

Quick Vegetable Lasagne
Sally Hendry, Rose Cottage

- 1 tbs. olive oil
- A few sliced mushrooms
- 8 sheets lasagne verdi
- 1 onion, sliced
- 125g. (4oz.) grated mozzarella
- 525g. jar of bolognese sauce
- 454g. carton natural cottage cheese
- 2 carrots, sliced
- 2 courgettes, sliced
- Salt and black pepper

Preheat oven to 200°C (400°F, Gas Mark 6). Lightly oil a shallow ovenproof dish. Heat the oil in a pan, add onion, courgettes, carrots and mushrooms. Fry until tender. Stir in jar of sauce and season to taste. Allow to simmer uncovered for 10 minutes. In a bowl, mix together cottage cheese, mozzarella and half the parmesan or cheddar. Spoon half the courgette mixture over base of dish. Cover with 4 lasagne sheets. Spoon over one quarter of the cheese mixture and roughly smooth. Spoon over remainder of courgette mixture, arrange remaining lasagne sheets. Spoon remaining cheese mixture on top, covering lasagne. Cook for 30 minutes until golden brown and bubbling, and lasagne is tender. Serves 4.

Pizzaladere

Sue Sylvester-Bradley, 22 Fox Green

A cross between a flan and a pizza, given to me by my mum-in-law.

Enough shortcrust pastry (made with S.R. flour) to line bottom and sides of your flan tin
1 large tin whole plum tomatoes (or skinned fresh ones if preferred)



- 1 clove garlic
- 1 onion
- Olive oil
- Parsley and thyme (fresh if available or dried)
- 2 tbs. tomato puree
- 2 eggs
- 4 oz. well flavoured grated cheese
- Salt and pepper to taste
- Tin anchovy fillets (I soak mine in a little milk to remove excess oil)
- Black olives

Finely chop onion and cook in a little olive oil to soften. Drain some of the liquid from the tinned tomatoes, roughly chop them and add to pan with the crushed garlic, herbs and tomato puree.

Cover and gently cook for 20 to 25 minutes. Draw aside and cool slightly. Add beaten eggs and cheese. Pour into pastry case and arrange anchovies and olives on top. Bake at 175°C for 30 to 35 minutes until set. Serve hot or cold. Happy cooking!

Grease a 23cm. (top) 18cm. (base) 3cm. (deep) metal pie dish. Pour the cream into a large saucepan. Add the bay leaf, salt and black pepper. Bring the cream to the boil very slowly over low heat and when it comes to the boil, remove it from the heat. Add the potato slices to the cream mixture and stir well so that they are covered in cream. Return the saucepan to high heat until the cream comes back to the boil. Reduce the heat and simmer for 10 minutes, stirring occasionally. Remove the bay leaf. Fold in the herbs and set aside to cool for at least 20 minutes. Preheat the oven to moderately hot 200°C (400°F/Gas 6). Divide the pastry into two portions. Roll out one portion between two sheets of baking paper until it is a circle large enough to fit the base and side of the dish. Line the pie dish with the pastry. Lay half the potato slices in the pie, sprinkle with the chopped garlic and half the cheese, and season. Add the remaining potato slices and season again. Top with the remaining cheese. Roll out the remaining portion of dough between two pieces of baking paper to a circle large enough to cover the top of the pie tin. Brush the rim of the bottom piece of pastry with the beaten egg and cover with the pastry. Trim the edges. Make a small hole in the centre of the pastry. Re-roll the pastry scraps and cut into shapes with which to decorate the pie. Brush the pie with beaten egg and bake for 10 minutes. Reduce the oven to moderate 180°C (350°F/Gas 4) and bake for about 1 hour 5 minutes. Cover the pie with foil halfway through baking if the pastry begins to brown. Insert a skewer through the hole in the pie to test if the potatoes are tender.

Potato and Cheese Pie

Beth Shorter, Heatherfield, The Street

1 kg. waxy potatoes (eg desiree), thinly sliced
 500g home-made or bought puff pastry
 1 cup (125g.) grated Cheddar
 1 clove garlic, finely chopped
 1 cup (250ml.) cream
 1 tsp. chopped fresh thyme
 1 tsp. chopped fresh chives
 1 egg, lightly beaten
 1 bay leaf



4 pork chops
 Large onion sliced
 Clove garlic, crushed
 3 or 4 sun-dried tomatoes cut into strips
 100g. mushrooms, sliced
 Approx. 2 glasses dry white wine
 Salt and freshly ground black pepper
 Sprinkling of mixed herbs, dried or fresh
 Olive oil
 Creme fraiche (optional)

Preheat oven to 180°C. Season chops with salt and pepper. Heat oil in frying pan, seal chops and place in casserole. Fry onion until soft, add garlic, mushrooms and sun-dried tomatoes and stir gently. Pour in wine and allow to bubble up. Add herbs, then transfer to casserole. Cover with foil and lid and bake for around 1 hour. Adjust seasoning and stir in a good spoonful of creme fraiche before serving if desired. You could also add a couple of diced rashers of smoked streaky bacon, a chopped cooking apple or a few black olives to this recipe.

Braised Pork Chops

Sue Ireland, Rose Cottage, Evergreen Lane

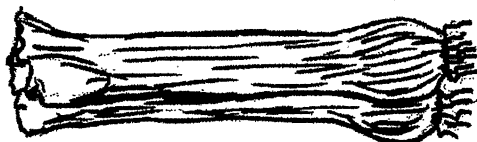
Melt the margarine in a pan, add the courgettes and fry for 7 to 8 minutes, stirring frequently, until coloured. Place in a bowl with the egg yolks, herbs, and salt and pepper to taste and mix well. Whisk the egg whites until fairly stiff, fold 2 tbs. in the courgette mixture to lighten it, then carefully fold in the rest. Turn the mixture into a lined and greased 30cm. by 20cm. (12" by 8") swiss roll tin and spread evenly. Cook in a preheated moderately hot oven, 22°C (40°F, Gas Mark 6) for 10 to 15 minutes, until risen and firm. Meanwhile, prepare the filling. Heat the oil in a pan, add the onion and fry until softened. Add the mushrooms and fry for 3 minutes. Stir in the flour, then gradually stir in the milk. Add salt and pepper to taste and simmer for 3 minutes. Sprinkle the Parmesan cheese on a sheet of greaseproof paper. Turn the roulade out onto the paper and peel off the lining paper. Spread with the filling and roll up like a swiss roll. Serve immediately.

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| 25 g. (1oz.) margarine | 2 tbs. oil |
| 500g. (1 lb.) courgettes, grated | 1 onion, chopped |
| 4 eggs, separated | 175g. (6oz.) mushrooms, sliced |
| 1 tsp. chopped parsley | 1 tbs. wholewheat flour |
| Salt and pepper | 120ml. (4 fl. oz.) milk |
| 2 tbs. grated Parmesan cheese | |

Filling

Courgette Roulade

Beth Shorter, Heatherfield, The Street



Heat the butter and oil in a large frying pan over medium heat. Add the onion and cook, stirring occasionally, for 2 minutes. Add the leek and garlic and cook for 5 minutes, or until the leek is softened and lightly coloured. Add the flour and stir into the mixture for 1 minute. Add the sour cream and stir until slightly thickened. Transfer to a bowl and add the parmesan and thyme. Season with salt and black pepper and then allow to cool. Preheat the oven to moderately hot 200°C (400°F/Gas 6). Place a lightly greased baking tray in the oven to heat. Using a 6cm cutter, cut the pastry into 64 circles. Place 4 heaped tsp. of filling on half the pastry circles, leaving a small border. Lightly brush the edges with egg, then place a pastry circle on top of each. Seal the edges well with a fork. Lightly brush the tops with egg. Place the pies on the heated tray and bake for 25 minutes, or until the pies are puffed and golden.

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| 60g. butter | 1 tbs. plain flour |
| 2 tbs. sour cream | 1 onion, finely chopped |
| 3 leeks, finely sliced | 1 cup (100g.) grated parmesan |
| 1 egg, lightly beaten | 1 tsp. chopped fresh thyme |
| | 1 clove garlic, chopped |
| | 2 tbs. olive oil |
| | 4 sheets frozen puff pastry, thawed |

Cocktail Leek Pies

Beth Shorter, Heatherfield, The Street

Delicious served with French stick.
 Cook in oven at 180°C for 1 hour. Remove lid and greaseproof for another 1/2 hour cooking.
 used. Season, and cover with water. Grease a sheet of greaseproof paper to fit casserole.
 Peel and slice vegetables and potatoes, (approx. 5mm). In casserole dish, place a layer of
 potato, carrot and onion then slices of bacon. Repeat this procedure until all ingredients are



- 4 good size potatoes
- 1 lb. carrots
- 1 large onion
- 1 1/2 pts. water
- 1 lb. streaky bacon
- 2 pt. casserole dish with lid
- Salt and pepper

(This is a recipe mother used to use. She gleaned it from her mother who was 'in service' at
 Helpston, (John Clare's birthplace). While those above stairs ate a real goose, those below
 stairs ate this rather greasy dish and dreamed).

Poor Man's Goose
 Pam Jacklin, Haverhill

Heat oil and fry rice gently until golden brown. Add chopped onion and crushed garlic and fry
 for a few minutes. Add steak, tomatoes, stock and raisins etc. and cook for a few minutes.
 Place all the above in a casserole, cover and cook for 20 minutes in a medium oven.
 Remove lid, scatter cashew nuts on top and cook for further 10 minutes without the lid.
 Serve on its own, or with side salad.

- Tin stewed steak approx. 420g. (or your own braising steak retaining gravy)
- 2 cups of stock or tomato juice
- 3/4 of a cup of rice
- Pinch salt or cayenne pepper
- 1 to 2 cloves garlic
- 1/4 lb. cashew nuts
- 1 onion
- 1 tin tomatoes
- 3 tbs. olive oil
- Half cup of raisins



Tom Ugly's Rice
 Peter and Helen Smith, 14 Fox Green

Trim excess fat from the chops. Wipe them dry with a damp cloth and put them in a buttered
 oven-proof dish. Season with salt and pepper to taste. Peel, core and thinly slice the apples
 and arrange over the chops to cover completely. Melt the remaining butter and brush some
 over the apple slices. Sprinkle with lemon juice and cover the dish with tin foil.
 Cook in the centre of a preheated oven 160/170°C for an hour. Remove the foil, brush the
 apples with the remaining butter and cook for a further 10 minutes, or until the apples are
 lightly browned but not dry and the chops are tender. Serve the chops from the cooking dish
 or onto a warmed serving plate. Small new potatoes and spinach go well.

- 4 thick pork chops
- 1 to 2oz. unsalted butter
- 3 to 4 large cooking apples
- Juice of 1 lemon
- Salt and black pepper

Pork Chops with Apple : (Ernie's Speciality)
 Ernie Pigden, 21 Fox Green

Roasted Chicken with a Sun Dried Tomato Crust

Farm Boneham, 37 Clarendale

2 lemons
5kg. chicken
Olive oil for greasing
2 red onions
2 large aubergines
12 new potatoes
1 jar sun dried tomato pastagusto
Sea salt and freshly ground black pepper
Olive oil for drizzling

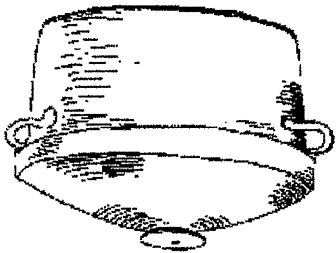
Heat oven to 180°C (350°F/Gas Mark 4). Cut the lemons into quarters and place them in the chicken's cavity. Put the bird on a large, lightly oiled roasting tray and cook in the oven for 45 minutes. While the chicken is cooking, peel the onions and slice them into wedges. Cut the aubergines into chunks. Remove the chicken from the oven, add the vegetables to the roasting tray, and toss them in the oil and juices. Spread the sun dried tomato pastagusto over the chicken. Season the chicken and vegetables and lightly drizzle with the olive oil. Return the tray to the oven for a further 45 minutes. The vegetables should be soft and golden. Serves 4. Preparation time 15 minutes, cooking time 1 1/2 hours.

Easy Pork and Apricot Casserole

Marie Knight, Crown House

1 head of celery
1 large onion, sliced
1 1/2 lb. stewing pork, diced
1/2 oz. butter
1 tbs. oil
2 rashers unsmoked streaky bacon, chopped
10z. seasoned flour
2 tbs. tomato paste
1 large or 2 small green peppers
1/2 pt. white wine
4oz. dried apricots, halved
1 stock cube in 3/4 pt. water
1 dsp. sugar, stirred in at end
1/2 lb new potatoes (cooked and added at last minute)

In frying pan, fry onion and bacon in butter and oil. Transfer to casserole dish. In the same frying pan, brown pork and add to casserole. Stir in flour and seasoning. Add tomato paste, wine, stock, apricots and peppers. Stir until thickened.
Cook at 160°C. for one and a half to two hours, until tender.



Pheasant with Cider and Apple Rings

Barbara Mills, 18 Clarendale

1 pheasant, jointed or breast and wings of two pheasants
Seasoned flour
1 tbs. oil
1 tbs. flour
Salt and pepper
2 cooking apples
1 large onion, thinly sliced
1/2 pt. medium cider
1/2 pt. good stock
3 sticks celery, thinly sliced
Fried apple rings, fried triangles of bread

Trim pheasant and coat with seasoned flour. Heat butter and oil and fry bird until brown all over. Remove from pan and fry onion until soft, add celery and continue until soft. Stir in flour followed by cider and stock. Bring to the boil, season well and add apple and pheasant. Cover tightly and simmer gently for 30 minutes or until pheasant is tender. Remove pheasant, strain vegetables and apples and place on serving dish with pheasant on top. Keep warm. Boil cooking juices until slightly reduced. Pour over pheasant and add garnish. Serves 4.

Cardinham Special Spiced Lamb Loaf

Barbara Mills, 18 Clarendale

8 to 10oz. cooked lamb
2oz. Cheddar cheese
1 tbs. finely chopped parsley
1 large onion
Pinch of sage
3oz. bacon
Salt and pepper
3 tbs. tomato juice
2 eggs

Mince the lamb with the onion, bacon and cheese. Combine these with the parsley, sage and seasoning. Beat the eggs, add tomato juice and mix liquid with dry ingredients. Place mixture in a well-greased loaf tin and bake in a moderately hot oven 400°F (Reg. 5) for 30 to 40 minutes until loaf is set and a knife put through comes out clean. Turn out loaf and serve hot or cold.

Chilli con Carne

Diane Pettit, Spring Barn Lodge

3 tbs. vegetable oil
1 large onion, chopped
4 garlic cloves, crushed
2 lb. (900g.) minced beef
2 to 3 tbs. mild chilli powder
Pinch chilli flakes
1 tsp. each salt and pepper
5oz. (140g.) can tomato puree
Small can baked beans
15 fl. oz. (450ml.) fresh tomatoes, blanched, skinned, cooked and sieved (or 400g. chopped tomatoes) (or sugocasa)
Grated Gruyere Cheese
Small tub sour cream
12oz. canned red kidney beans, rinsed and drained
Rice for 8
8oz. (250 ml.) beer

Heat the oil in a deep saucepan and cook onion until softened, about 5 minutes. Add the beef and cook until browned, breaking up the meat with the side of a spoon. Stir in the garlic, brown sugar, chilli powder, chilli flakes, salt and pepper. Add the tomato puree, beer and sieved tomatoes and stir to mix. Bring to the boil. Reduce heat, cover and simmer for 50 minutes. Stir in the kidney beans and simmer uncovered for 5 minutes longer. Meanwhile, cook the rice. To serve, put the rice into a warmed bowl. Ladle the chilli over the rice and top up with some soured cream and grated Gruyere cheese. Serves 8.

Fish in Puff Pastry

Susy Damazer (Sidney Buchs' sister)

1 lb. cooked flaked haddock or cod
Large pkt. puff pastry
3 hard boiled eggs
Salt and pepper
1/2 lb. peeled prawns (optional)
1 tin Campbell's mushroom soup
Chopped parsley
1 egg for glazing



Roll out pastry to about 10" by 14". Layer half amount of fish, hardboiled mashed egg and parsley down the middle of the pastry. Spoon over half undiluted soup. Repeat whole process. Roll over pastry, make sure all is securely wrapped including ends. Turn over onto baking sheet with joints underneath. Glaze with beaten egg. Score slightly with criss/cross pattern, but make sure not to cut through pastry as it will ooze otherwise. Bake at oven Gas 6 for 25 to 35 minutes.

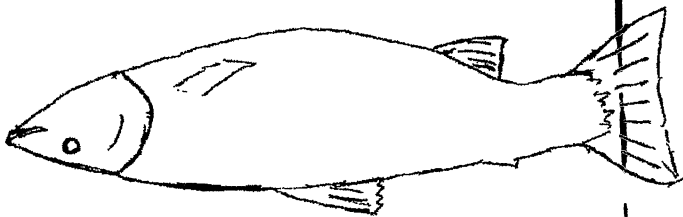
Another Puff Pastry Recipe

Susy Darmazer

1 pkt. ready rolled puff pastry
3 to 4 tomatoes depending on size, sliced
2 pkts. Mozzarella cheese
6 slices ham, not too thin but not thick

Lay pastry flat, add 3 slices ham, top with sliced tomato, top that with slices Mozzarella.
Repeat same thing over again. Roll up securely, bake in hot oven Gas 6 for about 25 to 30 minutes.

Salmon Negresco
John Eley, The Rectory, Kedington



4 salmon steak slices
1 pkt. puff pastry
1 large egg yolk
5 fl. oz. double cream
1 finely chopped shallot
1 beaten egg for basting (add a little salt to the basting egg mixture as this gives a better glazing effect)

Preheat oven to 190°C (375°F, Gas Mark 5).

Bring a pan of water to the boil and immerse each salmon steak for 1 minute.
Allow them to cool and remove the skin from the salmon.

Gently soften the finely chopped shallot in the unsalted butter in a pan over low heat. Add the cream and heat through. Remove from the heat and add the beaten egg yolk and dill.

Allow to cool a little.

Divide the pastry into eight and roll out into eight rectangles about 12cm. by 20cm.

Place the salmon steaks in the middle of each of four pieces of puff pastry.

Spoon over some of the sauce and then baste the edges of puff pastry with egg wash.

Cut some slashes on the other halves of the puff pastry and place on top of the salmon and sauce. Seal the edges well. Brush with the basting egg.

Place on a baking tray and cook for 30 to 35 minutes.

Serve hot or cold.

Tuna Fish Pie

Clarice Low, 21 Clarendale Estate

1 small onion
1 small tin evaporated milk
2oz margarine
7oz. tin tuna fish
2oz. flour
1 chicken bouillon cube
6oz. pastry

Chop onion finely, fry in margarine until golden. Stir in flour and blend well, over gentle heat. Dissolve bouillon cube in 1/2 pint of boiling water and gradually add to flour and onion, stirring all the time. Add evaporated milk, continue stirring until thick and smooth, add drained, flaked tuna and lemon juice. Pour into 7" pie plate or dish, cover with pastry and bake in oven, Gas Mark 8 for 20 - 30 minutes until golden.

Mould together with hands the biscuits, butter and sugar and press into buttered flan dish, press firmly down, put in fridge to firm. Melt the condensed milk and juice and rind of the lemons in saucepan, remove from heat, fold in the double cream, spoon onto biscuit base evenly, set in fridge

8oz. Digestive biscuits
2 large lemons
6oz. condensed milk
2oz. castor sugar
Clarice Low, 21 Clarendale
4oz butter, slightly soft
1/4 pint double cream

Scrumptious Lemon Pie

Scatter the remaining raspberries round the edge. Chill in the fridge, and take out 15 minutes before serving. Sprinkle with icing sugar if wanted.

Preheat oven to 190°C (375°F). Whisk the egg whites to the soft peak stage, then add the castor sugar, whisking it in a little at a time. Spread the meringue mix in the prepared tin. Bake in the centre of the oven for 20 minutes, and then leave to cool. Turn out onto a piece of paper, on a flat surface. Gently take off the lining paper. Melt the chocolate in a bowl over simmering water, or in the microwave. Stir gently to a smooth sauce and leave to cool. Whip the cream and put into 2 bowls. Keeping back about 2 tbs. of the chocolate, add the rest to one bowl of cream, folding it lightly in until it is evenly mixed. Spread it over the meringue, almost to the edges. Take about half the raspberries and gently break them up into smaller pieces. Fold these into the remaining cream. Spread this over the chocolate cream. Now, using the paper to help, roll up the roulade. Not too tightly or the innards will squeeze out. Don't worry if there are cracks, that's normal-but put the outside edge underneath on the plate. Using a spoon, drizzle the rest of the chocolate back and forth over the roulade as decoration.

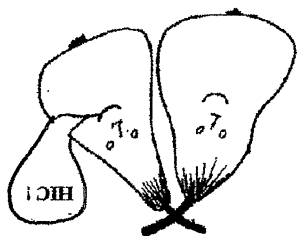
100g bar of dark chocolate (75% cocoa solids, such as Lindt)
8oz. raspberries
1/2 pt. double cream
Optional, small amount of icing sugar
Rectangular baking tray, with small sides, about 7" by 10", lightly oiled, and then lined with baking parchment, with about 1" standing up at the edges.

4oz. castor sugar
2 large egg whites

Chocolate and Raspberry Roulade

Gill Brown, 23 Fox Green

Peel the pears, cut out the calyx at the base and leave the stalk intact. Put the sugar, red wine, water and sloe gin into a small pan and heat gently until the sugar dissolves. Bring to the boil and add cinnamon stick, the pared zest and the star anise. Add the pears, cover and poach over a low heat for 30 minutes or until tender. Lift the pears into a bowl and reduce the liquid to about 200ml. (7 fl. oz.) or until syrupy. Pour over the pears and serve warm or chilled.



4 William or Comice pears
Half pint dry red wine
Quarter pint sloe gin
Zest of 1 orange
4oz granulated sugar
Half pint water
Cinnamon stick
Six star anise

Drunken Pears

Monica More, The Three Tuns

Christmas Pudding
Carole Durrant, 13 Clarendale

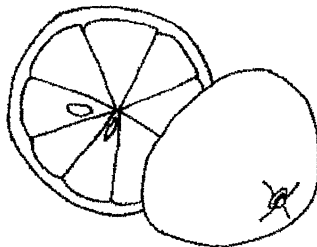
(The first time I made this pudding was in a school cookery lesson when I was 12 years old. I still have the original hand-written recipe torn from a school exercise book and I make one every year).

- 4oz. plain flour
- 4oz. brown sugar
- 8oz. currants
- 4oz. candied peel
- 1/2 tsp. salt
- 4oz. fresh breadcrumbs
- 8oz. sultanas
- 2 eggs
- 4oz. sultanas
- Rind and juice of 1 lemon
- 1 tbs. black treacle
- A little milk

Combine all dry ingredients and spices then the fruit and mix well. Add lemon rind and juice, then eggs and treacle. Add a little milk if the mixture is too stiff. Cover the mixture with a damp cloth or clingfilm and leave to stand overnight. Next day, put into a greased pudding basin. Cover with greaseproof paper and foil and steam for at least two hours. On Christmas Day, steam again for at least two more hours until needed. As there is no alcohol added to the mixture (school rules!) I always serve flamed with a good measure of Vics best French brandy.

Lemon Meringue Ice Cream
Carole Durrant, 13 Clarendale

- 3/4 pt. double cream
- 40g. carton Greek yoghurt
- 6oz. icing sugar, sifted
- Finely grated rind 3 large lemons
- 4oz. bought meringue nests, crushed
- 6 tbs. lemon curd



Pour the cream into a large bowl or food processor. Add the yoghurt, sugar and lemon rind. Whisk together until mixture forms soft peaks. Fold in crushed meringues. Add lemon curd and stir through mixture, just enough to streak through. Spoon mixture into a container and freeze overnight.

Brown Bread Ice Cream (1 Pint)
Sally Hendry, Rose Cottage

- 75g. (3oz.) fresh brown breadcrumbs
- 2 eggs, separated
- 1 tbs. honey
- 75g. (3oz.) demerara sugar
- 400ml (1/4 pt.) double or whipping cream

Pre-heat oven to 190°C (375°F, Gas Mark 5).

Mix breadcrumbs and sugar and spread over a baking sheet. Bake until sugar has melted and breadcrumbs have caramelised. Allow to cool. In three separate bowls: beat egg yolks and honey together, lightly whip cream, whisk egg whites until firm but not dry. Fold cream and egg whites into egg yolk and honey mixture. Stir in caramelised breadcrumbs.

Freeze until firm (a few hours). About 20 minutes before serving, remove from freezer and place in refrigerator to soften.

Coconut Ice Cream (serves 8)

Anne Smith, 15 Clarendale

400g. (14oz.) can evaporated milk
 400g. (14oz.) can condensed milk
 5ml. (1 tsp.) can coconut milk
 5ml. (1 tsp.) grated nutmeg
 Lime slices and shredded coconut to decorate

Mix evaporated, condensed and coconut milk in large bowl which will fit into freezer. Stir in nutmeg and almond essence. Freeze until ice crystals begin to form around the edge of the mixture. Remove from freezer, whisk by hand or hand held mixer until fluffy and nearly double in size.

Tip the mixture into suitable freezer container, cover and freeze until solid. Allow to soften slightly before serving in scoops decorated with lime slices and coconut.
 If serving with fresh pineapple, decorate with mint leaves and strawberries.

Anna's Chocolate Mousse (Recipe for children to make)

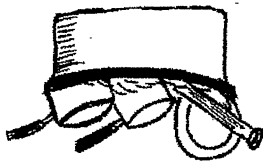
Kate Dickens, 12 Fox Green

8oz. (225g.) dark chocolate
 2 large eggs
 2 1/2 oz. (70g.) butter
 12 fl. oz. double cream
 2 tbs. runny honey

In a bowl over simmering water, melt chocolate and butter together. In separate bowl, whip the cream until soft peaks form. In a third bowl, whisk the eggs and honey until light and fluffy - the longer the better. Then fold in chocolate and then cream, gently so that it doesn't lose too much air.

To serve Either in one bowl (preferably glass), or separate glasses or bowls. You could grate more chocolate on the top. Leave in the fridge until eaten.

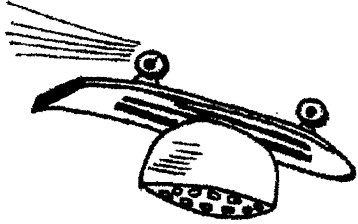
Don't forget to do the washing up!



Speedy Trifle

Rosemary Allcock, Little Thurlow

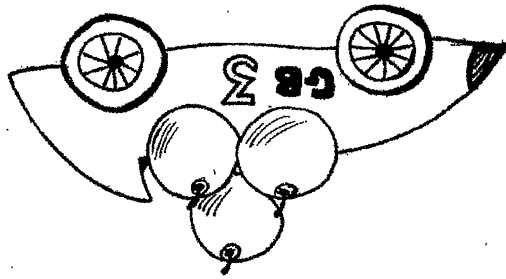
10 sponge fingers broken into smallish pieces
 250ml. (8 fl.oz.) chilled sweet white wine
 100g. (4 oz.) raspberries or loganberries
 2 ripe bananas, peeled and sliced
 2 eggs separated
 50g. (8 oz.) castor sugar
 225g. (8 oz.) Mascarpone cheese
 A little vanilla extract or brandy



Put the sponge fingers into a dish. Pour over the wine, add the berries and bananas. Cream the egg yolks with the sugar, add the Mascarpone and beat with an electric whisk until light and creamy. Tip in the vanilla or brandy. Whisk the egg whites until they form stiff peaks and fold gently but thoroughly into the creamed mixture. Tip the Mascarpone cream over the fruit and sponge. Shake the bowl gently for a few moments.
 N.B. This recipe contains uncooked eggs.

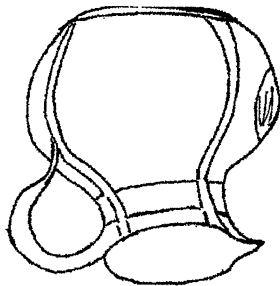
Preheat oven to 200°C. (400°F). Roll out the pastry into a fairly thin rectangle, and lay it on the baking tray. Either roll out the marzipan to about 1cm. (1/2") smaller all round than the pastry, or cut the marzipan into thin slices and lay them all over the pastry, again leaving a small edge all round. Arrange the plums in lines over the marzipan, overlapping each piece if sliced, touching if small halves. Brush over lightly with melted butter, both the fruit and the pastry edges. Sprinkle lightly with castor sugar. Bake for about 30 minutes. Serve cut into squares, with a dollop of cream, or low-fat creme fraiche.

1 pkt. ready made dessert pastry
 1 pkt. ready made marzipan
 Castor sugar, small amount
 Butter, small amount, melted
 Plums, stoned and sliced or if very small, just halved
 Flat baking tin, about 9" by 13"



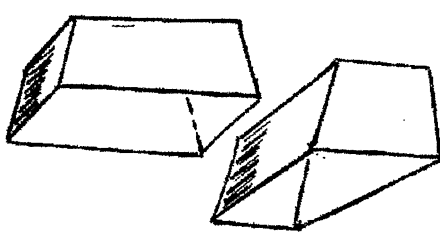
Gill's Quick Plum Tray
 Gill Brown, 23 Fox Green

1 1/4 litre domed jelly mould or ring mould, lightly oiled with almond or vegetable oil
 Put 300ml. water and sugar into thick based saucepan and bring to boil. Boil for 5 minutes, take off heat add lime zest and leave to steep for 15 minutes. Strain into measuring jug, add lime juice, tonic water and vodka to 1,200ml. mark and top up with either tonic water, vodka or lime juice to taste. Soak gelatine leaves in cold water for 5 minutes to soften. Meanwhile, put 50ml. water into small pan and bring to boil. Remove from heat. Squeeze out the gelatine leaves and whisk into water. Pour small amount of vodka lime into pan then pour all back into measuring jug. Pour into mould and leave in fridge to set - should take about 6 hours.
 To serve, unmould carefully onto glass plate. Surround base of dome jelly with raspberries and/or redcurrants. For ring mould, pile fruit into centre.
 Serves 8.



Vodka and Lime Jelly
 Anne Smith, 15 Clarendale

300ml. + 50ml. water
 300g. castor sugar
 Zest and juice of 6 limes
 400ml. tonic water (not slimline)
 250ml. vodka
 8 sheets leaf gelatine



Chocolate and Apricot Tart

Linda Atkinson, 27 Clarendale

This is one of our favourite recipes. Although we are both chocoholics, the tartness of the lemon in the apricot puree cuts through the delicious richness of the chocolate. You need to use the very best dark chocolate, at least 70% cocoa solids, in this recipe. Should there, by any remote chance, be any leftovers, the tart can be wrapped in clingfilm and frozen for up to a month.

For pastry:- 150g (5 1/2 oz.) plain flour
100g (4oz.) unsalted butter cut into small pieces
50g (2oz.) icing sugar
1 egg yolk

For filling:- 100g (4oz.) dried apricots
juice of half a lemon
100g (4oz.) unsalted butter
3 eggs
100g (4oz.) castor sugar
150g (5 1/2 oz.) good quality dark chocolate (70% cocoa solids) broken into pieces

To serve:- Yoghurt, cream or creme fraiche

Make the pastry either by hand or in a food processor by combining the flour and icing sugar, adding the butter and whizzing to fine crumbs. Add the egg yolk and pulse until the ingredients just bind together. Remove and knead briefly into a ball. Chill in plastic film in the fridge for 30 minutes. Roll out thinly and line a 23cm. (9") tart tin. Chill again for 30 minutes. Preheat oven to 200°C (fan oven 180°C, Gas Mark 6)

If the thought of making pastry fills you with horror, simply do what I do and buy the ready rolled version from the chiller cabinets or freezers in most supermarkets. No one will know the difference.

Meanwhile, make the filling. Put the apricots in a pan with 125ml. (4 fl.oz.) water, cover and simmer for 10 to 15 minutes until soft. Tip the apricots and their liquid into a food processor or liquidiser and blend to a smooth paste. Sharpen this with a little lemon juice and set aside. Line the pastry case with greaseproof paper and baking beans and bake blind for 15 minutes until light brown. Remove the paper and beans and bake for 5 minutes more and then remove from the oven and cool. Lower the oven to 180°C (fan oven 160°C, Gas Mark 4)

Spread the apricot paste over the pastry.

For the chocolate filling, melt the butter and chocolate in a bowl over a pan of gently simmering water, making sure the water doesn't touch the bowl. Whisk the egg and sugar until pale, light and frothy, at least 10 minutes. When the whisk blades are lifted out, the mixture should leave a thick trail. Gently fold the egg and chocolate mixtures together - they should look very much like chocolate mousse. Pour this into the pastry case, it will be very full, and bake for about 20 minutes or until the chocolate has formed a light crust. Be careful not to push your finger through when testing - I speak from experience here. The tart will be soft and moussy inside when you cut into it.

Serve with a generous dollop of thick cream, yoghurt or creme fraiche on the side.

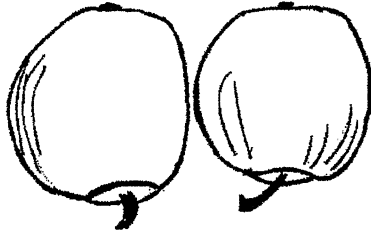
Serves 8, with enough for seconds.

Delicious, hot or cold.

Cook for 30 minutes at 375°F. When cooked you can sprinkle icing sugar over it if desired.
 cover with the vanilla and sugar mixture. Cover all this with the dry topping mix.
 and chop into largish chunks - 1/2" sort of size. Sprinkle the apple all over the base and then
 Filling Add the vanilla to the sugar and set aside to soak in. Peel and core the cooking apples
 them floured!

Base and top Rub in margarine and flour to a fine breadcrumb consistency, add sugar.
 Take out a good handful of this and set aside (which will be the topping). Add the vanilla to
 the beaten egg and mix it into the remaining mixture. Tip this into a swiss roll tin lined with
 kitchen foil, and press it as evenly as possible to cover the tin:- use your knuckles and keep

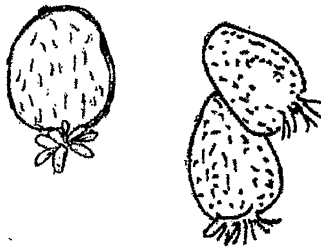
- Filling 4 large cooking apples 2oz. granulated sugar tsp. vanilla essence
 Pasty base and topping 8oz. plain flour 4oz. margarine 1 medium egg
 2oz. granulated sugar tsp. vanilla essence
 2oz. granulated sugar



Apfel Torte
 Cherry Pearce, Western Colville

Preheat the oven to 200°C (Gas Mark 6). Mix strawberries with 1 tbs. of elderflower cordial.
 To make the baskets, cut filo sheets in half to form 12 squares. Place 4 upturned small
 ramekin dishes on a large greased baking sheet and brush with a little of the melted butter.
 Brush 3 squares of pastry with melted butter. Place 1 sheet butter side up over a ramekin,
 pressing down the sides of the dish. Add the other 2 sheets at different angles to form a
 basket, repeating with the remaining pastry squares and butter to make 3 more baskets.
 Place on a baking tray and bake for 7-8 minutes until golden.
 Allow to cool before carefully removing from the ramekins.
 Stir in the remaining elderflower cordial and divide between the baskets. Top with the
 strawberries and drizzle with the juice.
 Serve dusted with icing sugar and whipped cream or creme fraiche.

- Preparation time; 15 minutes
 Serves 4 364 kcal per serving
 450g. strawberries, washed and hulled and quartered 25g. melted butter
 6 sheets filo pastry
 3 tbs. elderflower cordial 142ml. double cream
 Icing sugar to dust
 Cooking time; 7-8 minutes



Strawberry Filo Baskets
 Gill Dunn, Ragil, Evergreen Lane



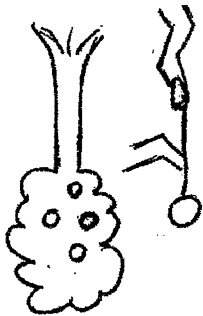
Remove the tray from the grill in the oven and turn the grill up high. Slice and divide the strawberries between four ovenproof ramekins and sprinkle a little fresh orange juice over each. Blend together the low fat set yoghurt and fromage frais. Spoon over the strawberries. Sprinkle the soft dark brown sugar over each ramekin and place under the grill for a few moments until the sugar caramelises evenly. Chill before serving.

- 100g. (4oz.) strawberries
- 100g. (4oz.) low fat set yoghurt
- 50g. (2oz.) rich dark soft brown sugar
- 4 tsp. fresh orange juice
- 100g. (4oz.) low fat fromage frais

Strawberry Brulle (A healthy version!)
John Eley, The Rectory, Kedington

Preheat the oven to 180°C (350°F, Gas Mark 4). Crush the macarons. Beat together the butter, sugar and lemon zest and then fold in the crushed macarons. Scoop a little flesh from each of the peach halves and beat into the butter and macaroon mixture. Fold in half the toasted flaked almonds. Divide the mixture between the peach halves which have been placed in an oven proof dish. Sprinkle with the rest of the almonds. Place the dish in the oven and bake for 25 to 35 minutes. Serve warm or cold with a little cream!

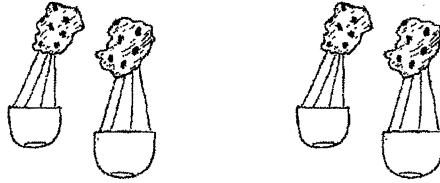
- 4 large peaches
- 75g. (3oz.) macarons, crushed
- 50g. (2oz.) castor sugar
- 25g. (1 oz.) unsalted butter
- 1 large egg yolk
- Finely grated zest of 1 lemon
- 50g. (2oz.) toasted flaked almonds



Eden's Temptation
John Eley, The Rectory, Kedington

Preheat oven to 200°C (400°F Gas Mark 6) Sift flour and baking powder into a bowl, add remaining ingredients. Beat with wooden spoon until well mixed, 2 to 3 minutes. Place tablespoonsful of the mixture well apart on a baking sheet. Bake for 15 minutes until set. Cool on wire rack.

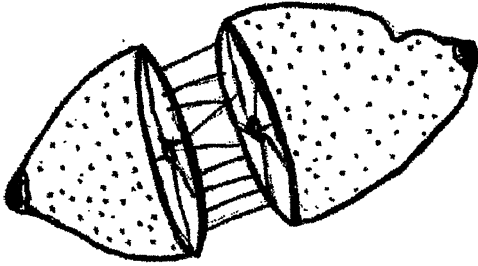
- 200g (8oz.) Self Raising flour
- 100g (4oz.) soft margarine
- 100g (4oz.) raisins
- 1 standard egg
- 75g (3oz.) castor sugar
- 1/2 level tsp. baking powder
- Makes 10-12
- 1 tbs. milk



Mother's un-rocky Rock Cakes
Sally Hendry, Rose Cottage

Mix together all the ingredients. Put into a 1 lb. loaf tin and cook at 180° C (350° F, gas 4) for 40-50 minutes, or until golden brown and well risen. Meanwhile, heat the sugar and lemon juice in a small saucepan. Pour over the cake (still in the tin) and leave until cold. Ease from tin with a knife and allow syrup to run down. Also delicious served hot with custard.

Topping:- 3 oz. castor sugar Juice of a lemon



Anon
Sticky Lemon Cake

- 6 oz. Self Raising flour
- 6 oz. sugar
- 6 oz. butter or margarine.
- 5 tbs. milk
- Grated rind of a large lemon
- 2 eggs.

Pour into the biscuit base and leave in fridge 2 to 3 hours.

Melt fat and allow to cool. Finely crush biscuits and mix well with butter. Press over base and sides of loose-bottomed 9" cake tin. Leave in fridge for 30 minutes to set. Beat half of the sugar and the cheese together until smooth. Dissolve coffee in water, melt chocolate in basin over hot water. Separate eggs, add egg yolks to cheese, then melted chocolate and coffee. Beat well and allow mixture to cool. Whisk egg whites until stiff and fold in remaining sugar. Fold this mixture into cheese mixture. Whisk cream until thick and fold this into the cheese mixture.

- 6oz. butter
- 2 eggs
- 1 tbs. instant coffee
- 1 lb. chocolate digestive biscuits
- 4oz. plain chocolate
- 1 tbs. hot water
- 8oz. cream cheese
- 4oz. castor sugar
- 1/2 pt. double cream

Diane Pettit, Spring Barn Lodge
Chocolate and Coffee Cheese Cake

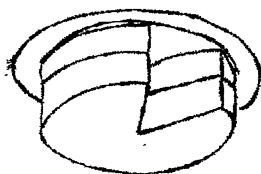
Pre-heat oven to 220°C. Put all the ingredients into a bowl except the chocolate chips and mix well until made into a mixture. Add the chocolate chips and mix in well. Grease a baking tray and spoon the mixture into equal amounts. Each cookie should be a heaped tablespoon. Cook at 220°C for 10 minutes, then at 180°C for 5 minutes. Makes about 12.

- 6oz. Self Raising flour
- 1 egg
- 4oz. chocolate chips
- 3oz. butter or margarine
- 1/2 tsp. vanilla essence
- 3oz. brown sugar
- Pinch of salt

Chocolate Chip Cookies
 Jill Flood, I Fox Green

Whisk together yolks and whole egg in large bowl with sugar until thick and creamy. Melt chocolate over pan of warm water. Add coffee mixture to melted chocolate, cool slightly and add to egg mixture with the ground almonds. In separate bowl, whisk egg whites until stiff and fold in to chocolate mixture. Turn into greased and lined 9" cake tin and gently level surface. Bake at 190°C (375°F, Gas Mark 5) for approx. 50 minutes. Cool in tin for 10 minutes, turn onto wire rack and leave to cool completely. Warm apricot jam and brush over cake. Melt chocolate as before and add the butter. Stir until icing has consistency of thick pouring cream. Smooth over cake and allow to set. Serve with fresh summer fruits - lovely pudding after a BBQ.

- 6 eggs (5 separated)
- 7 1/2oz. (215g) castor sugar
- 9 1/2oz. (265g) plain chocolate
- 1 tsp. instant coffee dissolved in 1 tsp. hot water
- 5oz. (150g) ground almonds
- 4oz. (100g) unsalted butter
- 8oz. (225g) plain chocolate
- 4 tbs. (225g) apricot jam



Chocolate Cake
 To eat with fresh raspberries or strawberries in Summer
 Jude Olesen, Matthews Farm

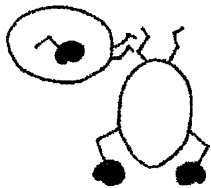
Place all ingredients except flour in bowl and cover with milk. Leave to soak for 1 hour. Stir in 1 cup of S. R. flour and mix well. Pour into greased loaf tin and cook for about 75 minutes at 350° F.

- 1 cup Allbran
- 1 cup sugar
- 1 cup mixed fruit
- 1 cup milk
- 1 cup S.R. flour



Malt Loaf Cake
 Joyce Potter, St. Osyth, Evergreen Lane

2 ripe bananas, about 400g.
 150g. softened butter
 150g. soft brown sugar
 80g. sultanas
 300g. plain flour
 2 tsp. baking powder
 Half tsp. bicarbonate of soda
 2 eggs, lightly beaten
 100ml. vegetable oil



Banana Cake
 Monica More, The Three Tuns

Preheat oven to 150°C (Gas Mark 2). Butter a 900g. loaf tin and line the bottom and sides with non-stick baking parchment.
 Peel and mash the bananas. Put the butter and sugar into a mixing bowl and cream together until light and fluffy. Stir in the bananas and sultanas. Sift together the flour, baking powder and bicarbonate of soda. Add the flour mix and the beaten egg, each about a third at a time to the banana mix, beating well between each addition. Finally stir in the oil.
 Pour into the loaf tin and bake for 40 to 45 minutes until well risen and golden brown and a skewer inserted in the middle comes out clean. Leave in the tin for 10 minutes and turn out onto a wire rack to cool.

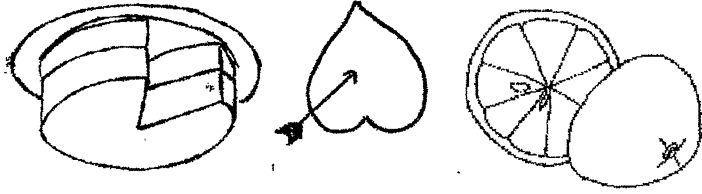
Coffee Cake
 Joyce Potter, St. Osyth, Evergreen Lane

60z. margarine
 60z. castor sugar
 3 eggs
 60z. S.R. flour
 1 tsp. coffee essence

Cream margarine and sugar until soft and light. Beat eggs and add a little at a time to the margarine and sugar. Stir flour gently into the mixture, also the coffee essence. Grease two 7" sponge tins and divide mixture between these. Bake for 25 minutes on 375°F.
 For the filling:-
 4oz. margarine
 2 tsp. vanilla essence
 3 tbs. milk or cream
 1 tsp. coffee essence
 1 lb. icing sugar
 Sift sugar over the margarine and beat well. When creamy, add milk or cream with coffee and vanilla essences.

Lemon Love Cake
 Janet White, Haverhill

12 oz. S.R. flour
 6 oz. margarine
 6 oz. sugar
 10 oz. lemon curd
 1 egg



Rub the fat into the flour, add sugar and mix well. Bind together to a stiff paste with beaten egg (do not add water or milk). Keep mixing until soft and a smooth texture is obtained. Roll out and line a tray with approx. half the mixture. Spread the lemon curd and cover with another layer of mixture. Bake in a moderate oven 350°F for 3/4 to 1 hour.



Rub the margarine into the flour and spices. Add the sugar and fruit. Beat the egg into the milk and add to the dry ingredients. Pour into tin and bake for 1 to 1 1/4 hours 170°C (Gas Mark 3).

- 8oz. S.R.flour
- 1/2 level tsp. cinnamon
- 4oz. castor sugar
- 1 level tsp. mixed spice
- 4oz. sultanas
- 1oz. mixed peel or cherries
- 1 egg
- 2 lb. loaf tin - lined with greaseproof paper

Family Fruit Cake
Angela Barker, 11 Fox Green

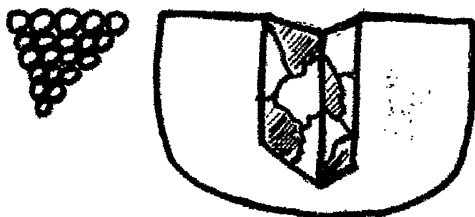
Preheat oven to 180°C (350°F, Gas Mark 4). Lightly grease 3 baking trays. Measure all the ingredients into a bowl and mix thoroughly until a smooth biscuit dough is formed. Place large spoonfuls of mixture well apart on baking trays and flatten slightly using back of a spoon. Bake in oven for about 15 to 20 minutes or until golden brown and just firm to the touch. Remove trays while warm (otherwise they stick!). Cool on a wire rack then store in airtight container.

- For approx. 24 biscuits:-
- 6oz. (175g) soft margarine
- 12oz. (350g) S.R.flour
- 8oz. (225g) castor sugar
- 4oz. (100g) chocolate chips
- 2 eggs

Mega Chocolate Chip Cookies
Easy to make and the children love them!
Kate Dickens, 12 Fox Green

Process eggs and sugar until light in colour and thick. Add margarine, one tbs. at a time, mixing all the time until it resembles mayonnaise. Put almonds and flour on top and pulse until mixed. Spoon half into tin. Add cocoa, drinking chocolate and vanilla to remainder and pulse until mixed. Bake for approx. 45 minutes in an 8" tin at Gas Mark 4 (180°C).

- 4 large eggs
- 3oz. ground almonds
- 4 tbs. drinking chocolate
- 8oz. castor sugar
- 5oz. S.R.flour
- 1 tsp. vanilla essence
- 8oz. butter
- 1 level tbs. cocoa



Marble Cake
Ann and Ernie Pigten, 21 Fox Green

Almond and Apricot Meringue Cake
Helen Fenton, 16 Fox Green

Filling:
225g castor sugar
75g flaked almonds
4 egg whites
200g can apricots, finely chopped
300ml double cream, stiffly whipped
50g flaked almonds, toasted
1 tbs. dark rum
Dusting of icing sugar
Grated plain chocolate

Sift the castor sugar into a bowl and stir in flaked almonds. Whisk the egg whites to stiff peaks, add 1 tbs. of sugar and almonds then beat. Fold in the remaining sugar and almonds. Oil a large baking sheet, cover with greaseproof paper and oil the surface of the paper. Spread out the meringue mixture to make 2 circles each 18cm. (7") in size. Cook at 160°C for 40 minutes. Cool on a wire tray. Put the apricots in a bowl with rum and fold in whipped cream and toasted almonds. Sandwich the two meringues with cream mixture and decorate. Also works well with raspberries. Freeze in rigid container for up to 4 months and allow to thaw for 5 hours at room temperature. (Serves 6).

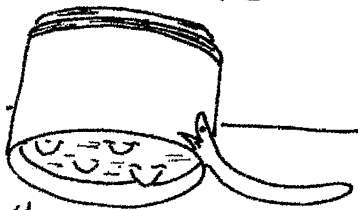
Milk Chocolate Cake
Jean Goldsborough, 1 Kennel Cottages

7oz. S.R. flour
4oz. margarine
5 tbs. water
8oz. castor sugar
2 beaten eggs
1 tsp. vanilla essence
1/4tsp. salt
5 tbs. evaporated milk
2 tbs. cocoa

Sift together flour, castor sugar, salt, and cocoa. Rub in margarine. Stir in eggs, evaporated milk, water and vanilla essence. Beat well. Put in two 7" deep, well greased tins and bake in oven 350°F (Gas Mark 3) for 35 minutes. Milk Chocolate Icing Melt together 2 1/2 oz. margarine and 4 - 6 tbs. cocoa. Stir in 8oz. icing sugar, 3 tbs. hot milk and 1 tsp vanilla essence. Beat until thick. Put layer between cakes and ice top and sides. (Naughty but nice!)

Boiled Lunch Cake
Ella Hollins, Haverhill

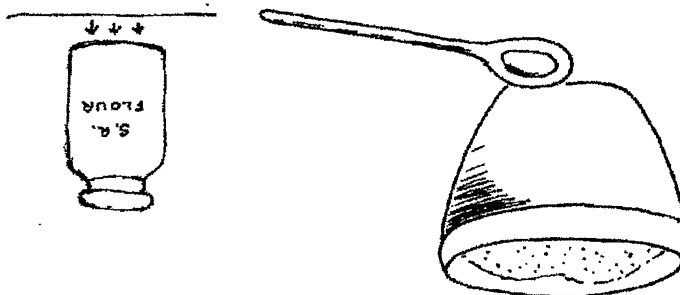
8oz. mixed fruit
1 tbs. syrup
4oz. margarine
1/2 pt. milk
3oz. sugar



Place all ingredients in a large saucepan. Bring to the boil and simmer for 10 minutes. Add to the cooled mixture:- 10oz. S.R. flour, 1/2 tsp. mixed spice, 1/2 tsp. nutmeg, 1/2tsp. cinnamon, 1/2 tsp. bicarbonate of soda. Mix all together thoroughly. Put in loaf tin and bake for 1 1/2 hours at 350°F (Gas Mark 3). Test with a knife before removing from the oven. Cool on a rack. When the cake is cold, cut it into slices and spread with butter.

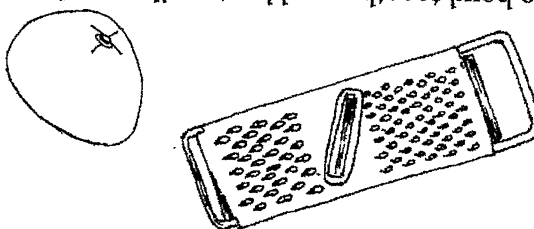
Switch the oven on to 180°C (350°F, Gas Mark 4). Grate the carrots finely into a medium sized bowl. Chop the apricots roughly into quarters and add to the bowl of grated carrots. Add the orange zest and the orange oil. Now take a large bowl and put in the flour, mixed spice, cinnamon, salt, sugar and bicarbonate of soda. Mix well, ensuring that the ingredients are evenly spread throughout. In a mug, mix the eggs and the oil and then add to the flour mixture. Mix well adding the water as needed to create a thick paste-like mixture. You may need to add some more water if you find that 6 fl. oz. is not enough (or vice-versa). Finally add the carrot mixture to the flour mixture and stir well. Turn the cake mixture into a well-greased tin and cook in the oven for 45 to 60 minutes. After about 30 minutes the cake may need covering with foil to prevent it from burning on top. Remove from the tin and dust lightly with icing sugar.

- 10oz. carrots
- 3 medium eggs
- 1 or 2 tsp. of orange oil (a good alternative is 1 tsp. frozen concentrated orange juice)
- Pinch of salt
- 6oz. sugar
- 1/2 tsp. ground cinnamon
- 12oz. S.R. wholemeal flour
- Zest of 2 oranges
- 3 tbs. oil
- 1 tsp. bicarbonate of soda
- 1 tsp. ground mixed spice



Carrot and Orange Cake
Camilla Collins, 36 Clarendale

Put all the ingredients into a bowl together and beat until smooth. Put into 8" tin (preferably loose bottomed), lined on sides and bottom with greaseproof. Bake in middle of oven at 350°F (Reg 4) for 50 minutes, or until cooked. Mix together the juice of 1 large or 2 small lemons with 4oz. castor or granulated sugar. Pour this on the cake whilst the cake is still hot. Leave to cool in the tin.



- 6oz. castor sugar
- 4oz. soft margarine
- 1 level tsp. baking powder
- 6oz. S.R. flour
- 4 tbs. milk
- 2 eggs
- Grated rind of lemon

Lemon Cake
Margaret Hearn, Haverhill