

GARVALD VILLAGE HALL



MILLENNIUM RECIPE BOOK

***Raising funds for
Garvald Village Hall Trust***

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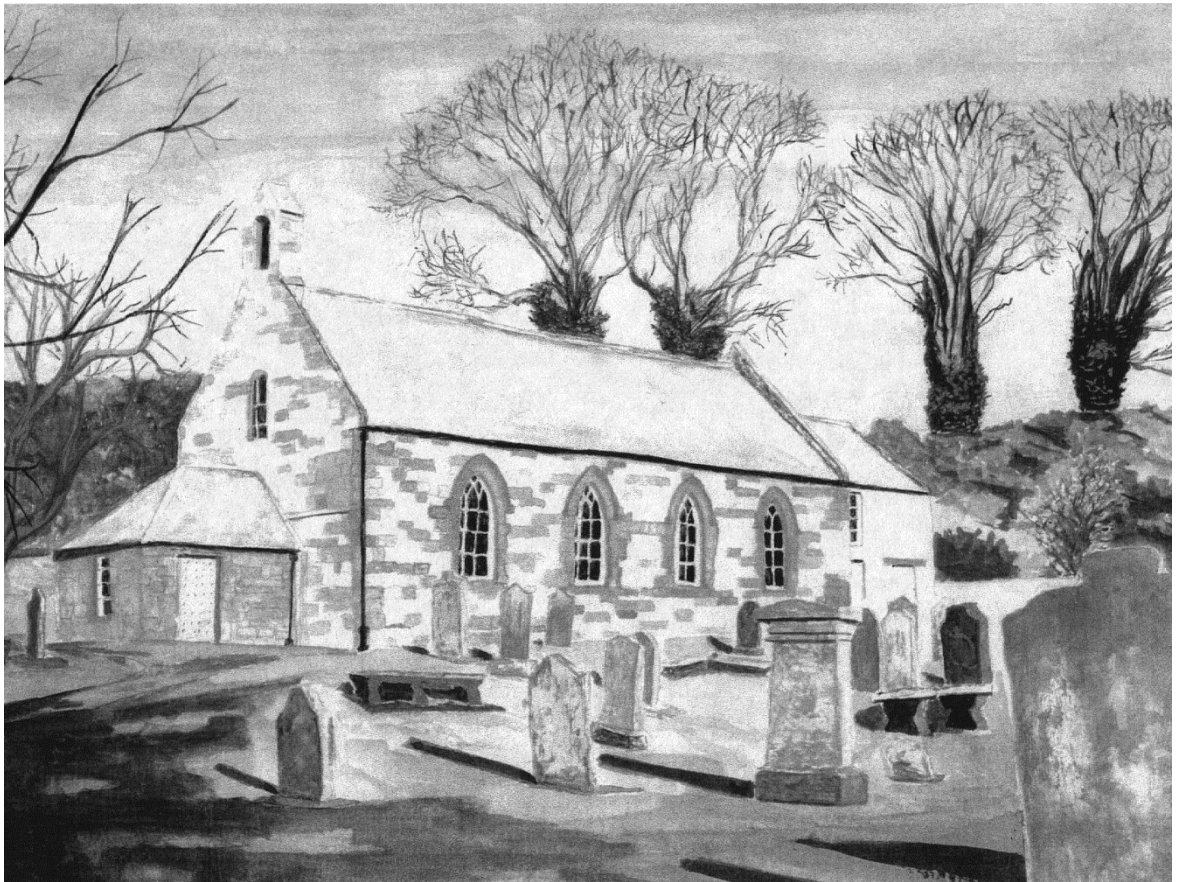
CONVERSION TABLES

OVEN TEMPERATURE CONVERSION TABLE

° C	° F	GAS MARK
110	225	$\frac{1}{4}$
120 / 130	250	$\frac{1}{2}$
140	275	1
150	300	2
160 / 170	325	3
180	350	4
190	375	5
200	400	6
220	425	7
230	450	8
240	475	9

DRY WEIGHT CONVERSION TABLE

APPROXIMATE GRAM (G) CONVERSION TO NEAREST ROUND FIGURE	RECOMMENDED GRAM (G) CONVERSION TO NEAREST 25 G	IMPERIAL OUNCE (OZ)
28	25	1
57	50	2
85	75	3
113	100-125	4 (1/4 LB)
142	150	5
170	175	6
198	200	7
227	225	8
255	250	9
284	275	10
311	300	11
340	350	12 (3/4 LB)
368	375	13
396	400	14
425	425	15
453	450	16 (LB)



SOUPS & STARTERS

ALFRED'S COLD SOUP

½ CUCUMBER
1 YELLOW PEPPER
½ RED PEPPER
½ A BIG ONION
1 PT CHICKEN STOCK
SALT AND BLACK PEPPER

SIMMER IT ALL UNTIL TENDER
LIQUIDIZE AND REFRIGERATE
SERVE WITH FRESH CREAM AND CHOPPED PARSLEY / CHIVES
(GARLIC BREAD GOES WELL WITH THIS!)

ANNABEL YOUNGER – GARVALD

AUNTIE JOAN'S HEALTHY TOMATO SOUP

4OZ RED LENTILS
1 TIN CHOPPED TOMATOES
1 ONION, CHOPPED
4 RASHERS SMOKED BACK BACON, CHOPPED
1 PT CHICKEN STOCK
MIXED HERBS TO GARNISH

FRY ONION AND BACON TILL GOLDEN BROWN.
ADD ALL REMAINING INGREDIENTS AND SIMMER FOR 20 MINUTES.
PLACE IN A FOOD PROCESSOR / BLENDER.
RETURN TO SAUCEPAN, AND HEAT GENTLY. SERVE GARNISHED WITH HERBS.

EVELYN CARLINE – GARVALD

CARROT AND CORIANDER SOUP

1 LB CARROTS - CHOPPED
1 SMALL ONION – CHOPPED
1 CLOVE GARLIC – CRUSHED
1 TSPN GROUND CORIANDER
1 ½ PTS VEG STOCK
1 TBSP FRESH CORIANDER LEAVES – CHOPPED

FRY ONION AND GARLIC FOR A FEW MINUTES
ADD CARROTS & A LITTLE WATER, COOK FOR 10 MINS ON A LOW HEAT
ADD GROUND CORIANDER & COOK FOR 1 MIN
ADD STOCK
COVER AND SIMMER FOR 15 MINS OR UNTIL CARROTS ARE TENDER
PUREE SOUP IN BLENDER
RETURN TO PAN & ADD CORIANDER LEAVES, REHEAT TO SERVE

SUSIE BARRETT - GARVALD

CARROT AND LENTIL SOUP

1 TBSP SUNFLOWER OIL
1 LARGE ONION – CHOPPED
1 LB 2 OZ CARROTS – DICED
2 TSPN CORIANDER SEEDS
1 TSPN CUMIN SEEDS
400G RED LENTILS
2 ½ PT CHICKEN OR VEGETABLE STOCK
SALT AND PEPPER

HEAT THE OIL IN A LARGE SAUCEPAN
ADD ONION AND CARROT
FRY FOR 10 MINS
STIRRING UNTIL CARROTS HAVE SOFTENED AND ONIONS LIGHTLY
BROWNED
STIR IN THE CORIANDER AND CUMIN SEEDS
ADD LENTILS, STOCK AND SEASONING
BRING TO THE BOIL
COVER AND SIMMER FOR 30 MINS STIRRING OCCASIONALLY
IF REQUIRED, LIQUIDISE IN BATCHES THEN REHEAT
SERVE WITH SINGLE OR DOUBLE CREAM AND WARM CRUSTY BREAD

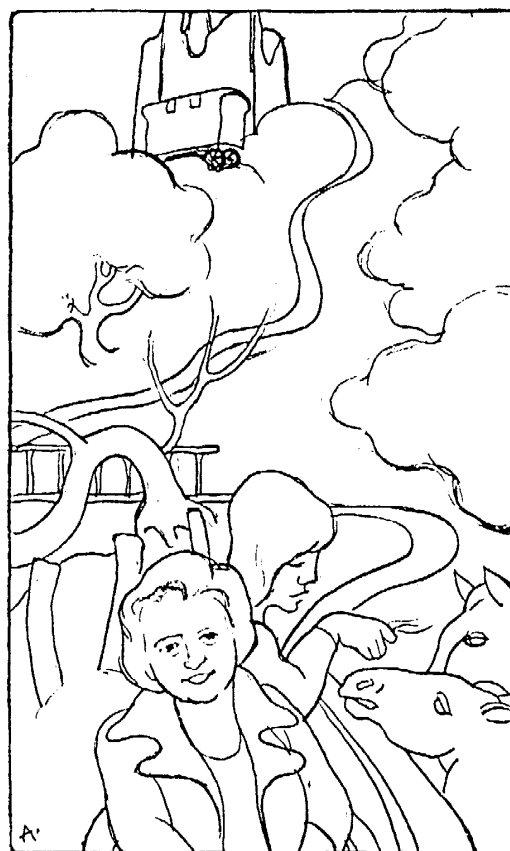
JULIE BURLEY – GLASGOW

CHICKEN AND VEGETABLE SOUP

2 CHICKEN OR VEGETABLE
STOCK CUBES
(1 CUBE = ¾ PT HOT WATER)
1 LARGE ONION - CHOPPED
2 LB CARROTS - GRATED
1 TBSP OIL
1 SMALL TIN TIP TOP
SALT AND PEPPER
ROOT GINGER (CHOPPED FINELY
OR GRATED)

COOK ONION IN OIL UNTIL SOFT
ADD WATER AND STOCK
ADD CARROTS
SEASON TO TASTE
ADD GINGER TO TASTE
COOK FOR 30 MINS
BLEND
ADD TIP TOP JUST BEFORE
SERVING

JULIE BURLEY – GLASGOW



CREAMY MUSHROOM SOUP

1 TBSP CHOPPED ONION
50 G MARG
250 G MUSHROOMS - CHOPPED
50 G FLOUR
1 TSP SALT AND PEPPER
½ LITRE MILK
½ LITRE CHICKEN STOCK

SAUTÉ ONION IN MARG
ADD MUSHROOMS
SAUTÉ FOR 4 MINS
STIR IN FLOUR, SALT AND PEPPER
COOK FOR 2 MINS
GRADUALLY ADD STOCK AND MILK

VICKIE SHORT – NUNRAW

LEEK AND PEAR SOUP

2 SMALL OR 1 LARGE LEEK
1 LB GREEN PEARS – PEELED, CORED AND CHOPPED (WILLIAM ARE BEST)
1 ½ PT VEG OR CHICKEN STOCK
TBSP WATER

SAUTÉ LEEKS IN WATER FOR 5 MINS
ADD PEARS TO LEEK
COOK FOR 3 MINS
ADD STOCK
SIMMER FOR 30 MINS OR PRESSURE-COOK FOR 10MINS
LIQUIDISE
SEASON
IF TOO SWEET ADD SOME LEMON JUICE
SOMETIMES CHICKEN STOCK OVERPOWERS THE PEAR FLAVOUR, IF
PREFERRED USE VEG STOCK

EVELYN COUPER – EDINBURGH

FRESH FRUIT AND MINT VINAIGRETTE

2 DESSERT APPLES – CORED AND DICED (UNPEELED)
2 MEDIUM PEARS – CORED AND DICED (UNPEELED)
JUICE OF ½ LEMON
2 ORANGES PEELED AND CHOPPED
4 OZ SEEDLESS GRAPES – HALVED
1 TBSP FRESH CHOPPED MINT

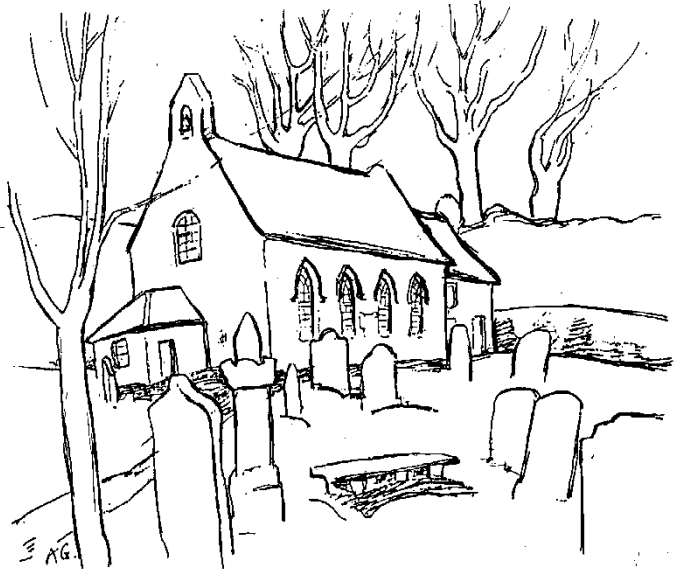
DRESSING

3 TBSP WINE VINEGAR
6 TBSP OLIVE OIL
1 LEVEL TSPN SALT
4 TBSP DOUBLE CREAM

GARNISH

6 SPRIGS FRESH MINT

PUT THE DICED APPLES
AND PEARS STRAIGHT
INTO A BOWL
POUR THE LEMON JUICE
OVER THEM TO PREVENT
DISCOLOURING
STIR GENTLY TO COAT
THOROUGHLY
ADD GRAPES AND ORANGE
CHUNKS
STIR IN CHOPPED MINT
COVER THE BOWL WITH
CLINGFILM
CHILL IN THE FRIDGE FOR 2 HOURS



DRESSING

PUT SALT AND WINE VINEGAR IN A BOWL
ALLOW TO STAND FOR A FEW MINUTES UNTIL SALT HAS DISSOLVED
ADD OLIVE OIL
WHISK WELL TO BLEND
STIR IN DOUBLE CREAM

WHEN YOU'RE READY TO SERVE, DIVIDE THE FRUIT BETWEEN 6
GLASSES
POUR DRESSING OVER
GARNISH WITH MINT

AVRIL BLAMIRE - GARVALD

LEEK AND POTATO SOUP

1 LARGE LEEK – TRIMMED, WASHED AND SLICED
4 MEDIUM POTATOES – PEELED AND DICED
2 OZ BUTTER
2 PT CHICKEN STOCK
SALT AND PEPPER

GENTLY MELT BUTTER IN A LARGE HEAVY BASED POT
ADD THE VEGETABLES, STIR TO COAT THEN COVER AND ALLOW TO
SWEAT OVER A VERY LOW HEAT FOR APPROX 10 MINS
ADD STOCK, SALT AND FRESHLY GROUND PEPPER
SIMMER FOR APPROX ½ HOUR STIRRING OCCASIONALLY
CHECK SEASONING AND SERVE PIPING HOT

LYNNE HOGG – GARVALD

LENTIL SOUP

PEELED AND CHOPPED CARROT, TURNIP AND ONION - ABOUT A CUPFUL
OF EACH
THE SAME OF RED LENTILS.
CURRY POWDER

BOIL ALL TOGETHER FOR AT LEAST HALF AN HOUR. A STOCK CUBE
ADDS FLAVOUR. BLEND ALL TOGETHER AND SIEVE BACK INTO THE PAN,
THIS TO CATCH THE ODD LITTLE STONE THAT SOMETIMES COMES WITH
DRIED LENTILS. ADD MORE WATER TO BRING THE SOUP TO THE
CONSISTENCY YOU LIKE. FINALLY ADD SALT, GROUND BLACK PEPPER
AND A TOUCH OF CURRY POWDER TO TASTE.

ANON

PARSNIP AND FENNEL SOUP

1 ½ LB PARSNIPS – CHOPPED
1 LB FENNEL - CHOPPED
1 ONION - CHOPPED
3 OZ MARG
¼ CUP PLAIN FLOUR
5 CUPS CHICKEN STOCK
1 CUP SINGLE CREAM

MELT MARG IN PAN

SAUTÉ ONION, PARSNIP AND FENNEL FOR 5 MINUTES.

STIR IN PLAIN FLOUR THEN GRADUALLY ADD THE STOCK

SIMMER TILL VEGETABLES ARE SOFT ENOUGH TO LIQUIDISE

ADD CREAM BEFORE SERVING AND CHOPPED PARSLEY IF AVAILABLE

JEAN WADDELL - GARVALD

PARSNIP AND TOMATO SOUP

1 LB PARSNIPS
1 ONION
1 TIN TOMATOES WITH HERBS
1 ½ PT CHICKEN STOCK (2 CUBES)
¾ PINT MILK

SAUTÉ PARSNIPS AND ONION
ADD STOCK AND TOMATOES
SIMMER FOR ½ HOUR
ADD MILK AND BLEND

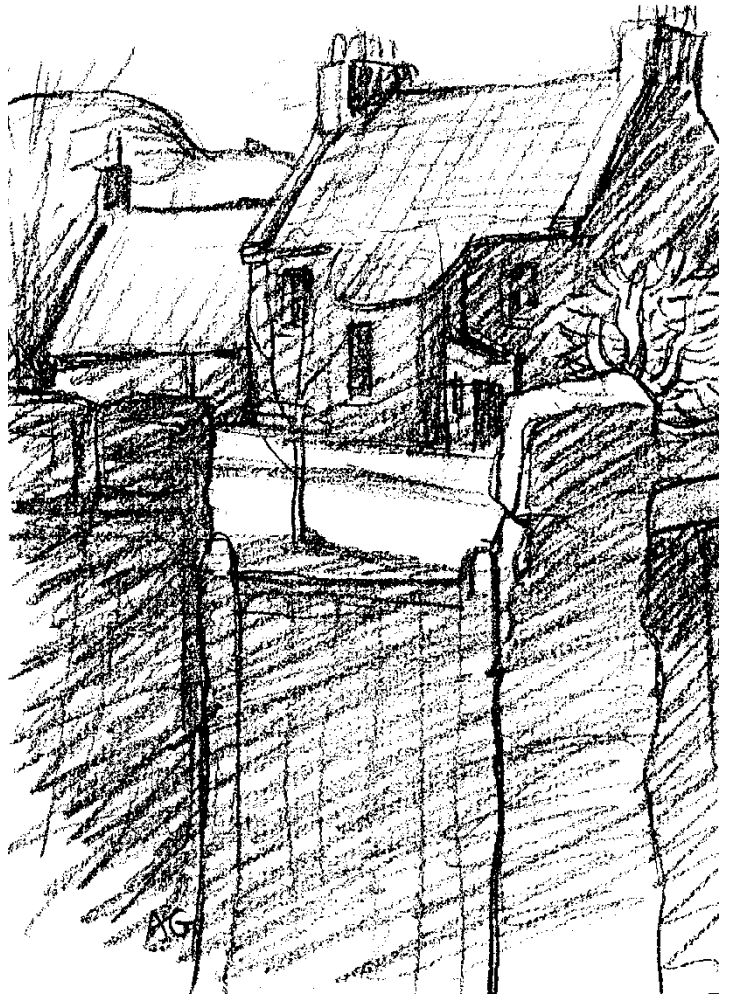
ANON

PHEASANT TERRINE

1 PHEASANT
8oz RAW GAMMON
1lb GOOD SAUSAGES
1 CLOVE GARLIC
3 TSPN GELATINE
1 LARGE EGG
2oz RAISINS (SOAKED IN 1 TBSP RUM)
2 ½ FL OZ WHITE RUM
5 FL OZ RED WINE
2 TSPN GROUND GINGER
1 TSPN SALT
1 TSPN PEPPER
¾ LB STREAKY BACON
1 TERRINE DISH OR SIMILAR

LINE TERRINE DISH WITH BACON.
PROCESS LEG MEAT, ½ THE HAM AND GARLIC AND PUT INTO BOWL
ADD SAUSAGE MEAT
SPRINKLE OVER THE GELATINE
ADD BEATEN EGG
ADD REMAINING HAM (DICED) AND THE SLICED BREASTS OF PHEASANT, RAISINS AND SPICES
MIX WELL & ADD RUM & WINE
COVER AND LEAVE OVERNIGHT IN FRIDGE
TURN INTO TERRINE.
COOK AT 375F – 400F/190 – 200C IN BAIN MARIE FOR APPROX 1 HOUR
PUT A WEIGHT ON TOP WHEN COOLING TO COMPRESS

JEAN WADDELL – GARVALD



PRAWN CROWNS

PRAWNS
SOURD CREAM
BREADCRUMBS
BUTTER
BLACK PEPPER

BUTTER RAMEKIN DISHES & FILL WITH PRAWNS
SPRINKLE WITH BLACK PEPPER
COVER WITH SOURD CREAM AND TOP WITH BREADCRUMBS
DOT WITH BUTTER
BAKE AT 375F FOR 15 – 20 MINS UNTIL BROWN AND BUBBLING

MARGARET JEFFREY - KELSO

RED PEPPER SOUP

SERVES 6

1 TABLESPOON OIL
1 SMALL ONION
2 RED PEPPERS
14 OZ (400G) CAN OF TOMATOES
10 FL. OZ. (275ML) VEGETABLE STOCK
2 TABLESPOONS DRY SHERRY
5 FL OZ. (150ML) DOUBLE CREAM
SALT AND PEPPER
2 TABLESPOONS OF CHOPPED PARSLEY

FINELY CHOP ONION AND PEPPER AND FRY IN THE OIL FOR A FEW MINUTES. ADD TOMATOES AND STOCK AND SIMMER FOR 25 MINUTES. LIQUIDISE AND RETURN TO PAN ADDING THE SHERRY AND 4 FLUID OZ. OF CREAM.
SERVE WITH REMAINING CREAM SWIRLED ON TOP WITH PARSLEY

DOROTHY GIBSON - GARVALD

SALMON THERMIDOR
SERVES 6

12 OZ (350 G) RAW
SALMON FILLET
CUT INTO SMALL
PIECES (NO
BONES OR SKIN)

SAUCE:
2 TABLESPOONS
CHOPPED ONION
OR SHALLOTS
12 PEPPERCORNS
SLIGHTLY
CRUSHED
1/2 TABLESPOON
TARRAGON VINEGAR
5/6 FL. OZ (150/165 ML.) WHITE WINE
1 OZ. (25G) BUTTER
2 TABLESPOONS PLAIN FLOUR
15 FL OZ (425ML.) HOT MILK
4 TABLESPOONS DOUBLE CREAM
DRY MUSTARD POWDER OR FRENCH MUSTARD
SALT AND PEPPER

TO FINISH:
2OZ. (50G) GRATED CHEESE -PREFERABLY GRUYERE
1 HEAPED TABLESPOON BREADCRUMBS
1 OZ (25G) MELTED BUTTER
LEMON SLICES
6 RAMEKINS

TO MAKE SAUCE, PUT ONION, WINE, VINEGAR AND PEPPERCORNS INTO
HEAVY PAN BOIL HARD UNTIL LIQUID IS REDUCED BY HALF
ADD THE BUTTER AND WHEN IT'S MELTED, STIR IN THE FLOUR, AND
GRADUALLY, THE HOT MILK.
LET THE SAUCE SIMMER UNTIL IT IS REDUCED TO A THICK
SMOOTHNESS, GIVING IT AN OCCASIONAL STIR.
SIEVE IT INTO A CLEAN PAN
ADD CREAM, MUSTARD TO TASTE, AND SALT AND PEPPER
POUR A LITTLE SAUCE INTO EACH RAMEKIN THEN ADD THE SALMON
PIECES, AND TOP WITH THE REST OF THE SAUCE.
MIX THE BREADCRUMBS AND CHEESE AND SPRINKLE OVER TOP.
PUT INTO A HOT OVEN 400F (200C) FOR 20 MINUTES UNTIL THE SAUCE IS
BUBBLING AND THE SALMON IS COOKED.
BROWN THE TOPS UNDER A HOT GRILL.
SERVE HOT WITH LEMON SLICES. YOU MAY USE CRAB OR LOBSTER OR
A MIXTURE IN THIS RECIPE.

DOROTHY GIBSON, GARVALD



STILTON SOUP

1 CHOPPED ONION
1 CLOVE GARLIC
1 OZ BUTTER
12 OZ DICED POTATOES
4 OZ CAULIFLOWER FLORETS
½ PT VEGETABLE STOCK
½ PT MILK
3 OZ STILTON – CRUMBLED
3 TBSP FROMAGE FRAIS
½ TSPN NUTMEG

GENTLY FRY ONION AND GARLIC
ADD POTATO AND CAULIFLOWER AND COOK FOR 5 MINS
POUR IN STOCK AND MILK, THEN BRING TO THE BOIL
SIMMER FOR ABOUT 15 MINS UNTIL THE VEGETABLES ARE TENDER
LIQUIDIZE AND RETURN TO THE PAN
ADD STILTON, FROMAGE FRAIS AND NUTMEG
STIR GENTLY OVER A LOW HEAT UNTIL CHEESE HAS MELTED

ANON

TROUT AND LEMON MOUSSE

6 EVEN SIZED LEMONS
2 SMOKED TROUT, SKINNED, BONED AND FLAKED (OR SMOKED
MACKEREL INSTEAD)
50G / 2OZ UNSALTED BUTTER
4 TBLSP. DOUBLE CREAM
1 TBLSP. CHOPPED CHIVES
1 TBLSP. CHOPPED PARSLEY
PINCH OF CAYENNE PEPPER
SALT AND FRESHLY GROUND PEPPER

TO SERVE:

1 TBLSP OF FRESHLY CHOPPED HERBS (MINT OR LEMON BALM), AND
FEW SPRIGS OF HERBS TO DECORATE.
CRUSHED ICE
CUT THE TOPS OF THE LEMONS. SQUEEZE AND STRAIN THE JUICE
FROM THE LEMONS, RETAINING 2 TABLESPOONS.
CAREFULLY SCOOP OUT THE MEMBRANES FROM THE LEMON SHELLS
AND CUT AWAY EXCESS PITH, TAKING CARE NOT TO CUT THROUGH THE
SKIN. CUT THE BASE OF EACH LEMON SO THAT IT STANDS UPRIGHT.
PUT THE TROUT IN FOOD PROCESSOR WITH THE BUTTER. WORK UNTIL
SMOOTH, THEN ADD 2 TABLESPOONS LEMON JUICE.
WHIP THE CREAM UNTIL IT STANDS IN SOFT PEAKS, THEN FOLD INTO
THE TROUT MIXTURE.
ADD THE HERBS, CAYENNE AND SALT AND PEPPER TO TASTE.
SPOON THE MIXTURE INTO THE INDIVIDUAL LEMON SHELLS AND CHILL
IN FRIDGE.
STAND THE LEMONS ON INDIVIDUAL PLATES SURROUNDED WITH
CRUSHED ICE, AND DECORATE WITH FRESH HERBS.

LIZ JEFFREY, GARVALD

TUNA PARTY PATE

7 OZ CAN TUNA IN BRINE – DRAINED AND FLAKED
8 OZ PHILADELPHIA CREAM CHEESE
1 SMALL ONION – VERY FINELY CHOPPED
2 TBSP LEMON JUICE
1 TSPN WORCESTER SAUCE
SALT AND PEPPER
PARSLEY

BEAT TOGETHER TUNA AND CHEESE
STIR IN LEMON JUICE AND WORCESTER SAUCE
ADD SALT AND PEPPER TO TASTE
TRANSFER TO DISH
COVER AND CHILL
GARNISH WITH PARSLEY
SERVE WITH MELBA TOAST

MAIRI NEILLANS – GARVALD



Whitelaws, Garvald

Alison Kolesar

PASTA & VEGETABLE DISHES

ARAB RICE

1 CUP OF RICE
2 CUPS OF BOILING WATER
1 TO 2 BALLS VERMICELLI (PASTA)
OIL – PREFERABLY 1ST COLD PRESS VIRGIN

HEAT OIL IN SAUCEPAN TILL QUITE HOT
ADD CRUSHED VERMICELLI
ALLOW TO BROWN, STIRRING ALL THE TIME, UNTIL ALL THE PASTA HAS
TURNED DARK BROWN (IT DOESN'T MATTER IF SOME OF THE PASTA
TURNS BLACK
TURN THE HEAT DOWN
ADD RICE
STIR TO COMBINE MIXTURE
ADD THE BOILING WATER
STIR TO MIX
ADD SALT TO TASTE
TURN HEAT DOWN
ALLOW TO SIMMER UNTIL THE RICE HAS ABSORBED ALL THE LIQUID
FLUFF UP WITH A FORK AND SERVE

THE LINDSAYS – GARVALD

BAKED GARLIC POTATOES

SERVES 4

2 LARGE BAKING POTATOES – WELL SCRUBBED
1 TSPN OLIVE OIL
1 CLOVE GARLIC – PEELED AND CRUSHED
¼ LEVEL TSPN PAPRIKA
SALT TO TASTE

CUT POTATOES IN HALF LENGTH WAYS AND CROSS HATCH EACH HALF
WITH A SHARP KNIFE
ARRANGE ON A BAKING SHEET
MIX OIL, GARLIC AND SALT TOGETHER
SPREAD ON SCORED SURFACE OF POTATOES
SPRINKLE PAPRIKA EVENLY OVER THEM
BAKE AT 220 C / 435 F / GAS MARK 7 FOR 1 HOUR OR UNTIL TENDER AND
TOPS ARE GOLDEN BROWN
*IF A STRONG, SPICE FLAVOUR IS REQUIRED, ADD ¼ LEVEL TSPN EACH
OF GROUND CUMIN, GROUND CORIANDER AND CAYENNE PEPPER TO
THE OIL MIX BEFORE BRUSHING ON POTATOES

THE LINDSAYS – GARVALD

BROCCOLI QUICHE

6 OZ SHORTCRUST PASTRY
1 ONION – SLICED
5 OZ BROCCOLI CUT INTO SMALL FLORETS
3 EGGS
¼ PT MILK
4 OZ CHEDDAR CHEESE – GRATED
SALT AND PEPPER

HEAT OVEN TO 190 C
LINE A GREASED 9" FLAN DISH WITH THE PASTRY
PLACE ONION IN BOILING WATER
BOIL FOR 2 MINS
ADD BROCCOLI
BOIL FOR FURTHER 2 MINS
DRAIN WELL
LIGHTLY BEAT THE EGGS WITH THE MILK
SEASON WELL
PLACE DRAINED VEGETABLES IN THE PASTRY CASE
POUR OVER THE EGG MIXTURE
SPRINKLE ON THE CHEESE
BAKE FOR APPROXIMATELY 45 MINS UNTIL SET AND GOLDEN BROWN

LYNNE HOGG – GARVALD



CHAMPIGNONS A LA BORDELAISE

(MUSHROOMS COOKED IN OIL WITH PARSLEY AND GARLIC)

½ LB MUSHROOMS – CLEANED AND SLICED
OLIVE OIL
SALT AND PEPPER
2 TBSP PARSLEY – CHOPPED
GARLIC
2 TBSP BREADCRUMBS

SEASON MUSHROOMS. POUR A LITTLE OIL OVER THEM, TURNING OVER UNTIL COATED. LEAVE THEM TO MARINADE FOR AN HOUR
LIFT THE MUSHROOMS OUT, LEAVING EXCESS OIL
SAUTE THEM IN FRESH OIL IN A SMALL HEAVY PAN
(THE MARINADING SEALS THE MUSHROOMS AND PREVENTS THEM FROM STICKING TO THE PAN)
AFTER 5 MINS COOKING ADD PARSLEY, GARLIC AND BREADCRUMBS
WHEN THIS MIXTURE HAS ABSORBED ALL THE OIL IN THE PAN, THE MUSHROOMS ARE READY TO SERVE

AVRIL BLAMIRE– GARVALD

CHEESY COURGETTES

1 KG COURGETTES – WASHED AND SLICED
3 EGGS
275 ML SINGLE CREAM
125 G GRATED CHEESE
SALT AND PEPPER
PINCH OF NUTMEG

COOK COURGETTES IN BOILING, SALTED WATER FOR 3 – 4 MINS
DRAIN
BEAT THE EGGS AND THE CREAM TOGETHER IN A BOWL
ADD SALT, PEPPER AND NUTMEG
SPREAD THE COURGETTES INTO A GREASED SHALLOW OVENPROOF BAKING DISH
POUR THE EGG MIXTURE OVER THEM
SPRINKLE THE CHEESE ON TOP
BAKE AT 200C / 400F / GAS MARK 6 FOR ABOUT 20 MINS UNTIL THE EGG MIXTURE HAS SET AND THE CHEESE IS GOLDEN BROWN AND BUBBLY
CAN BE USED TO ACCOMPANY MEALS OR AS A COMPLETE MAIN MEAL FOR VEGETARIANS

SANDRA M. SHAW, EDINBURGH

COURGETTES A LA GRECQUE

SERVES 4

1 LB COURGETTES – WASHED
1 SMALL COFFE CUP OLIVE OIL
JUICE OF 1 LEMON
½ PT WATER
BAY LEAF
SPRIG OF THYME
CORIANDER SEEDS
CRUSHED PEPPERCORNS
SALT
3 TOMATOES – SKINNED AND CHOPPED

REMOVE ANY DAMAGED SKIN FROM THE COURGETTES, OTHERWISE DO NOT PEEL, REMOVE THE ENDS AND SLICE INTO LONG PIECES.
SPRINKLE WITH SALT AND LEAVE IN A COLANDER TO DRAIN FOR AN HOUR OR SO

MIX TOGETHER OIL, LEMON JUICE, WATER, BAY LEAF, THYME, PEPPERCORNS, CORIANDER SEEDS AND SALT, BRING TO THE BOIL
ADD THE COURGETTES AND TOMATOES
COOK FAIRLY FAST FOR 20 – 25 MINS
SERVE COLD - THE CORIANDER SEEDS AND TOMATOES ARE OPTIONAL
GARLIC CAN BE ADDED IF DESIRED.

AVRIL BLAMIRE, GARVALD

ENGLISH VEGETABLE COBBLER

FILLING:

1 TBSP OIL
2 ONIONS – SLICED
1 ½ LB MIXED ROOT VEGETABLES – PEELED AND DICED
4 OZ COOKED BEANS (E.G. KIDNEY)
1 PT STOCK
1 TBSP PARSLEY
2 TSPN SAGE
SALT AND PEPPER

TOPPING:

4 OZ SELF RAISING FLOUR (BROWN OR WHITE)
SALT
1 OZ BUTTER /MARG
3 TBSP MILK

HEAT OIL AND FRY ONIONS
ADD VEGETABLES AND COOK FOR 10 MINS
ADD STOCK AND HERBS, BOIL AND COOK FOR 20 MINS
MAKE TOPPING MIXTURE AS SCONES
PUT VEG IN OVENPROOF DISH, ARRANGE SCONE CIRCLES ON TOP.
BAKE AT 200 C FOR 20 MINS

SUSIE BARRETT - GARVALD

GRATIN DAUPHINOISE

SERVES 2-4, DEPENDING
ON APPETITE

1LB FIRM WAXY YELLOW
POTATOES – PEELED AND
SLICED EVENLY (NO
THICKER THAN A COIN)
GARLIC
BUTTER
½ PT DOUBLE CREAM
SALT AND PEPPER

GRATIN DAUPHINOISE IS
A RICH REGIONAL DISH
FROM THE DAUPHINE.
SOME RECIPES INCLUDE
CHEESE AND EGGS, BUT OTHER AUTHORITIES DECLARE THAT THE
AUTHENTIC GRATIN DAUPHINOISE IS MADE ONLY WITH POTATOES AND
THICK FRESH CREAM. THE FOLLOWING RECIPE IS THIS VERSION (ALSO
EASIER)



RINSE POTATOES THOROUGHLY IN COLD WATER
SHAKE OR PAT THEM DRY IN A CLOTH
RUB SHALLOW EARTHENWARE DISH WITH GARLIC AND BUTTER
PUT THE POTATOES IN DISH IN LAYERS
SEASON WITH SALT AND PEPPER
POUR CREAM OVER
SCATTER WITH LITTLE PIECES OF BUTTER
COOK FOR 1 ½ HOURS AT GAS MARK 2 / 310 F
DURING THE LAST 10 MINS TURN THE OVEN UP FAIRLY HIGH TO GET A
FINE GOLDEN CRUST ON THE POTATOES (I SOMETIMES ADD MILK AS
WELL AS CREAM IF IT LOOKS AS IF IT NEEDS IT)
SERVE IN THE DISH IN WHICH IT WAS COOKED
SERVE AS AN ACCOMPANIMENT OR ON ITS OWN AS A STARTER

AVRIL BLAMIRE – GARVALD

GREEK PASTA BAKE

SERVES 4/6

14 OZ TIN CHOPPED TOMATOES
4 OZ TOMATO PUREE
7 FL OZ WATER
2 TSP DRIED THYME
2 CLOVES GARLIC
10 SUN-DRIED TOMATOES
7 OZ GREEK FETA CHEESE
12 OZ PENNE
1 MEDIUM ONION
3 MEDIUM COURGETTES
OLIVE OIL
2 OZ MATURE CHEDDAR

CHOP UP THE SUN-DRIED TOMATOES AND CRUSH THE GARLIC. PUT THEM IN A SAUCEPAN WITH THE TINNED TOMATOES, TOMATO PUREE, SUN-DRIED TOMATOES, WATER, THYME, & GARLIC. BRING TO THE BOIL AND SIMMER FOR ABOUT 8/10 MINUTES UNTIL THE SAUCE HAS BEGUN TO THICKEN SLIGHTLY. ADD THE FETA AND SEASON TO TASTE.

SLICE THE COURGETTES AND CHOP THE ONION. SAUTÉ IFOR 2-3 MINUTES.

IN THE MEANTIME, COOK THE PASTA, DRAIN AND MIX IT THOROUGHLY WITH THE TOMATO SAUCE.

SPREAD HALF THE PASTA AND SAUCE INTO A LARGE BAKING DISH. PUT THE PREPARED COURGETTES AND ONION ON TOP AND THEN ADD THE REMAINING PASTA OVER THAT.

SPRINKLE WITH CHEDDAR CHEESE AND BAKE AT 180 C/350 F/GAS 4 FOR 20/25 MINUTES. SERVE WITH CRISP MIXED SALAD.

LAURA LINDSAY – GARVALD

LENTIL AND VEGETABLE BAKE

2 TBSP OIL
1 LARGE ONION – CHOPPED
2 MEDIUM CARROTS – CHOPPED
6 OZ RED LENTILS
1 TSPN MIXED HERBS
A FEW DROPS OF TABASCO
1 PT VEGETABLE STOCK
2 TBSP TOMATO PUREE
SALT AND PEPPER
4 OZ MUSHROOM – SLICED
2 SMALL COURGETTES – SLICED
1 TBSP SUNFLOWER SEEDS
1 OZ CHOPPED NUTS
2 OZ FRESH WHOLEMEAL BREADCRUMBS
2 OZ CHEDDAR CHEESE – GRATED

HEAT OIL IN A LARGE SAUCEPAN
ADD ONIONS
COOK FOR 5 MINS
ADD CARROTS
COOK FOR 2 MINS
STIR IN LENTILS, HERBS, TABASCO, STOCK, PUREE AND SALT AND PEPPER
BRING TO THE BOIL
COVER AND SIMMER UNTIL LENTILS ARE SOFT
STIR IN MUSHROOMS AND COURGETTES
COOK FOR 10 MINS
POUR MIXTURE INTO SHALLOW OVEN PROOF DISH
MIX SEEDS, NUTS, CRUMBS AND CHEESE
SPRINKLE EVENLY OVER THE TOP
COOK UNDER A HOT GRILL UNTIL GOLDEN AND CRISP

SUZIE BARRETT - GARVALD

PASTA PENNE

6 OZ PASTA PENNE RIGATI
14 OZ CAN WHOLE PLUM TOMATOES – DRAINED
2 TBSP OLIVE OIL
5 OZ DICED ITALIAN MOZZARELLA CHEESE
4 OZ FRESHLY GRATED PARMESAN CHEESE
2 TBSP FRESH BASIL – CHOPPED
SALT AND PEPPER

COOK PASTA IN
BOILING WATER
FOR 10 MINS UNTIL
JUST TENDER
HEAT TOMATOES
AND OIL IN A PAN
BREAKING DOWN
THE TOMATOES
WITH A WOODEN
SPOON
ADD MOZZARELLA,
HALF THE
PARMESAN, BASIL
AND SEASON TO
TASTE

BRING TO THE BOIL
REMOVE FROM
THE HEAT

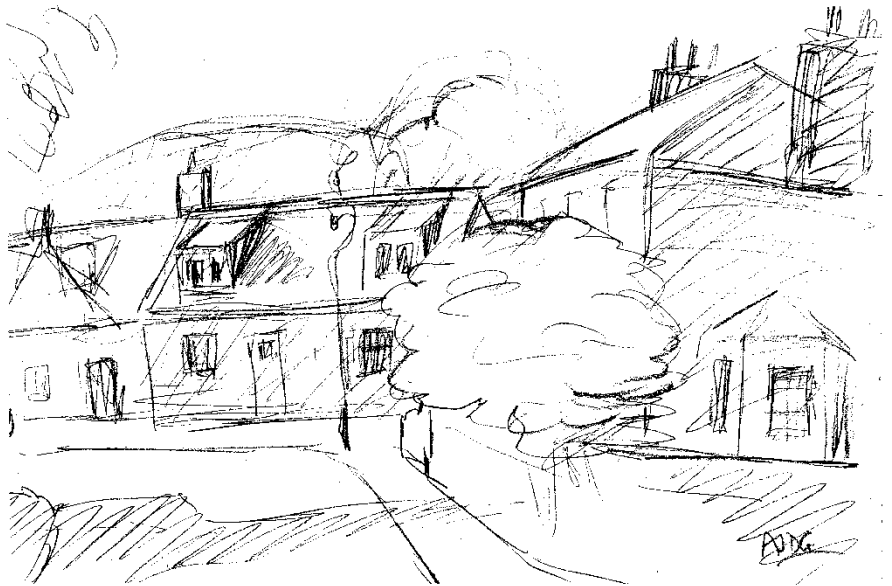
DRAIN THE PASTA

PLACE IN A 1 ½ PT OVEN PROOF DISH

POUR THE SAUCE OVER AND MIX WELL

SPRINKLE WITH REMAINING PARMESAN

PLACE IN PREHEATED OVEN AT 200 FOR 10 MINUTES UNTIL THE CHEESE
IS GOLDEN



SUZIE BARRETT - GARVALD

PENNE ALLA VODKA

SERVES 2-3

1 TIN CHOPPED TOMATOES (400G)
1/2 PINT DOUBLE CREAM
1 TBSP OLIVE OIL
1/2 TSP DRIED CHILLI FLAKES
150G. PENNE
VODKA

HEAT OIL IN PAN AND ADD CHILLI FLAKES UNTIL SMOKING (NOT EVEN A MINUTE).

ADD TOMATOES AND COOK, UNCOVERED FOR 30 MINS UNTIL MUCH REDUCED.

COOK PENNE ACCORDING TO INSTRUCTIONS.

ADD DRAINED PENNE TO TOMATO SAUCE, COVER AND LEAVE FOR A MINUTE.

STIR IN A GOOD SLUG OF VODKA, COVER AGAIN AND LEAVE FOR A MINUTE.

ADD CREAM, STIR AND LEAVE FOR A MINUTE OR SO, FOR ALL THE FLAVOURS TO ABSORB.

SERVE WITHOUT CHEESE, BUT POSSIBLY WITH SOME GOOD BREAD AND A GREEN SALAD.

JUDY WILES - WILTSHIRE



SAVOURY CAULIFLOWER CHEESE SIDE DISH

1 CAULIFLOWER OR FLORETS
4 SPRING ONIONS – SLICED INTO MEDIUM PIECES
2 HEAPED TSPN MUSTARD (GRAINY IS BEST)
2 TBSP CREAM
SALT AND PEPPER TO TASTE

BOIL CAULIFLOWER IN WATER TILL TENDER
DRAIN WELL
MIX SPRING ONIONS INTO CAULIFLOWER, BREAKING UP THE FLORETS
AS YOU MIX
ADD MUSTARD AND CREAM
SALT AND PEPPER TO TASTE
MIX THOROUGHLY TILL ALL THE CAULIFLOWER IS COATED AND SERVE

THE LINDSAYS – GARVALD

SPANOKOPITTA (GREEK SPINACH PIE)

SERVES 4/6

3 LARGE LEEKS
2 LB FRESH SPINACH
8 OZ GREEK FETA CHEESE
3 LARGE FREE RANGE EGGS
¼ PINT SEMI-SKIMMED MILK
1 TBSP FRESHLY CHOPPED DILL
1/2 TSP FRESHLY GROUND NUTMEG
8 SPRING ONIONS
4 OZ PINE KERNELS
8 OZ FILO PASTRY
OLIVE OIL

WASH AND THINLY SLICE THE LEEKS, SLICE THE SPRING ONIONS. SAUTÉ THEM IN A FRYING PAN IN 2 TBSP OLIVE OIL UNTIL THEY SOFTEN. WASH AND SLICE THE SPINACH AND WILT IT OVER A HIGH HEAT IN A LARGE SAUCEPAN. DRAIN AND SQUEEZE OUT EXCESS WATER. LIGHTLY TOAST THE

PINE NUTS UNDER THE GRILL. CUBE THE FETA CHEESE AND MASH. BEAT THE EGGS IN A LARGE BOWL ADD THE MILK, DILL, NUTMEG AND PREPARED FETA CHEESE. SEASON WITH SALT AND PEPPER TO TASTE. FOLD IN THE PREPARED SPINACH, LEEKS, SPRING ONIONS AND PINE KERNELS.

GREASE A 9 INCH RECTANGULAR BAKING TIN AND LINE WITH HALF (APPROX 7 OR 8) OF THE PASTRY SHEETS BY LAYING THEM DOWN ONE AT A TIME AND BRUSHING EACH ONE WITH OLIVE OIL BEFORE ADDING THE NEXT ONE.

SPREAD THE FILLING EVENLY OVER THE PASTRY BASE. ADD THE REMAINING PASTRY SHEETS ON TOP ONE BY ONE AND BRUSHING EACH WITH OIL ESPECIALLY THE LAST SHEET.

BAKE AT 190 C/ 375 F/GAS 5 FOR 40-45 MINUTES, UNTIL THE TOP OF THE PIE IS GOLDEN AND CRISP. DO NOT OVERCOOK AS THIS CAN MAKE THE PASTRY TASTE BITTER

ALLOW TO COOL A LITTLE BEFORE CUFFING IT INTO PIECES.

SERVE WITH A CRISP MIXED SALAD.



LAURA LINDSAY - GARVALD

UNCLE KENNY'S STUDENT'S DIGS PASTA

1 LB / 0.5 KG MINCED BEEF OR TVP
3 COLOURFUL CHOPPED PEPPERS
1 LARGE CHOPPED ONION
1 LARGE TIN OF TOMATO SOUP
5 CUPFULS OF DRIED PASTA
1/4 LB / 0.125KG GRATED CHEDDAR CHEESE.

PREHEAT OVEN AND DISH TO A MODERATE TEMPERATURE.
BROWN MINCE AND ONIONS TOGETHER IN OLIVE OIL (OR PRE SOAK TVP FOR A COUPLE OF HOURS, AND SQUEEZE DRY). ADD PEPPERS AND COOK FOR 5 MINUTES MORE. ADD TOMATO SOUP AND SIMMER FOR 15 MINUTES. MEANTIME BOIL THE PASTA TO AL DENTE (15 MINUTES?), DRAIN, FRESHEN WITH BOILING WATER, THEN ADD TO THE SAUCE. POUR MIXTURE INTO PREHEATED DISH, SHAKE OVER THE CHEDDAR, PLACE IN PREHEATED OVEN AND BAKE FOR TEN MINUTES OR UNTIL CHEESE BUBBLES AND BROWNS. SERVE WITH GREEN SALAD

THE MCLEISH FAMILY - EDINBURGH

VEGETARIAN MOUSSAKA

FILLING:

2 AUBERGINES – CUBED
2 MEDIUM ONIONS – DICED
1 RED PEPPER – CUBED
10 OZ VEGETABLE STOCK
2 OZ PUY LENTILS
2 OZ GREEN LENTILS
1 GARLIC CLOVE – CRUSHED
4 TBSP OLIVE OIL
1 CAN CHOPPED TOMATOES
7 FL OZ RED WINE
2 TBSP SUN DRIED TOMATO PASTE
1 TSPN CINNAMON

TOPPING:

10 FL OZ MILK
1 OZ BUTTER
¼ OZ NUTMEG – FINELY GRATED
9 OZ RICOTTA CHEESE
1 EGG – BEATEN
GRATED PARMESAN
1 OZ PLAIN FLOUR

HEAT VEGETABLE STOCK, AND ADD PUY LENTILS. SIMMER GENTLY FOR 15 MINS WITH THE LID ON

MEANWHILE HEAT 2 TBSP OLIVE OIL IN A SECOND PAN
ADD ONION
COOK FOR 5 MINS TILL SOFT
ADD PEPPER AND CONTINUE TO HEAT FOR FURTHER 5 MINS
ADD GARLIC AND HEAT FOR 1 MIN BEFORE TRANSFERRING MIXTURE TO A PLACE
ADD GREEN LENTILS TO FIRST PAN
SIMMER FOR ANOTHER 15 MINS
HEAT REMAINING OLIVE OIL IN SECOND SAUCEPAN
ADD CUBED AUBERGINE
TOSS UNTIL BROWN, THEN ADD THE PEPPER AND ONION MIXTURE,
DRAINED TOMATOES AND COOKED LENTILS
MIX RED WINE, TOMATO PASTE AND CINNAMON
POUR OVER AUBERGINE MIXTURE
SEASON AND SIMMER
MAKE TOPPING NOW BY BRINGING MILK AND BUTTER TO A SIMMER
SLOWLY ADD THE FLOUR
GRATE IN NUTMEG & WHISK IN BEATEN EGG
ADD RICOTTA CHEESE & STIR UNTIL SMOOTH
PUT VEGETABLES IN AN OVENPROOF DISH & SPOON OVER THE TOPPING
SPRINKLE WITH PARMESAN
BAKE IN THE MIDDLE OF THE OVEN FOR 1 HOUR AT 180 C

SERVE VEGETABLE MOUSSAKA WITH TOMATO SALAD OR ON ITS OWN WITH CRUSTY BREAD. GARLIC BREAD GOES WELL TOO!
CAROLYN LEITCH - GARVALD

VEGETABLE STIR FRY

1TBSP CORN OIL
1 ONION – ROUGHLY CHOPPED
1TBS ROOT GINGER – CHOPPED
2TBS FLAKED ALMONDS
1 SWEET PEPPER – COARSELY CHOPPED
1 COURGETTE – CHOPPED LIKE MATCH STICKS
½ AUBERGINE – CHOPPED LIKE MATCH STICKS
2 STALKS OF CELERY – CHOPPED LIKE MATCH STICKS
2 TOMATOES – CHOPPED
1 DESSERT SPOON TOMATO PUREE
1 GLASS DRY VERMOUTH (OR WATER) SERVES 2

FRY OIL, ONION, GINGER AND ALMONDS IN A WOK TILL THE ALMONDS
COLOUR
ADD THE REST
BRING TO THE BOIL
SIMMER WITH A LID ON FOR 30 MINS
SERVE WITH FAVOURITE PASTA

IRENE ANDERSON – GARVALD





Village Hall, West Door

DR. ASH.

MAIN COURSES

BEEF IN OYSTER SAUCE

12 OZ LEAN BEEF STEAK – THINLY SLICED, 2 INCHES LONG
2 TSPN LIGHT SOY SAUCE
2 TSPN DRY SHERRY OR RICE WINE
1 TSPN CORNFLOUR
1 ½ TBSP OIL
4 TBSP CHICKEN STOCK
1 ½ TBSP OYSTER SAUCE
1 TSPN CORNFLOUR BLENDED WITH 1 TSPN WATER
1 ½ TBSP SPRING ONIONS – FINELY CHOPPED

PUT BEEF IN A BOWL
ADD SOY SAUCE, SHERRY AND CORNFLOUR.
LEAVE FOR 20 MINS
HEAT OIL IN A WOK OR LARGE FRYING PAN UNTIL ALMOST SMOKING
STIR FRY BEEF
REMOVE AND DRAIN
WIPE THE WOK CLEAN AND REHEAT IT OVER A HIGH HEAT
ADD CHICKEN STOCK AND OYSTER SAUCE
BRING LIQUID TO THE BOIL
ADD CORNFLOUR MIXTURE
SIMMER FOR 2 MINS
RETURN DRAINED BEEF TO PAN
COAT ALL SLICES THOROUGHLY WITH THE SAUCE
TURN THE MIXTURE ONTO A SERVING PLATTER
GARNISH WITH SPRING ONIONS
SERVE AT ONCE

AVRIL BLAMIRE – GARVALD

BOBOTIE (SOUTH AFRICAN ORIGIN)

1 APPLE
1 ONION
1 TBSPN BREADCRUMBS
1 SLICE OF WHITE BREAD
A FEW SULTANAS
¼ PINT MILK
1 DESSERTSPOON OF CURRY POWDER
1 LB OF MINCE
SEASONING
SQUEEZE OF LEMON JUICE
OIL
1 EGG

FRY 1 SLICED ONION, ONE APPLE & A FEW SULTANAS IN A LITTLE OIL
UNTIL SOFT.
SOAK 1 SLICE OF WHITE BREAD IN ¼ PINT HOT MILK.
WHEN SOFT BEAT WITH A FORK UNTIL FREE OF LUMPS
MIX IN 1 DESSERTSPOON OF CURRY POWDER, 1 LB OF COOKED MINCE,
SEASONING, SQUEEZE OF LEMON JUICE, & 1 BEATEN EGG
ADD ONION & APPLE MIXTURE, & PLACE IN A GREASED OVEN DISH.
SPRINKLE WITH 1 TABLESPOON OF BREADCRUMBS, & DOT WITH
BUTTER.
BAKE IN A MODERATE OVEN FOR 20 TO 30 MINS
SERVE WITH RICE OR POTATOES

ELEANOR POLE – EAST LINTON

TEXAS HASH

1 LB MINCED BEEF
1 LARGE ONION – SLICED
1 GREEN PEPPER – SLICED
1 RED PEPPER – SLICED
1 CAN CHOPPED TOMATOES
3 OZ LONG GRAIN RICE
2 TSP CHILLI POWDER
OIL
SALT AND PEPPER
1 CAN KIDNEY
BEANS
(OPTIONAL)

HEAT OIL
FRY ONION
ADD MINCE
AND BROWN
TRANSFER TO
CASSEROLE
DISH
FRY PEPPER
AND ADD TO
MINCE
STIR
ADD
TOMATOES,
CHILLI
POWDER AND
SEASONING

STIR IN UNCOOKED RICE (AND KIDNEY BEANS IF USING)
COOK AT 180 C /350 F /GAS MARK 4 FOR 1 ¼ HOURS
SERVE WITH SALAD OR BAKED POTATOES



MOLLIE DOBBIN - GARVALD

TOURNEDOS AU VIN BLANC

FILLET STEAKS
OLIVE OIL
COARSELY MILLED PEPPER
WHITE WINE
2 OZ BUTTER – CUT INTO LITTLE PIECES
CHOPPED PARSLEY OR TARRAGON – FINELY CHOPPED

HAVE THE TOURNADOS CUT FROM THE FILLET ABOUT AN INCH THICK
(AT LEAST) WEIGHING IN THE REGION OF 6 OZ EACH
(AN HOUR BEFORE COOKING, PAINT WITH OLIVE OIL AND RUB SOME
COARSELY GROUND PEPPER ON BOTH SIDES)
HEAT A THICK FRYING PAN TO VERY HOT
PUT THE STEAKS IN WITH NO EXTRA FAT
LET THEM SIZZLE ON EACH SIDE
POUR IN 4 OZ OF WHITE WINE FOR EACH TWO STEAKS
IT WILL BUBBLE FIERCELY SO AFTER A FEW SECONDS TURN THE HEAT
DOWN
SIMMER FOR ABOUT 4 MINS (LONGER IF YOU PREFER THEM LESS
“RARE” YOU WILL ALSO NEED TO ADD A LITTLE MORE WINE)
REMOVE THEM TO A HOT SERVING DISH
TURN UP THE HEAT AGAIN
REDUCE SAUCE TO SYRUPY CONSISTENCY
OFF THE HEAT, ADD BUTTER
SHAKE AND ROTATE THE PAN OVER (BUT NOT ON) THE HOB UNTIL THE
BUTTER HAS AMALGAMATED WITH THE WINE AND THICKENED IT.
ADD PARSLEY OR TARRAGON
POUR THE SAUCE OVER AND AROUND THE STEAKS AND SERVE AT
ONCE WITH POTATOES (I SUGGEST GRATIN DAUPHINOISE AND
MUSHROOMS)

AVRIL BLAMIRE – GARVALD

DEVONSHIRE PORK FILLET

2 OZ SOFT BROWN SUGAR
2 TSPN DRY MUSTARD
2 PORK FILLETS – CUBED
3 TBSP OIL
1 APPLE – CHOPPED
1 ONION – CHOPPED
1 ORANGE
½ PINT DRY CIDER
1 PACKET SAVOURY WHITE SAUCE MIX

MIX SUGAR AND MUSTARD AND COAT MEAT
BROWN MEAT IN A PAN WITH OIL
REMOVE THEN SAUTÉ ONION FOR 5 MINS
ADD APPLE FOR 2 MINS
REMOVE FROM PAN
DRAIN ANY REMAINING OIL
PUT SAUCE MIX IN PAN WITH CIDER AND BRING TO THE BOIL
ADD JUICE OF THE ORANGE AND A LITTLE ZEST
POUR SAUCE OVER MEAT AND ONION MIX
COOK FOR AN HOUR AT A MODERATE HEAT

JEAN WADDELL - GARVALD

ESCALOPES A LA SAVOYARDE

(Escalopes of veal or pork medallions with vermouth and cream sauce)

2 ESCALOPES OF VEAL OR PORK MEDALLIONS
1 OZ BUTTER
¼ PINT DOUBLE CREAM
4 OR 5 TBSP DRY WHITE VERMOUTH
SALT AND PEPPER
LEMON JUICE

SEASON ESCALOPES WITH SALT AND PEPPER AND LEMON JUICE
COOK RAPIDLY ON EACH SIDE IN FOAMING BUTTER
POUR IN VERMOUTH AND LET IT BUBBLE
TURN DOWN THE HEAT
ADD CREAM
SHAKE THE PAN SO THE WINE AND CREAM MIX
LOWER THE HEAT FURTHER
SIMMER FOR 3 – 4 MINS UNTIL THE CREAM HAS THICKENED
SERVE IMMEDIATELY

AVRIL BLAMIRE - GARVALD

HUNGARIAN PORK

1 PORK FILLET - CUBED
4 OZ MUSHROOMS – WASHED AND SLICED
4 OZ ONIONS – WASHED AND SLICED
4 MEDIUM GHERKINS – WASHED AND SLICED
1 GREEN PEPPER – WASHED AND SLICED
1 RED PEPPER
1 TBSP PAPRIKA
4 TBSP OIL
6 TBSP TOMATO KETCHUP
½ TSPN SALT

RUB PORK WITH PAPRIKA
FRY PORK IN OIL FOR 10 MINS
REMOVE, SPRINKLE WITH SALT AND KEEP
WARM IN OVEN
FRY VEG FOR FEW MINS
ADD TOMATO KETCHUP
BRING TO THE BOIL
ADD PORK MIX
SERVE WITH BOILED RICE

MOLLIE DOBBIN - GARVALD



PORK CHOPS IN GINGER ALE

2 OR MORE THIN SLICED BONELESS PORK CHOPS PER PERSON
300G -OR MORE - PEELED SLICED ONIONS
BUTTER, MARG OR OIL FOR FRYING
500ML BOTTLE GINGER ALE
TABLESPOON FLOUR
TABLESPOON TOMATO PUREE
HALF TABLESPOON BROWN SUGAR
HALF TEASPOON DRIED GINGER
SALT AND PEPPER TO TASTE

FRY THE ONIONS UNTIL BEGINNING TO BROWN AND COVER THE BASE OF AN OVENPROOF DISH WITH THEM. THEN FRY THE CHOPS UNTIL JUST BROWN AND LAY THEM OVER THE ONIONS, IN ONE LAYER OR TWO IF NEED BE. THEN BLEND TOGETHER ALL THE REST OF THE INGREDIENTS USING WHATEVER INSTRUMENT OR MACHINE YOU FIND BEST. WHEN LUMP-FREE POUR OVER THE CHOPS AND PUT - COVERED - IN A MEDIUM OVEN FOR ABOUT AN HOUR.

ANON

PORK CRACKLING

IT IS DIFFICULT TO GET THE SKIN ON A LEG OF PORK TO BE REALLY CRISP JUST BY ROASTING. SO AT THE END OF THE COOKING TIME REMOVE THE JOINT, TAKE OFF THE SKIN AND CUT IT INTO SUITABLY SIZED PIECES WHILE THE JOINT IS RESTING, PUT THEM ON A BAKING TRAY UNDER A VERY HOT GRILL. (PLAY SAFE AND DISCONNECT YOUR KITCHEN SMOKE ALARM FIRST!) THIS PRODUCES CRACKLING THAT DOESN'T REQUIRE A SUBSEQUENT DENTIST'S APPOINTMENT.

ANON

SAUSAGE CASSEROLE

1 LB SAUSAGES
8 OZ DICED BACON
1 DESSERT SPOON OLIVE OIL
1 CLOVE OF GARLIC
8 OZ ONIONS – SLICED
6 OZ MUSHROOMS
1TBSP PLAIN FLOUR
1 TSPN MUSTARD POWDER
1 TBSP REDCURRANT JELLY
STOCK AND OR RED WINE
1 BAY LEAF
SALT AND PEPPER

HEAT OIL IN CASSEROLE DISH AND FRY SAUSAGES
REMOVE TO PLATE
FRY BACON, ONION AND GARLIC
ADD FLOUR AND MUSTARD
STIR
ADD STOCK & RED WINE IF REQUIRED
BRING TO THE BOIL
ADD SAUSAGES, SALT AND PEPPER
TRANSFER TO CASSEROLE DISH
BAKE IN MODERATE OVEN FOR 30 MINS
ADD MUSHROOMS
COOK FOR FURTHER 20 MINS
BEFORE SERVING STIR IN REDCURRANT JELLY

MARGARET JEFFREY - KELSO

STIR FRIED PORK WITH SPRING ONIONS

12 OZ BONELESS, LEAN PORK – THINLY SLICED, 2 INCHES LONG
2 TSPN DRY SHERRY OR RICE WINE
2 TSPN LIGHT SOY SAUCE
½ TSPN CORNFLOUR
4 SPRING ONIONS
2 TSPN OIL
½ TSPN SALT
½ TSPN SUGAR

PUT PORK INTO A BOWL
MIX IN SHERRY OR WINE, SOY SAUCE AND CORNFLOUR
LET MIXTURE SIT FOR 10 – 15 MINS
CUT SPRING ONIONS ON THE DIAGONAL INTO 2 INCH LENGTHS
HEAT A WOK OR FRYING PAN TO A VERY HIGH HEAT
ADD OIL
WHEN IT IS ALMOST BEGINNING TO SMOKE, ADD PORK
STIR FRY UNTIL BROWN
ADD SPRING ONIONS, SALT AND SUGAR
CONTINUE TO FRY UNTIL THE PORK IS COOKED AND SLIGHTLY FIRM
(THIS SHOULD TAKE ABOUT 5 MINS)
REMOVE AND ARRANGE THE PORK ON A WARM SERVING PLATTER
POUR OVER ANY JUICES
SERVE AT ONCE

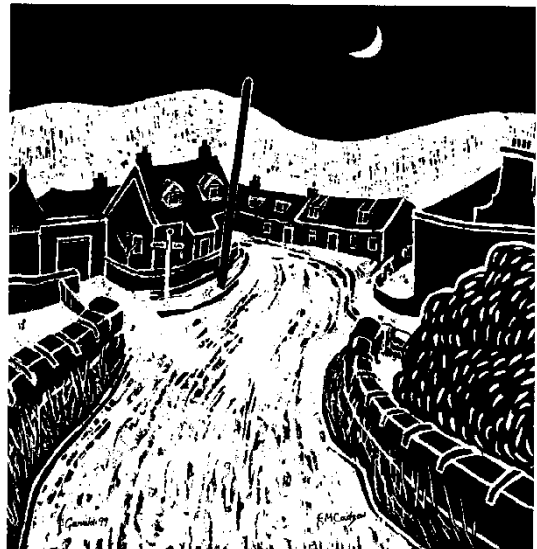
AVRIL BLAMIRE – GARVALD

SCOTCH LAMB AND APRICOT CASSEROLE

1 ½ LB STEWING LAMB – CUBED
1 TBSP VEGETABLE OIL
½ TSPN GROUND CINNAMON
2 TBSP LEMON JUICE
1 TSPN SUGAR
1 ONION - CHOPPED
¾ PINT STOCK
1 OZ CHOPPED NUTS
4 OZ DRIED APRICOTS

HEAT OIL IN A LARGE PAN
FRY ONION
ADD LAMB AND BROWN ON ALL SIDES
ADD ALL THE OTHER INGREDIENTS
BRING TO THE BOIL
TRANSFER TO A CASSEROLE DISH
COVER AND COOK AT 180 OR 350 FOR
1 HOUR OR TILL THE MEAT IS TENDER
AND THE SAUCE HAS THICKENED
STIR AFTER 30 MINS AND AGAIN BEFORE SERVING
SERVES 4

JEAN WADDELL - GARVALD



STIR FRIED LAMB WITH GARLIC

12 OZ LEAN LAMB STEAKS OR FILLET OR BONED LOIN CHOP MEAT – CUT INTO SLICES
2 TSPN DRY SHERRY OR RICE WINE
2 TSPN DARK SOY SAUCE
2 TSPN LIGHT SOY SAUCE
½ TSPN SESAME OIL
2 TSPN OIL
1 ½ TSPN SPRING ONIONS – FINELY CHOPPED
3 GARLIC CLOVES – PEELED AND THINLY SLICED
½ TSPN FRESH GINGER – FINELY CHOPPED

PUT LAMB IN BOWL
MIX IN SHERRY, SOY SAUCES AND SESAME OIL
LEAVE FOR 20 MINS
DRAIN OFF LIQUID
HEAT A WOK OR LARGE FRYING PAN
WHEN IT IS HOT, ADD OIL
ADD LAMB PIECES WITH A LITTLE OF THE MARINADE
STIR FRY FOR 2 MINS
ADD SPRING ONIONS, GARLIC AND GINGER
STIR FRY FOR 4 MINS
SERVE IMMEDIATELY

AVRIL BLAMIRE – GARVALD

BAKED CHICKEN AND CRISPS

2 CUPS COOKED CHICKEN
2 CUPS CELERY – CHOPPED
½ CUP SLICED AND TOASTED ALMONDS
½ CUP GRATED CHEESE
½ GREEN PEPPER – CHOPPED
½ CUP MAYONNAISE
3 CUPS CRISPS – CRUSHED
½ CUP LEMON JUICE

MIX ALTOGETHER WITH CRISPS SPRINKLED ON TOP
BAKE IN SHALLOW DISH FOR 25 MINS AT GAS MARK 4

ALICE LAWRIE - GARVALD

CHICKEN WITH LEMON

SERVES 4

4 SKINNED CHICKEN BREASTS

4 TBSP HONEY

JUICE OF HALF A LEMON

JUICE OF A BIG ORANGE

1 TBSP SOY SAUCE

BUTTER

SALT AND PEPPER

GREASE A SHALLOW BAKING DISH

RUB HONEY INTO EACH CHICKEN BREAST

LAY THEM IN BAKING DISH

MIX THE ORANGE, LEMON JUICE AND SOY SAUCE TOGETHER

SEASON AND POUR OVER THE CHICKEN

COVER THE DISH WITH TIN FOIL AND BAKE FOR 45 MINS AT 150 C /300 F
/GAS MARK 2

SERVE THE CHICKEN WITH THE SAUCE POURED OVER IT

EAT WITH RICE

SANDRA M SHAW – EDINBURGH

CHICKEN IN A TOMATO SAUCE

6 – 8 CHICKEN JOINTS
2 OZ MARG
2 TBSP OIL
1 ONION – FINELY
CHOPPED
2 TSPN SALT
¼ TSP GROUND BLACK
PEPPER
2 –3 TBSP FINE
BROWN SUGAR (DARK)
2 TSPN PREPARED
MUSTARD
2 – 3 TSP WORCESTER
SAUCE
JUICE OF ½ LEMON
1 TIN CHOPPED
TOMATOES
1 CHICKEN STOCK
CUBE



DRY CHICKEN JOINTS
WELL
FRY IN MARG AND OIL UNTIL GOLDEN BROWN ALL OVER
TRANSFER TO A CASSEROLE DISH
SAUTÉ ONION IN REMAINING FAT UNTIL SOFT AND GOLDEN
ADD ALL REMAINING INGREDIENTS
SIMMER FOR 5 MINS
POUR OVER CHICKEN
COVER AND BAKE AT 180 C FOR 1 HOUR
SERVE WITH BAKED POTATO AND GREEN SALAD
BETTER IF REFRIGERATED OVER NIGHT AND REHEATED FOR ½ HOUR IN
A MODERATE OVEN UNTIL BUBBLY

LYNNE HOGG – GARVALD

CHINESE CHICKEN

ONE CHICKEN APPROX. 3 LB
2 SPRING ONIONS – ROUGHLY SLICED
2 SLICES ROOT GINGER

RINSE, CLEAN AND PAT DRY CHICKEN
CUT GINGER INTO TWO OR THREE PIECES
PLACE CHICKEN IN LARGE POT
COVER WITH COLD WATER
ADD SPRING ONIONS AND GINGER
PLACE ON HOB
BRING TO THE BOIL OVER A HIGH HEAT
WHEN THE WATER STARTS TO BOIL, TURN THE HEAT DOWN
ALLOW TO SIMMER FOR 5 MINS WITH THE LID ON
TURN HEAT OFF AND LEAVE WITH LID TIGHT ON TO COOK FOR 3 ½ - 4
HOURS
DO NOT AT ANY TIME LIFT THE LID DURING THIS TIME

REMOVE CHICKEN
DISCARD SPRING ONIONS AND GINGER
(RETAIN LIQUID FOR STOCK)
CHOP CHICKEN INTO 20 – 24 PIECES
REASSEMBLE ON A LONG DISH
SERVE WITH VEGETABLES OF YOUR CHOICE AND ARAB RICE

THE LINDSAYS – GARVALD

KENTUCKY CHICKEN

4 OZ FRESH BREADCRUMBS
2 TSPN SALT
2 TBSP PARSLEY – CHOPPED
2 OZ PARMESAN CHEESE
6 CHICKEN JOINTS OR PIECES – SKINNED
4 OZ MELTED BUTTER

MIX TOGETHER BREADCRUMBS, SALT, PARSLEY AND CHEESE
DIP CHICKEN INTO MELTED BUTTER
COAT WITH BREADCRUMB MIXTURE
ARRANGE JOINTS IN BAKING DISH
SPOON OVER AND AROUND ANY REMAINING BUTTER
BAKE IN PRE HEATED MODERATE OVEN 180/350 FOR 45 TO 50 MINS
UNTIL JOINTS ARE TENDER AND GOLDEN BROWN
SERVE HOT OR COLD

ANON

LEMON CHICKEN RISOTTO

Serves 4

MELT 50G OF BUTTER IN A LARGE HEAVY BASED LARGE SAUCEPAN. ADD TWO DICED CHICKEN BREAST PIECES AND COOK UNTIL LIGHTLY GOLDEN IN COLOUR.

ADD THE WHITES OF 2 LEEKS AND 1 CLOVE OF GARLIC, BOTH FINELY DICED, AND COOK FOR 2-3 MINUTES.

ADD 400 G OF RISOTTO RICE (PREFERABLY CARNAROLI) AND COOK FOR 2 MINUTES.

ADD THE JUICE OF 2 OR 3 LEMONS AND STIR UNTIL THE LIQUID HAS BEEN ABSORBED, FOLLOW THIS WITH 2 GLASSES OF DRY ITALIAN WHITE WINE AND AGAIN STIR UNTIL ABSORBED.

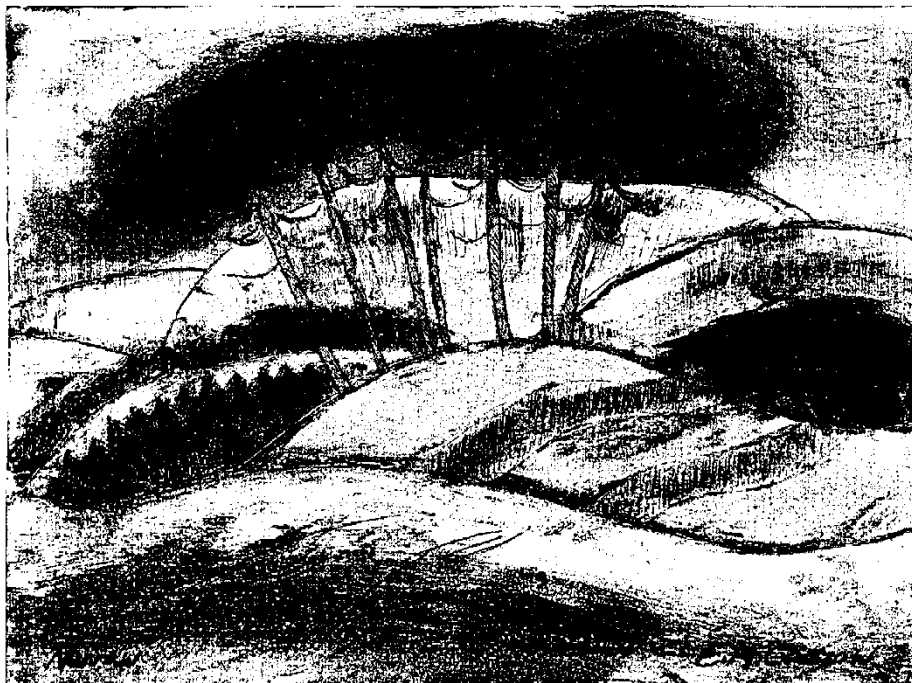
THEN ADD ONE LADLEFUL AT A TIME OF HOT, GOOD QUALITY CHICKEN STOCK ENSURING THE LIQUID HAS BEEN ABSORBED BEFORE THE NEXT LADLEFUL IS ADDED. STIR CONSTANTLY.

CONTINUE ADDING STOCK UNTIL THE RICE IS COOKED – IT SHOULD STILL BE FIRM IN TEXTURE BUT HAVE TURNED A LOVELY CREAMY CONSISTENCY. (YOU WILL PROBABLY NEED ABOUT 1 LITRE OF STOCK ALTOGETHER.)

THEN ADD 4 TABLESPOONS OF FRESHLY GRATED PARMESAN CHEESE, 50G OF DICED BUTTER AND SALT AND PEPPER TO TASTE. STIR UNTIL MELTED.

TAKE THE PAN OFF THE HEAT AND LEAVE TO REST FOR 2 MINUTES BEFORE SERVING.

LOUISE BLUNDELL - GARVALD



LOUISE'S SUMMER CHICKEN

3 LB CHICKEN BREASTS
1 LARGE ONION – CHOPPED
2 EATING APPLES – CHOPPED
2 TBSP BUTTER
½ TSPN PAPRIKA
2 TSPN CURRY POWDER
1 OZ PLAIN FLOUR
½ LB MUSHROOMS - SLICED
½ PT CHICKEN STOCK (A CUBE WILL DO)
8 FL OZ DOUBLE CREAM
SALT AND BLACK PEPPER

COOK APPLES AND ONION GENTLY IN BUTTER FOR 1 MIN
STIR IN CURRY POWDER AND PAPRIKA
ADD FLOUR
THEN STOCK AND MUSHROOMS
BUTTER A LARGE SHALLOW DISH
LAY CHICKEN IN DISH, SKIN UPWARDS
ADD SALT AND PEPPER
POUR OVER SAUCE
BAKE IN MODERATE OVEN FOR 1 ½ HOURS
DO NOT COVER
FINISH WITH CREAM
SERVE WITH TAGLIATELLE AND GREEN SALAD

EILEEN HAMILTON – EAST LINTON

MARINATED MANGO CHICKEN

8 CHICKEN THIGHS (WITH SKIN ON)
6 TBSP OLIVE OIL
6 TBSP MANGO CHUTNEY
3 TBSP GRAINY MUSTARD

TRIM ANY EXCESS SKIN FROM CHICKEN
PLACE CHICKEN IN OVEN PROOF DISH
MIX OTHER INGREDIENTS
POUR OVER MEAT
LEAVE FOR A FEW HOURS, TURNING ONCE
WITH SKIN SIDE UP PLACE IN HOT OVEN
200 C – 220 C FOR 35 – 40 MINS
SERVE WITH SAUCE SPOONED OVER

HAZEL LAIDLAW – CORNHILL ON TWEED

SMOKED CHICKEN AND MANGO

2 SMOKED CHICKENS – COOKED AND CUT INTO CHUNKS
4 MANGOES - CHOPPED
JUICE OF 2 LIMES

CURRIED MAYONNAISE

1 EGG
1 EGG YOLK
1 TSPN MUSTARD POWDER
½ TSPN SALT
GROUND PEPPER
1 TSPN HONEY
1 CLOVE OF GARLIC (CHOPPED)
1 ROUND TSPN CURRY POWDER
¼ - ½ PT SUNFLOWER OIL OR MIXTURE OF OLIVE AND SUNFLOWER OIL
3 TBSP WINE VINEGAR
2 TBSP BOILING WATER

PROCESS EGGS, MUSTARD, HONEY, GARLIC, SALT AND ALL
SEASONINGS IN A FOOD MIXER
ADD OIL SLOWLY UNTIL INCORPORATED
THEN VINEGAR
BLEND IN WATER TO THIN
MIX CHICKEN AND MANGOES WITH LIME JUICE
FOLD IN MAYONNAISE
ARRANGE ON A PLATE
SURROUND WITH SHREDDED LETTUCE
SCATTER WITH PARSLEY, FRESH CORIANDER OR CHIVES
SERVE WITH COUSCOUS OR SAVOURY RICE SALAD

LAURA THOMSON – KELSO

SPANISH CHICKEN WITH RED PESTO.

3-4 TABLESPOONS OLIVE OIL
4-6 CHICKEN BREASTS
200ML CARTON CRÈME FRAICHE
400GM CAN CHOPPED TOMATOES
3 TABLESPOONS RED PESTO SAUCE (FROM A JAR)
SALT AND FRESHLY GROUND PEPPER
BASIL LEAVES, SHREDDED
PITTED BLACK OLIVES

HEAT THE OIL IN SAUCEPAN, ADD CHICKEN BREASTS AND BROWN
QUICKLY ON EACH SIDE. MIX THE CRÈME FRAICHE, TOMATOES AND
PESTO SAUCE TOGETHER. POUR OVER THE CHICKEN, THEN COVER AND
SIMMER FOR 20-30 MINUTES. SEASON. SPRINKLE WITH SHREDDED BASIL
LEAVES AND BLACK OLIVES AND SERVE.

BARBARA MURRAY - EDINBURGH

POLLO CON PEPPERONI

2 SMALL CHICKENS
SALT & FRESHLY GROUND BLACK PEPPER
4-6 TABLESPOONS OLIVE OIL
1/2 SPANISH ONION, FINELY CHOPPED
300 ML DRY WHITE WINE
400G CAN OF CHOPPED TOMATOES
2 CLOVES GARLIC MASHED
2-4 GREEN PEPPERS, SLICED

Cut chicken into serving pieces and season to taste with salt and freshly ground black pepper. SAUTÉ chicken pieces in olive oil until golden brown on all sides. Add finely chopped onion and dry white wine, and cook over a high heat until wine is reduced to half original quantity. Add chopped tomatoes and garlic; cover pan and simmer until chicken is tender. SAUTÉ sliced green peppers in a little olive oil until tender. Serve with chicken. Serves 4-6

ANTONIA BUNCH - GARVALD GRANGE

BREAST OF DUCK WITH HONEY AND GINGER SAUCE

(serves 4)

4 SMALL/MEDIUM SIZED DUCK BREASTS
100 ML CHICKEN STOCK
2 TBSPF RUNNY HONEY
2 TBSPF SOY SAUCE
1 TBSPF TOMATO KETCHUP
2 TBSPF DRY SHERRY
1 TBSPF GRATED FRESH GINGER
S&P, PINCH OF CAYENNE PEPPER, SQUEEZE OF LIME JUICE

SCORE FATTY SIDE OF DUCK BREASTS AND RUB WITH SALT, SEASON FLESH WITH S&P AND CAYENNE POWDER.
PLACE FATTY SIDE DOWN ON HOT FRYING PAN AND COOK FOR 5 MINS
DRAIN OFF FAT AND TURN OVER, COOKING FLESHY SIDE FOR 1 MIN TO SEAL.
PLACE IN OVEN (RIGHT WAY UP) AT 220C. FOR 10 MINS, THEN TAKE OUT AND LEAVE TO REST COVERED, FOR 5 MINS.
PUT EVERYTHING ELSE IN SAUCEPAN, ADDING THE DUCK JUICES, AND BOIL FOR 2 MINS.
SLICE BREASTS AND SERVE ON PLATE WITH THE SAUCE HANDED SEPARATELY.

JUDY WILES - WILTSHIRE

TRUDY'S WILD DUCK CASSEROLE WITH ORANGE SALAD
(SERVES 8)

4 WILD DUCK
1 TBLSP. DRIPPING
1 TBLSP. PLAIN FLOUR
24 SHALLOTS
1 GREEN PEPPER
1 CUP OF WATER
1 TBLSP. REDCURRANT JELLY
1 1/2 GLASSES BURGUNDY WINE
1 TBLSP. ARROWROOT
5 LARGE ORANGES
FRENCH DRESSING
SALT & PEPPER TO TASTE

MELT DRIPPING AND ROAST DUCK FOR 1 1/2 HOURS IN CASSEROLE WITH LID ON. (GAS MARK 5, ELECTRICITY 350F)
REMOVE LID, SPRINKLE WITH SEASONED FLOUR, AND COOK FOR 15 MINUTES OR UNTIL BROWN.
REMOVE FROM CASSEROLE, CARVE EACH DUCK INTO FOUR PIECES, TAKE OUT ALL BONES (EXCEPT DRUMSTICKS) AND TRIM NICELY. KEEP WARM IN OVEN.

MEANWHILE PEEL 24 SHALLOTS, BOIL FOR 8 MINUTES AND DRAIN.
CUT GREEN PEPPER IN HALF, REMOVE CORE AND PIPS, AND CHOP INTO SMALL PIECES. BOIL FOR 5 MINUTES AND DRAIN.

POUR OFF FAT FROM CASSEROLE, LEAVING JUICES. ADD WATER AND BRING TO THE BOIL. ADD REDCURRANT JELLY AND WINE. THICKEN WITH ARROWROOT AND FLAVOUR WITH PEPPER AND SALT. ADD SHALLOTS AND GREEN PEPPER. PLACE DUCK IN DISH AND POUR MIXTURE OVER IT.

SERVE WITH GAME CHIPS, PEAS AND ORANGE SALAD.

TO PREPARE ORANGE SALAD - PEEL ORANGES, REMOVE ALL PITH AND PIPS, AND THE SKIN IN BETWEEN EACH SEGMENT. LAY IN DISH AND ADD FRENCH DRESSING.

MRS. B. LEATHER - CHESHIRE

PHEASANT AND BREADCRUMBS

1 PHEASANT
2 OZ BUTTER
2 LARGE ONIONS
1 CLOVE GARLIC
4 OZ STREAKY BACON - CHOPPED
3 OZ BREADCRUMBS
2 TSPN FLOUR
1 EGG – BEATEN
3 TBSP CREAM

PUT THE PHEASANT, HALF THE BUTTER, ONE ONION AND GARLIC IN A BAKING TRAY WITH ½ A PINT OF WATER
COOK TILL TENDER (1 ½ HOURS APPROX)
FRY BACON UNTIL CRISPY
ADD BREADCRUMBS, BROWN LIGHTLY
ADD BUTTER IF NOT ENOUGH FAT
SHRED PEASANT AND PLACE IN AN OVENPROOF DISH IN THE OVEN TO KEEP WARM
CHOP REMAINING ONION AND COOK IN BUTTER
STIR IN FLOUR
STRAIN STOCK FROM PHEASANT
STIR SOME WITH THE ONION AND FLOUR
GRADUALLY ADDING ALL THE STOCK
COOK FOR FIVE MINS
PRESS THROUGH SIEVE
MIX EGGS WITH CREAM
ADD A LITTLE HOT SAUCE AND POUR BACK INTO THE SAUCE
STIR WELL
POUR OVER THE PHEASANT
TOP WITH BACON AND BREADCRUMBS
GRILL, BEING CAREFUL NOT TO BURN IT

FREDA CROSBIE - GARVALD

PHEASANT WITH GINGER

1 PHEASANT – CUT UP AND ROLLED IN SEASONED FLOUR
1 ONION – CHOPPED
1 PIECE OF FRESH GINGER – CHOPPED
1 PT CHICKEN STOCK
2 GLASSES OF MONBAZILLAC WINE
PARSLEY - CHOPPED

IN A LARGE CASSEROLE DISH STIR FRY ONION AND GINGER IN DRIPPING
MAKING SURE GINGER IS COOKED
ADD PHEASANT PIECES, TURNING QUICKLY WITH A METAL SPOON
ADD CHICKEN STOCK (FRESH IS BETTER) AND WINE
SIMMER GENTLY FOR 1 HOUR
ADJUST SEASONING
GARNISH WITH PARSLEY
SERVE WITH BAKED POTATOES, LOTS OF BUTTER AND A GREEN SALAD,
TOSSED IN A GARLIC/FRENCH DRESSING

(MONBAZILLAC WINE IS EXPENSIVE, ANY SWEET DESSERT WINE WILL
DO INSTEAD BUT IS NOT QUITE THE SAME)

ANNABEL YOUNGER – GARVALD

TINKER-STYLE ROAD-KILL RAGOUT AND DUMPLINGS.

GUT AND PLUCK OR SKIN AT LEAST ONE FRESHLY AND CLEANLY KILLED
PHEASANT, RABBIT, ETC. (INCREASE THE FOLLOWING QUANTITIES PRO
RATA FOR ROE DEER, BUT THEN INVITE A COUPLE OF RUGBY TEAMS
ROUND). WASH IT WELL THEN SEPARATE THE DRUM STICKS FROM THE
BODY, AND HALVE THE LATTER, BROWNING ALL FOUR PIECES IN A
FRYING PAN BEFORE PLACING THEM IN WARMING SLOW COOKER WITH
FOUR CUPS OF BOILING WATER. LIGHTLY FRY FOUR ONIONS AND ADD
THESE TOGETHER WITH AT LEAST FOUR CUPS FULL OF MIXED
VEGETABLES. NOTE THAT, DEPENDING ON THE SEASON, POTATOES
AND TURNIPS CAN ALSO BE COLLECTED FROM THE ROAD, WHILST
MANY GREENS SUCH AS WILD GARLIC, YOUNG NETTLES AND YOUNG
GROUND ELDER AND MUSHROOMS ARE ALSO FREE, BUT THESE
SHOULD NOT BE GATHERED FROM THE ROADSIDE. TOP UP WITH A
HANDFUL OF DRIED HERBS, ONE EGGCUP OF OLIVE OIL AND A
TEASPOON OF GROUND BLACK PEPPER. AVOID SALT, BUT HAVE IT
AVAILABLE AT THE TABLE.

ALLOW TO SLOW COOK OVERNIGHT.

IN THE MORNING ADD THE DUMPLINGS. THESE ARE MADE BY MIXING A
CUPFUL OF SELF-RAISING FLOUR, AN EGGCUP OF OLIVE OIL, A
HANDFUL OF HERBS, AND SUFFICIENT WATER TO MAKE A FIRM DOUGH.
DIVIDE THIS INTO SIX BALLS AND IMMERSE THEM SEPARATELY IN THE
SLOW COOKING RAGOUT UNTIL THE EVENING.

(HINT 1. THE MORNING IS A GOOD TIME TO REMOVE THE SEVERAL
NEEDLE-LIKE BONES, WHICH CAN MAKE PHEASANT UNPLEASANT. HINT
2. IF YOU COOK WITH GATHERED FIREWOOD THIS MEAL FOR 6 NEED
COST ONLY ABOUT 10P PER PERSON).

TIM FLINN - GARVALD

FILLETS OF SOLE WITH MUSHROOM

4 FILLETS OF SOLE
MUSHROOMS
BUTTER
SALT AND PEPPER
½ GLASS DRY WHITE WINE
FLOUR

WIPE MUSHROOMS WITH A DAMP CLOTH AND SLICE
MELT BUTTER THE SIZE OF A WALNUT UNTIL SMOKING
ADD SOLE FILLETS
WARM FOR A MINUTE, TURN, COOK FOR A FURTHER MINUTE
ADD MUSHROOMS & TURN UP THE HEAT
WHEN THE MUSHROOMS BEGIN TO OOZE WATER, ADD SEASONING AND
WINE
LET IT BOIL HARD UNTIL THE WINE EVAPORATES
(THIS WILL TAKE ABOUT TEN MINUTES)
REMOVE THE FISH AND THE MUSHROOMS TO A WARM DISH
TURN DOWN THE HEAT
ADD A KNOB OF BUTTER
MIX WITH A LITTLE FLOUR (OR WHISK IN THE FLOUR).
LET IT MELT, STIRRING CONSTANTLY, & POUR ONTO THE FISH AND
SERVE

AVRIL BLAMIRE– GARVALD

FISH PIE FOR TWO

1 LB NEW POTATOES - SLICED
3 OZ STRONG CHEDDAR CHEESE – GRATED
¾ LB FRESH HADDOCK
¼ LB BUTTON MUSHROOMS - CHOPPED
1 ONION - CHOPPED
½ PT MILK
2 OZ BUTTER
HEAPED TBSP. FLOUR
JUICE OF A SMALL LEMON
CHOPPED PARSLEY
SALT AND PEPPER
BREADCRUMBS OR CRUMBLed WEETABIX

BOIL POTATOES FOR 10 MINS
CUT FISH INTO PIECES
BOIL FISH IN MILK FOR 2 –3 MINS ALONG WITH MUSHROOMS & ONIONS
STRAIN & TIP THEM INTO A CASSEROLE DISH (RESERVING MILK)
MELT BUTTER IN A PAN
BLEND IN THE FLOUR
ADD THE MILK GRADUALLY TO MAKE A SMOOTH SAUCE
MIX IN THE FISH, VEGETABLES, LEMON JUICE, CHOPPED PARSLEY AND
SEASONING
PUT BACK IN THE CASSEROLE DISH
COVER WITH SLICED POTATOES
SPRINKLE CHEESE AND BREADCRUMBS ON TOP
BAKE FOR ½ HOUR AT 180 C
SERVE WITH GREEN VEGETABLES

IRENE ANDERSON – GARVALD

SALMON EN CROUTE WITH HERB & CREAM SAUCE

1 ½ - 2 LB FRESH SALMON
SALT & PEPPER
1 TBLSP GRATED GINGER
1 TBLSP CURRANTS
2OZ BUTTER
8OZ SHORTCRUST PASTRY
EGG (FOR EGG WASH)

FILLET THE SALMON AND SKIN IT. REMOVE ANY INTERNAL BONES AND CUT THE SALMON HORIZONTALLY INTO TWO PIECES. SEASON WITH SALT AND PEPPER.

MIX THE GRATED GINGER AND CURRANTS WITH THE SOFTENED BUTTER. SPREAD OVER EACH SLICE OF FISH AND SANDWICH THE SALMON TOGETHER.

ROLL OUT THE PASTRY AND WRAP IT NEATLY ROUND THE SALMON. PLACE ON GREASED BAKING TRAY WITH THE PASTRY SEAM FACING DOWN, AND USE OFF-CUTS OF PASTRY TO DECORATE THE TOP. EGG WASH THE PASTRY AND BAKE FOR APPROXIMATELY 40 MINUTES. COOK FOR THE FIRST 20 MINUTES AT 200C/425F, AND THEN REDUCE TO 150'C / 300'F FOR THE REMAINDER OF THE TIME. SERVE WITH HERB AND CREAM SAUCE.

HERB & CREAM SAUCE INGREDIENTS:

2 SHALLOTS
1 OZ BUTTER
4 TSP CHOPPED PARSLEY
2 TSP CHOPPED CHERVIL
2 TSP TARRAGON
1 TSP FLOUR
½ PT SINGLE CREAM
1 TSP FRENCH COURSE GRAIN MUSTARD
1 EGG YOLK
SQUEEZE OF LEMON JUICE
SALT & PEPPER

CHOP THE SHALLOTS AND SWEAT THEM IN THE BUTTER, ADD THE HERBS AND COOK A LITTLE LONGER.

ADD THE FLOUR, MIXING WELL, AND THEN THE SINGLE CREAM. BRING GENTLY TO THE BOIL, STIRRING WELL ALL THE TIME, AND COOK FOR ABOUT 5 MINUTES.

SEASON, ADD THE MUSTARD, EGG YOLK AND LEMON JUICE, AND RE-CHECK THE SEASONING.

LIZ JEFFREY, GARVALD

SEAFOOD CHOWDER

2 LB COD OR HADDOCK
6 OZ CUBED BACON
1 LARGE ONION
4 POTATOES
3/4 PINT MILK
1/4 PINT DOUBLE CREAM
3 OZ BUTTER
KNOX FISH STOCK CUBE

CUT FISH INTO LARGE PIECES AND PUT INTO LARGE SAUCEPAN WITH 3/4 PINT WATER, BRING TO BOIL AND COOK FOR APPROX 10 MINUTES. MEANWHILE SAUTÉ THE ONION AND BACON GENTLY IN A FRYING PAN AND COOK GENTLY FOR 15 MINS. PUT CUBED POTATOES IN SAUCEPAN WITH A LARGE PINCH OF SALT AND COOK FOR 15 MINS. ADD THE MILK, FISH, BACON CUBES, ONION AND FISH STOCK (3/4 PT). SIMMER FOR ANOTHER 10 MINS. ADD CREAM AND BUTTER HEAT GENTLY BUT DO NOT BOIL.
BEST SERVED WITH FRESH CRUSTY BREAD

SUSAN RETTIE - STENTON





SWEETS & PUDDINGS

BANANES BARONNET

BANANAS
CASTER SUGAR
KIRSCH
DOUBLE CREAM

CUT BANANAS INTO ROUNDS & SPRINKLE THEM WITH SUGAR
ADD A COFFEE SPOON OF MATURED KIRSCH AND A TBSP OF CREAM
FOR EACH BANANA
MIX CAREFULLY SO THAT EACH ROUND IS WELL COATED WITH THE
DELICIOUS MIXTURE

AVRIL BLAMIRE – GARVALD

CHOCOLATE BOMBE

$\frac{3}{4}$ PT DOUBLE CREAM
1 OZ CASTER SUGAR
CHOCOLATE CURLS OR ROSE LEAVES FOR DECORATION

CHOCOLATE MOUSSE:
6 OZ PLAIN CHOCOLATE
1 OZ BUTTER
6 EGG YOKES
6 EGG WHITES

LIGHTLY WHIP CREAM AND SUGAR
SPOON INTO BASIN USING A METAL SPOON
EVENLY LINE THE BASIN, THEN PLACE IN FREEZER TO SET FIRM

GENTLY MELT CHOCOLATE
ADD BUTTER AND MIX MIX
REMOVE FROM HEAT
WHISK EGG YOLKS
ADD TO CHOCOLATE MIXTURE
GENTLY HEAT AND MIX THOROUGHLY
LEAVE ASIDE

STIFFLY WHISK EGG WHITES
FOLD INTO CHOCOLATE MIXTURE
POUR INTO CREAM LINED BOWL
REPLACE IN FREEZER UNTIL FROZEN HARD

2 HOURS BEFORE SERVING DIP BOWL IN HOT WATER TO TAKE CHILL
OFF
USING A PALETTE KNIFE TO LOOSEN TURN BOMBE ONTO SERVING DISH
LEAVE IN FRIDGE TO THAW
DECORATE WITH CHOCOLATE CURLS OR ROSE LEAVES

MOLLIE DOBBIN - GARVALD

CHOCOLATE AND PRALINE ROULADE

5 EGGS, SEPARATED
6OZ CHOCOLATE
6OZ CASTER SUGAR
2 TABLESPOONS WATER

TO FINISH
1/2 PINT DOUBLE CREAM
ICING SUGAR
4OZ PRALINE, CRUSHED
1 TABLESPOON RUM
(EQUAL QUANTITIES OF ALMONDS AND SUGAR WHICH HAVE BEEN
CAMELISED)

PREHEAT OVEN TO GAS MARK 4, 180 DEGREES C
LINE A SWISS ROLL TIN WITH GREASEPROOF PAPER. WHISK THE EGG
YOLKS AND SUGAR TOGETHER UNTIL THICK AND FLUFFY. MELT THE
CHOCOLATE WITH THE WATER OVER A VERY GENTLE HEAT, STIRRING
OCCASIONALLY UNTIL SMOOTH. BEAT THE EGG WHITES UNTIL FIRM BUT
NOT DRY. MIX THE CHOCOLATE WITH THE EGG YOLKS AND IMMEDIATELY
FOLD IN THE EGG WHITES. POUR INTO THE PREPARED TIN AND BAKE FOR
20 TO 25 MINUTES. REMOVE FROM THE OVEN AND LEAVE IN THE TIN,
COVERED WITH A DAMP CLOTH, FOR ABOUT 2 HOURS.

TURN THE ROULADE OUT ONTO A SHEET OF GREASEPROOF PAPER,
REMOVE THE PAPER FROM THE BASE AND TRIM THE TWO LONG EDGES.
WHISK THE CREAM UNTIL SOFT PEAKS FORM, MIX IN THE PRALINE AND
RUM. SPREAD THIS FILLING EVENLY OVER THE ROULADE, LEAVING A ½
INCH / 1CM BORDER AROUND THE SIDES. BEGINNING AT A SHORT SIDE,
ROLL THE ROULADE AS TIGHTLY AS POSSIBLE USING THE GREASEPROOF
PAPER TO ASSIST IN THIS. TRIM THE ENDS DIAGONALLY AND DUST WITH
ICING SUGAR.

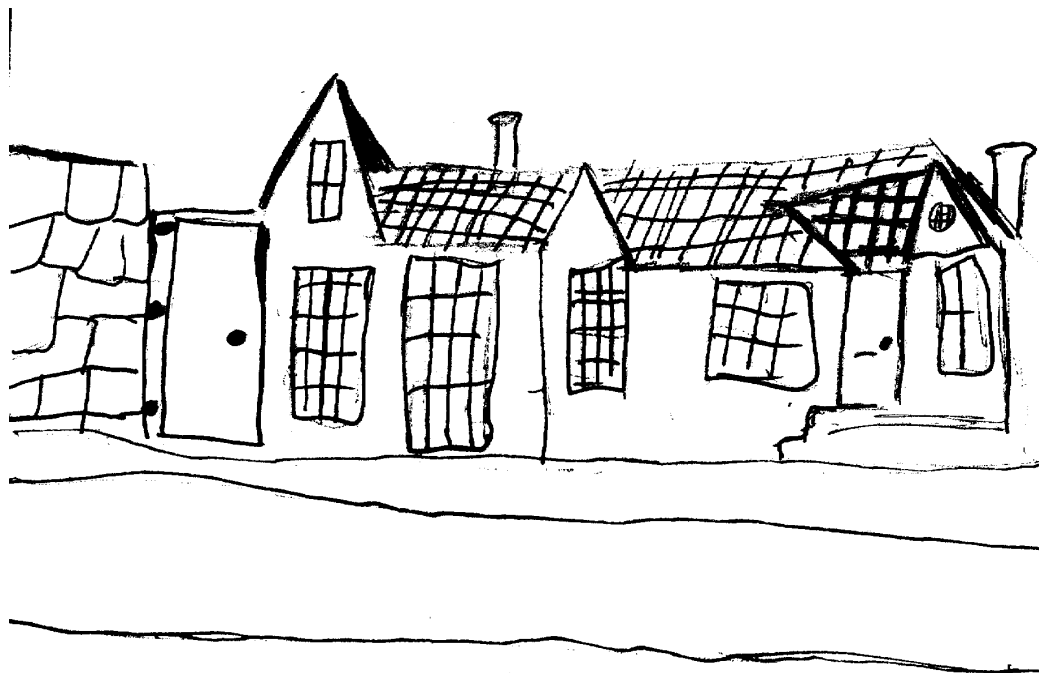
SOPHIE SANDERS EDINBURGH

EASY LEMON CHEESECAKE

8 DIGESTIVE BISCUITS
50 G MARGARINE
1 LARGE LEMON (OR 2 SMALL)
142 ML DOUBLE CREAM
1 SMALL TIN CONDENSED MILK (E 218G)

MELT THE MARGARINE AND ADD CRUMBLED DIGESTIVE BISCUITS.
PRESS INTO A 7" (18CM) CAKE TIN.
MIX CREAM, CONDENSED MILK AND LEMON RIND TOGETHER THEN
SLOWLY ADD THE STRAINED LEMON JUICE BEATING WITH A FORK. THE
MIXTURE THEN BECOMES THICK. POUR ONTO THE BASE AND
REFRIGERATE.

ANON



FRESH FRUIT SALAD

2 SATSUMAS - CHOPPED
2 ORANGES - CHOPPED
2 COX'S APPLES - CHOPPED
1 RED EATING APPLE - CHOPPED
2 OZ GREEN GRAPES - CHOPPED
2 OZ BLACK GRAPES - CHOPPED
2 KIWI FRUIT - CHOPPED
2 PEARS - CHOPPED
1 BANANA - CHOPPED
JUICE OF 1 LEMON
SYRUP MADE FROM ½ PT WATER (OR SWEET WHITE WINE) AND 8 OZ SUGAR

GENTLY HEAT SUGAR AND WATER UNTIL SUGAR HAS DISSOLVED
COOK TILL SLIGHTLY SYRUPY AND LEAVE TO COOL
PUT LEMON JUICE IN A BOWL
ADD APPLES AND PEARS
TOSS IN LEMON JUICE
ADD ORANGES, GRAPES AND KIWI FRUIT
POUR SYRUP OVER
STIR
COVER AND LEAVE TO CHILL
ADD BANANA JUST BEFORE SERVING

ANON

GINGER SOUFFLÉ

SERVES 6

4 LARGE EGGS

4 OZ CASTER SUGAR

1/2 PINT DOUBLE CREAM OR EVAPORATED MILK

4 TABLESPOONS FINELY CHOPPED PRESERVED GINGER

4 TABLESPOONS GINGER SYRUP (FROM THE JAR OF PRESERVED GINGER)

1 TABLESPOON POWERED GELATINE

4 TABLESPOONS WATER

FOR DECORATION: 4 GINGER-NUT BISCUITS, ANGELICA, PRESERVED GINGER

PREPARE A 1 1/2 PINT SOUFFLÉ DISH WITH BUTTERED, GREASEPROOF PAPER. SEPARATE THE EGGS. WHISK EGG YOLKS, SUGAR AND GINGER SYRUP IN A BOWL OVER HOT WATER UNTIL THICK. REMOVE FROM HEAT AND WHISK UNTIL COOL. DISSOLVE GELATINE IN WATER. ADD TO COOLED EGG MIXTURE. BEAT CREAM LIGHTLY, (NOT QUITE PIPING CONSISTENCY). FOLD INTO THE EGG MIXTURE. FOLD IN THE PRESERVED GINGER. WHISK EGG WHITES STIFFLY AND FOLD INTO MIXTURE. POUR INTO PREPARED SOUFFLÉ DISH AND ALLOW TO SET. REMOVE PAPER. CRUSH GINGER NUTS WITH A ROLLING PIN AND USE TO DECORATE SIDES OF SOUFFLÉ ABOVE THE DISH. DECORATE TOP WITH PRESERVED GINGER AND ANGELICA.

ISOBEL GRISTWOOD - GARVALD, 1987-1998

GRANNY CLARKE'S TRIFLE

5 BANANAS
1 TIN NESTLE CONDENSED MILK
4 – 5 TRIFLE SPONGES
1 JAR RASPBERRY JAM
3 – 4 TBSP CUSTARD POWDER
10 FL OZ WHIPPING CREAM
DASH MEDIUM/SWEET SHERRY
NUTS OR CHOCOLATE CURLS

PLACE SPONGES IN BASE OF
DISH

POUR SHERRY OVER ALLOWING
TO SOAK IN

LIBERALLY SPREAD WITH JAM

PUT CONDENSED MILK IN LARGE
JUG MAKE UP TO 1 ½ PTS WITH
WATER

STIR

USE A LITTLE OF THE MILK TO MIX
WITH THE CUSTARD POWDER
HEAT THE REMAINDER IN PAN OR
MICROWAVE UNTIL BOILING
POINT

STIR IN CUSTARD MIXTURE TO
MILK (SHOULD THICKEN, IF NOT
ADD A LITTLE MORE CUSTARD
POWDER)

POUR CUSTARD OVER

WHEN COOL DECORATE WITH NUTS OR CHOCOLATE CURLS

BARBARA WARDLE – PETERBOROUGH



HAZELNUT MERINGUE CAKE

4 EGG WHITES
9 OZ CASTER SUGAR
4 OZ BROWNED GROUND HAZELNUTS
½ TSPN VINEGAR
VANILLA ESSENCE

LINE 2 X 8" SANDWICH TINS WITH LIGHTLY OILED PAPER
WHISK EGG WHITES
BEAT IN SUGAR UNTIL STIFF ADDING VINEGAR AND A DROP OF VANILLA
ESSENCE
FOLD IN HAZELNUTS
PUT INTO SANDWICH TINS AND BAKE AT 300 F – 375 F FOR 30 – 40 MINS
LET THE MERINGUE COOL
SANDWICH TOGETHER WITH WHIPPED CREAM AND SLICES OF FRUIT (IF
DESIRED)
DUST TOP WITH ICING SUGAR

ANON

ICED DRAMBUIE MOUSSES

2 EGGS SEPARATED
12 FL OZ DOUBLE CREAM
4 TBSP DRAMBUIE
4 OZ ICING SUGAR

WHISK DOUBLE CREAM, DRAMBUIE, ICING SUGAR AND EGG YOLKS
UNTIL FIRM
WHIP EGG WHITE UNTIL FIRM
FOLD INTO THE CREAM MIXTURE
SPOON INTO INDIVIDUAL GLASSES
FREEZE FOR AT LEAST 4 HOURS
*DUE TO THE HIGH ALCOHOL CONTENT, THIS CAN BE REMOVED FROM
THE FREEZER AND EATEN ALMOST IMMEDIATELY

EILEEN HAMILTON – EAST LINTON

LEMON BREAD AND BUTTER PUDDING

1 BRIOCHE LOAF – CUT INTO SLICES
10 FL OZ MILK
2 ½ FL OZ DOUBLE CREAM
2 OZ CASTER SUGAR
3 LARGE EGGS
LEMON CURD (PREFERABLY HOME MADE)
FRESHLY GRATED NUTMEG

MAKE LEMON CURD SANDWICHES OUT OF THE BRIOCHE SLICES
LAY THEM SLIGHTLY AT AN ANGLE IN A GREASED 2 PINT BAKING DISH
IN A JUG, MIX THE MILK, CREAM AND SUGAR
WHISK THE EGGS
ADD TO THE MILK MIXTURE
POUR OVER THE BRIOCHE IN ITS DISH
SPRINKLE NUTMEG OVER (OR BROWN SUGAR FOR WELL FIRED CRUSTY BITS!)

BAKE FOR 30 – 40 MINS AT 350 F / 180 C / GAS MARK 4 IN A LARGE ROASTING (OR OTHER LARGE TIN) WITH HOT WATER COMING UP TO HALF THE LEVEL OF THE BAKING DISH

ELIZABETH OSTLE - EDINBURGH

LEMON DELICIOUS PUDDING

4 SIZE 2 EGGS SEPARATED
GRATED RIND AND JUICE OF 3 LARGE RIPE LEMONS
4 OZ SOFT BUTTER OR MARG
6 OZ CASTER SUGAR
2 OZ PLAIN FLOUR
¾ PT MILK

IN A FOOD PROCESSOR BEAT THE BUTTER, SUGAR AND LEMON ZEST UNTIL LIGHT AND FLUFFY
ADD THE YOLKS AND PROCESS
ADD THE LEMON JUICE, FLOUR AND FINALLY THE MILK PROCESSING WELL
WHISK THE EGG WHITES UNTIL STIFF
FOLD INTO THE MIXTURE
POUR INTO A LARGE SHALLOW OVEN PROOF DISH
PLACE DISH IN A LARGE BAKING TRAY HALF FILLED WITH WATER
BAKE IN A PREHEATED OVEN 160 C FOR 60 – 65 MINS
IT SHOULD BE PUFFY AND GOLDEN BROWN BUT WILL SINK SLIGHTLY WHEN COOLED
SERVE WARM OR COLD

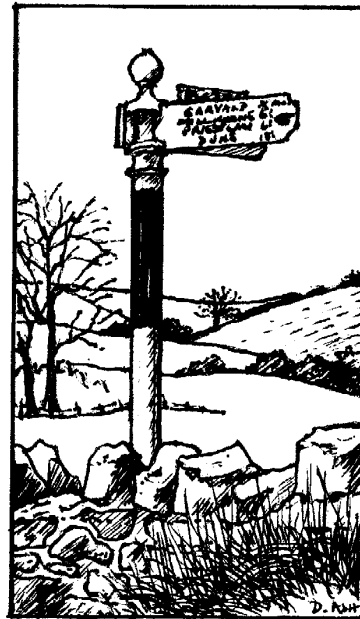
MRS B LEATHER – CHESHIRE

LEMON DELIGHT

1 TEACUP SUGAR
1 HEAPED TABLESPOON BUTTER
2 HEAPED TABLESPOONS PLAIN
FLOUR
JUICE OF ONE LEMON AND A
LITTLE RIND
1 CUP MILK
2 EGGS

CREAM BUTTER AND SUGAR, ADD
FLOUR THEN JUICE AND RIND OF
LEMON. ADD MILK AND EGG
YOLKS. BUTTER A PIE DISH AND
BEFORE POURING IN THE
MIXTURE, ADD TO OTHER
INGREDIENTS THE STIFFLY
BEATEN WHITES OF EGGS.
STAND DISH IN A TIN OF HOT
WATER. PLACE IN A FAIRLY HOT
OVEN AND COOK FOR ABOUT
THREE-QUARTERS OF AN HOUR.
THE FINISHED DISH SHOULD BE
BROWN ON TOP AND PART
SOUFFLÉ, PART STILL LIQUID.

ANON



LEMON MERINGUE PIE

BASE:

8 OZ DIGESTIVE BISCUITS – CRUSHED
2 OZ BUTTER OR BLOCK MARGARINE – MELTED

FILLING:

FINELY GRATED RIND AND JUICE OF 3 LARGE LEMONS
4 TBSP CORNFLOUR
¾ PT WATER
2 OZ CASTER SUGAR
3 EGG YOKES

MERINGUE:

3 EGG WHITES
4 OZ CASTER SUGAR
¼ TSPN VANILLA ESSENCE

PUT BISCUITS IN MIXING BOWL
ADD MELTED BUTTER
MIX WELL WITH WOODEN SPOON

PRESS FIRMLY INTO BASE AND UP THE SIDE OF A 9" FLAN DISH
MIX TOGETHER LEMON RIND, JUICE AND CORNFLOUR IN A LARGE BOWL
BRING WATER TO THE BOIL IN A PAN
STIR ENOUGH WATER INTO THE CORNFLOUR MIXTURE TO MAKE A
SMOOTH PASTE
RETURN MIXTURE TO THE PAN OF BOILING WATER
COOK OVER A LOW HEAT STIRRING UNTIL THICKENED
STIR IN CASTER SUGAR
COOL SLIGHTLY THEN BEAT IN EGG YOLKS
POUR INTO DISH

PUT EGG WHITES INTO A CLEAN DRY BOWL
BEAT WITH WHISK UNTIL SOFT PEAKS FORM
WHISK IN TWO THIRDS OF THE CASTER SUGAR A TABLESPOON AT A
TIME
WHISKING WELL AFTER EACH ADDITION
WHISK UNTIL STIFF PEAKS FORM
FOLD IN REMAINING SUGAR AND VANILLA ESSENCE
SPREAD MERINGUE OVER LEMON FILLING
SWIRL WITH BACK OF SPOON
BAKE PIE AT 170 C / 325 F / GAS MARK 3 FOR 35 – 40 MINS OR UNTIL
GOLDEN BROWN
ALLOW TO COOL
CHILL UNTIL REQUIRED

MOIRA INCH – EAST LINTON

MALVERN PUDDING

BASE:

1 LB COOKING APPLES – PEELED, CORED AND SLICED
1 OZ BUTTER
1 OZ GRANULATED SUGAR
GRATED RIND OF 1 SMALL LEMON

SAUCE:

1 STANDARD EGG
1 OZ BUTTER
1 OZ PLAIN FLOUR
 $\frac{3}{4}$ PT MILK
1 OZ GRANULATED SUGAR

TOPPING:

2 OZ DEMERARA SUGAR
 $\frac{1}{2}$ LEVEL TSPN CINNAMON
 $\frac{1}{2}$ OZ BUTTER

MELT 1 OZ OF BUTTER IN A MEDIUM SIZED SAUCEPAN
ADD APPLES AND 1 OZ SUGAR AND COOK UNTIL SOFT AND THICK
REMOVE FROM HEAT
ADD LEMON RIND
SPREAD INTO 1 $\frac{1}{2}$ PT OVENPROOF DISH

BEAT EGG

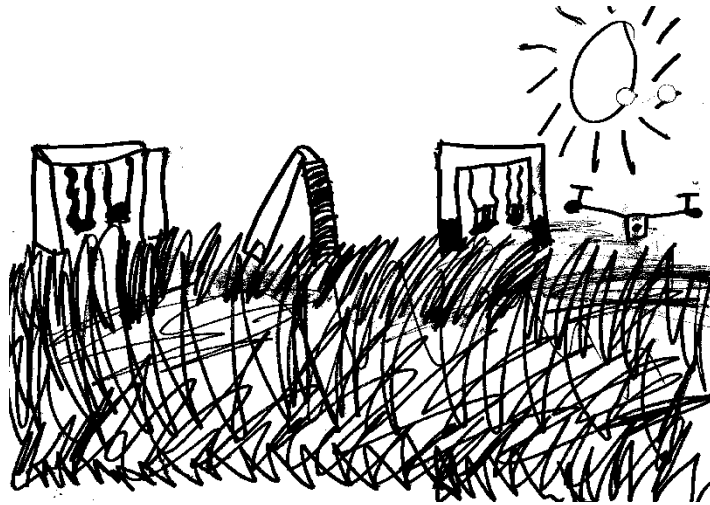
MELT 1 OZ BUTTER IN A SAUCEPAN & STIR IN FLOUR
COOK GENTLY FOR 2 MINS
ADD MILK
BRING TO THE BOIL, STIRRING
SIMMER FOR 2 MINS
REMOVE FROM HEAT
STIR IN 1 OZ SUGAR
BEAT IN EGG A LITTLE AT A TIME
RETURN TO HEAT
COOK FOR 1 MIN, STIRRING

POUR SAUCE OVER DISH OF APPLES
MIX DEMERARA SUGAR AND CINNAMON TOGETHER
SPRINKLE ON TOP OF SAUCE
DOT WITH $\frac{1}{2}$ OZ BUTTER
PLACE DISH UNDER MODERATELY HEATED GRILL AND HEAT UNTIL
SUGAR HAS CARAMELISED.
SERVE HOT OR COLD

ANON

MALVERN PUDDING
(SERVES 4)

1 LB COOKING APPLES
2 1/2 OZ BUTTER
2 OZ GRANULATED
SUGAR
2 OZ DEMERARA
SUGAR
GRATED FIND OF ONE
SMALL LEMON
1 MEDIUM EGG
3/4 PINT MILK
1 OZ PLAIN FLOUR
1/2 LEVEL
TEASPOONFUL OF
CINNAMON



PEEL, CORE AND SLICE THE APPLES. PLACE 1 OZ OF BUTTER IN A SMALL TO MEDIUM-SIZED SAUCEPAN AND HEAT UNTIL MELTED. ADD APPLES AND 1 OZ OF GRANULATED SUGAR. COVER AND COOK OVER A LOW HEAT, STIRRING OCCASIONALLY UNTIL SOFT AND THICK. REMOVE FROM THE HEAT AND STIR IN THE LEMON RIND. SPREAD IN A 1 1/2 PINT OVENPROOF DISH AND KEEP WARM. BEAT THE EGG. MELT 1 OZ BUTTER IN A SMALL- TO MEDIUM-SIZED SAUCEPAN. STIR IN THE FLOUR AND COOK GENTLY FOR ABOUT 2 MINUTES WITHOUT BROWNING. ADD THE MILK GRADUALLY AND BRING TO THE BOIL, STIRRING AND SIMMER FOR 2 MINUTES. REMOVE FROM HEAT AND STIR IN 1OZ GRANULATED SUGAR BEAT IN THE EGG A LITTLE AT A TIME. RETURN TO THE HEAT AND COOK FOR 1 MINUTE, STIRRING. POUR THE SAUCE OVER THE APPLE MIXTURE. PREPARE A MODERATE GRILL. MIX DEMERARA SUGAR AND CINNAMON TOGETHER IN A SMALL BASIN. SPRINKLE ON TOP OF THE SAUCE AND DOT WITH 1/2 OZ BUTTER PLACE DISH UNDER GRILL AND HEAT UNTIL THE SUGAR HAS CARAMELISED. REMOVE FROM GRILL AND SERVE HOT OR COLD.

ISOBEL GRISTWOOD - GARVALD (1987-1998)

PAVLOVA WITH LEMON CURD

SERVES 6

6 EGG WHITES
2 CUPS GRANULATED SUGAR
2 TEASPOONS VANILLA
2 TEASPOONS VINEGAR
4 DESSERTSPOONS COLD WATER
PINCH OF SALT

TOPPING:

1 RIPE MANGO AND 2 PASSION FRUIT
5 FL OZ (150 ML) DOUBLE CREAM WHIPPED AND AN EQUAL AMOUNT OF
LEMON CURD EITHER BOUGHT OR HOME MADE

PREHEAT THE OVEN TO 350 F DEGREES
PUT THE FIRST 6 INGREDIENTS IN THE BOWL OF A MIXER AND BEAT TILL
VERY STIFF. PREPARE A BAKING TRAY WITH BAKEWELL PAPER AND PILE
THE MERINGUE ON TOP TO A DEPTH OF 3 INCHES (8MM). PUT IN
PREHEATED OVEN FOR 10 MINUTES THEN SWITCH OFF OVEN AND DO
NOT OPEN THE OVEN DOOR. LEAVE IN THE OVEN FOR 1 1/2 HOURS.
TURN OUT ONTO SERVING PLATE AND LET COOL COMPLETELY. ADD
THE LEMON CURD TO THE WHIPPED CREAM, STIR TOGETHER AND PUT
ON TOP OF PAVLOVA. DECORATE WITH MANGO SLICES AND PASSION
FRUIT. SERVE WITH THE RED FRUIT SAUCE.

SAUCE:

1LB ASSORTED RED FRUIT (RASPBERRIES, BLACK/RED CURRANTS,
STRAWBERRIES ETC.)
ICING SUGAR TO TASTE

LIQUIDISE FRUIT ADDING SUGAR TO TASTE SIEVE TO REMOVE
SEEDS. SERVE SEPARATELY IN SAUCEBOAT
THE DESSERT CAN BE COVERED WHEN COOL WITHOUT THE TOPPING
AND STORED IN THE REFRIGERATOR OVERNIGHT.

DOROTHY GIBSON – GARVALD

PINEAPPLE CHEESECAKE

5 OZ DIGESTIVE BISCUITS - CRUSHED
2 OZ MARG
3 OZ PHILADELPHIA CHEESE
15 OZ CRUSHED PINEAPPLE
1 CUP ICING SUGAR
SMALL CARTON FRESH DOUBLE CREAM - WHIPPED

MIX DIGESTIVES WITH MELTED MARG & LINE LOOSE BASED TIN WITH
THE MIXTURE
BEAT CHEESE AND ICING SUGAR TOGETHER THEN ADD CREAM AND
PINEAPPLE
SPREAD ON BASE
SERVE CHILLED (CAN BE FROZEN)

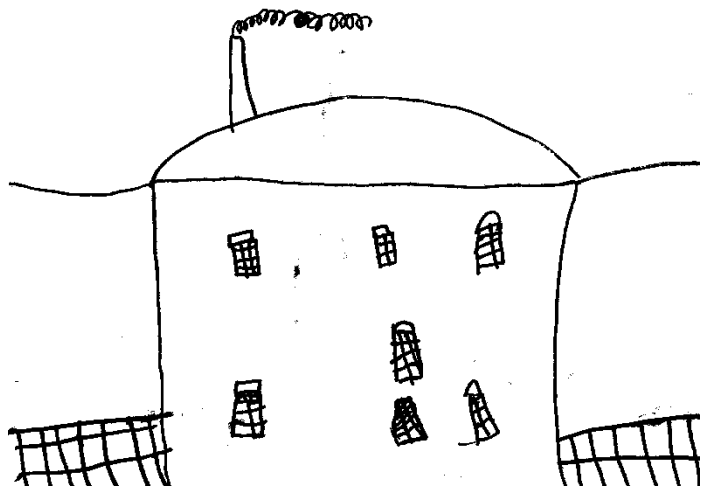
ANON

SIMPLE JAM SPONGE PUDDING

8 OZ JAM
2 OZ BUTTER
2 OZ SUGAR
1 EGG – BEATEN
5 OZ SELF RAISING FLOUR
2 TBSP MILK

SPREAD JAM IN THE BOTTOM OF
A WELL GREASED PIE DISH
CREAM TOGETHER BUTTER AND
SUGAR
ADD EGG, FLOUR AND MILK
SPREAD MIXTURE ON TOP OF
JAM
BAKE IN MODERATE OVEN UNTIL
GOLDEN BROWN
APPROXIMATELY 30 – 40 MINS

SUZIE BARRETT - GARVALD



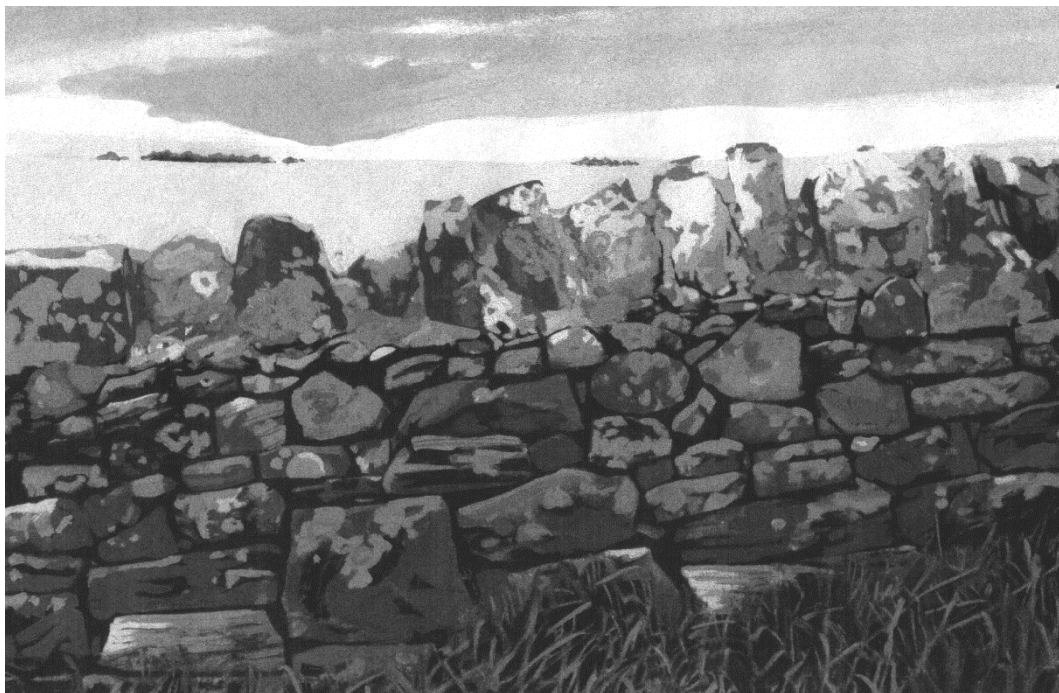
STICKY TOFFEE PUDDING

2OZ UNSALTED BUTTER
6OZ CASTER SUGAR
2 EGGS
6OZ SELF RAISING FLOUR
1 TEASPOON VANILLA SUGAR
1/2 PINT DOUBLE CREAM
6OZ DATES, CHOPPED
1/2 PINT WATER
1 TEASPOON BICARBONATE OF SODA
2 OZ DEMERARA SUGAR
1 DESSERTSPOON BLACK TREACLE

PREHEAT OVEN TO GAS MARK 4, 180 DEGREES C
LIGHTLY BUTTER A BAKING DISH (APPROXIMATELY 3 PINT CAPACITY)
CREAM THE BUTTER AND CASTER SUGAR UNTIL LIGHT AND FLUFFY.
BEAT IN THE EGGS ONE AT A TIME. PLACE THE DATES IN A SAUCEPAN
WITH THE WATER AND BOIL FOR 5 TO 7 MINUTES (UNTIL DATES ARE
SOFT). ADD BICARBONATE OF SODA TO THE DATES, MIX WELL AND ADD
TO THE CREAMED MIXTURE TOGETHER WITH THE FLOUR AND VANILLA
SUGAR. POUR INTO THE PREPARED DISH AND BAKE FOR
APPROXIMATELY 40 TO 50 MINUTES.

PLACE THE CREAM IN A SAUCEPAN WITH THE DEMERARA SUGAR AND
BLACK TREACLE, BRING TO THE BOIL AND POUR OVER THE HOT
SPONGE.
LEAVE TO STAND FOR 15 TO 20 MINUTES, THEN PLACE UNDER A HOT
GRILL AND COOK UNTIL THE TOP IS BUBBLING. SERVE ANY REMAINING
SAUCE SEPARATELY.

SOPHIE SANDERS EDINBURGH



UNCOOKED LEMON CHEESECAKE

5 LEMONS (ZEST & JUICE)
5 EGGS (SEPARATED)
6 OZ CASTER SUGAR
3 LGE PKTS (225GM) PHILADELPHIA FULL FAT CREAM CHEESE
2 TEASPOONS VANILLA
SMALL PINCH OF SALT
1 PT. DOUBLE CREAM
¼ PT. SINGLE CREAM
2 ½ ENVELOPES OF GELATINE (MELTED IN 1/3RD OF MUG OF BOILING WATER)
1 PKT. (400GM) PLAIN CHOCOLATE DIGESTIVE BISCUITS
2 TSP. CINNAMON
2 ½ OZ SOFTENED BUTTER (NOT MELTED)
2 TINS APRICOT HALVES (CO-OP TINS HOLD MOST)
ANGELICA (CUT IN FINE MATCHSTICK 'LEAVES')

9 INCH LOOSE-BOTTOMED CIRCULAR TIN, 2 ½ INCH DEEP
BAKING PARCHMENT

LINE BASE AND SIDE OF TIN WITH BAKING PARCHMENT, AND SET OVEN TO GAS MARK 2.
CRUSH BISCUITS, ADD CINNAMON AND BUTTER, AND COMBINE TILL RESEMBLES CRUMBS. PRESS EVENLY INTO BASE OF TIN AND BAKE FOR 10 MINUTES. REMOVE FROM OVEN AND COOL.
MELT GELATINE AND KEEP WARM
BLEND CHEESE IN MIXER. ADD 3OZ SUGAR, EGG YOLKS AND VANILLA. BLEND WELL. ADD LEMON ZEST AND JUICE. BLEND. ADD GELATINE. BLEND.
IN ANOTHER BOWL WHIP ¾ PINT OF DOUBLE CREAM TILL SEMI-STIFF. FOLD INTO CHEESE MIXTURE.
BEAT EGG WHITES TILL NEARLY STIFF, ADD REMAINING SUGAR AND BEAT FIRMLY UNTIL STIFF. FOLD GRADUALLY INTO CHEESE MIXTURE. (TASTE, AND ADJUST IF NECESSARY BY ADDING MORE SUGAR OR LEMON JUICE)
POUR INTO PREPARED TIN. SMOOTH TOP AND LEAVE TO SET IN FRIDGE. (WILL FREEZE WELL.)
DECORATE WITH REMAINING WHIPPED CREAM, APRICOT HALVES AND ANGELICA LEAVES.

CLAIRE MACCALLUM - GARVALD



CAKES & BISCUITS

ALMOND MADEIRA CAKE

4 OZ SELF RAISING FLOUR
1 OZ GROUND ALMONDS
½ TSPN BAKING POWDER
3 TBSP MILK
3 OZ CASTER SUGAR
3 OZ SOFT MARGARINE
1 EGG
FEW DROPS ALMOND ESSENCE

SET OVEN TO 180 C
GREASE AND BASE LINE A 1LB LOAF TIN
COMBINE FLOUR, ALMONDS, BAKING POWDER AND SUGAR IN A LARGE BOWL
BLEND IN MARG, EGG AND MILK
MIX THOROUGHLY
ADD ALMOND ESSENCE
PUT MIXTURE INTO TIN
BAKE FOR ¾ HOUR UNTIL GOLDEN BROWN AND "SPRINGY" TO TOUCH
(CAN BE MADE IN A KENWOOD CHEF)

ANON

AMERICAN STYLE CHOCOLATE CHIP COOKIES

7 OZ PLAIN FLOUR
1 LEVEL TEASPOON BAKING POWDER
PINCH SALT
4 OZ SOFTENED BUTTER
6 OZ SOFT BROWN SUGAR
1 TEASPOON VANILLA
1 LARGE EGG
6 OZ DARK CHOCOLATE CHIPS

HEAT OVEN TO 375°F 190°C OR GAS 5. USE THE BAKING OVEN IF YOU HAVE AN AGA.
MIX TOGETHER BUTTER AND SUGAR AND EGG UNTIL SOFT AND CREAMY.
SIFT TOGETHER FLOUR, BAKING POWDER AND SALT. ADD TO BUTTER AND EGG MIXTURE, BLENDING WELL.
ADD VANILLA AND CHOCOLATE CHIPS, MIX WELL.
DROP BY TEASPOON ONTO GREASED BAKING TRAY.
BAKE 8 TO 10 MINUTES, COOL ON WIRE TRAY.
ENJOY WHILE YOU CAN - THEY USUALLY DISAPPEAR RAPIDLY!

SUE BUTTERWORTH - GARVALD

BAKEWELL TART

6 OZ SWEET SHORTCRUST PASTRY
3 OZ SOFT BUTTER OR MARG
2 LARGE EGGS
2 OZ GROUND ALMONDS
2 OZ SELF RAISING FLOUR – SIEVED
ALMOND ESSENCE
3 TBSP RASPBERRY JAM (OR SLIGHTLY MORE)
SPLIT ALMONDS TO DECORATE
ICING SUGAR

ROLL CHILLED PASTRY OUT THINLY TO A ROUND
LINE A DEEP SIDED 8" FLAN TIN
RESERVE PASTRY TRIMMINGS
PRICK THE PASTRY BASE



PLACE ALL INGREDIENTS EXCEPT JAM, SPLIT ALMONDS AND ICING
SUGAR INTO A MIXING BOWL
BEAT WELL WITH AN ELECTRIC MIXER UNTIL WELL MIXED
PREHEAT OVEN TO 180 C
SPREAD JAM OVER THE PASTRY BASE
SPREAD FILLING MIXTURE OVER
ROLL PASTRY TRIMMINGS INTO A LONG STRIP
CUT INTO STRIPS ABOUT 3/8" WIDE
PLACE ON THE TART IN A LATTICE
TRIM NEATLY
DECORATE TOP WITH SPLIT ALMONDS
BAKE IN THE MIDDLE OF THE OVEN FOR 40 – 50 MINS UNTIL WELL
COOKED
ALLOW TO COOL ON A WIRE RACK & SPRINKLE WITH ICING SUGAR

SUZIE BARRETT - GARVALD

BRENDA'S BROWNIES FROM CAPE COD

4 EGGS
1 CUP OF PLAIN FLOUR
2 CUPS OF SUGAR
1/2 CUP OF MELTED BUTTER
4 OZ SQUARES OF UNSWEETENED CHOCOLATE
1 TEASPOON VANILLA ESSENCE
1/2 TEASPOON BAKING POWDER
1/2 TEASPOON SALT
1 CUP OF CHOPPED WALNUTS (OPTIONAL)

PREHEAT OVEN TO 350' F, GM 4 OR 180' C
MELT BUTTER AND CHOCOLATE. BEAT TOGETHER EGGS AND SUGAR.
ADD THE BUTTER AND CHOCOLATE MIXTURES. ADD THE VANILLA
ESSENCE, BAKING POWDER AND SALT, STIR IN THE WALNUTS. POUR
MIXTURE INTO A GREASED AND FLOURED TIN (9" X 13"). BAKE FOR 30
MINUTES. CUT INTO SQUARES AND SERVE.

ZOE SANDERS – FIFE

CARROT CAKE

3 CUPS GRATED CARROT
1 CUP VEG OIL
2 CUPS CASTER SUGAR
2 CUPS PLAIN FLOUR
4 EGGS
2 TEASPOONS BAKING POWDER
2 TEASPOONS BAKING SODA
2 TEASPOONS CINNAMON
1 TEASPOON SALT
3 OZ CHOPPED WALNUTS

FOR ICING:
8 OZ PHILADELPHIA CHEESE
1 LB ICING SUGAR
1 TSP VANILLA ESSENCE

MIX ALL INGREDIENTS TOGETHER. LINE 2 X 2 LB LOAF TINS WITH BAKING
PARCHMENT COOK IN 150 C OVEN FOR 1 HOUR
ICE WITH PHILADELPHIA CHEESE COMBINED WITH ICING SUGAR AND
VANILLA ESSENCE.

ANON

CHERRY CAKE

8OZ SR FLOUR
4OZ BUTTER
2 EGGS
4OZ GLACE CHERRIES
4OZ SUGAR

CREAM SUGAR AND BUTTER UNTIL MIXTURE IS LIGHT AND FLUFFY.
GRADUALLY BEAT IN EGGS, THEN ADD CHERRIES.

FOLD IN SIFTED FLOUR (ADDING A LITTLE MILK IF THE MIXTURE
BECOMES TOO STIFF)

PLACE IN LOAF TIN IN PREHEATED OVEN AT 180C FOR 1 HOUR 15
MINUTES.

TIP: DOUBLE UP THE INGREDIENTS AND BAKE TWO CAKES AT THE
SAME TIME.

EVELYN CARLINE – GARVALD

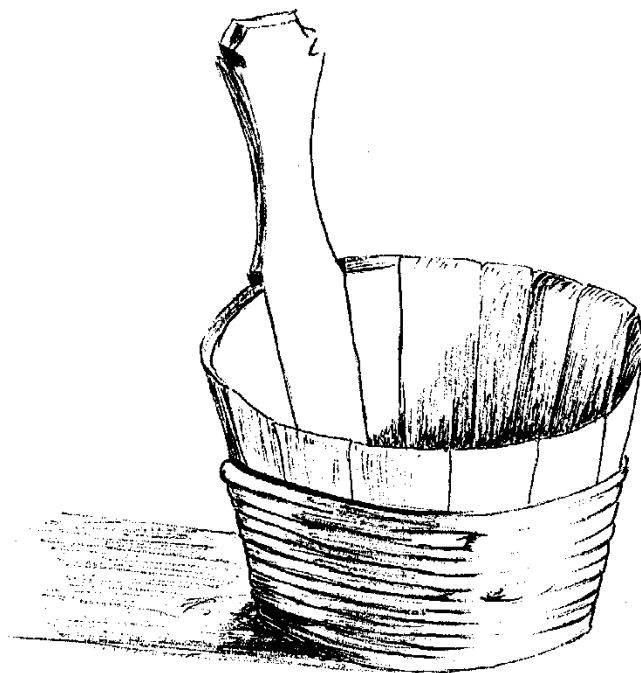
CHOCOLATE BEDS

MARG
SYRUP
COCOA
CASTER SUGAR
SMALL TIN CONDENSED
MILK
BROKEN DIGESTIVE
BISCUITS
MELTED CHOCOLATE

PUT A SPOONFUL OF
EACH INGREDIENT INTO
A SAUCEPAN TO MELT –
DO NOT BOIL
ADD BROKEN BISCUITS
(ENOUGH TO HOLD FIRM)
PLACE INTO A BAKING
TRAY
PRESS DOWN
COVER WITH MELTED
CHOCOLATE
ALLOW TO SET
CUT INTO SMALL
SQUARES

THIS IS VERY EASY AND
FUN FOR CHILDREN TO
MAKE

SHELAGH LEGGET – GIFFORD



BICKER - FOR PORRIDGE
made by Cooper Neillans c 1850.

CHOCOLATE BISCUIT CAKE

225G PLAIN CHOCOLATE
100G BUTTER
397G NESTLE CONDENSED MILK
275G CRUSHED DIGESTIVE BISCUITS
25 G RAISINS (OPTIONAL)
70 G MALTESERS (HALVED)

MELT CHOCOLATE, BUTTER & NESTLE MILK IN A PAN, ADD CRUSHED BISCUITS, & MALTESERS (& OPTIONAL RAISINS)
STIR WELL. PRESS MIXTURE INTO 18 X 28 CM BAKING TIN LINED WITH FOIL OR PARCHMENT PAPER.
CHILL UNTIL FIRM AND THEN CUT INTO TRIANGLES.
DECORATE WITH MELTED WHITE CHOCOLATE

VANESSA RETTIE - STENTON

CHOCOLATE CAKE

5 OZ SELF RAISING FLOUR
6 OZ CASTER SUGAR
6 OS SOFT MARG
3 OZ DRINKING CHOCOLATE POWDER
3 LARGE EGGS
3 TBSP HOT WATER

GREASE AND LINE AN 8 – 9” CAKE TIN
MIX ALL INGREDIENTS IN ONE BOWL
STIR GENTLY TO START UNTIL ALL ARE COMBINED
BEAT FOR TWO MINUTES
BAKE IN CENTRE OF OVEN AT 180 C FOR AN HOUR UNTIL WELL RISEN AND FIRM

NORMA THOMSON – GARVALD

CINNAMON BUTTER BISCUITS

6 OZ BUTTER
4 OZ CASTER SUGAR
8 OZ PLAIN FLOUR
1 LEVEL TSPN CINNAMON POWDER
1 OZ GRANULATED SUGAR

CREAM BUTTER AND CASTER SUGAR TOGETHER
BLEND IN FLOUR AND CINNAMON
KNEAD LIGHTLY UNTIL SMOOTH
DIVIDE INTO TWO
ROLL AND SHAPE INTO TWO 6" SAUSAGES
ROLL IN GRANULATED SUGAR TO COAT
WRAP IN FOIL
CHILL UNTIL FIRM IN FRIDGE
CUT EACH INTO 16 SLICES
PLACE ON GREASED BAKING TRAY ALLOWING ROOM FOR CAKES TO SPREAD
BAKE ABOVE CENTRE OF THE OVEN AT 160 C FOR 25 MINS OR UNTIL THE EDGES ARE A LIGHT GOLDEN BROWN

NORMA THOMSON – GARVALD

COCONUT CAKE

8 OZ DESICCATED COCONUT
4 OZ CHERRIES – CHOPPED
4 OZ CASTER SUGAR
4 OZ MARGARINE
8 OZ COOKING CHOCOLATE
2 EGGS

GREASE AND LINE A SWISS ROLL TIN
MELT CHOCOLATE
POUR INTO PREPARED TIN
LEAVE TO SET IN FRIDGE
MIX COCONUT, CHERRIES AND CASTER SUGAR INTO GENTLY MELTED MARGARINE
ADD WELL BEATEN EGGS AND MIX WELL, THEN SPREAD MIXTURE OVER CHOCOLATE BASE
COOK IN PREHEATED OVEN AT 180 C FOR 17 – 18 MINS
ALLOW TO COOL THOROUGHLY THEN CUT INTO SQUARES

MAURICE KELLY - GARVALD

CURATE'S DELIGHT / DATE FINGERS

½ LB SOFT MARG
2 EGGS
6-8 OZ OF CASTER SUGAR
½ LB RICH TEA BISCUITS (CRUSHED)
6 OZ PACKET CHOPPED DATES
VANILLA ESSENCE

PUT MARG, SUGAR AND EGGS INTO A HEAVY BASED PAN
MELT SLOWLY UNTIL IT BOILS
REMOVE FROM HEAT
ADD DATES TO PAN
RETURN TO HEAT
BRING TO THE BOIL
REMOVE FROM HEAT
ADD CRUSHED BISCUITS
TURN INTO LIGHTLY GREASED TIN
PUT IN FRIDGE FOR 1 HOUR
CUT INTO FINGERS AND SPRINKLE WITH CASTER SUGAR

ANON



ELLA'S BISCUITS

MAKES 30 BISCUITS

2 OZ MARG
2 OZ LARD
4 OZ SELF RAISING FLOUR
2 OZ ROLLED OATS
3 OZ SUGAR
1 TSPN GOLDEN SYRUP
3 TSPN BOILING WATER
FEW DROPS VANILLA ESSENCE

MIX FAT, SUGAR AND ADD SYRUP, WATER AND ESSENCE
STIR IN FLOUR AND OATS
MIX WELL
ROLL IN SMALL BALLS
PLACE ON BAKING SHEET
FLATTEN THE BALLS WITH BACK OF SPOON
BAKE IN MODERATE OVEN 180 C / GAS MARK 4 FOR 15 – 20 MINS

FIONA SHELDON – GIFFORD

FRUIT LOAF

1 LB MIXED FRUIT
1 BOX GLACE CHERRIES CUT INTO QUARTERS
1 LB SR FLOUR
8 OZ CASTER SUGAR
2 OZ BUTTER / MARG
2 EGGS
½ PT MILK
FEW DROPS OF VANILLA ESSENCE

RUB TOGETHER THE FLOUR AND BUTTER TO RESEMBLE FINE
BREADCRUMBS.
MIX TOGETHER THE MIXED FRUIT AND CHERRIES AND ADD TO THE
CAKE MIXTURE ALONG WITH THE SUGAR.
ADD THE EGGS AND MILK, FOLLOWED BY A FEW DROPS OF VANILLA
ESSENCE.
PLACE IN PREPARED CAKE TIN AND BAKE FOR 1 HOUR AT 180 C, AND
REDUCE HEAT TO 160C FOR A FURTHER 40 MINUTES.

EVELYN CARLINE - GARVALD

GINA'S CHOCOLATE CORNFLAKES.

1 TABLESPOON OF BUTTER
3 TABLESPOONS OF GOLDEN SYRUP
2 TABLESPOONS OF DARK COCOA POWDER (ROWNTREES?)
A HANDFUL OF RAISINS
SEVERAL HANDFULS OF CRUSHED CORN FLAKES

USE A LARGE SAUCEPAN, ADD ALL ITEMS EXCEPT THE FLAKES. BRING SLOWLY TO THE BOIL.
REMOVE FROM HEAT.
ADD SEVERAL HANDFULS OF LIGHTLY CRUSHED CORN FLAKES TO TASTE DEPENDING ON DEGREE OF GOOEY-NESS REQUIRED. TURN ON TO A PLATE TO MAKE A CAKE, OR INTO INDIVIDUAL PAPER CUPS. ALLOW TO SET
BINGE!

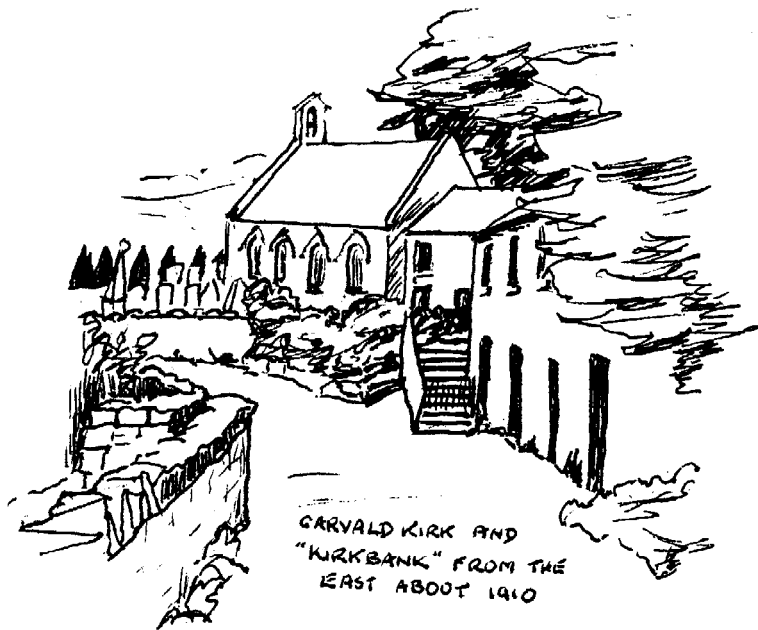
ELEANOR CADZOW - GARVALD

GINGER TORTE

50G MARG
50G LARD
175G PLAIN FLOUR
1 LEVEL TSPN
GINGER
2 TBSP CASTER
SUGAR
2 TBSP DIGESTIVE
BISCUITS –
CRUMBED

CREAM SUGAR
AND FATS
TOGETHER
WORK IN DRY
INGREDIENTS
TURN INTO 2
SMALL SANDWICH
TINS AND FLATTEN
BAKE FOR 25 MINS IN A MODERATE OVEN
SANDWICH TOGETHER WITH BUTTER CREAM

ALICE LAWRIE - GARVALD



KIRK BISCUITS

120G MARGARINE
1 LEVEL TABLESPOON GOLDEN SYRUP
1 LEVEL TEASPOON BAKING SODA
1/2 TEASPOON MIXED SPICE, CINNAMON AND GINGER
1 BREAKFAST CUP SELF RAISING FLOUR
1 BREAKFAST CUP PORRIDGE OATS
1/2 BREAKFAST CUP SUGAR

MIX TOGETHER ALL THE DRY INGREDIENTS.
MELT TOGETHER THE MARGARINE AND THE SYRUP.
ADD BOTH TOGETHER AND MIX THOROUGHLY.
FORM INTO SMALL BALLS, PLACE ON A GREASED BAKING TRAY AND
FLATTEN WITH A FORK
BAKE FOR 20/25 MINUTES IN A MODERATE OVEN

ANON

MACAROON CAKES

4OZ GROUND ALMONDS
4OZ CASTER SUGAR
1 EGG
1 DESSERTSPOON LEMON JUICE
SHORTCRUST PASTRY
SMALL AMOUNT OF RASPBERRY JAM

MIX TOGETHER GROUND ALMONDS, SUGAR, EGG AND LEMON JUICE.
ROLL OUT SHORTCRUST PASTRY THINLY, AND USE TO LINE INDIVIDUAL
BUN TINS.
SPREAD A LITTLE RASPBERRY JAM IN THE BASE OF EACH AND FILL WITH
CAKE MIXTURE.
SPRINKLE A LITTLE CASTER SUGAR OVER EACH AND BAKE IN OVEN AT
180 C FOR 20 MINUTES.

EVELYN CARLINE - GARVALD

LEMON SEED CAKE / LOAF

3 LEMONS
2 OZ BUTTER PLUS A LITTLE EXTRA FOR GREASING
9 OZ CASTER SUGAR
9 OZ SELF RAISING WHITE FLOUR
1 LEVEL TSPN (5 MLS) BAKING POWDER
1 EGG
4 FL OZ (100MLS) SEMI SKIMMED MILK
2 LEVEL TBSP (30 MLS) PLAIN YOGHURT
2 LEVEL TBSP (30 MLS) POPPY SEEDS
1/4 PT WATER

REMOVE ZEST FROM ONE LEMON
LIGHTLY GREASE AND LINE THE BASE OF A 2LB LOAF TIN
SOFTEN THE BUTTER IN A FOOD PROCESSOR
ADD THE LEMON ZEST, 7 OZ SUGAR, FLOUR, BAKING POWDER, EGG,
MILK, YOGHURT AND POPPY SEEDS
PROCESS UNTIL SMOOTH
TURN THE MIXTURE INTO THE TIN AND LEVEL OFF
COOK AT 180 C /350 F / GAS MARK 4 FOR 55 MINS TO AN HOUR OR UNTIL
COOKED THROUGH (COVER AFTER 40 MINS IF TOP BECOMES TOO
BROWN)
COOL IN THE TIN FOR 10 MINS

SQUEEZE THE JUICE FROM THE LEMON WITH THE ZEST REMOVED PLUS
ONE MORE LEMON
SLICE THE THIRD LEMON VERY THINLY
PLACE ALL TOGETHER IN A SAUCEPAN WITH THE REMAINING SUGAR
AND ¼ PINT OF WATER, BRING TO THE BOIL AND ALLOW TO BUBBLE FOR
4 – 5 MINS OR UNTIL SYRUPY
REMOVE FROM THE HEAT, LOOSEN THE SIDES OF THE CAKE FROM THE
TIN WITH A KNIFE AND TURN OUT. USING A COCKTAIL STICK, PIERCE
THE CAKE IN SEVERAL PLACES, SPOON SYRUP AND LEMON SLICES
OVER THE CAKE

TO FREEZE: DO NOT ADD THE SYRUP, JUST WRAP AND FREEZE WHILE
STILL IN THE TIN. TO USE: THAW FOR 4 HOURS AT COOL ROOM
TEMPERATURE TAKE OUT OF THE TIN, MAKE THE SYRUP AS ABOVE AND
POUR OVER THE CAKE.
ANON

LINDSAY'S CREAM SPONGE

3 MEDIUM EGGS (OR 2 LARGE)
3 SLIGHTLY ROUNDED TBSP CASTER
SUGAR
1 ROUNDED TBSP PLAIN FLOUR –
SIEVED
1 ROUNDED TBSP SELF RAISING FLOUR
SALT

GREASE TIN WITH TREX AND FLOUR
LIGHTLY
SEPARATE WHITES FROM YOLKS
PUT PINCH OF SALT IN WHITES (TO
MAKE THEM BEAT QUICKER)
BEAT WHITES STIFFLY UNTIL FORMING
PEAKS

BEAT IN CASTOR SUGAR
BEAT YOLKS IN SEPARATE BOWL
PUT BEATEN YOLKS INTO BEATEN
WHITES
STIR MIXTURE AND BEAT TOGETHER
ADD SIEVED FLOUR TO MIXTURE IN
SMALL QUANTITIES, FOLDING IN WITH A
SPOON

TURN MIXTURE INTO TIN
BAKE IN A HOT OVEN 220 C / GAS MARK 7
UNTIL GOLDEN BROWN 10 – 15 MINS AND
LEAVING SIDES OF TIN
(HINT: LISTEN TO THE CAKE. IF IT'S STILL FIZZING, IT'S NOT QUITE
READY)

FIONA SHELDON – GIFFORD



OATCAKES

2 CUPS PINHEAD OATMEAL
1 CUP WHOLEMEAL FLOUR
1 LEVEL TSPN BICARBONATE OF SODA
1 LEVEL TSPN CREAM OF TARTAR
1 LEVEL TSPN SALT
4 OZ MARG
CUP OF COLD WATER

MIX TOGETHER ALL THE DRY INGREDIENTS
ADD MELTED MARG
MIX
ADD CUP OF WATER
MIX TO SOFT DOUGH
ROLL OUT AND CUT WITH SCONE CUTTER
BAKE AT GAS MARK 5 FOR 45 MINS

EVELYN COUPER – EDINBURGH

PARADISE SLICES

8 GMS SHORTCRUST PASTRY
4 GMS MARGARINE
4 GMS OF CASTER SUGAR
1 EGG
VANILLA ESSENCE
1 TEACUP SULTANAS
1 TBLSP SELF RAISING FLOUR
2 TBLSP SEMOLINA
2 TBLSP CHOPPED WALNUTS
2 TBLSP CHOPPED CHERRIES

LINE A TIN APPROXIMATELY 11" X 7" WITH THE PASTRY & SPREAD WITH
JAM
CREAM MARGARINE & SUGAR & STIR IN WITH OTHER INGREDIENTS
SPREAD OVER PASTRY & BAKE AT 150C FOR 30 TO 35 MINS
SUGAR WHILE HOT
CUT INTO SLICES WHEN COLD

ELEANOR POLE – EAST LINTON

PEPPERMINT SQUARES

100G BLOCK MARGARINE
65G CRUSHED CORNFLAKES
100 ML COCOA
75G SOFT BROWN SUGAR
100G SELF RAISING FLOUR

FOR FILLING:
225G ICING SUGAR
30 MLS WATER
2 ½ MLS PEPPERMINT ESSENCE
GREEN FOOD COLOURING (OPTIONAL)
150 G CHOCOLATE FOR DECORATION

MELT MARG
ADD TO ALL THE DRY INGREDIENTS
PRESS INTO A SWISS ROLL TIN
BAKE AT 180 C /350 F / GAS MARK 4 FOR 20 MINS
REMOVE AND LEAVE TO STIFFEN
BLEND ICING SUGAR, WATER, ESSENCE AND COLOURING TOGETHER
UNTIL STIFF
SPREAD OVER BASE
LEAVE TO FIRM UP (ABOUT 30 MINS)
MELT CHOCOLATE
POUR OVER THE SET FILLING
LEAVE TO SET
CUT INTO 1 ½ INCH SQUARES

JANET WINTER – GARVALD

QUEEN MOTHER'S BIRTHDAY CAKE

8 OZ BUTTER (MUST BE BUTTER)
8 OZ PLAIN FLOUR
2 OZ GROUND ALMONDS
6 OZ PLAIN CHOCOLATE
8 OZ CASTER SUGAR
2 TSPN BAKING POWDER
1 TBSP ORANGE MARMALADE
5 EGGS SEPARATED

ICING:

4 OZ BUTTER
8 OZ ICING SUGAR
2 TBSP COFFEE ESSENCE
NUTS FOR DECORATION

CREAM BUTTER AND SUGAR
ADD YOLKS AND MARMALADE
MELT CHOCOLATE AND ADD
ADD DRY INGREDIENTS
FOLD IN STIFFLY BEATEN EGG WHITES
BAKE IN A GREASED 2 LB CAKE TIN IN A SLOW OVEN FOR 1 HOUR AND 15 MINS

FOR ICING:

CREAM TOGETHER THE BUTTER, ICING SUGAR AND COFFEE ESSENCE
SMOOTH OVER CAKE
SPRINKLE WITH NUTS

MARGARET FORRESTER – COLDSTREAM

SKYE LOAF

1 CUP WATER
1 CUP SUGAR
2 CUPS MIXED FRUIT
¼ CUP MARG
1 TSPN BAKING SODA
2 CUPS SELF RAISING FLOUR
2 BEATEN EGGS

PUT FIRST FIVE INGREDIENTS IN PAN
BOIL FOR 15 MINS
COOL FOR 5 MINS
ADD FLOUR AND EGGS
TURN INTO LOAF TIN AND BAKE AT 180 C FOR AN HOUR

MARY TURNBULL – GARVALD

SUMPTUOUS CHOCOLATE CAKE

175G SELF RAISING FLOUR
200G CASTER SUGAR
1/2 TSP SALT
25G COCOA
100G MARG
2 EGGS BEATEN WITH 75ML
EVAPORATED MILK
75ML WATER
VANILLA ESSENCE

SIEVE FLOUR, SUGAR, SALT AND
COCOA.
RUB IN MARG / BUTTER. STIR IN EGGS,
ESSENCE AND WATER, THEN BEAT
WELL.
GREASE AND FLOUR 2 X 20.5 CAKE TINS.
NOT LOOSE BOTTOMED.
DIVIDE MIXTURE BETWEEN THEM.
BAKE FOR ABOUT 30-35 MINS. GAS MARK
4. 180C. 350F
WHEN COOL, ICE AND SANDWICH WITH
BUTTER ICING. THEN EAT STRAIGHT
AWAY.



BUTTER ICING:
100G BUTTER/MARG
200G ICING SUGAR
2 X 5ML COCOA
EVAPORATED MILK AND VANILLA ESSENCE

CREAM BUTTER, ADD ICING SUGAR GRADUALLY.
ADD EVAPORATED MILK AND VANILLA ESSENCE SLOWLY UNTIL
TEXTURE IS SMOOTH BUT NOT RUNNY.

TINA HALL, NORTHUMBERLAND

THROW IT - ALL - IN GINGERBREAD

2 CUPS SELF RAISING FLOUR
1 CUP SUGAR
125 G MARG
1 EGG
1 TBSP SYRUP
1 TSPN GROUND GINGER
1/2 BICARBONATE SODA
1 CUP BOILING MILK

PLACE ALL INGREDIENTS, EXCEPT MILK, IN BOWL
POUR IN MILK & MIX TILL SMOOTH, THEN POUR INTO GREASED 1LB LOAF
TIN AND BAKE AT 325 F FOR 35 – 40 MINS

VICKIE SHORT – NUNRAW

VERY EASY CHEESY BISCUITS

SAME QUANTITY – PLAIN FLOUR (150G MAKES QUITE A LOT OF BISCUITS), BUTTER, HARD CHEESE
CAYENNE OR ANY HERB OR SEED IF DESIRED

PROCESS INGREDIENTS TO A BALL – ADDING A LITTLE WATER IF NECESSARY

ROLL OUT THINLY ON WELL FLOURED SURFACE

CUT OUT INTO ANY SHAPE OR USE A SMALL LIQUEUR GLASS

PLACE ON A NON STICK BAKING TRAY

BAKE AT 150 F FOR 8 – 10 MINS

COOL ON TRAY

STORE IN AIRTIGHT CONTAINER

ANNE KITKAT – GARVALD

YUM - YUM BISCUITS

1 SMALL TIN CONDENSED MILK

50G BUTTER OR MARG

225 G PLAIN CHOCOLATE

25 G RAISINS

125G RICH TEA BISCUITS

LINE 20CM SQUARE TIN WITH CLING FILM

PUT BUTTER, MILK AND HALF THE CHOCOLATE (BROKEN INTO PIECES)
INTO A SAUCEPAN

MELT, STIRRING GENTLY ALL THE TIME

REMOVE FROM HEAT

ADD RAISINS AND BROKEN UP BISCUITS

STIR

TURN INTO TIN

CHILL

TURN OUT AND POUR REMAINING MELTED CHOCOLATE OVER

LEAVE TO SET

CUT INTO FINGERS

ANON



MISCELLANEOUS

AUNTY ANNIE'S LEMONADE

6 LEMONS
4 LB SUGAR
2 OZ TARTARIC ACID (AVAILABLE FROM CHEMISTS)
1 OZ CITRIC ACID (AVAILABLE FROM A CHEMIST)
3 PTS BOILING WATER

GRATE RIND OF LEMONS
PLACE IN LARGE BOWL WITH JUICE
ADD SUGAR AND ACIDS
POUR OVER BOILING WATER
STIR TILL DISSOLVED
COVER AND LEAVE OVERNIGHT
STRAIN INTO BOTTLES (3 – 4 WHISKY BOTTLES)
DILUTE TO TASTE

MOLLIE DOBBIN-
GARVALD

BUTTERSCOTCH SAUCE

1 OZ BUTTER
3 OZ SYRUP
3 OZ SOFT BROWN
SUGAR
1 TBSP BOILING WATER
4 TBSP SINGLE CREAM

MELT BUTTER, SYRUP
AND SUGAR
BOIL FOR 3 MINS
STIRRING ALL THE TIME
TAKE OF HEAT
ADD 1 TBSP BOILING
WATER – SLOWLY
LET IT COOL
BEAT IN SINGLE CREAM
PUT INTO SCREW TOP
JAR AND PUT IN
FRIDGE (KEEPS FOR
MONTHS)

ANON



CANAPÉS OF YORKSHIRE PUDDING WITH FILLET OF BEEF (MAKES 60)

4OZ. PLAIN FLOUR
2 EGGS
1/2 PT. MILK
6OZ. BEEF FILLET
1/2 PT. DBLE CREAM
3 TBSPF HORSERADISH SAUCE

Make Yorkshire Pud batter in the normal way.

POUR INTO PREPARED MINI TRAYS (EG. MINI MUFFIN TRAYS) AND COOK
AT 200C. FOR 10 -15 MINS.
COOL ON WIRE RACK.
GRILL FILLET UNTIL RARE, AND WHEN COLD SLICE INTO VERY THIN
SLIVERS.
WHIP CREAM AND STIR IN HORSERADISH.
ONTO EACH MINI YORKSHIRE PUD, SPOON SOME OF THE CREAM
MIXTURE AND TOP WITH A SMALL SLICE OF BEEF

JUDY WILES - WILTSHIRE

CHOCOLATE TRUFFLES

350 ML/12 FL OZ. DOUBLE CREAM
400G/14OZ BEST QUALITY DARK CHOCOLATE/GRATED
2 TBLSP GRAND MARNIER TO COAT
4OZ BEST QUALITY WHITE CHOCOLATE- MELTED
4 TBLSP BEST COCOA POWDER
4 TBLSP CASTER SUGAR
5 OZ CHOPPED HAZELNUTS

HEAT CREAM IN HEAVY BASED SAUCEPAN UNTIL BOILING.
REMOVE FROM HEAT AND STIR IN GRATED CHOCOLATE, THEN AFTER
MELTED, STIR IN GRAND MARNIER
POUR INTO SHALLOW DISH TO MAKE A LAYER APPROX. 1" THICK.
FREEZE FOR ABOUT AN HOUR, OR CHILL FOR 4/5 HOURS UNTIL SET.
TAKE TEASPOONS OF THE MIXTURE AND ROLL BETWEEN HANDS TO
MAKE BALLS.
USE A COCKTAIL STICK TO FINISH WITH ASSORTED COATINGS, AND
CHILL PLACED ON GREASEPROOF PAPER

LIZ JEFFREY, GARVALD

CRANBERRY RELISH

2 CUPS SUGAR
1/2 CUP WATER
3 WHOLE CLOVES
1 STICK CINNAMON
1 LB (450G) CRANBERRIES
1/2 THIN SKINNED ORANGE
1/2 CUP BRANDY

DISSOLVE SUGAR IN WATER AND BOIL FOR 3 MINUTES WITHOUT STIRRING. ADD CLOVES, CINNAMON, CRANBERRIES AND FINELY-CHOPPED ORANGE
COOK FOR 4-5 MINUTES UNTIL THE CRANBERRIES BURST. REMOVE FROM HEAT AND ADD BRANDY. LET THE RELISH COOL THEN REMOVE CLOVES AND CINNAMON
KEEP IN A JAR IN THE REFRIGERATOR UNTIL READY TO USE.

DOROTHY GIBSON - GARVALD

DEVILLED DIP

1/2 LB COTTAGE CHEESE
1/4 LB THICK MAYONNAISE
4 OZ MIXED NUTS AND RAISINS – CHOPPED
1 GREEN PEPPER – CHOPPED
1 RED PEPPER – CHOPPED
1 TSPN TABASCO
PINCH CAYENNE PEPPER
SALT AND PEPPER

MIX COTTAGE CHEESE AND MAYONNAISE
STIR IN REMAINING INGREDIENTS
SEASON TO TASTE
SPOON INTO SERVING BOWL,
CHILL BEFORE SERVING GOOD
WITH CRISPS AND VEG STICKS

MOLLIE DOBBIN - GARVALD



LEMON CURD

1 LB CASTER SUGAR
4 LEMONS
5 EGGS
4 OZ BUTTER

SQUEEZE JUICE FROM LEMONS (PLUS RIND FROM 3 IF SHARPER FLAVOUR IS PREFERRED)
BEAT EGGS
ADD TO BUTTER AND SUGAR
ADD LEMON JUICE
PUT ALL IN A DOUBLE SAUCEPAN
STIR UNTIL SUGAR IS DISSOLVED AND CURD THICKENS
DO NOT ALLOW WATER TO BOIL OVER INTO THE INGREDIENTS OR BOIL DRY

ELIZABETH OSTLE - EDINBURGH

LEMON CURD

3 LARGE EGGS
3 LARGE LEMONS
3 OZ BUTTER
9 OZ SUGAR

MELT BUTTER
ADD GRATED LEMON RIND, SUGAR AND LEMON RIND
STIR
ADD BEATEN EGGS –SLOWLY
KEEP STIRRING UNTIL MIXTURE THICKENS
PUT INTO SMALL CONTAINERS

ANON

SAVOURY SNACK

3 SLICES WHITE BREAD – BUTTERED AND CUT INTO FOUR
½ ONION – FINELY CHOPPED
1 LARGE TOMATO – CUT INTO SMALL PIECES
3 OZ CHEDDAR CHEESE - GRATED
PEPPER

PLACE BREAD, BUTTER SIDE DOWN IN A BUN TIN AND PRESS
MIX ONION, TOMATO AND CHEESE TOGETHER
PUT A LITTLE OF THE MIXTURE ON TOP EACH PIECE OF BREAD
PLACE ON TOP SHELF IN A HOT OVEN FOR 10 MINUTES

ELIZABETH RANKIN - EDINBURGH