

# SAMPLE OF RECIPES USED ON IBEX TRIPS

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## **STARTERS**

### **SWEET POTATO AND RED PEPPER SOUP:** *HAZEL WILLIAMS*

Serves 10

#### **Ingredients**

8 sweet potatoes (small)

4 red peppers

2 onions

2 cloves of garlic

1 can coconut milk

cheap dry vermouth 1/4 - 1/2 cup , or dry white wine

seasoning

1/2 veg stock cube

a little water

#### **Method**

Dice veg and simmer with liquids for 30 mins.

Blend until smooth

Serve with swirl of creme frais or cream

## **FRENCH ONION SOUP:** *DIANE DEJAEGHERE*

Serves 4-6



*“A very simple, foolproof and cheap recipe which always works well, especially when it’s cold and dark in the evening.”* - Diane

### **Ingredients**

1 kg onions, peeled and thinly sliced (whoever does this job may like to wear goggles/alternatively, peel the onions under running water)

butter

a few spoonfuls of flour

chicken stock (cubes ok)

thick slices of crusty bread (e.g. French baguette)

olive oil

freshly grated cheese (gruyere or emmenthal is best: definitely NOT cheddar or parmesan)

### **Method**

Melt the onions in butter for about 20 minutes: they should become soft and translucent but not too brown.

Sprinkle the onions with the flour and mix well. Reduce the heat a little. Gradually add the stock and stir (there should not be any lumps of flour) - the soup should be quite thick. Simmer for another 20 minutes, mixing now and then. Do not add salt at any stage.

Toast the bread in the oven. Brush each slice with olive oil. Cover each slice of toasted bread with a generous layer of grated cheese and stick under the grill until the cheese is golden and bubbly.

Serve the soup in individual bowls (with a slice of cheesy bread on top). And voila, bon appetit.

## **PENNY'S SPICY LENTIL SOUP:** *MICHAEL YOGARAJAH*

*Michael:* "Goes well with warmed crisped bread and freshly chopped coriander as garnish. Should be served half fluid, half stodgy."

Serves 9 -10 as starter or 6 as principle meal. Double the quantities below for an Ibex weekend with 12 to 15 people.

### **Ingredients**

230g red lentils, rinsed and drained  
3 medium carrots  
1 medium potato  
2 sticks celery  
1 onion  
2 vegetable stock cubes  
2 large cloves of garlic  
2 large heaped teaspoons of medium curry paste or curry powder equivalent. (Pataks medium curry paste is good)  
olive oil  
water, about 4 pints  
salt and pepper

### **Method**

Fry crushed garlic cloves and diced onion in a little olive oil to brown in a large casserole or pot. Add the water brought to almost boiling in a kettle, lentils, sliced carrots, diced potato, chopped celery, stock cubes, curry paste or powder, and salt and pepper. Bring to the boil and heat gently for a further 20 minutes keeping *almost* boiling.

**Source:** *A version of a popular recipe by Penny, Michael's mother.*

## **GLENEAGLES PATE:** *VIV & JIM NEVILL*

Serves at least 8

### **Ingredients**

#### *Trout pate:-*

175g skinned smoked trout

75g butter

75g cream cheese

juice of ½ lemon

salt and freshly ground black pepper

#### *Mackerel Pate:-*

175g skinned smoked mackerel

75g butter

75g cream cheese

juice of ½ lemon

salt and freshly ground black pepper

#### *Salmon pate:-*

100g skinned smoked salmon

50g butter

50g cream cheese

5ml tomato puree

juice of ½ lemon

Salt and freshly ground pepper

### **Method**

All pates are made in the same way: put all the ingredients in a processor and blend until smooth.

Each pate may be served on its own, but the Gleneagles pate is the 3 pates layered in a 1.2 litre loaf tin or terrine.

Line tin with clingfilm and a few slices of smoked salmon.

Turn prepared trout pate into the tin, smooth and chill.

Spread mackerel mixture on top of the trout, smooth and chill.

Repeat with salmon.

Wrap any surplus cling film over the top and chill overnight.

Slice and serve with toast and butter.

**Source:** *Miriam Mitchell* (NB: Miriam Mitchell has noted that the tomato puree is added to the salmon pate to make it redder than the trout, though she preferred the taste without.)



## **SMOKED MACKEREL PATE:** *NORMAN WEINSTOCK*

Serves 4-6

### **Ingredients**

2 smoked mackerel, skinned and boned

125g/4oz cottage cheese

150g/5oz soured cream

juice of half a lemon, or more

grated nutmeg

black pepper and salt

cayenne

2 lemons cut into wedges

### **Method**

Liquidise all the ingredients. Season to taste with pepper, nutmeg and salt.

Put into individual dishes or one large one. Cover with clingfilm and chill for two hours

Sprinkle with a little cayenne and serve with lemon wedges.

**Source:** *BBC Recipes Online*

## JAMAICAN CUCUMBER CUPS: *SUSAN & DAVID WATTS*



Serves 6

### **Ingredients**

2 cucumbers

1 tin tuna in brine

Mango chutney (optionally can be spicy mango chutney)

Juice from a squeezed lemon

Pack of cherry tomatoes

### **Method**

Cut off the ends of the cucumbers and discard.

Cut each cucumber into 3 pieces.

For each piece, slice it longways and scoop out the soft part using a teaspoon. Each serving consists of two hollowed-out pieces of cucumber.

Drain the tuna and put into a bowl.

Add the lemon juice to the tuna in the bowl.

Add several spoonfuls of mango chutney to the tuna and mix well.

Spoon the tuna mixture into the hollows of the cucumber pieces

Slice the cherry tomatoes in half and place two halves on each cucumber piece. Place any leftover cherry halves on the plate.

**Source:** *based on a similar recipe in the book 'The Real Taste of Jamaica' by Enid Donaldson.*

## **ROASTED TOMATO SALAD:** *JULIA & CHRIS BURTON*

This is a good summer recipe.

### **Ingredients: (serves 4 as a starter)**

12 medium or 8 large tomatoes (beef tomatoes are too big)  
One large fresh basil leaf per tomato (easiest option is to buy a live basil plant from the supermarket)  
4 small cloves garlic, finely chopped  
2 tablespoons olive oil  
Salt and pepper  
A further large basil leaf per tomato  
2 black olives per tomato - buy the ones without stones, and if in brine rinse well before use  
2 tablespoons olive oil and 2 tablespoons balsamic vinegar for the dressing  
Crusty bread - ciabatta is good

### **Method**

Use a shallow roasting tin (or possibly more than one) large enough to hold all the tomatoes in a single layer when cut in half

Cut each tomato in half (around the equator so where the stalk was is in the middle) and place the halves in the roasting tin, cut sides up. Sprinkle over the chopped garlic, and dribble a few drops of oil on each half. Finally top each one with half a basil leaf.

Roast for 50mins to 1 hour at gas 6/400F/200C, until the edges are slightly blackened. Remove from the oven and allow to cool.

All the above can be done the previous day if necessary.

To serve, place the tray back in the oven (at gas ½ /200F/100C) to warm through. Whisk the oil and vinegar together for the dressing. Transfer the tomatoes, including the pan juices and garlic to individual serving plates. Place half a basil leaf on top of each tomato half and drizzle some of the dressing over the top. Finally top each tomato half with an olive and serve.

Eat with the bread to soak up the juices.

**Source:** *Originally a Delia Smith recipe*



**HOT & SOUR PRAWN SOUP:** *DAVID BIBBY*

**Ingredients: (serves 15)**

200ml rice or white wine vinegar

70ml soy sauce

2L chicken stock

3 inches of ginger, finely chopped

2 large red chillies, finely sliced

12 spring onions, finely sliced

100g golden caster sugar

1.2kg small prawns

**Method**

Mix the spring onions, ginger, chillies and 75g of the sugar together with the rice wine vinegar, soy sauce and stock.

Bring to a simmer, cook for 1 min, and then add the prawns.

Heat through, then stir in the remaining 25g of sugar.

**Source:** *BBC Good Food website*

## MAINS

### KASHMIR SPICED PRAWNS: *JUDITH BARNES*

Serves about 10

#### Ingredients

660g peeled prawns  
6 dessertspoons oil  
4 large onions chopped  
1.5 green peppers chopped  
6 cloves of garlic crushed  
3 14oz tins tomatoes  
12 ins cucumber, peeled and chopped  
6 teaspoons mango chutney  
6 tablespoons yoghurt  
1.5 teaspoons cumin  
1.5 teaspoons coriander seeds  
3 teaspoons turmeric  
6 cardamom pod  
0.75 teaspoon chilli powder  
6" fresh ginger  
basmati rice

#### Method

Heat oil and fry onion, pepper and garlic for 5 mins. Add spices, stir around. After 5 mins, stir in chopped tomatoes and cucumber, stir and simmer for about 6 mins before adding prawns, chutney juice and yoghurt. Heat through gently for 5 mins without boiling, then serve with rice.

Source: *Delia Smith*

## **BOBOTIE (1): VIV & JIM NEVILL**

A South African/Malaysian recipe

Serves 6

### **Ingredients**

450gm steak mince  
3 med onions  
1 clove garlic, finely chopped  
2 tbspn smooth apricot jam  
½ cup seedless raisins  
3 tbspn mango chutney  
1½ teaspn curry powder  
1 tbspn vinegar  
1 tbspn Worcestershire sauce  
1 cup milk  
2 eggs  
1 slice stale white bread  
2 tbspn chopped almonds  
salt and pepper  
bay leaves and a few whole almonds

### **Method**

Fry onion and garlic until soft and transparent in oil, /butter. Add curry powder and fry for one minute. Add mince and stir constantly until mixture is cooked. Stir in salt, vinegar, chutney, jam, worcestershire sauce, raisins and chopped almonds. Remove from heat and add one egg, well beaten. Soak bread in ½ cup milk. Mash thoroughly and add to curry mixture. Put mixture in one or two greased baking dishes.

*Topping:* beat the other egg in the remaining milk. Season with salt and pepper. Pour over curry mixture. Garnish with bay leaves and almonds.

Cooking time 30-40 mins (oven 180°) - until golden brown and the topping is set.

Freezer life excellent.

**Source:** *Miriam Mitchell*

## **BOBOTIE (2):** *DAVID & SUSAN WATTS*

Serves 4



*Photo: David Watts*

Preparation time 10 minutes, cooking time 40 minutes.

### **Ingredients**

2 tablespoons olive oil  
1 onion, chopped  
2 garlic cloves, chopped  
2 tablespoons medium curry paste  
500 g (1 lb) minced beef  
2 tablespoons tomato puree  
1 tablespoon white wine vinegar  
mango chutney  
50 g (2 oz) sultanas  
1 slice of white bread soaked in 3 tablespoons milk and mashed  
4 eggs, beaten  
100 ml (3 ½ fl oz) double cream  
salt and pepper

### **Method**

Heat the oil in a saucepan, add the onion and garlic and cook until soft and starting to brown. Add the curry paste and minced beef and cook, stirring and breaking up with a wooden spoon, for 5 minutes or until browned. Add the tomato puree, vinegar, sultanas, a few tablespoons of mango chutney and mashed bread. Season to taste with salt and pepper and transfer to a deep, medium-sized oven proof dish, or a 20 cm (8 inch) heavy cake tin. Mix together the eggs and cream in a bowl, season to taste with salt and pepper and pour over the meat mixture. Bake in a pre-heated oven, 180° C (350° F), Gas Mark 4, for 30 minutes or until the egg is set and golden brown. Remove from the oven and leave to cool for 10-15 minutes before serving.

**Source:** *'200 Budget Meals'* by Sunil Vijayakar. Hamlyn.

## **MEDITERRANEAN PLAIT:** *NIGEL EVANS*

Serves 4 as main, about 8 as starter

### **Ingredients**

12oz (350g) mixed vegetables, e.g. leeks, aubergines, red peppers, sweet potatoes, courgettes  
1 tab olive oil  
salt and pepper  
1 medium onion, roughly chopped  
1 clove garlic  
7 oz (200g) canned chopped tomatoes  
½ tab. tomato puree  
2 oz. (50g) Gruyere cheese, grated  
3 ½ oz (100g) mascarpone cheese (or boursin)  
1 tab milk or single cream  
1 tab freshly chopped chives  
1 oz (25g) toasted pinenuts  
8 oz (200g) puff pastry  
beaten egg to glaze

### **Method**

Chop the vegetables into 1" (2.5 cm) chunks. Place in a small roasting tin with 1 dessertsp. olive oil and seasoning. Cook at 200C/400F/Gas 6 for 40 minutes until just tender. Remove from oven and cool a little.

Heat the other teasp. of oil in a frying pan. Add the onions and garlic and fry for 5 minutes until golden. Add the chopped tomatoes and tomato puree and simmer, without a lid, for 15 minutes until thick.

Mix about three quarters of the gruyere cheese with the mascarpone cheese, cream and chives.

Mix the vegetables with the tomato sauce, half the pinenuts and seasoning.

Roll out the pastry quite thinly to a rectangle about about 14 by 12 inches (36 by 30 cm.). Put it onto a big baking sheet.

Place the vegetables down the centre of the pastry, about 4" wide. Top the vegetables with the cheese mixture.

With a sharp knife, make diagonal incisions about 1" apart down each side of the filling to within 1" of the filling. Plait from the top by overlapping alternate strips from either side across the filling. Make sure that the strips cross over or the pastry may burst in cooking. Tuck any loose pastry under the base. Brush with the egg and sprinkle with black pepper, coarse salt, remaining grated cheese and pinenuts.

Bake at 220C or 425F or Gas 7 for 25 minutes or until golden brown.

**Source:** *A Mediterranean cookery course.*



## **SAUSAGE CASSEROLE WITH RED WINE:** *DIANE DEJAEGHERE*

Serves 4

### **Ingredients**

8 or 10 good quality pork sausages (with the highest possible meat content)  
200gr diced smoked bacon  
About 20 very small onions (like the ones used for pickling) or if this is too fiddly, one large onion  
A couple of garlic cloves  
A few pinches of dried herbs (thyme/laurel)  
Fresh parsley  
250 gr ordinary white mushrooms  
Olive oil  
A tablespoon of flour  
A bottle of red wine  
Chicken stock (made from stock cubes)

### **Method**

Heat the olive oil in a frying pan and fry the sausages until brown. Place the sausages in a casserole dish/saucepan  
Fry the bits of bacon in the same frying pan until they become a little crisp and place in the saucepan with the sausages

Put the peeled onions (or the peeled and roughly chopped onion) as well as the crushed/chopped garlic in the frying pan. Fry gently until soft- neither the onions nor the garlic should brown

Sprinkle the flour on the onions/garlic and stir carefully, scraping the pan to absorb the meat juices. Gradually add about a third of the red wine to this mixture. Mix well and let the sauce thicken a little.

Pour the wine/onion/garlic sauce onto the sausages and bacon. Add the dried herbs.

Simmer for 35 minutes or so. The sauce should become quite thick but not gloopy. Add more wine (or stock if preferred) as required. Season with salt and pepper to taste (not too much salt if using stock).

Add the sliced mushrooms and simmer for a further 15 minutes.

Serve with a sprinkle of chopped parsley.

This goes well with mashed potato. It is also nice to have some green vegetable on the side (e.g. broccoli, courgettes, French beans).

**Source:** *Adapted from Delia Smith*

## **CHICKEN, BOURSIN CHEESE AND CUMIN SEEDS: *VIV NEVILL***

Serves 6

### **Ingredients**

6 chicken fillets but with skins still on  
A packet of boursin cheese - about 100g  
Cumin seeds  
200ml single cream

### **Method**

Place some boursin cheese under the skin of each chicken fillet and then sprinkle cumin seeds liberally over the top. Place in a roasting tin and bake in the oven (200 C, regulo 6) for 20 to 30 minutes depending on the size of the chicken pieces.

Once cooked take out of the oven , add the single cream and place over a low light on the hob stirring well. If short of liquid you can add some water that has been used to cook the vegetables in.

Serve with rice or small potatoes.

**Source:** *"I picked up this recipe from a friend."*

## **LAMB TAGINE:** *DAVID WATTS*

Serve 4

### **Ingredients**

450g/1lb lamb, cubed and trimmed of any fat  
2 cloves garlic, peeled and crushed  
Small aubergine, quartered, cut into 1cm/half inch pieces  
150g/6oz ready-to-eat apricots, cut in half  
2 tbsp. raisins  
1 large onion, peeled and chopped  
450ml/three quarters of a pint of water or vegetable stock  
Red chilli pepper, deseeded and finely chopped  
1 tsp. paprika  
1 tsp. cayenne pepper  
1 tsp. oregano  
1 tbsp. clear honey  
2 tbsp. extra virgin olive oil  
Salt and fresh black pepper  
Generous splash of red wine  
2 pinches of saffron

### **Method**

Heat oil in a heavy-based saucepan and fry lamb on high heat for about 6 or 7 minutes. Turn down heat and add garlic, red chilli and onion then simmer for a couple of minutes.

Next add cayenne pepper, saffron and paprika and, after a minute, pour in red wine, stock, season with salt, pepper and oregano.

Bring to the boil, then simmer (covered) for 20 minutes.

Add the aubergine, raisins and apricots; continue cooking uncovered, stirring occasionally, until meat tender. Adjust seasoning and stir in honey. Garnish with fresh coriander.

Serve with brown or white rice, or couscous.

## CHILLI CON CARNE: *CHRIS BURTON*



Amounts below are for 4 people - multiply up the quantities depending on how many/how hungry are the Ibexes you are feeding!

### **Ingredients**

2 tablespoons olive oil

1 large onion, finely chopped

2 garlic cloves, crushed

1 green pepper, deseeded and cut into strips

1 ¼ lbs minced beef (or substitute 4oz bacon for 4oz of the beef)

15oz can chopped tomatoes

15oz can cooked red kidney beans, drained and rinsed

About 4 teaspoons chilli powder (depends on the brand - do not put too much in at first - you may not need so much!)

Salt

Tortilla chips and sour cream to serve

### **Method**

Heat the oil in a flameproof casserole and fry the onion, garlic, green pepper and bacon (if used) for 5 minutes. Add the minced beef, stir well and continue to fry, stirring frequently, until the onion is soft and the beef has browned. Add the remaining ingredients except for the kidney beans and stir together well. Cover and cook in a warm oven (170oC/325oF/Gas Mk 3 for a non-fan oven) for 1 hour.

All the above can be done ahead of time and the dish can then be frozen if desired.

Add the kidney beans either when reheating after defrosting or in the last 10 minutes of cooking time. Before serving check how spicy the dish is and stir in more chilli powder if necessary. Also add more salt if required.

Serve with boiled rice and peas, together with the tortilla chips and sour cream.



**SLOW ROAST LAMB: SAAJ ALI**



Photo: *David Watts*

**Ingredients and Method:** Apply to Saaj Ali



## VEGETABLES

### **GARLIC AND CHILLI POTATOES:** *DAVID & SUSAN WATTS*

Serves 6-8

*“This is a revelation. Even people who don’t like spicy food can’t get enough of potatoes cooked like this, so the quantities I give you are for 6-8 people under normal circumstances – though you may not find it’s enough when they’ve tasted them.”*

#### **Ingredients**

1 kg/2 lb potatoes cut into quarters (Desiree is a good variety for this)  
2 large garlic cloves peeled and crushed  
1 tsp salt  
2 tbsp crushed red chilli (from a jar) or thick chilli sauce  
4 tbsp vegetable oil

#### **Method**

Pre heat the oven to 180C/350F/Gas 4/160 fan (bottom of the Aga roasting oven). Put the potatoes into a pan of cold salted water, bring to the boil and simmer for 6 minutes. Drain thoroughly. Mix together the garlic, salt and crushed chilli or sauce and coat the potatoes with it thoroughly. Leave for 10 minutes for the flavours to develop. Heat the oil in a roasting tin, turn the potatoes in the oil and roast for 40 minutes until cooked through and golden brown. Serve hot

### **LIME AND HONEY PARSNIPS:** *DAVID & SUSAN WATTS*

Serves 6-8

*“This is a delicious way of roasting parsnips with an exotic touch”*

#### **Ingredients**

2 tbsp olive oil  
675 g/1½ lb parsnips, peeled and cut into thick chip-shaped pieces  
1 tbsp clear honey  
juice of 1 lime  
2 tbsp chopped fresh coriander or parsley  
seasoning  
lime wedges, to garnish

#### **Method**

Preheat the oven to 180C/350F/Gas Mark 4/160C fan (bottom of the Aga roasting oven). Heat the oil in a large roasting tin and when it’s hot add the parsnips, honey, and lime juice. Stir well until the parsnips are thoroughly coated with the mixture. Season and roast for 30- 40 minutes until lightly golden and caramelised – you will need to turn them halfway through cooking. Transfer them to a warmed serving dish and scatter with the chopped coriander or parsley. Garnish with the lime wedges to serve.

## DESSERTS

### CHILLED LEMON FLAN: *VIVIENNE NEVILL*

Serves 6

#### Ingredients

*For the flan case:*

6oz digestive biscuits

3oz butter

*For the filling:*

200ml of double cream

1.5 cans of condensed milk ( one can = 6oz )

3 lemons

*For decoration:*

A slice or two of lemon

#### Method

Place the digestive biscuits in a robust plastic bag, eg freezer bag, and crush them with a rolling pin. Melt butter in a pan or microwave and add to the biscuits mixing well. Turn mixture into a 7 -inch pie plate or flan dish and press into shape round base and sides of plate with the back of a spoon.

Mix together cream, condensed milk and finely grated lemon rind. Slowly beat in the lemon juice. Pour mixture into the flan case and chill for several hours until firm.

It can be served with single cream

**Source:** *“This is a firm favourite from an old Hamlyn cookbook.”*

### VERY QUICK AND EASY FRUIT CRUMBLE: *HAZEL WILLIAMS*

Serves 4

#### Ingredients

8 oz plain white flour

4 oz unsalted butter + extra for top, maybe 2 oz

3 oz white sugar

Demerara sugar for top

2 tins of fruit pie filling - use different flavours, one sharp and one sweeter

Or cooked fruit such as plums as long as not too liquid

#### Method

Use fingers to rub fat in to mixture of flour and white sugar until the mixture looks like crumbs.

Put the 2 fruit fillings into bottom of dish (not shallow) and mix together.

Put crumble mixture on top

Magic ingredients: put plenty of knobs of butter on top and sprinkle generously with Demerara sugar

Bake 40mins at 180 C/350 F /gas 4

Serve with cream or custard

Source: "A family recipe, adapted."

## **CRANBERRY UPSIDE DOWN CAKE:** *DAVID & SUSAN WATTS*



*Photo: David Watts*

Makes one - 9 inch (23 cm) cake. Serves 6 to 8

### **Ingredients**

#### *Topping:*

5 tablespoons (1/3 cup) (70 grams) unsalted butter

2/3 cup (140 grams) light brown sugar

8 ounces (2 1/4 cups) (227 grams) fresh cranberries

#### *Cake Batter:*

1 1/2 cups (195 grams) plain flour

2 teaspoons baking powder

1/4 teaspoon salt

1/2 cup (113 grams) unsalted butter, at room temperature

1 cup (200 grams) granulated white sugar

1 teaspoon pure vanilla extract

2 large eggs, separated

1/2 cup (120 ml) milk

1/4 teaspoon cream of tartar

### **Method**

Preheat oven to 350 degrees F (177 degrees C) and place rack in the center of the oven. Butter (or spray with a non stick vegetable spray) a 9 inch (23 cm) round or square cake pan.

#### *Topping:*

Place the butter and brown sugar in a small saucepan and stir over medium heat until the butter has melted and the sugar has dissolved.

Continue cooking for a few more minutes until the sugar starts to caramelize. Then remove from heat, and pour into your prepared cake pan. Sprinkle evenly with the fresh cranberries.

*Cake Batter:*

In a large bowl, sift or whisk together the flour, baking powder, and salt.

In the bowl of your electric mixer, or with a hand mixer, beat the butter with the sugar until light and fluffy. Scrape down the sides of the bowl and then beat in the vanilla extract. *Cont...*

*...cont.* Add the egg yolks, one at a time, beating well after each addition. Scrape down the sides of the bowl. Add the flour mixture (in three additions), alternately with the milk (in two additions), ending with the dry ingredients.

In a clean bowl, whisk the egg whites with the cream of tartar just until the whites hold a firm peak. With a large spatula gently fold the beaten egg whites into the cake batter in two additions.

Pour the batter into the cake pan, smoothing the top. Bake in preheated oven for 25 - 35 minutes, or until the top of the cake has browned, starts to pull away from the sides of the pan, and a toothpick inserted in the center of the cake comes out clean. Remove from oven and place on a wire rack to cool for about 15 minutes. Run a sharp knife around the edge of the pan and then invert the cake onto your serving plate.

Serve with softly whipped cream.

*Note:* Because of the moisture in the cranberries, and because ovens do vary, the baking time can vary significantly. If you use frozen cranberries the cake will take longer to bake than if you are using fresh cranberries.

**Source:** [www.joyofbaking.com](http://www.joyofbaking.com)



## MALTESER SLICES: *DAVID WATTS*



Serves 20+

### **Ingredients:**

Packet Amaretti biscuits (250g)  
2 large packets of maltesers (230g each)  
2 bars of dark chocolate (200g each)  
2 bars of white chocolate (200g each)  
Glace ginger pieces (400g)  
Decoration for top such as “chocolate sprinkles”

### **Method:**

Crush Amaretti biscuits and put into a mixing bowl.

Crush maltesers (e.g. with a rolling pin on a board) and add to mixing bowl.

Melt dark chocolate, add to mixing bowl and mix contents.

Add glace ginger pieces to mixing bowl and mix contents.

Line deep baking tin with greaseproof paper.

Fill baking tin with mixture, smoothing the top surface.

Melt white chocolate and pour over the baking tin, covering all the mixture.

Add the “chocolate sprinkles” to the top.

Place tray in fridge.

*Cont...*



...cont. After mixture has set remove tray from fridge and allow to warm up to room temperature before turning out and cutting into slices (easier to cut when at room temperature).

*Source: Creation inspired by something similar eaten at an Ullapool café.*

## **CHOCOLATE FRIDGE CAKE:** *JUDITH BARNES*



Photo: *David Watts*

Serves 8

### **Ingredients**

350g plain chocolate  
250g digestive biscuits (broken into bits)  
175g glace cherries (quartered)  
4 tablespoons brandy  
4 tablespoons strong coffee

### **Method**

Put chocolate and coffee in pan and heat gently until melted. Remove from heat and add brandy, biscuits and cherries. Mix and put into greased tin. Chill overnight in fridge.

## BAKERY

### IRISH WHISKEY FINGERS: *IAN HALL*

Cuts into 10



#### Ingredients

1 unwaxed lemon  
100g sultanas  
80ml whiskey  
130g unsalted butter, at room temperature  
130g golden caster sugar  
2 large eggs, separated  
130g self-raising flour  
1-2 tablespoons demerera sugar

#### Method

Use a cake tin, 18cm square, greased and lined

Soak the fruit in whiskey the night before baking - Irish whiskey gives the best flavour, but Scotch is very good too.

Using a vegetable peeler, pare off the zest of the lemon and put it in a small bowl. Add the sultanas, then pour over the whiskey. Cover the bowl tightly and leave overnight.

Using a wooden spoon or electric mixer, beat the butter until creamy. Beat in the sugar and continue until the mixture is very light and fluffy. Beat in the egg yolks one at a time.

Remove the lemon zest from the whiskey mixture, then add the sultanas and whiskey to the cake mixture, carefully folding them in using a metal spoon.

In another bowl, whisk the egg whites until they form stiff peaks, then fold them into the mixture in 3 batches alternately with batches of the flour.

Spoon the mixture into the prepared tin and smooth the surface. Sprinkle with the demerera sugar, then bake in a preheated oven at 180C (350F) Gas 4 for about 25 minutes or until just firm to the touch. *Cont...*

...cont. Remove from the oven, let rest in the tin for about 5 minutes, then carefully unmould the cake on to a wire rack. Let cool completely, then cut into 10 fingers.

Store in an airtight container and eat within 1 week, or freeze for up to 1 month.

**Source:** *'Easy Baking'* by Linda Collister. *Ryland, Peters and Small*.

## BUTTERY BREAD CAKE: *DAVID WATTS*



Photo: *David Watts*

### Ingredients

350g/12oz wholemeal bread, cut into thick slices  
300ml/half pint semi-skimmed milk  
350g/12oz mixture of sultanas, raisins and chopped dried apricots  
50g/2oz mixed peel  
Handful of mixed chopped nuts  
3 tbsp. soft brown sugar  
2 tbsp. marmalade  
100g/4oz self-raising flour (white, wholemeal or half and half)  
1 Bramley cooking apple, peeled, cored and grated  
2 large organic eggs, lightly beaten  
1 tsp. ground mixed spice  
5 ml/1 tsp. lemon juice  
100g/4oz unsalted butter (or margarine), melted

### Method

Leaving crusts on, break up slices of bread into several pieces then soak in the milk overnight or for at least 4 hours until very soft, adding a little more milk if necessary.

Once bread is ready grease and line a 23cm/9in cake tin. Pre-heat oven to 150 deg.F/300 deg.C/gas mark 3.

Mix into the bread all the remaining ingredients apart from the melted butter, then stir in half of the butter. Spoon mixture into cake tin and pour remaining melted butter over the top.

Bake on the middle shelf for one and a half hours, then increase temperature to 180 deg.F/350 deg.C/gas mark 4 and bake for a further 30-35 minutes. *Cont...*

*...cont.* Remove from oven but leave in tin to cool completely before turning out.

Source: *Trail Magazine (April 2003)*