderfully adaptable for shaping into various animal or other shapes for children's birthday celebrations!*

## Ingredients

115g butter or other hard spread  
115g sugar (preferably soft brown)  
1 tbsp cocoa powder  
1 well-beaten egg  
230g biscuit crumbs  
Melted chocolate to spread over the mixture once it has set.



## Method:

Melt butter and sugar in a saucepan; add cocoa powder, then beaten egg, mixing quickly and thoroughly. Place mixture back on heat to ensure egg is cooked through. Add biscuit crumbs and stir well.

Turn on to greased swiss roll tin, smooth out with a knife and allow to cool. Cover with melted chocolate and put in fridge or other cool place to set. Cut into portions or shape as desired and decorate accordingly!

\*\*\*\*\*

## CURRENT LEFTOVERS/ DEVIL'S NOSE (Christine Alker)

### Ingredients

Leftover uncooked pastry, rolled out into a circle  
Margarine  
Sugar – white or brown  
Dried fruit

### Method

Spread a thin layer of margarine over the centre of the circle of pastry leaving about 1 inch without margarine around the edge. Sprinkle the fruit of your choice over the pastry. Damp the ring of pastry around the edge and draw the pastry together to cover the fruit and seal. Flour a baking tin, turn the prepared pastry over and brush with milk, and place on the baking tin. Bake at 180 degrees C until browned and cooked through. Turn out on a wire rack and sprinkle with sugar.

*As the eldest of four children, I regularly helped my mother with the baking. My parents had met and married during the war when they were interned by the Japanese in Hong Kong. As a consequence of their wartime experience, food was never wasted in our household. The last scraps of pastry we used to make what we in our family called 'currant leftovers'.*

*Imagine my surprise when early in married life, I baked these same currant pastries and my husband, Adrian, remarked delightedly that it was a long time since he had eaten 'devil's nose'. It transpires that in his hometown of Wigan these pastries have this name (a name which would not have been appreciated by nonconformist parents). As children we were not allowed to say that we were starving because our parents said we didn't know what it was like to be starving - as they had experienced as prisoners of war.*

\*\*\*\*\*

## **STICKY BLACK GINGERBREAD** (Jennie Martin)

*from Woman's Weekly 1971*

### **Ingredients:**

8 oz butter  
8 oz soft brown sugar  
12 oz plain flour  
8 oz black treacle  
2 beaten eggs  
3 level tsp ground cinnamon  
2 level dessert spoons ground ginger  
2 level tsp bicarbonate of soda  
½ pint milk

### **Method:**

Line roasting tin with baking paper. Melt butter, sugar and treacle in a pan. Sift flour and spices into bowl and stir in melted mixture. Carefully stir in beaten eggs. Warm milk to blood heat and stir in bicarb. Add milk mixture to rest of ingredients. (At this point, I often add a handful of sultanas or raisins). Pour into roasting tin and bake at 150 degrees C or gas mark 2 for one and a half hours.

## **MOCHA SQUARES** (Rob Wilkes)

### **Ingredients**

8 oz margarine

8 oz self raising flour

6 oz sugar (soft brown or half soft brown and half white)

5 oz oats

2 oz cocoa

### **Method:**

Melt margarine in a saucepan. add other ingredients and mix well. Spoon into a greased swiss roll tin, and bake in the centre of the oven (reg. 4) for 10-15 mins. Do not overcook.

**Icing:** melt 2 oz margarine in a pan with 2 table spoons of coffee essence. Add 8 oz icing sugar and beat well. Spread over the biscuit.

\*\*\*\*\*

## **WELSH COAST PATH CAKE** (Eve Saunders)

*I noticed this recipe in a newspaper many years ago. It was offered by the wife of a couple who were walking the Welsh Coastal Path, and this cake sustained them on many occasions when their energy flagged. It is extremely simple to prepare and it has never (so far) failed to produce a delicious result.*

### **Ingredients:**

225g butter or margarine

280g sugar

250ml water (I use less than this)

450g mixed dried fruit

11g glace cherries, quartered

2 eggs

450g SR flour

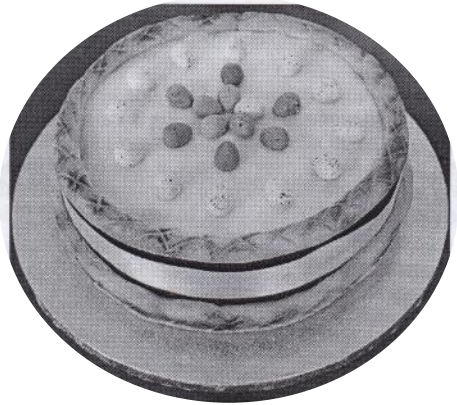
### **Method:**

Warm fat and sugar together. Add eggs, dried fruit and cherries and mix well. Add flour, mixing everything thoroughly.

Put into 2 large(ish) loaf tins, lined and well-greased and bake for 1 hour 15 minutes (I find it needs an extra 15 minutes or so) at Mark 2 or 130°C (fan oven).

## GLUTEN-FREE SIMNEL CAKE ( Pat Hunt)

*I have thought for years that it would be really difficult to make well-risen cakes with gluten-free flour. However gf flours have come a long way, and for Easter 2023 I made a delicious, moist, light beautifully risen gf Simnel Cake that everyone (gf or not) loved. The recipe is not from a book, but my own invention and I hope it works well for you. I have often put apricots in a Simnel cake because they go so well with marzipan and I decided to use tinned apricots with some of the juice for this cake, because when using GF flour you need to add extra liquid. I added a generous number of eggs to help the cake to rise.*



### Ingredients

#### Cake

250g soft margarine

250 g soft brown sugar

340g Free From Gluten free SR flour

$\frac{3}{4}$  teasp baking powder

5 eggs

200g sultanas

200g raisins

200g drained apricot halves, taken from tin of apricot halves

2 tblsps brandy (optional)

1 tsp mixed spice

1 tp cinnamon

$\frac{1}{2}$  tsp freshly grated nutmeg

Pinch salt

#### Topping

Marzipan

100g icing sugar



## **Method**

The night before you wish to make the cake, place sultanas, raisins and apricot halves in a bowl, and add the juice from the tin of apricots. Add brandy as well, if using. Mix well, cover and leave to stand.

Put all the other cake ingredients in mixer bowl, and mix together on highest setting for a minute (or use an electric whisk or wooden spoon). Using a slotted spoon, carefully lift all the soaked fruit out of the bowl and add to the mixture and fold in carefully. Discard the remaining liquid.

Grease and line a 20 cm round tin, and place half the mixture in the tin. Using half the marzipan roll out an 18cm circle, dusting with icing sugar to stop it from sticking, and place carefully on top of the cake in the tin. Then add the remaining cake mixture and smooth out carefully over the marzipan. Bake at 170° for 1½ hours. Cake should be well-risen and firm to touch. Allow to cool in tin before taking out. Decorate with the remaining marzipan – see suggestions below.

## **Decorating ideas:**

Balls of marzipan around the top of the cake (traditional)

A marzipan plait around the edge

A ring of marzipan on top and around sides of cake

The marzipan should be lightly browned, and a blowtorch is recommended for this – stop when the marzipan is light brown, as it will continue to darken after you have removed the heat source.

Use the icing sugar to make icing as follows – add boiled, slightly cooled water very slowly, using small amounts on a teaspoon, and mix thoroughly at each stage. Continue until the icing is glossy and just starting to fall off the spoon. Use to ice the centre of the cake. It can then be decorated with mini-eggs or anything else you choose.

\*\*\*\*\*

## The Upper Room by Angela Greene

(from Eve Saunders)

*Have you ever baked a crisp brown loaf  
a batch of crunchy scones  
chocolate cake dark and rich and  
have you just before the oven closed  
crossed you work and begged heaven raise the  
dough, and have you  
cooled and set the feast before  
a brood gone mad with hunger, and have you  
sat dreaming, sipping tea  
sensed the presence of  
an unobtrusive guest who  
seems quite at home  
breaking bread in the heart of your  
family.*

\*\*\*\*\*

## TIPS & HINTS

### FOUR RECIPES USING LEFT OVER BREAD (Briony Tayler)

#### 1. Mushroom soup

##### Ingredients

200g chestnut mushrooms  
One medium onion  
One or two cloves garlic  
Oil, or butter, or a mixture, for  
frying  
Around 300ml vegetable or  
bacon stock  
50-75g white or brown  
breadcrumbs



## **Method**

Chop the onion and fry gently without colouring for five minutes or so.

Chop or crush the garlic and stir in.

Wipe and slice the mushrooms, add to the pan and fry more briskly for a few minutes, without browning.

Stir in most of the breadcrumbs to absorb the moisture.

Add stock, bring to the boil and simmer for 15 to 20 minutes.

Cool a little, blitz with a stick blender or liquidise if you prefer.

Adjust the consistency by adding more breadcrumbs or liquid.

Season with a little salt, pepper, lemon juice and nutmeg.

Mushroom ketchup is also a tasty addition and can improve the colour. Milk or cream can also be added, if liked.

This freezes well. Quantities are approximate and can be varied according to what you have and how many you need to feed. This will serve around 4 people.

\*\*\*\*\*

## **2. Cheese and Onion Crumble**

*This recipe was featured many years ago on "Blue Peter" after a request for dishes suitable for a diabetic. It has been slightly altered since then.*

### **Ingredients**

Two onions, finely chopped

100g fresh breadcrumbs, white or brown

175-250g grated cheese (originally Edam, but use anything you have or prefer)

one egg, beaten, and milk to 300ml

salt, pepper, nutmeg.

### **Method**

Mix the cheese, breadcrumbs, milk and seasoning in a bowl.

Chop and add the onions and mix well.

Pour into a greased pie dish or similar. Cook at 200° C until well browned.

Serve with salad alongside. You can vary the recipe by replacing the onions with leeks.

### 3. Apricot Bake

#### Ingredients

400 g tin apricots in juice  
100 g fresh white breadcrumbs  
25 g butter  
one egg  
300 ml milk  
10 g caster sugar



#### Method

Drain the fruit. Melt the butter and pour it with the juice onto the breadcrumbs and mix well. Turn into a 1l pie dish. Arrange the apricots on top. Beat the egg and milk together, add the sugar and pour over the fruit.  
Bake at 180° C for 30 to 40 minutes.

\*\*\*\*\*

### 4. Brown Bread Ice-cream

*This is a famous Edwardian delicacy, and contains caramelised breadcrumbs – similar to the crunchy pieces found in some modern ice creams!*

#### Ingredients

600 ml whole milk – preferably Jersey  
300 ml double cream  
four large egg yolks  
175 g caster sugar  
50 - 60 g wholemeal bread without crusts  
2 teaspoons vanilla extract or 30 ml brandy or rum

#### Method

Heat the milk and cream together until steaming. Whisk the egg yolks and 50g of sugar until pale and thick, pour on the hot liquid, strain into the pan and cook carefully until it thickens. Cool, then refrigerate. Add the vanilla extract, brandy or rum. Meanwhile, reduce the bread to crumbs, mix with the remaining sugar and bake at 200° C until dark golden, stirring and turning

to brown evenly. N.B. watch like a hawk or it will burn!  
Cool, then crush with a rolling pin. (Best done in a plastic or paper bag)

Stir into the custard and leave in the fridge for about 20 minutes before freezing.

Use an ice cream maker if you have one, otherwise freeze in a plastic box and mash with a fork or whiz with an electric whisk halfway through freezing.

Very good served with raspberries and a dessert wine.

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## **A PAGE OF TIPS** (from Mary-Jane Ryder)

### **Tips for saving small amounts of ingredients which you buy and use only a bit of.**

I freeze ingredients like ginger root and when I need a small amount for a recipe, I get it out frozen and grate a bit off and then put the rest back in the freezer.

I cut lemons up and freeze the slices individually and use them to put in cold drinks (eg good for gin and tonics!). I also freeze half lemons and if a recipe needs zest of lemon I can grate the skin off the frozen fruit.

I also freeze freshly squeezed lemon juice which lasts a lot longer in the freezer than the fridge for recipes.

I make my own pesto if I have a lot of home grown basil and freeze it in cubes and you can just pop them into soups and pasta.

In the wild garlic season I harvest and puree it and freeze it in cubes. If you have a glut of parsley in the garden this can also be frozen in an ice cube tray.

Better a dish of herbs where love is, than a stalled ox and hatred therewith. *Proverbs 15:17*

## Using Up Jam

We love receiving pots of homemade jam, but as we are slow to eat it on bread or scones, I put it to good use by adding it to the fruit base (instead of sugar) when making crumbles.

Gooseberry, blackcurrant, blackberry or apricot jams are very successful with apple crumble, but there is plenty of room for experimentation.



A further us, suggested in the first instance by Delia Smith, is to use jam as a basis for sauces to accompany chicken, duck, turkey or other food. Morello cherry jam (roughly 175 g jam with 150 ml red wine) simmered without a lid for 10 minutes makes a delicious sauce, but again there is great scope for experimentation.

### More Or Less

Go Less – Sleep More  
Ride Less – Walk More  
Talk Less – Think More  
Scold Less – Praise More  
Waste Less – Give More  
Eat Less – Chew More  
Clothe Less – Bathe More  
Idle Less – Play More  
Worry Less – Laugh More  
Preach Less – Practice More