

Chapter 14

Favorite Recipes



Fée's Favourite Recipes

It is now Jan 6, 2006. My son Hague has just spent 3 days (almost) with me writing up more memoirs. He has asked me for my favorite recipes. But before I start on that I would like to tell about the food and drink that has been palatable to my taste:

1. On a Liba Liba we had a crew from Darwin who gave us a few of their mangoes – absolute heaven – Ian ordered a box from them and heaven lasted until the box was empty.
2. Gin and tonic now, but when I was younger, brandy and whisky were No 1's.
3. Bread fig jam and THICK CREAM
4. Fresh peaches – ELBERTA – cold.
5. Fresh figs straight from the tree.
6. Can't beat orange juice and fresh pineapple !
7. a "stack" of pancakes with maple syrup, a USA specialty – yum!
8. Fish is a favorite of mine and crisp chips. I remember one holiday we had with Donald and Lydia Showell. Ian acquired a huge Murray Cod with instructions from a local chef on how to cook it. We assembled on board a large Liba Liba for dinner one summer's evening. With lemon slices stuck along its body it made a most impressive delicacy and it was delicious. Other items on the menu are forgotten, but it was a good evening.
9. Fresh raspberries, icecream, cream – oooooogh ! arise singing angels!

The following recipes are not exotic – we were brought up as children with very little money and therefore our meals were basic, but nutritious according to our parent's means. My palate has never desired nor hankered after exotic fare. No doubt as well I was a bit lazy to make the effort.

Ian loved his food and Mrs Showell was a very good cook. Fée learnt the hard way. During our marriage, we entertained a lot, mostly dinners. I always tried to cook different food each time that same guest came. I always wrote the date and guests so as to avoid repetition.

SAVOURIES & PASTRY

Recipe 1: Cheese Blisters (drinks party)

2 cups flour
2 cups grated cheese
1 tablespoon butter
cayenne, salt

Mode:

Mix well together and enough water to make a thick dough. Roll out very thinly into shapes. Put on very hot oven slides and cook slowly.

Recipe 2: My Pastry for Tarts & Pies

6 oz plain flour
6 oz self raising flour
6 oz butter or margarine
Mix with cold water for stiff consistency. Never fails!!

SALADS & DRESSINGS

Recipe 3: A Dutch Cucumber Salad

A large cucumber – remove skin, slice very thin into a bowl, sprinkle with salt. Leave standing until a lot of juice has come out ... press with wooden spoons until nearly all the liquid has gone. Add pepper, oil, vinegar and taste and serve.

Cucumber remains crisp for a few days. Betty's recipe from a Dutch friend. Served at Lydia's wedding reception, catered for by the DeHanns.

Recipe 4: Boiled Salad Dressing

1 egg
2 tablespoons sugar
3 tablespoons milk
4 tablespoons vinegar
1 teaspoon dried mustard
Pepper & salt, butter the size of a walnut

Mode:

Beat eggs and sugar well, add milk and mustard and pour on vinegar stirring all the time. Melt butter in saucepan and add ingredients.

LUNCHEON DISHES

Recipe 5: Elsa's Dumplings – added to stews etc

2 tablespoons margarine
 $\frac{3}{4}$ cups water
2 eggs
 $\frac{3}{4}$ cup flour
parsely and herbs

Margarine and water bring to the BOIL, add flour and stir until it leaves the sides. COOL. Then add eggs and whip thoroughly. Put spoonfuls of mix into the stew. Don't lift the lid for at least 10 minutes. Can add parsely or herbs.

Recipe 6: Macaroni Cheese

"It's a good brew" quoth Ian, 1980

4oz macaroni
 $\frac{1}{2}$ teaspoon salt
3oz grated cheese

½ pint milk
1oz butter
1oz flour
1 pinch cayenne pepper
½ teaspoon made mustard
3 large tomatoes

Mode:

Cook macaroni in fast boiling water for 20 minutes, strain and place in greased pie dish. Melt butter in saucepan, stir in the flour, gradually add the milk and boil for 3 minutes, stir in 2/3 of the cheese and all the tomatoes peeled and sliced thinly. Season well, pour over the macaroni, sprinkle with the remaining cheese and brown in the oven.

Recipe 7: Jellied Salmon

1 small tin of salmon or tuna
2 desert spoons of gelatin dissolved in 2 cups hot water
juice of 1 lemon
2 hard boiled eggs chopped
pepper and salt

Recipe 8: Kedgerree

1 small tin salmon
¼ lb rice
2 oz butter
salt
1 hard boiled egg
½ pint milk
cayenne and nutmeg

Mode:

Cook rice in boiling water for 10 minutes, drain and cook in milk until soft. Flake fish, chop egg white and serve, sprinkle hardboiled egg yolk and chopped parsely.

Recipe 9: Fish & Sweetcorn

Make $\frac{3}{4}$ to 1 pint white sauce – thick – add 1 tin salmon or tuna and small tin sweetcorn. Heat together, pepper and salt. Boil 6 – 8 eggs, hand peel, cut in halves and place in casserole and pour mixture over. Cut 2 or 3 slices thick bread into snippets. Sprinkle over this, fairly thickly grated cheese and cayenne pepper. Brown in hot oven.

Recipe 10: Quiche Lorraine

6oz short crusty pastry
6 shallots or one small onion
 $\frac{1}{2}$ oz butter
4 oz lean bacon
3 eggs + egg white from the pastry
salt & pepper
 $\frac{1}{4}$ pint milk
3 tablespoons cream
3 oz grated matured cheese

Mode:

Line an 8" flan tin with shortcut pastry skin and remove outside leaves of shallot or dice onion small, sauté in butter until onion is transparent but not brown. Fry bacon until just cooked. Break eggs into a bowl, add milk and cream and beat well. Stir in onion and bacon mixture, then the cheese. Pour into prepared pastry case and bake at 400degF for 30 to 35 minutes. Can reduce to 350deg after $\frac{1}{2}$ an hour – may find it better to garnish with parsley. If cold garnish with hard boiled eggs and shallots.

Recipe 11: Pikelets

1 egg
1 tablespoon sugar
1 teaspoon golden syrup or honey
pinch salt

combine and beat until frothy
add 1 cup self raising flour and sufficient milk to make a solid batter.
Grease frying pan and drop mixture in spoonful into hot pan.

MAIN COURSES

Recipe 12: Savoury Steak in Casserole

1 lb stewing or rump steak
1 tablespoon chopped onion
1 teaspoon herbs
1 teaspoon chopped capers
1 teaspoon salt
1 teaspoon sugar
1/8 teaspoon pepper
1 teaspoon melted butter
2 tablespoons vinegar
2 tablespoons Worcester sauce
2 tablespoons tomato sauce
1 gherkin
a few whole capers

Mode:

Place all ingredients in casserole dish, except gherkin and whole capers.
Allow to stand for an hour to marinate. Place in oven and cook slowly for about $\frac{3}{4}$ hour or until meat is tender and cut gherkin into strips, place on top of meat plus whole capers and send to table in casserole.

Recipe 13: My Meat Pie

Mince meat cooked with grated carrot , onion – quantities the cook's discretion ! Pastry top and bottom.

Recipe 14: Caper Sauce

1 cup milk
1 ½ tablespoons butter
2 tablespoons flour

Mode:

Melt butter, add flour, mix until well blended. Remove from the fire, add liquid slowly stirring constantly to keep mixture smooth. Cook slowly and keep stirring until it thickens. This is the basis for all sauces including brandy and parsley.

Recipe 15: Leg of Hoggitt

Place Hoggitt and any stewing vegetables eg carrots, parsnip, onion, potatoes etc in a large saucepan. Simmer until cooked. Make a white sauce adding whole capers.... See Recipe 14 for making caper sauce. Made many times for a hungry family.

Recipe 16: Lambs Tongues with peppercorn

Boil until soft, skin, place in bowl firmly packed, pour sufficient liquid to cover and place saucer and a heavy weight on it and leave to cool and place in frig. Delicious cold with salad.

Recipe 17: Chicken à la King

4 ozs butter
2 oz mushroom
½ to 1 red or green pepper
1 oz butter (or chicken fat – I didn't)
1 oz plain flour
¼ pt milk
¼ pint chicken stock

1 egg
2 to 3 tablespoons cream
8 to 12 oz cooked chicken
I added 2 onions and 2 carrots

Mode: Heat butter in pan, add sliced mushrooms & sliced peppers (removing core and seeds). Cook gently until tender.

Sauce: make this with 1oz butter, flour, milk and season well. When sauce is thick, add egg and cream blended well together. Cook gently without boiling for 2 to 3 minutes, add chicken, cooked mushrooms pepper and heat together for a few minutes.

Recipe 18: American Cutlets

6 mutton cutlets or chops
6 tablespoons white (soft) bread crumbs
6 tablespoons of oven dried bread crumbs
½ tablespoon grated onion
2 tablespoons tomato sauce
6 slices of fat bacon
1 egg
pepper & salt
1 teaspoon chopped parsely

Mode: Mix together breadcrumbs, grated onion, sauce, pepper, salt and parsely. Spread a little mixture on each side of chop, wrap a slice of bacon around each and secure with toothpick. Dip chops in beaten egg and roll in dry bread crumbs.

DESSERTS

Recipe 19: Golden Syrup Dumplings

1 cup self raising flour
1 tablespoon butter

Rub in butter with flour add beaten egg form into balls – if too stiff add more butter . In a saucepan put in 1 cup water and ½ cup sugar and a good tablespoon Golden Syrup. Bring to the boil and boil for 20 minutes slowly.

Recipe 20: Jellied Jam Roll

Cut into glass dish a jam roll – small pieces - damp with sweet sherry. Jelly juice from a cooked apple which I place on top after it has cooled.

Recipe 21: Coffee Cream

Add beaten yolks of 2 eggs to ¾ pint hot milk, stir until thickened, sweeten to taste and remove from heat. Add ¾ oz gelatine dissolved into 2 tablespoons hot black coffee and stir this into the luke warm milk. When nearly cold stir in ¼ pint whipped cream. Pour into mold and let set. Serve with icecream.

Recipe 22: Hot Chocolate Sauce

1 cup brown sugar
2 cups water
1 cup chocolate (cocoa)
Boil 3 minutes
1 dollop of butter

Very good over pears and sponge cake jellied in pear juice.

Recipe 23: Banana Fritters

4 ozs flour
salt spoon of salt (approx ¼ teaspoon)

1 tablespoon melted butter or olive oil
1 ½ gills (9 tablespoons) of tepid water
2 eggs – whites beaten up very stiffly.

Mode: sift flour, make a hole in middle, add salt, pour in oil, add water gradually & beat well. Let it stand half an hour. Add whites stiffly beaten, just before cooking. Slice bananas lengthwise, deep fry, one at a time – depends on depth of saucepan or frying pan.

Recipe 24: Caramel Brandy Sauce – for Xmas pudding

¼ cup butter
1 cup brown sugar
½ cup cream (milk may be used)
2 eggs
2 tablespoons brandy or rum

Mode: Cream butter (whipped), stir in sugar, add brandy etc very slowly and add well beaten eggs and cream, cook in double saucepan (I haven't got one!) until thick, stirring constantly. Remove from fire and add stiffly beaten egg yolks.

Recipe 25: Paskha – my party No1

60gm (2oz) Maraschino (crystallized) cherries
60gm (2oz) mixed peel
60gm (2oz) blanched almonds chopped finely
½ cup seedless raisins & finely grated rind of 1 lemon
1 table spoon of dry sherry
375gm (12oz) cottage cheese
1 cup castor sugar
½ cup cream
2 teaspoons gelatine
3 tablespoons lemon juice

Garnish with 12 cherries halved. This is a Russian specialty – sort of uncooked cheesecake mixed with fruit and nuts... a simplified version

delicious for dessert and afternoon tea.

Mode: place cherries, peel, almonds, raisins and lemon rind in a small bowl, stir in sherry and mix well – leave to absorb!

Mix cottage and cream cheese together, beat in sugar. Beat cream until thick and fold into cheese mixture, add fruit and nuts, sprinkle lemon juice over gelatine and leave until spongy and place bowl over hot water until gelatine is dissolved, cool and pour into cheese mixture and when set, tip out and garnish.

The following I have never done - But I will !!

Line a 13cm or 6" clay flower pot with a piece of muslin or clean tea towel, spoon in the mixture, fold the cloth over the top, cover with a saucer, place heavy weights on top, stand in a bowl and chill overnight. Next day, remove weights and unfold cloth, turn out Paskha, remove cloth, brush with oil and press halved cherries onto the top and bottom areas.

Recipe 26: Baked Delicious Pudding

1 cup sugar
1 tablespoon butter
1 heaped tablespoon flour
1 ¼ cups milk
1 lemon – juice and rind
2 eggs
pinch of salt

Mode:

Beat sugar, butter to a cream and add lemon juice and grated rind, egg yolks and flour and milk. Add the well beaten egg whites and pour into dish. Place in pan of water, slow oven ¾ hour. When doubling recipe, add only 2 cups milk and not 2 ½

Recipe 27: Spanish Cream – Angel's Food (Ian's love, too)

1 flat tablespoon gelatin
3 eggs

2 cups milk

2 tablespoons sugar

Mode:

Put milk and gelatin in a saucepan and place on heat until it dissolves. Beat egg yolks and sugar together, add milk and gelatin, stir until it just boils. Cool and add stiffly beaten egg whites.

I made this for Ian every birthday!

Recipe 28: Milk Custard

This I have made so many times, that I “plomp” in the ingredients and hope for the best – usually spot on.

The following is for Blanc Mange – add less cornflour for custard and add a beaten up egg viz.

2oz cornflour

1 oz sugar

1 pint milk

flavouring – always vanilla

Mix cornflour to a smooth paste with a little water. Boil remainder of milk and sugar, add cornflour off the fire, return to heat and boil for three minutes. Add flavouring. Serve with stewed fruit and jam. NB I always add a beaten egg.

Recipe 29: Chocolate Blanc Mange

3 dessert spoons cornflour

1 ½ dessert spoons Bourneville cocoa

1 pint milk or milk and water

sugar and vanilla to taste

Mode:

Mix cornflour and cocoa with little milk and a smooth paste. Heat remainder of milk with sugar. Stir in the cornflour, stir well, boiling a few minutes, pour into a wet mould and set. Turn out and serve.

Recipe 30: Fruit Blanc Mange - Rotegrütze

3 dessert spoons of cornflour
1 pint stewed plum or mulberry juice
sugar to taste

Stew red fruit (plums or mulberries) in water to a pulp, sieve or strain. Mix sufficient cornflour with some of the cold juice and add to the rest of the juice which is heated. Stir until it thickens, add sugar to taste.

Recipe 31: Duncan Pudding (lemon fluff)

$\frac{3}{4}$ cup sugar (I used 2 tablespoons)
1 $\frac{1}{2}$ tablespoons cornflour mixed with the juice of a large lemon
2 cups boiling water, bring to the boil and stir into it the snow made by the stiffly beaten whites of 2 eggs. The make a custard from the egg yolks and pour around.

Recipe 32: Fee's Bread & Butter Pudding

Place in a pie dish – milk, bread buttered and spread with apricot jam or just buttered and sprinkle in sultanas, or I add apple thinly sliced or stewed apricots.

Mode:

Beat an egg into the milk, pour over the bread and cook in slow oven. First standing dish in a pan of water to help milk and egg set as custard, with the bread nicely brown on top. Can add sugar.

Recipe 33: Old Fashioned English Trifle

1 unfilled sponge cake, cut into fingers
8 tablespoons red jam
8 tablespoons sherry
100gm packet jelly
4 fresh peaches, skinned, halves and stoned (or canned)

2 tablespoons brown sugar or to taste
½ teaspoon ground cinnamon
2 ½ cups cold thick custard
1 ¼ cups cream

To decorate:

30gm (1oz) glacé cherries halved and then cut in strips
30gm (1oz) blanched almonds split or flaked

Mode:

Spread cake fingers with jam, place in bottom of deep dish, pour over sherry and leave it to soak into sponge.

Make jelly – leave until cold, pour over cake, chill, arrange peaches, cut side down on top of jelly. Mix cinnamon and sugar together and sprinkle over peaches and spoon custard over evenly, chill. Decorate with almonds, cherries, angelica, chill ... serves 12 – 15

Recipe 34: Lemon Sago

1 cup sago
5 cups water
2 tablespoons golden syrup
2 lemons
1 cup sugar

Mode:

Boil sago in water until clear, add other ingredients and boil together for 3 minutes. Add a few drops of lemon essence, put in mould and leave to cool. NB I did not use lemon essence. I added the lemon juiced and did not boil it. I also added grated lemon rind. Much fresher flavour.

Recipe 35: Pancakes

To every egg allow:

1 oz plain flour
6 tablespoons of milk (1 gill)

½ teaspoon salad oil or butter
a little salt

Mode:

Crack yolks of eggs into a basin, add flour, salt, oil and a little milk and mix into a smooth paste, add the rest of the milk, mix thoroughly. The mixture may be made to this stage at any convenient time. Just before frying add whites of eggs beaten to a very stiff froth and stir the batter. Put enough butter into the pan to grease it and let the pancake mix run over the pan as thinly as possible, brown both sides. When done sprinkle with lemon juice and sugar. Roll up and serve.

In America we ate with Maple Syrup for breakfast. Mum always provided lemon and sugar – more for lunch.

Recipe 36: Armaritter (French Toast)

Bread – sliced

Milk – pour into a plate

Eggs – whip up on a plate

Mode:

Two slices of bread soak in milk then in the well beaten egg. Melt sufficient butter in the frying pan, with egg slice lift soaked bread onto pan and fry light brown. Sprinkle thickly with cinnamon and sugar – can add a blob of icecream – we never did.

CAKES & SCONES

Recipe 37: Chocolate Cake

Made first for afternoon tea on board a Liba Liba – entertaining the Governor Sir Edric & Lady Bastian and made many more times since. I also made it for my art class friends for my 91st birthday and also our end of year lunch - to say thankyou for all their kindness - they loved it.

3 ½ oz butter

3 eggs

1 cup cocoa mixed in ½ cup hot water

2 cups self raising flour

1 teaspoon cream of tartar

½ teaspoon carb soda

1 ¼ cups sugar

1 teaspoon salt (I don't)

1 teaspoon vanilla

½ cup milk

Mode:

Cream the butter and sugar, add eggs one at a time, beat well. Add flour and raising, salt etc stir in milk and cocoa last . Cook in hot oven for 25 minutes in flat baking dish. Fill with cream and cover. Top with cream and nuts ..

Delicious!

Recipe 38: Jubilee Cake

1 ½ cups self raising flour

1 dessert spoon butter

1 table spoon castor sugar

1 cup sultanas and currants

lemon peel

1 egg

½ cup milk

pinch salt (optional)

Mode:

Mix dry ingredients, add egg and milk. Bake ½ hour. While still hot, pour over two tablespoons icing sugar mixed with milk, sprinkle with coconut.

Recipe 39: Small Cakes (in pattypan)

1 cup sugar
2 cups flour
1 cup butter
3 eggs
2 teaspoons cream of tartar
1 teaspoon carb soda
½ cup milk

Mode:

Bake 475°F with current switched off 10-15 minutes (I never did). Gas cooker 400°F. When cooked scoop out a circle on the top of each cake, fill with cream, cut top in ½ and put red jelly in the centre. Party fare to look like a butterfly.

Recipe 40: Moon Rock Cakes (I double recipe)

125gm (4oz) butter
1 ¼ cups raw sugar (less)
2 eggs
1 teaspoon vanilla
3 cups mixed fruit (I put sultanas, raisins and peel, coconut – no fixed amount)
2 cups self raising flour (½ wholemeal and ½ self raising flour)
mod.slow oven 325°F on gas or 160°C
Place lumps on a greased tray Delicious !

Recipe 41: Fee's Scones (coffee rolls)

Slip, splash, slop. Dough must be luppy – ie soft
Roll lightly, don't cut make into balls flatten, use self raising flour and or ½ wholemeal and ½ self raising flour, add sultanas or dates or plain, with jam

and cream.

When not pressed for time I follow the following recipe:

2 oz butter

2 oz sugar

1 egg

1 cup milk

1 lb self raising flour

Mode:

Rub butter into flour and sugar, add egg well beaten and stir in gradually the flour and the milk. Roll out, cut in rounds, fold each over and bake moderately hot for about 10 minutes.

Recipe 42: Xmas Cake

375 gm (12oz) butter or margarine

2 $\frac{3}{4}$ cups brown sugar

3 cups flour

pinch salt

1 teaspoon baking powder

1 teaspoon mixed spice

1 teaspoon nutmeg

1 teaspoon cinnamon

375 gm (12oz) currants

375 gm (12oz) sultanas

250 gm (8oz) raisins

125 gm (4oz) candied peel

185 gm (6oz) glace cherries chopped finely

90 gm (3oz) blanched almonds

Finely grated rind and juice of 1 lemon

4 tablespoons brandy, rum or sherry

Mode:

Line greased tin with 2 layers of greaseproof paper. Beat butter and sugar and cream together and beat in eggs one at a time, add a little flour if mixture looks like separating.

Sift flour, salt, baking powder and spices into large mixing bowl, add cherries, dried fruit, candied peel and almonds. Mix. Fold into the butter and sugar, adding lemon rind, juice and half the spirits. MIX

Place in prepared tin. Bake for 3 ½ hours, slow oven. Prick holes in top, pour in remaining spirits when cooked. Wrap in alfoil and keep for one month before cutting.

Spoon in spirits from time to time – to improve the flavour !!

Recipe 43: Mince Pies – almost every Xmas 1938 onwards!

Pastry:

2 cups plain flour

pinch salt

124gm(4oz) butter/margarine

2 tablespoons castor sugar

1 egg yolk

2 tablespoons cold water

Filling:

I buy ready to use mince meat in jars, but I usually add finely chopped apple and extra lemon peel – discretion of the cook – trial and error.

Mode: I roll out the pastry thinly in two different sizes – one for the top and one for the bottom. I press a table spoon of mince meat into dough in the patty pans and then place the lid on the top. Last year -2005 - I took my ingredients up to Lydia's, she made cakes and I made pies. Quite a successful cooking day. I have never shared a cooking day before! Never too late for a new experience.

Recipe 44: Muffins

2 cups flour

4 teaspoons baking powder

½ teaspoon salt

1 cup sugar or ¾ cup honey

¼ cup vegetable oil

1 cup milk

1 egg

1 cup chopped apple

For variation: add ½ cup bran or 1 cup chopped dates or 1 cup diced cheddar cheese .. makes 12 muffins

Mode:

Combine flour, baking powder, salt and sugar. In separate bowl combine oil, milk, eggs. Mix liquid ingredients with dry until just moist. Stir in apple. Fill greased muffin tin 2/3 full. Bake at 400°F for 15 minutes or until done.

Recipe 45: Carrot Cake recipe 1

Icing see Recipe 47

2 cups plain flour

3 teaspoons baking powder

1 ¼ teaspoons carb soda

1 teaspoon salt

2 teaspoons cinnamon

1 cup sugar

1 ½ cups oil

4 eggs

½ cup chopped walnuts

2 cups grated carrots

8 oz crushed pineapple, drained

Mix and put in 10" pan and bake at 350°F for 1 hour.

Recipe 46: Carrot Cake recipe 2

Icing see Recipe 47

1 ¾ cups plain flour

1 heaped teaspoon baking powder

1 flat teaspoon carb soda

2 cups grated carrots

1 cup sugar

¾ cup cooking oil

½ cup almonds

3 eggs

1 heaped teaspoon cinnamon

Cook for 1 hour at 350°F

Recipe 47: Icing

4 oz Philadelphia cream cheese 125gm

1 teaspoon vanilla

½ lb icing (8 oz)

1 tablespoon soft butter

This is my usual recipe – used many times.

JAMS

Recipe 48: Fig Jam

To every pound of fruit, add 1 lb of sugar. Cut off green stem, open figs and cover with sugar. Allow to stand all night. Next day boil together for ¾ hour. Add either ground or preserved ginger, blanched almonds. No water to be used. Lemons may be added, but I didn't.

Recipe 49: Apricot Jam (made many times)

8 lbs apricots

6 lbs sugar

Wipe apricots, cut in halves, remove stone, cover with all the sugar and let stand overnight. Bring slowly to the boil and boil rapidly for about half an hour. Test for setting by dropping a little on a saucepan and cool.

DRINKS

Recipe 50: Lemon Squash – that Mum made

I doubled it.

2 lbs sugar

1 oz citric acid crystals

1 large desert spoon Epson Salts

Mode:

Pour over these 1 ½ pints boiling water, when cool and grated rind of 2 lemons (or oranges) and juice of 6 lemons. Bottle .. will keep for some time.

