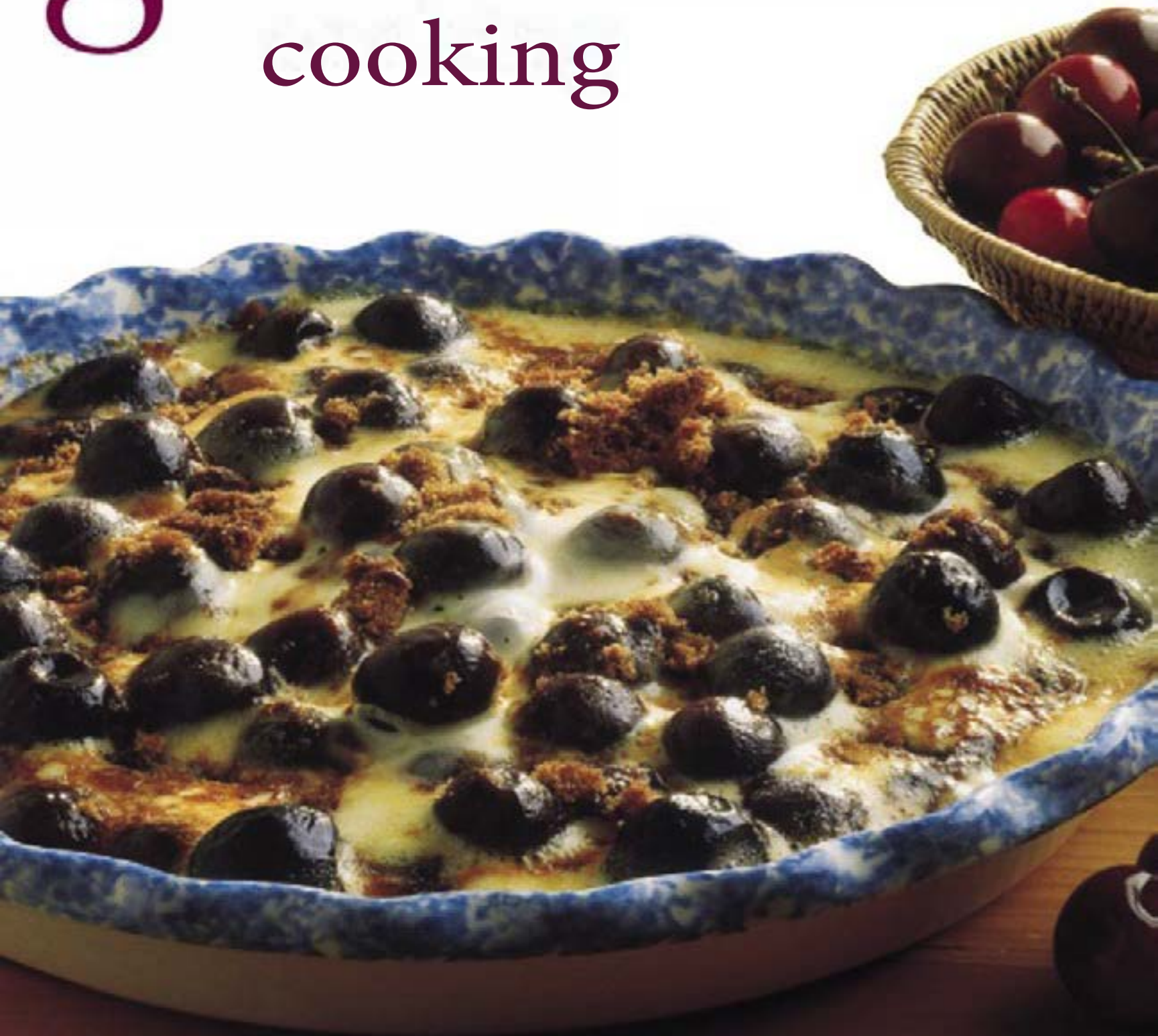


Chef

express

MORNING SUN

grandma's cooking





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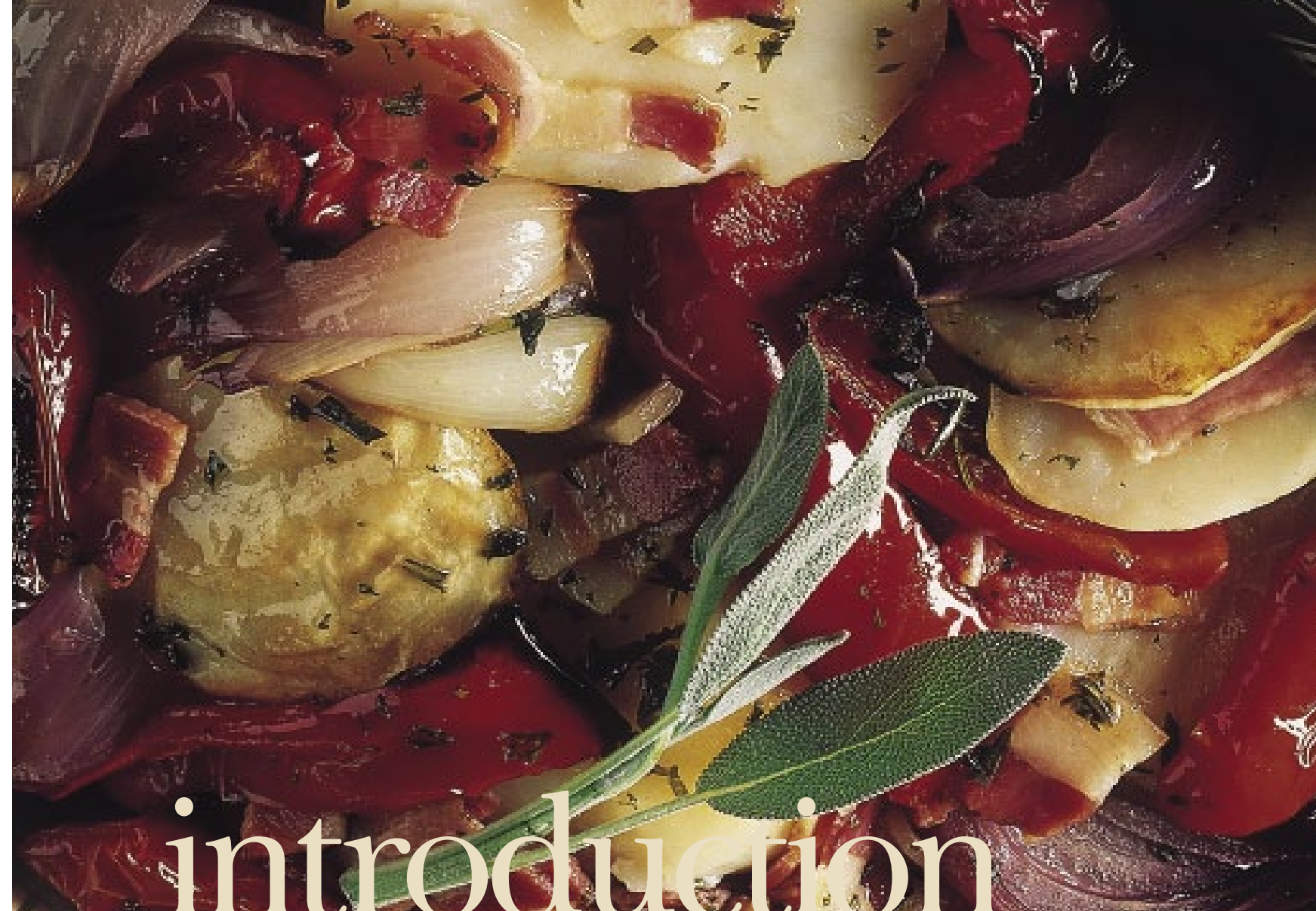
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introduction

Phd. in Home Economics, expert in Cuddles, licenciate in Sweetness, Grandma could be defined as the person who is able of spoiling us in every way. So, who hasn't tried to surpass her ability to turn any meal into something delicious? This book enables you to achieve it.



grandma's cooking

introduction

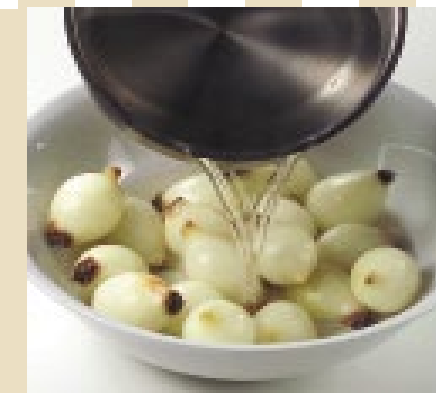


In order to compile these practical and tasty recipes, we have peeped through the yellowish pages of a notebook full of exquisiteness, and we have updated those cherished formulas so that today's cooks can reproduce the affectionate delights with pleasure and no effort.

Put on your best apron right away and start preparing some of our tempting proposals. When your family or your guests try it, you will be able to say, with a smile for which only you will know the secret, "I did it myself, with the recipe that my grandmother passed on to me".

Key points to imitate grandma

- A complete and nutritious meal does not have to be heavy nor expensive. Fresh and colorful salads are all the accompaniment that soups and light dishes in this book need to satisfy the family.



- Main meals that make a good amount of servings are particularly useful to take care of the budget. If you are cooking for a lot of people, our suggestions will enable you to feed them very well without spending or working too much. If you are not cooking for so many, keep the left-overs in the freezer; it is an efficient resource to save both time and money.
- Home baked products are also ideal for freezing. Remember that you will obtain better results if you put them in the freezer when they are still warm.
- A rich supply of preserves and home-made marmalades transform the pantry into a valued source of wonders that are only an "opening-of-a-jar" away. Make your own favorite varieties and keep them always handy. Our secrets will make it easy.
- The most simple desserts are also the most delicious. Try it out with our selection of classics that should always be present in your menu.

Difficulty scale

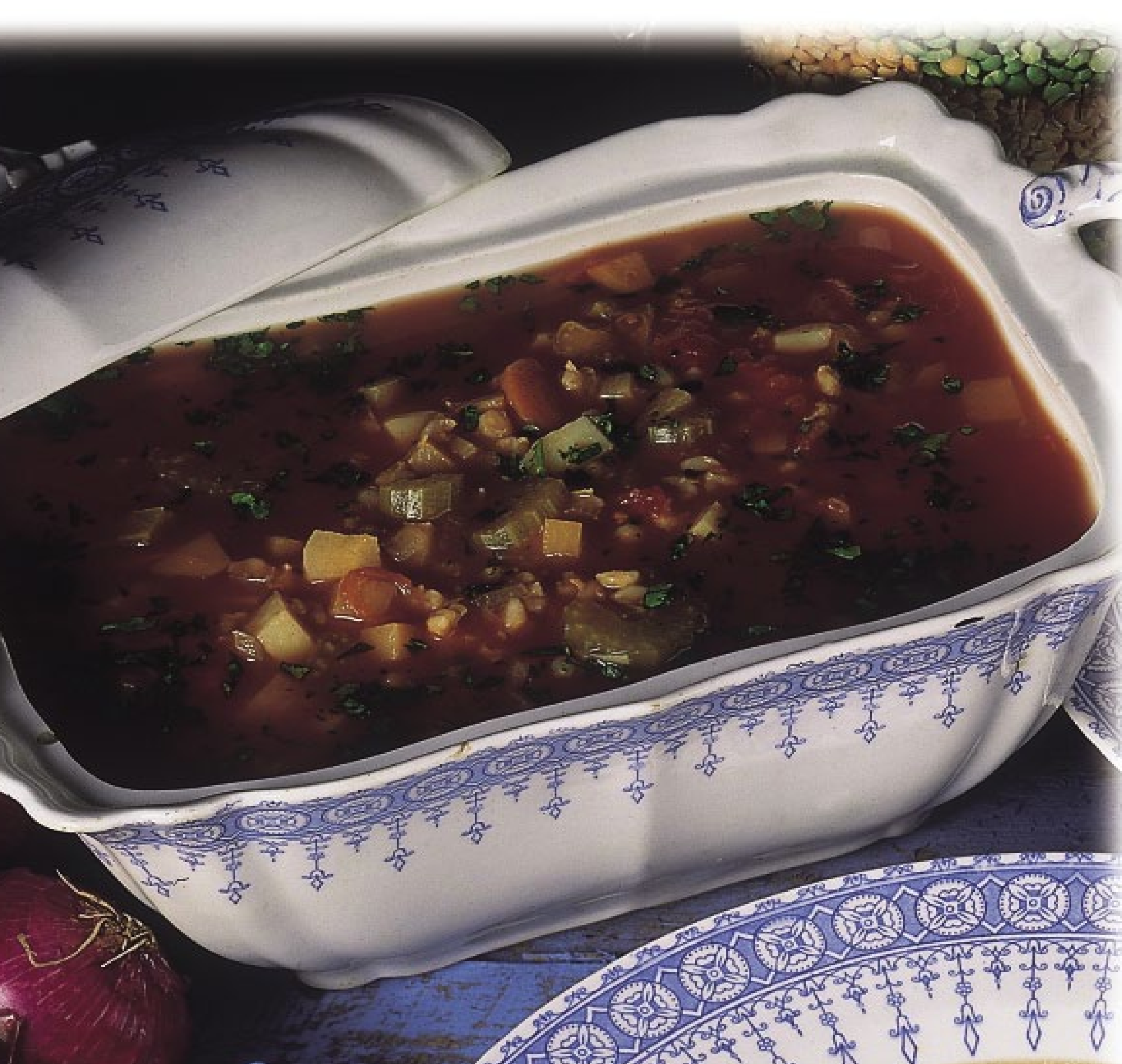
■ □ □ | Easy to do

■ ■ □ | Requires attention

■ ■ ■ | Requires experience

hearty

vegetable soup



■□□ | Cooking time: 30 minutes - Preparation time: 15 minutes

method

1. Place barley and water in a bowl and soak overnight.
2. Melt butter in a heavy-based saucepan over a low heat, add onion and garlic and cook for 5 minutes or until onion is soft.
3. Add tomatoes, carrot, potato, celery, turnip, parsnip, tomato purée and barley with soaking water to pan. Bring to the boil, then reduce heat and simmer, stirring occasionally, for 20 minutes or until vegetables are tender.
4. Ladle soup into bowls, sprinkle with coriander and serve immediately.

ingredients

- > 125 g/4 oz pearl barley
- > 6 cups/1.5 litres/2½ pt water
- > 45 g/1 ½ oz butter
- > 1 large onion, chopped
- > 2 cloves garlic, crushed
- > 5 tomatoes, peeled, seeded and chopped
- > 1 large carrot, sliced
- > 1 large potato, cubed
- > 3 stalks celery, sliced
- > 1 turnip, diced
- > 1 large parsnip, diced
- > ¾ cup/185 ml/6 fl oz tomato purée
- > 3 tablespoons chopped fresh coriander

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Serves 6

tip from the chef

Pearl barley, a grain related to wheat, has had its husk removed before being steamed and polished. Known for its economy and good nutrition, barley contains useful amounts of protein, phosphorus and calcium as well as some B vitamins. If unavailable, substitute white or brown rice and omit step 1.



pumpkin gnocchi

■■■ | Cooking time: 20 minutes - Preparation time: 20 minutes

ingredients

- > 60 g/2 oz butter, melted
- > 60 g/2 oz grated Parmesan cheese
- > ground nutmeg

pumpkin gnocchi

- > 30 g/1 oz butter
- > 1 onion, finely chopped
- > 2 cloves garlic, crushed
- > 625 g/1 1/4 lb pumpkin, finely grated
- > 250 g/8 oz ricotta cheese, drained
- > 60 g/2 oz grated Parmesan cheese
- > 2 tablespoons flour
- > 1/4 teaspoon ground nutmeg
- > 1 egg yolk, lightly beaten
- > freshly ground black pepper

zucchini sauce

- > 2 tablespoons olive oil
- > 3 large zucchini, sliced
- > 5 spring onions, chopped
- > 3/4 cup/185 ml/6 fl oz double cream

method

1. To make gnocchi, melt butter in a saucepan over a medium heat, add onion and garlic and cook for 4-5 minutes. Transfer mixture to a bowl, add pumpkin, cheeses, flour, nutmeg, egg yolk and black pepper to taste and mix to combine (a).
2. Form small spoonfuls of mixture into egg shapes (b). Toss in flour, shake off excess and refrigerate until firm. Cook gnocchi in boiling water in a large saucepan until they rise to the surface (c). Using a slotted spoon, remove from pan and keep warm.
3. To make sauce, heat oil in a saucepan over a medium heat, add zucchini and spring onions and cook for 4-5 minutes or until soft. Set aside to cool. Transfer to a food processor or blender and process until smooth. Place mixture in a clean saucepan, stir in cream and black pepper to taste and cook over a low heat until almost boiling.
4. Spoon sauce into serving dish, top with gnocchi, pour over melted butter, sprinkle with Parmesan cheese and dust with nutmeg.

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Serves 6



tip from the chef

Thursday is gnocchi day in Rome when good cooks use their old potatoes to make gnocchi. This ones made with pumpkin are a variation of the traditional Roman gnocchi.



curried

chicken soup



■□□ | Cooking time: 25 minutes - Preparation time: 15 minutes

method

1. Melt butter in a saucepan over a low heat, add onions, parsnips, celery and garlic and cook for 5-6 minutes or until vegetables are soft. Stir in flour and curry powder and cook for 1 minute.
2. Remove pan from heat and stir in stock. Return pan to a medium heat and cook, stirring constantly, until mixture boils and thickens. Reduce heat, stir in chicken and peas and cook for 10 minutes.
3. Remove pan from heat, whisk in sour cream, then stir in parsley, dill and black pepper to taste. Return to a low heat and cook, stirring frequently without boiling, for 3-4 minutes or until soup is heated.

.....
Serves 6

ingredients

- > 60 g/2 oz butter
- > 2 onions, chopped
- > 2 large parsnips, chopped
- > 4 stalks celery, chopped
- > 2 cloves garlic, crushed
- > 1/4 cup/30 g/1 oz flour
- > 1 tablespoon curry powder
- > 6 cups/1.5 litres/2 1/2 pt chicken stock
- > 500 g/1 lb chopped, cooked chicken
- > 185 g/6 oz fresh or frozen green peas
- > 1 cup/250 g/8 oz sour cream
- > 3 tablespoons finely chopped fresh flat-leaf parsley
- > 2 tablespoons chopped fresh dill
- > freshly ground black pepper

tip from the chef

You can change this family dish to a dinner party fish chowder simply by substituting prepared fish stock for the chicken stock, and replacing the cooked chicken with 375 g/12 oz cubed boneless white fish-fillets or a combination of fish, uncooked scallops and peeled and deveined prawns. Simmer for 5 minutes or until seafood is just tender, then proceed with step 3.



potatoes

with red peppers



■□□ | Cooking time: 1 hour - Preparation time: 10 minutes

method

1. Place bacon, potatoes, red peppers, onions, parsley, rosemary, garlic, oil and black pepper to taste in a bowl and toss to coat vegetables with oil.
2. Spoon mixture into a lightly greased, ovenproof dish and bake at 200°C/400°F/Gas 6 for 55-60 minutes or until potatoes are cooked, golden and crisp.

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Serves 8

ingredients

- > 500 g/1 lb bacon, cut into 1 cm/1/2 in thick strips
- > 8 potatoes, peeled and cut into 1 cm/1/2 in thick slices
- > 6 large red peppers, cut lengthwise into 2.5 cm/1 in wide strips
- > 4 red onions, cut into eighths
- > 1 tablespoon chopped fresh parsley
- > 2 teaspoons chopped fresh rosemary
- > 1 clove garlic, crushed
- > 2 tablespoons olive oil
- > freshly ground black pepper

tip from the chef

Crisp golden slices of potato baked with onions, red peppers and bacon are a meal in themselves when served with a crisp green salad.



all bran meatloaf

■ ■ □ | Cooking time: 1 hour 35 minutes - Preparation time: 20 minutes

ingredients

- > 1½ cups all bran cereal
- > 2 teaspoons butter
- > 750 g/1½ lb beef mince
- > 250 g/½ lb veal mince
- > 250 g/½ lb pork mince
- > ½ cup chopped spring onions
- > 2 tablespoons tomato paste
- > 1 egg, lightly beaten
- > ⅛ tablespoon dried thyme
- > 1 tablespoon chopped fresh parsley
- > 250 g/½ lb rindless bacon
- > 2 tablespoons Dijon mustard
- > 2 tablespoons chili sauce

method

1. Place bran in a food processor and process until it has the texture of coarse crumbs.
2. Melt butter in a heavy-based skillet over medium heat, stir in bran. Cook, stirring constantly, 2 minutes.
3. Transfer bran to a bowl, add beef, veal, pork, spring onions, tomato paste, egg, thyme, parsley and mix thoroughly.
4. Line a 10 cm/4 in deep loaf pan with bacon and place mixture into pan.
5. Combine mustard and chili sauce in a small bowl. Mix well and spread over the top and side of the meatloaf.
6. Bake in moderate oven for 1½ hours, or until cooked through.

.....
Serves 6-8



tip from the chef

It is very tasty to serve this dish with a sauce made with ½ cup of mayonnaise, ½ cup of cream and 1 tablespoon of mustard.



deep dish chicken pie



■■■ | Cooking time: 50 minutes - Preparation time: 30 minutes

method

1. To make pastry, rub flour and butter, stir in cream and form a dough. Knead lightly, wrap and chill for 30 minutes.
2. Melt butter in a frying pan and cook chicken for 4-5 minutes each side. Allow to cool, then cut into cubes.
3. To make sauce, melt butter in a saucepan, cook mushrooms for 4-5 minutes and drain on absorbent paper. Stir flour into pan and cook, stirring, for 1 minute. Gradually stir in stock and cook, stirring constantly, until mixture boils and thickens. Stir in mushrooms, parsley, cream, wine and black pepper to taste. Set aside to cool.
4. Roll out two-thirds of pastry to 5 mm/1/4 in thick and use to line the base and sides of a greased, deep pie dish. Fill with alternate layers of chicken and sauce. Roll out remaining pastry and cover filling. Trim edges, press top to base, then make slits in top. Brush top with egg and bake at 200°C/400°F/Gas 6 for 25-35 minutes or until golden.

ingredients

- > 30 g/1 oz butter
- > 4 chicken breast fillets
- > 1 egg, lightly beaten

sour cream pastry

- > 2¹/₄ cups/280 g/9 oz flour, sifted
- > 125 g/4 oz butter, chilled
- > 3/4 cup/185 g/6 oz sour cream

mushroom sauce

- > 60 g/2 oz butter
- > 250 g/8 oz button mushrooms, sliced
- > 1/4 cup/30 g/1 oz flour
- > 1¹/₄ cups/315 ml/10 fl oz chicken stock
- > 2 tablespoons chopped fresh parsley
- > 1/3 cup/90 ml/3 fl oz double cream
- > 2 tablespoons white wine
- > freshly ground black pepper

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Serves 8

tip from the chef

You can sprinkle a few rinsed frozen peas and some diced cooked carrots and potatoes between the layers when assembling.



chicken pot pie with scone topping

■ ■ □ | Cooking time: 30 minutes - Preparation time: 25 minutes

ingredients

- > 60 g/2oz butter
- > 4 chicken breast fillets, cut into 2 cm³/₄ in cubes
- > 2 medium potatoes, cut into 1 cm¹/₂ in cubes
- > 1 large onion, chopped
- > 2 large carrots, cut into 1 cm¹/₂ in cubes
- > 3 tablespoons plain flour
- > 1 cup dry white wine
- > 3 cups hot chicken stock
- > 1 cup cream
- > 2 tablespoons tomato paste

scone topping

- > 2 cups self-raising flour
- > 2 tablespoons dried mixed herbs
- > 1/4 cup grated Parmesan cheese
- > 30 g/1 oz butter, chopped
- > 1 cup milk

method

1. Melt butter in a large frying pan over moderate heat. Add chicken and cook, stirring constantly, for 3 minutes. Add potatoes, onion and carrots and cook, stirring constantly, for a further 7 minutes.
2. Stir in flour, then wine, stock, cream and tomato paste and cook for a further 10 minutes. Transfer mixture to a large ovenproof dish.
3. To make topping, sift flour into a medium bowl. Stir in herbs and cheese, rub in butter with fingertips. Make a well in the center, add milk and, using a knife, stir mixture to a soft sticky dough. Turn dough onto a lightly floured surface, knead lightly until smooth. Gently press out dough to a 2 cm³/₄ in thickness. Using a scone cutter or small glass, cut out 7 scones and place them on top of the chicken casserole.
4. Bake in moderate oven until scones have well risen and are golden. Serve immediately.

.....
Serves 4



tip from the chef

Scones are a typical English specialty, in this case served in a very original manner.



macaroni

cheese pie



■□□ | Cooking time: 50 minutes - Preparation time: 15 minutes

method

1. Bring a large saucepan of water to the boil over moderate heat, add pasta and cook until just tender, drain. Place the pasta into a 5 cm/2 in deep, greased, baking dish.
2. Combine eggs, cheese, milk, cream, ham and chives; mix well. Pour mixture evenly over pasta and dot with butter.
3. Bake pie in moderate oven for 40 minutes. Serve hot.

ingredients

- > 250 g/1/2 lb macaroni
- > 3 eggs
- > 1 cup grated Cheddar cheese
- > 2 cups milk
- > 1/2 cup cream
- > 125 g/4 oz ham, chopped
- > 1 tablespoon chopped fresh chives
- > 30 g/1 oz butter

.....
Serves 4

tip from the chef

Any other pasta may be used instead of macaroni. It is an ideal recipe to serve pasta in a different way and use leftovers.



pasta and spinach terrine

■ ■ □ | Cooking time: 50 minutes - Preparation time: 15 minutes

ingredients

- > 30 g/1 oz butter
- > 1 large onion, finely chopped
- > 2 cloves garlic, crushed
- > 250 g/8 oz spinach fettuccine
- > 250 g/8 oz ricotta cheese
- > 250 g/8 oz frozen spinach, thawed, drained and puréed
- > 4 tablespoons grated Parmesan cheese
- > 45 g/1½ oz pine nuts, toasted and chopped
- > 3 tablespoons chopped fresh basil
- > 5 eggs, lightly beaten
- > ½ cup/125 g/4 oz sour cream
- > freshly ground black pepper
- > 12 slices prosciutto or ham

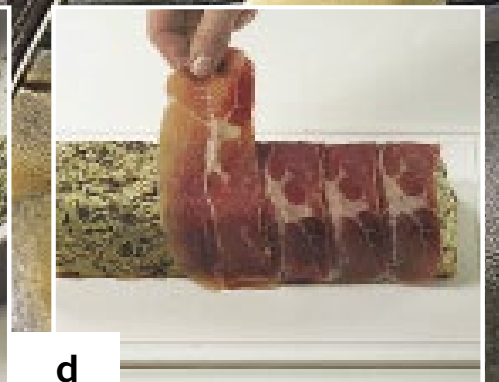
method

1. Melt butter in a frying pan over a low heat, add onion and garlic and cook, stirring, for 4-5 minutes or until onion is soft. Set aside.
2. Cook fettuccine in boiling water in a large saucepan following packet directions. Drain, rinse under cold running water and set aside.
3. Place ricotta cheese, spinach, Parmesan cheese, pine nuts, basil, eggs, sour cream and black pepper to taste in a bowl and mix (a) until smooth.
4. Chop fettuccine (b), add to spinach mixture and mix to combine. Spoon mixture into an oiled and lined 11 x 21 cm/4½ x 8½ in loaf tin (c) and cover with aluminum foil. Place tin in a baking dish with enough water to come halfway up the sides of tin and bake at 180°C/350°F/Gas 4 for 35-40 minutes or until firm.
5. Stand terrine in tin for 10 minutes, then turn out and set aside to cool. Wrap prosciutto or ham slices around terrine (d) to completely encase.

tip from the chef

Thinly sliced smoked salmon can be used to wrap this terrine instead of the prosciutto or ham. Served with a crisp Mediterranean-style salad of leafy greens, olives, artichokes and red pepper strips, this terrine is great for a picnic or summer luncheon.

.....
Serves 8



pickled

dill cucumbers



■□□ | Cooking time: 15 minutes - Preparation time: 15 minutes

method

1. Place gherkins or cucumbers on sheets of absorbent kitchen paper and sprinkle with salt. Drain for 2-3 hours, then rinse under cold running water, pat dry on absorbent kitchen paper and place in a heatproof bowl.
2. Place mustard seeds, peppercorns, cloves, dill and vinegar in a saucepan and bring to the boil. Pour vinegar mixture over gherkins or cucumbers, cool, then cover and stand overnight.
3. Remove cloves from mixture, then transfer gherkins or cucumbers and liquid to a saucepan and cook over a medium heat until just tender. Remove pan from heat and set aside to cool. Pack gherkins or cucumbers into hot sterilized jars, then pour over liquid. Seal and store in a cool dark place.

ingredients

- > 3 kg/6 lb gherkins or small pickling cucumbers, trimmed
- > salt
- > 1 tablespoon black mustard seeds
- > 1/2 teaspoon whole black peppercorns
- > 4 whole cloves
- > 4 sprigs fresh dill
- > 10 cups/2.5 litres/4 1/4 pt white wine vinegar

.....
Makes 5-6 litres/8-10 1/2 pt

tip from the chef

Because pickles and relishes are high in acidity, they will react with certain metal utensils. Ensure that only stoneware, pottery, glass or plastic bowls are used for brining or marinating, that stainless steel or unchipped enamel saucepans are used for cooking, and wooden spoons are used for stirring.



fruity treats

■ ■ □ | Cooking time: 70 minutes for chutney, 50 minutes for pears
 Preparation time: 15 minutes for chutney, 10 minutes for pears

ingredients

spicy apple chutney

- > 2 tablespoons vegetable oil
- > 2 fresh red chillies, seeded and chopped
- > 1 clove garlic, crushed
- > 1 teaspoon grated fresh ginger
- > 2 tablespoons yellow mustard seeds
- > 15 black peppercorns
- > 2 teaspoons ground cumin
- > 1 teaspoon ground mixed spice
- > 1 teaspoon ground turmeric
- > 8 large cooking apples, cored, peeled and sliced
- > 1/2 cup/125 g/4 oz sugar
- > 2/3 cup/170 ml/5 1/2 fl oz white vinegar

cinnamon pears in brandy

- > 8 small pears, peeled, halved and cored, stems left intact
- > 1/4 cup/60 ml/2 fl oz lemon juice
- > 1 cup/250 g/8 oz sugar
- > 1 1/2 cups/375 ml/12 fl oz water
- > 1 cinnamon stick, broken into pieces
- > 2 teaspoons finely grated lime rind
- > 3 cups/750 ml/1 1/4 pt brandy

method

1. To make chutney, heat oil in a saucepan over a medium heat, add chillies, garlic and ginger and cook, stirring, for 2-3 minutes. Stir in spices and cook for 3-4 minutes.
2. Add apples, sugar and vinegar to pan, bring to simmering and simmer, uncovered, for 1 hour or until mixture is thick. Pour chutney into hot sterilized jars. Seal when cold.
3. To make pears, place them in a bowl, add lemon juice and just enough water to cover. Place sugar and measured water in a heavy-based saucepan and cook over a low heat, stirring, until sugar dissolves. Bring to the boil, without stirring.
4. Drain pears. Add pears, cinnamon stick and lime rind to sugar syrup and cook over a low heat until pears are just tender. Using a slotted spoon, remove pears from sugar syrup and pack into hot sterilized jars. Carefully stir brandy into sugar syrup, then pour over pears to completely cover. Seal and store in a cool dark place.

.....
**Makes 2 cups/500 g/1 lb chutney and
 3.5-4 litres/6-7 pt pears**

tip from the chef

Recipes like these are a legacy from the days of the British Raj in India, when condiments, chutneys and relishes were devised from local ingredients and exotic spice blends to heighten the flavor of usually bland English food, especially simple braised cold meats.



pickled onions



■□□ | Cooking time: 15 minutes - Preparation time: 25 minutes

method

1. Place onions and salt in a bowl, then pour over enough cold water to cover (a). Cover and stand, stirring occasionally, for 2 days.
2. Drain onions and discard liquid. Peel onions, place in a clean bowl and pour over enough boiling water to cover (b). Stand for 3 minutes, then drain and repeat process twice using fresh boiling water each time. Pack onions into hot sterilized jars and set aside.
3. To make pickling vinegar, place salt, ginger, cloves, chilies, mustard seeds, peppercorns, bay leaves and vinegar in a saucepan (c) and bring to the boil. Reduce heat and simmer for 10 minutes. Cool slightly, then pour liquid over onions in jars (d) and seal. Store in a cool dark place for 2 months before using.

ingredients

- > 2 kg/4 lb pickling onions, unpeeled
- > 750 g/1 1/2 lb salt

pickling vinegar

- > 1 tablespoon salt
- > 2 teaspoons ground ginger
- > 6 whole cloves
- > 2 fresh red chilies, cut in half
- > 2 teaspoons yellow mustard seeds
- > 6 whole black peppercorns
- > 2 bay leaves
- > 6 cups/1.5 litres/2 1/2 pt white wine vinegar

.....
Makes 4 litres/7 pt

tip from the chef

For best results store pickles in glass jars with plastic or glass lids. Glass coffee jars with plastic-lined glass seals are ideal.



a



b



c



d

tea time tradition

■ □ □ | Cooking time: 45 minutes for jam, 105 minutes for marmalade
Preparation time: 5 minutes for jam, 10 minutes for marmalade

ingredients

mixed-berry jam

- > 750 g/1½ lb mixed fresh berries
- > 3 cups/750 g/1½ lb sugar
- > 1 cup/250 ml/8 fl oz water
- > ¼ cup/60 ml/2 fl oz lemon juice

three-fruit marmalade

- > 2 large oranges
- > 2 limes
- > 1 large grapefruit
- > 4 cups/1 litre/1¾ pt water
- > 7 cups/1.75 kg/3½ lb sugar

method

1. To make jam, place berries, sugar, water and lemon juice in a saucepan and cook over a low heat, stirring until sugar dissolves. Bring to the boil, then reduce heat and simmer for 30-35 minutes or until jam gels when tested. Stand for 10 minutes, then pour into hot sterilized jars. Seal when cold.
2. To make marmalade, cut oranges, limes and grapefruit in half, then slice thinly, discarding seeds. Place fruit in a bowl and pour over water. Cover bowl and stand overnight. Transfer fruit and water to a saucepan and bring to the boil over a medium heat. Reduce heat and simmer, uncovered, for 1 hour or until fruit is soft.
3. Stir in sugar and cook, stirring constantly without boiling, until sugar dissolves. Bring to the boil and cook, uncovered, without stirring, for 45 minutes or until marmalade gels when tested. Stand for 10 minutes before pouring marmalade into hot sterilized jars. Seal when cold.

.....
Makes 4 cups/1 kg/2 lb jam and
6 cups/1.5 kg/3 lb marmalade

tip from the chef

If during storage jam crystallizes, ferments or forms a mold it usually means the jars were not properly sterilized, the cooking time was too short or the proportions of pectin, acid and sugar were incorrect.



herb onion loaves



■ ■ □ | Cooking time: 35 minutes - Preparation time: 50 minutes

method

1. Place yeast and lukewarm water in a bowl, mix to dissolve and stand in a warm, draught-free place until frothy.
2. Place flours, herbs, onion flakes, sugar, salt and black pepper to taste in a bowl, mix to combine and make a well in the center. Combine warm water, milk, butter and egg. Pour butter and yeast mixtures in flour mixture and mix to form a soft dough.
3. Turn dough onto a lightly floured surface and knead for 5-8 minutes or until smooth and elastic. Divide dough into 6 equal portions and roll each into a long sausage, tapering slightly at the ends. Plait three portions together to form a loaf. Repeat with remaining dough.
4. Cover a wire rack with a clean teatowel, lightly dust with wholemeal flour. Place loaves on rack, cover with plastic food wrap and stand in a warm, draught-free place for 30 minutes or until doubled in size.
5. Lift loaves carefully onto hot baking trays, lightly dusted with semolina, and bake at 200°C/400°F/Gas 6 for 30-35 minutes.

.....
Makes 2 loaves

tip from the chef

For something different, divide dough in half, roll out one piece to a 20 x 30 cm/8 x 12 in rectangle. Roll up to make a long thin loaf. Make 4 or 5 slashes across top of loaf. Repeat with remaining dough and cook.

ingredients

- > 45 g/1 1/2 oz fresh yeast
- > 1/4 cup/60 ml/2 fl oz lukewarm water
- > 3 cups/375 g/12 oz flour, sifted
- > 3 cups/470 g/15 oz wholemeal flour, sifted and husks returned
- > 2 tablespoons chopped mixed fresh herbs (parsley, chives, rosemary, thyme)
- > 2 tablespoons onion flakes
- > 1 tablespoon sugar
- > 2 teaspoons salt
- > freshly ground black pepper
- > 1 cup/250 ml/8 fl oz warm water
- > 2/3 cup/170 ml/5 1/2 fl oz evaporated milk
- > 125 g/4 oz butter, melted and cooled
- > 1 egg, lightly beaten
- > wholemeal flour
- > 1 tablespoon semolina



milk bread



■ ■ □ | Cooking time: 55 minutes - Preparation time: 1 hour 30 minutes

method

1. Place 2 teaspoons sugar and milk in a bowl and mix to dissolve sugar. Sprinkle over yeast and stand in a warm, draught-free place for 10 minutes or until frothy.
2. Place flour, salt and remaining sugar in a bowl. Using fingertips, rub in butter and make a well in the center. Pour in yeast mixture and egg yolk and mix to form a soft dough. Turn dough onto a lightly floured surface and knead for 5-8 minutes or until dough is smooth and elastic.
3. Place dough in an oiled bowl, cover with plastic food wrap and stand in a warm, draught-free place for 30 minutes or until dough is doubled in size.
4. Punch dough down, turn onto a lightly floured surface and knead for 5 minutes or until smooth and elastic. Divide dough into 2 equal portions and roll each into a strip 10 cm/4 in wide and 1 cm/1/2 in thick. Roll up each strip from the short end and place rolls side by side in a large, greased and floured bread tin. Cover with plastic food wrap and stand in a warm, draught-free place for 30 minutes or until doubled in size.
5. Brush loaf with a little milk and sprinkle with sesame or poppy seeds. Bake at 180°C/350°F/Gas 4 for 50-55 minutes, or until base sounds hollow when tapped with fingers.

ingredients

- > 1½ tablespoons sugar
- > 1⅓ cups/350 ml/ 11 fl oz milk, warmed
- > 1 tablespoon dried yeast
- > 4 cups/500 g/1 lb flour, sifted
- > 2 teaspoons salt
- > 30 g/1 oz butter
- > 1 egg yolk, lightly beaten
- > 1½ tablespoons sesame or poppy seeds

tip from the chef

When rising dough, place bowl in a warm, draught-free place (27°C/80°F is ideal). To test its readiness, quickly and lightly press two fingers into the top of the dough to a depth of about 1 cm/1/2 in. If the impressions remain, the dough is ready. If the dough springs back, recover and leave the dough for 15-20 minutes longer then test again.

.....
Makes 1 large loaf

perfect scones

■ □ □ | Cooking time: 15 minutes - Preparation time: 10 minutes

ingredients

- > 2 cups/250 g/8 oz self-raising flour
- > 1 teaspoon baking powder
- > 2 teaspoons sugar
- > 45 g/1½ oz butter
- > ½ cup/125 ml/4 fl oz milk
- > 1 egg

method

1. Sift flour and baking powder together into a bowl. Stir in sugar, then using fingertips, rub in butter until mixture resembles coarse breadcrumbs. Make a well in the center.
2. Whisk together milk and egg, pour into flour mixture and mix to form a soft dough. Turn dough onto a lightly floured surface and knead briefly.
3. Using the palm of your hand, press dough out to 2 cm³/₄ in thick, then using a 5 cm/2 in cutter, cut out scones. Avoid twisting the cutter or the scones will rise unevenly.
4. Arrange scones close together on a greased and lightly floured baking tray or in a shallow 20 cm/8 in cake tin. Brush with a little milk and bake at 220°C/425°F/Gas 7 for 12-15 minutes or until golden brown.

.....
Makes 12



tip from the chef

The word “scone” is believed to have come from the Gaelic word “sgonn” –meaning large mouthful. The perfect scone should be soft and light in texture.



pecan fruit loaf



■□□ | Cooking time: 1 hour 20 minutes - Preparation time: 15 minutes

method

1. Place fruit and water in a saucepan, bring to the boil over a medium heat and cook for 3 minutes. Remove pan from heat and set aside to cool.
2. Place butter and sugar in a bowl and beat until light and creamy. Beat in egg and continue beating until combined. Mix flour mixture and undrained fruit mixture, alternately, into butter mixture, then fold in pecans.
3. Spoon batter into a greased and lined 11 x 21 cm/4½ x 8½ in loaf tin and bake at 180°C/350°F/Gas 4 for 1¼ hours or until golden. Stand in tin for 5 minutes before turning onto a wire rack to cool.

ingredients

- > 315 g/10 oz mixed dried fruit
- > 1 cup/250 ml/8 fl oz water
- > 125 g/4 oz butter
- > ½ cup/125 g/4 oz sugar
- > 1 egg
- > 2 cups/250 g/8 oz self-raising flour sifted with ½ teaspoon baking powder
- > 125 g/4 oz pecans, roughly chopped

.....
Makes an 11 x 21 cm/4 1/2 x 8 1/2 in loaf

tip from the chef

This loaf is delicious spread with softened cream cheese instead of butter. Loaves like this benefit from being wrapped and stored overnight before serving to allow the flavors to develop and prevent crumbling when slicing.



pear upside-down pudding

■ □ □ | Cooking time: 1 hour 20 minutes - Preparation time: 15 minutes

ingredients

- > 1/4 cup/60 g/2 oz demerara sugar
- > 8 red glacé cherries, halved
- > 2 x 440 g/14 oz canned pear halves, drained and 1 cup/250 ml/8 fl oz syrup reserved
- > 250 g/8 oz butter, softened
- > 2 cups/250 g/8 oz self-raising flour
- > 1 cup/220 g/7 oz caster sugar
- > 4 eggs
- > 1 cup/125 g/4 oz chopped walnuts
- > 1/4 cup/60 ml/2 fl oz maple syrup

method

1. Sprinkle base of a greased and lined, deep 23 cm/9 in round cake tin with demerara sugar. Arrange cherries and pears, cut side down, over base (a).
2. Place butter, flour, sugar and eggs in a food processor and process until smooth. Stir in walnuts. Carefully spoon batter over fruit in tin (b) and bake at 180°C/350°F/Gas 4 for 1-1 1/4 hours or until cooked when tested with a skewer.
3. Place maple syrup and reserved pear juice in a saucepan over a medium heat and cook until syrup is reduced by half. Turn pudding onto a serving plate and pour over syrup.

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Serves 8

tip from the chef

This version of the classic pineapple upside-down pudding is just as delicious and easy to assemble. Serve hot or warm with cream or scoops of vanilla ice cream.



chelsea bun



■ ■ □ | Cooking time: 35 minutes - Preparation time: 20 minutes

method

1. Make up scone dough as directed. Roll out dough on a lightly floured surface to form a 20 x 30 cm/8 x 12 in rectangle.
2. Place butter, brown sugar and mixed spice in a bowl and beat until creamy. Spread over dough, then sprinkle with fruit and roll up lengthwise. Using a sharp knife, cut roll into 8 thick slices and arrange over base of a greased, shallow 20 cm/8 in cake tin. Bake at 180°C/350°F/Gas 4 for 25-30 minutes or until golden.
3. To make glaze, place sugar, gelatin and water in a saucepan and cook over a low heat, stirring constantly, until sugar and gelatin dissolve. Brush bun with glaze while hot. Serve warm or cold.

ingredients

- > 1 quantity scones recipe (page 36)
- > 60 g/2 oz butter
- > 1/3 cup/60 g/2 oz brown sugar
- > 1 teaspoon ground mixed spice
- > 250 g/8 oz mixed dried fruit

sugar glaze

- > 1 tablespoon sugar
- > 1 teaspoon gelatin
- > 1 tablespoon water

.....
Serves 6

tip from the chef

Mr. Richard Hand, known as "Captain Bun", ran the Chelsea Bun House in London in the late 17th century and it was there that the first Chelsea Bun was made. Captain Bun would be proud of this recipe for Chelsea Bun.



spicy coconut apple twists

■■■ | Cooking time: 25 minutes - Preparation time: 1 hour 10 minutes

ingredients

- > 15 g/1/2 oz fresh yeast
- > 3/4 cup/185 ml/6 fl oz warm milk
- > 2 cups/250 g/8 oz flour, sifted
- > 2 tablespoons sugar
- > 1/2 teaspoon salt
- > 1/2 teaspoon ground cinnamon
- > 1/4 teaspoon ground cloves
- > 45 g/1 1/2 oz butter, melted
- > 3/4 cup/170 g/5 1/2 oz canned apple slices
- > 1/4 teaspoon ground cinnamon, extra

coconut icing

- > 3/4 cup/125 g/4 oz icing sugar, sifted
- > 4 tablespoons desiccated coconut
- > 15 g/1/2 oz butter
- > 1/2 teaspoon vanilla essence
- > 3-4 tablespoons hot water

tip from the chef

When shaping the twists, lightly touch the base of each twist at each end with wet fingertips and press gently onto the baking tray. This will prevent the twists from shrinking and curling during the final rising.

method

1. Place yeast and milk in a bowl, mix to dissolve and stand in a warm, draught-free place for 10 minutes or until frothy. Place flour, sugar, salt, cinnamon and cloves in a bowl and mix to combine. Add yeast mixture and butter and mix to form a soft dough. Knead dough on a lightly floured surface for 5-8 minutes or until smooth and elastic. Place in a lightly oiled bowl, cover with plastic food wrap and stand for 10 minutes.
2. Divide dough into 4 portions and roll each into an 8 x 30 cm/3 1/2 in x 12 in strip (a). Spoon apple down the center of each strip and sprinkle with extra cinnamon. Fold in half lengthwise and seal edges (b). Roll each strip into a sausage shape, then twist 2 rolls together (c) and place on a greased baking tray. Repeat with remaining rolls. Cover twists with plastic food wrap and stand for 20 minutes or until doubled in size. Bake at 180°C/350°F/Gas 4 for 20-25 minutes or until golden and cooked through.
3. To make icing, place icing sugar, coconut, butter and vanilla essence in a bowl and mix to combine, then mix in enough water to make an icing with a thin consistency. Spread icing over twists while they are still hot.

.....
Makes 2 loaves



baked apples with walnut crust



■ □ □ | Cooking time: 45 minutes - Preparation time: 15 minutes

method

1. Place walnuts, sugar, brown sugar and cinnamon in a blender or food processor (a), process until nuts are finely chopped.
2. Core the apples and peel two-thirds of the skin off from the top. Brush the bare apple with butter (b), then press the walnut sugar mixture onto the apple (c).
3. Stand apples in a baking dish (d) and cook in moderate oven for 45 minutes. Serve with whipped cream.

ingredients

- > 1/2 cup walnut halves
- > 1/4 cup sugar
- > 1/4 cup dark brown sugar
- > 2 teaspoons ground cinnamon
- > 4 green apples
- > 1/4 cup melted butter
- > cream for serving

.....
Serves 4

tip from the chef

It is an extremely easy and quick dessert, ideal for serving in Winter-time with a scoop of vanilla ice-cream.



a



b



c



d

caramel

cherries



■□□ | Cooking time: 5 minutes - Preparation time: 10 minutes

method

1. Place cherries in a shallow ovenproof dish.
2. Place cream and liqueur or sherry in a bowl and beat until soft peaks form. Spoon cream mixture over cherries, sprinkle thickly with brown sugar and cook under a preheated hot grill for 3-4 minutes or until sugar melts. Serve immediately.

ingredients

- > 440 g/14 oz canned, pitted sweet cherries, drained
- > 1¹/₄ cups/315 ml/ 10 fl oz double cream, whipped
- > 1 teaspoon liqueur of your choice or sherry
- > brown sugar

.....
Serves 6

tip from the chef

This dessert is also delicious made with other canned fruit such as apricots or pineapple. Fresh strawberries or grapes are also popular choices.



apple and rhubarb crumble



■□□ | Cooking time: 40 minutes - Preparation time: 15 minutes

method

1. Place rhubarb, apples, caster sugar, water and orange juice in a saucepan and cook over a medium heat, stirring constantly, until sugar dissolves. Bring to the boil, then reduce heat, cover and simmer for 10 minutes or until fruit is tender. Spoon fruit mixture into a 3 cup/750 ml/1¼ pt capacity ovenproof dish.
2. To make crumble, place hazelnuts, oats, flour, brown sugar, coconut and cinnamon in a bowl and mix to combine. Using fingertips, rub in butter until mixture resembles coarse breadcrumbs. Sprinkle crumble over fruit mixture and bake at 180°C/350°F/Gas 4 for 20-25 minutes.

ingredients

- > 8 stalks rhubarb, cut into 5 cm/2 in pieces
- > 4 cooking apples, cored, peeled and sliced
- > ½ cup/100 g/3½ oz caster sugar
- > ½ cup/125 ml/4 fl oz water
- > ¼ cup/60 ml/2 fl oz orange juice

hazelnut crumble

- > ½ cup/100 g/3½ oz ground hazelnuts
- > ½ cup/45 g/1½ oz rolled oats
- > ⅓ cup/45 g/1½ oz flour
- > ¼ cup/45 g/1½ oz brown sugar
- > 3 tablespoons desiccated coconut
- > ¼ teaspoon ground cinnamon
- > 90 g/3 oz butter, chopped into small pieces

.....
Serves 4

tip from the chef

For a dinner party, this crumble can be baked in individual baking cups or soufflé dishes. Reduce the baking time to 15-20 minutes. To serve, place each crumble in its dish on a small flat plate, add a spoonful of pure cream, a few fresh ripe berries and sprinkle with sifted icing sugar.



citrus

delicious pudding

■ ■ □ | Cooking time: 45 minutes - Preparation time: 15 minutes

ingredients

- > 1 cup/220 g/7 oz caster sugar
- > 125 g/4 oz butter, softened
- > 1/2 cup/60 g/2 oz self-raising flour
- > 1 tablespoon finely grated lemon rind
- > 1 tablespoon finely grated orange rind
- > 2 tablespoons lemon juice
- > 2 tablespoons orange juice
- > 2 eggs, separated
- > 1 cup/250 ml/8 fl oz milk

method

1. Place sugar and butter in a bowl and beat until light and fluffy. Stir in flour, lemon and orange rinds and lemon and orange juices.
2. Place egg yolks and milk in a bowl and whisk to combine. Stir into citrus mixture.
3. Place egg whites in a bowl and beat until stiff peaks form, then fold into batter. Spoon batter into a greased 4 cup/1 litre/1³/₄ pt capacity ovenproof dish.
4. Place dish in a baking pan with enough boiling water to come halfway up the sides of dish. Bake at 180°C/350°F/Gas 4 for 45 minutes or until cooked.

.....
Serves 6



tip from the chef

One of those magic puddings—as the pudding cooks it separates to give a layer of fluffy sponge over a tangy citrus sauce. It is delicious served hot with cream or ice cream.



plum clafoutis



■□□ | Cooking time: 30 minutes - Preparation time: 15 minutes

method

1. Butter a 23 cm/9 in ovenproof flan dish and arrange plums in the base as evenly as possible (a).
2. Using an electric mixer, combine yolks, egg and sugar (b), beat until creamy. Add cream, flour and lemon juice and mix well enough (c).
3. Pour mixture over plums (d) and bake in moderate oven for 30 minutes.

ingredients

- > 825 g/1 lb 10 oz dark plums, halved or sliced
- > 3 egg yolks
- > 1 egg
- > 1/2 cup caster sugar
- > 1/2 cup cream
- > 1 tablespoon flour
- > 2 tablespoons freshly squeezed lemon juice

.....
Serves 6

tip from the chef

This popular French dessert is delicious either warm or cold. You may like trying it with ice-cream of your choice.



a



b



c



d

lemon and lime meringue pie

■■■ | Cooking time: 45 minutes - Preparation time 25 minutes

ingredients

shortcrust pastry

- > 185 g/6 oz butter
- > 1/3 cup/75 g/2 1/2 oz caster sugar
- > 1 1/2 cups/185 g/6 oz flour
- > 2/3 cup/75 g/2 1/2 oz cornflour

lemon and lime filling

- > 1 cup/250 g/8 oz sugar
- > 1/3 cup/45 g/1 1/2 oz flour, sifted
- > 1/3 cup/45 g/1 1/2 oz cornflour, sifted
- > 1 teaspoon finely grated lemon rind
- > 1 teaspoon finely grated lime rind
- > 1 1/4 cups/315 ml/10 fl oz water
- > 1/2 cup/125 ml/4 fl oz lemon juice
- > 1/4 cup/60 ml/2 fl oz lime juice
- > 90 g/3 oz butter, chopped
- > 4 egg yolks, lightly beaten

meringue topping

- > 4 egg whites
- > 2 tablespoons water
- > 3/4 cup/170 g/5 1/2 oz caster sugar

method

1. To make pastry, process butter and caster sugar until light and creamy. With machine running, gradually add flours and make a pastry. Knead lightly and press over base and sides of a greased, deep 23 cm/9 in pie dish. Prick pastry case with a fork and bake at 200°C/400°F/Gas 6 for 20-25 minutes or until golden. Set aside to cool.
2. To make filling, mix sugar, flour, cornflour, rinds, water and juices in a saucepan. Cook over a medium heat, stirring constantly, for 3-4 minutes or until mixture boils and thickens. Reduce heat and cook, stirring constantly, for 3 minutes. Remove pan from heat and whisk in butter and egg yolks. Set aside to cool completely. Spread filling evenly over pastry shell and set aside.
3. To make topping, beat egg whites and water until soft peaks form. Gradually beat in caster sugar and continue beating until glossy and stiff peaks form. Spoon topping over filling. Bake at 180°C/350°F/Gas 4 for 5-10 minutes or until meringue is lightly browned. Set aside to cool.

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Serves 8

tip from the chef

This high-rise pie is sure to impress. The addition of lime gives it a wonderful tang. If limes are unavailable, replace them with additional lemons.



fruit bread pudding



■□□ | Cooking time: 30 minutes - Preparation time: 15 minutes

method

1. Cut each slice of bread into squares and place in a large bowl. Pour melted butter over bread, toss well. Grease a 4 cup capacity baking dish, line with butter soaked bread.
2. Whisk together eggs, milk, sugar, vanilla essence, nutmeg and cinnamon. Pour mixture through a sieve to remove any lumps of sugar. Gently pour the mixture over the bread.
3. Sprinkle with caster sugar and extra cinnamon, bake in moderate oven for 30 minutes.

ingredients

- > 15 or more slices thick fruit bread
- > 125 g/4 oz butter, melted
- > 3 eggs
- > 3 cups milk
- > 3/4 cup icing sugar
- > 2 tablespoons vanilla essence
- > 1 teaspoon ground nutmeg
- > 2 teaspoons ground cinnamon
- > 2 tablespoons caster sugar
- > 1 teaspoon ground cinnamon, extra

.....
Serves 4

tip from the chef

This dessert is very inexpensive and easy to prepare, ideal to use bread that is not fresh anymore.



college pudding

■ □ □ | Cooking time: 1 hour 30 minutes - Preparation time: 15 minutes

ingredients

- > 3 tablespoons strawberry jam
- > 60 g/2 oz butter, softened
- > 1/4 cup/60 g/2 oz caster sugar
- > 1 egg, lightly beaten
- > 1/2 teaspoon vanilla essence
- > 1 cup/125 g/4 oz flour
- > 1 teaspoon baking powder
- > 1/3 cup/90 ml/3 fl oz milk

method

1. Place jam in the base of a greased and base-lined 4 cup/1 litre/1³/₄ pt capacity pudding basin.
2. Place butter and sugar in a bowl and beat until creamy. Beat in egg and vanilla essence and continue beating until light and fluffy.
3. Sift flour and baking powder together. Fold flour mixture and milk, alternately, into egg mixture. Spoon batter into prepared pudding basin.
4. Cover top of pudding with a round of greased baking paper, then seal with lid. Place basin in a large saucepan with enough boiling water to come halfway up the sides of basin. Cook over a medium heat for 1¹/₂ hours or until pudding is cooked when tested with a skewer. Add more boiling water to pan during cooking, if necessary.

.....
Serves 4



tip from the chef

Serve this pudding with a homemade egg custard, cream or ice cream.



choc

self-saucing pudding



■ ■ □ | Cooking time: 55 minutes - Preparation time: 20 minutes

method

1. Sift together flours, cocoa, malted milk and baking powder into a bowl. Stir in caster sugar. Combine milk and eggs and stir into flour mixture. Spoon batter into a greased 8 cup/2 litre/3¹/₂ pt capacity ovenproof dish.
2. To make sauce, place chocolate, butter and water in a saucepan and cook, stirring constantly, over a low heat until chocolate melts. Place brown sugar, cocoa powder and cornflour in a bowl, pour in chocolate mixture and mix to combine.
3. Pour sauce evenly over batter in dish and bake at 180°C/350°F/Gas 4 for 45-50 minutes or until firm. To serve, dust top of pudding with extra malted milk powder and serve with whipped cream.

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Serves 8

ingredients

- > 1 cup/125 g/4 oz self-raising flour
- > 1 cup/125 g/4 oz plain flour
- > 1/4 cup/30 g/1 oz cocoa powder
- > 1/4 cup/30 g/1 oz malted milk powder
- > 1 teaspoon baking powder
- > 1 cup/220 g/7 oz caster sugar
- > 1 cup/250 ml/8 fl oz milk
- > 2 eggs, lightly beaten
- > extra malted milk powder
- > whipped cream

chocolate sauce

- > 100 g/3¹/₂ oz dark chocolate, chopped into small pieces
- > 30 g/1 oz butter
- > 2 cups/500 ml/16 fl oz hot water
- > 1 cup/170 g/5¹/₂ oz brown sugar
- > 1/4 cup/30 g/1 oz cocoa powder, sifted
- > 2 tablespoons cornflour



tip from the chef

This wonderful pudding makes enough for everyone to enjoy second helpings.

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