

# The Witheridge Family History Society (closed 31 Dec 2021)

The Society was founded on 1 May 1987, by group of people interested in Witheridges/Wetheridges and their descendants. At its peak the society had over ~150 members throughout the world. A reunion was held each year in England. Reunions were also held in Australia, Canada and the U.S.A.



## Our Recipes

Thanks to Paul & Beryl Witheridge for creating and providing the Witheridge recipe book.

*The Witheridge Family History Society Recipe Book* is from [This Site](#)

# The Witheridge Family History Society 21st Anniversary Recipe Book

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# Foreword to the first edition

First of all, I would like to thank everyone who contributed to, this, our first *Witheridge Family History Society Recipe Book*. Without your recipes, this book would not have been possible. Over the last few months, I have been testing these recipes, tasting the final products (and in many cases, photographing them), before finally getting down to assembling them all into this book. If you are one of those who contributed a recipe, I hope I have rendered it correctly and that any photo does it justice.

I never realised how much work it would be! Like most cooks, I have my own technique for interpreting recipes—I put them together my own way, sometimes not really measuring out the ingredients, but adding a little of this, a dash of that or a handful of the other. Going into print was altogether different. I found myself having to check the ingredients, the quantities, whether the method made sense and even the spelling (especially my own spelling!). There was the problem of ingredients that had different names in different countries, or were not available at all in some countries. And then there was the matter of the different measurement systems—for example, did you know that in Canada, the UK and the USA, a tablespoon is 15 ml, whereas in Australia it's 20 ml!

For those ingredients that have different names depending on the country, I have tried to include the alternative names (e.g. zucchini for courgette or eggplant for aubergine). I have also attempted to offer alternatives where I know an ingredient is not available (e.g. white sugar instead of caster sugar). I have also substituted butter for margarine because of the difficulty of getting margarine that does not contain unhealthy hydrogenated fats.

Oven temperatures are given in Celsius, Fahrenheit and Gas mark. Quantities are given in metric (grammes, millilitres, etc) and Imperial measures (ounces and fluid ounces). I have mostly avoided gallons and pints because of the difference between US and Imperial pints: an Imperial pint is 20 fluid ounces; a US pint is 16 fluid ounces. Even the US and Imperial fluid ounces differ slightly, but not enough to worry about unless really large quantities are involved. Where quantities are given in cups, these conform to the US standards—Australian and New Zealand readers beware!

I already have a few recipes that are not in this book and hope to get more. I intend to publish these in the same laminated format for insertion into the same binder. I hope to have the first additional recipes available for the 2008 reunion and yearly thereafter.

I would be interested to get feedback on this, my first attempt at a recipe book. Please feel free to contact me. If you find that something does not work for you, please let me know. Also **please** keep sending me your recipes.

Finally I would like to say 'thank you' to my husband, Paul, for his patience and hard work in helping me put this together—especially in the photography department and then having to eat everything!

*Beryl Witheridge, March 2007*

# Foreword to the second edition

I would like to say ‘thank you’ to everyone who purchased the first edition of this *Witheridge Family History Society Recipe Book*. It was so successful that I had to produce a second printing.

Since then I have received a further twenty-two recipes, all of which are included in this second edition.

Another big ‘thank you’ is due to those who contributed these new recipes. More than a few of them originate from North America and I was privileged to enjoy many of these ‘in situ’ during a visit to North America when I met many members and experienced their fantastic hospitality—so special thanks to Anne and Jim Atwell, Sharon and Ted Brydges, Vivian Hanson, Jean, Darlene and Dennis Tomlinson, and Kathy and Paul Witheridge for great meals *and* the recipes!

I have had great fun in converting quantities between metric, Imperial and US measurement systems—I no longer count sheep to get to sleep, just fluid ounces, tablespoons, Imperial pints and US ½ cups! Please, if you find I have made any errors, be kind to me in your thoughts and let me know what they are.

I do hope you enjoy the new recipes and get pleasure in seeing your own recipes in print.

*Beryl Witheridge, May 2008*

## Minor revisions to the second edition

These changes are not enough to justify a complete new ‘edition’ of this recipe book, but important enough to be included. Ingredient quantities have been corrected for ‘Chocolate Gingerbread’ (*see Breads Cakes and Biscuits 3*) and for ‘Cup of Tea Cake’ (*see Breads, Cakes and Biscuits 4*). In addition, one new recipe, ‘My Stir-fried Rice’, has been added (*see Main Courses 27*).

*Beryl Witheridge, January 2012*

# Blue Cheese Dressing or Dip

*Contributed by Beryl Witheridge*

This is a very quick and easy recipe. It makes a delicious dressing for a salad, or topping for a jacket (baked) potato. We also love it as a dip, served as an appetizer with raw vegetables and crisps (potato chips).

## **Ingredients**

- 25 g (1 oz) blue cheese (Danish Blue is a good choice)
- 30 ml (2 tablespoons) mayonnaise

## **Method**

Crumble the blue cheese into the mayonnaise and mix well.

Adjust ingredient quantities to your own taste. The above amounts will serve 2–4 people as a salad dressing.



# Carrot and Coriander Soup

*Contributed by Kim Cook*

This is a winter favourite of ours.

## **Ingredients**

1 medium onion  
700 g (1½ lb) carrots  
2 vegetable stock cubes  
10 ml (2 teaspoons) sugar or sweetener (optional)  
275 ml (10 fl oz) water (approx)  
15 ml (3 teaspoons) dried coriander  
a little salt and pepper

## **Method**

Chop the onion and sweat in a little butter. Wash and chop the carrots (no need to peel them) and place in a pan with the onion and stock cubes. Add the sugar or sweetener, and cover with the water. Simmer gently, with the lid on the pan, until the carrots are very soft.

Put the carrots into a blender with a little of the cooking juice. Blend until smooth. If necessary, thin with any remaining juice. Return to the pan, add the coriander, season with salt and pepper, and simmer gently for a few minutes until heated through.



# Curried Mango Dip

*Contributed by Beryl Witheridge*

Serve as a dip with raw vegetables, crisps (potato chips), etc. It also makes an unusual, but tasty, salad dressing.

## **Ingredients**

30 ml (2 tablespoons) mayonnaise  
15 ml (1 tablespoon) mango chutney  
2.5 ml (½ teaspoon) curry powder or paste

## **Method**

Mix all ingredients together well.

Adjust ingredient quantities to you own taste.

# French Onion Soup

*Contributed by Beryl Witheridge*

## **Ingredients**

25 g (1 oz) butter  
4 large onions, thinly sliced  
1.2 litre (40 fl oz) beef stock  
1 bay leaf  
black pepper

## **Method**

Melt the butter in a large pan and add the thinly sliced onions. Fry gently over a low heat until soft and transparent. Add stock, bay leaf and black pepper. Bring to the boil and simmer for 45 minutes.

Serve topped with grated cheese and some crusty bread.

This is always much better if made the day before.



# Mushroom and Leek Soup

*Contributed by Beryl Witheridge*

This is also known as *King Richard's Soup*, as it is a variation of a recipe from the oldest known English cookery book and was served to Richard II in the 14th Century.

## **Ingredients**

2 leeks, thinly sliced  
110 g (4 oz) button mushrooms, sliced  
110 g (4 oz) chestnut mushroom, sliced  
25 g (1 oz) butter or oil  
570 ml (20 fl oz) chicken stock  
pinch saffron  
pinch nutmeg  
salt and pepper

## **Method**

Lightly fry the leeks and mushrooms in butter or oil. Then add the stock and the saffron. Cook slowly for 30 minutes. Add nutmeg and season with salt and pepper to taste. Serve with crusty French bread.

# Simple Cauliflower and Blue Cheese Soup

*Contributed by Beryl Witheridge*

This is a creamy, medium-thick, filling, soup with a wonderful 'more-ish' flavour.

## **Ingredients**

1–1½ litre (35–50 fl oz) chicken stock (vary amount depending on the size of the cauliflower), made with stock cubes  
1 cauliflower, broken into florets  
25 g (1 oz) blue cheese (Danish blue is a good choice)

## **Method**

Make the stock and add the cauliflower florets. Cook until tender. Then purée with a hand-blender (or what ever appliance you prefer). Crumble in the blue cheese and heat gently. Season with salt and pepper, and serve.

# Butternut Squash and Tomato Soup

*Contributed by Beryl Witheridge*

This recipe is quick and easy to make and great for a cold winter's day.

## **Ingredients**

- 1 small butternut squash, peeled, de-seeded and chopped
- 1 onion, chopped
- 1 clove garlic, crushed
- 400 g (14 oz) tin chopped tomatoes
- 425 ml (15 fl oz) chicken stock
- 5 ml (1 teaspoon) sugar (optional)
- 30 ml (2 tablespoons) double cream (heavy cream) or milk
- salt and pepper
- a little oil

## **Method**

Warm the oil in a large saucepan. Add the onion, garlic and butternut squash.

Cook for about 5 minutes. Add the stock and bring to the boil. Then simmer for 20 minutes until the squash is soft.

When done, puree and season with salt and pepper. Then add the cream or milk and reheat gently.

# Mexican Cups

*Contributed by Beryl Witheridge*

## **Ingredients**

400 g tin red kidney beans  
2 tomatoes, seeded and diced  
1 clove of garlic, crushed  
1 shallot or half a small onion, finely chopped  
1 chilli pepper, de-seeded and chopped  
5 ml (1 teaspoon) grated rind of a lemon or lime  
30 ml (2 tablespoons) lemon or lime juice  
15 ml (1 tablespoon) olive oil  
10 ml (2 teaspoons) maple syrup  
salt and pepper  
45 ml (3 tablespoons) fresh coriander, chopped

*For the cups:*

8 corn tortillas  
45–60 ml (3–4 tablespoons) corn oil for brushing  
grated cheese for topping (optional)

## **Method**

Pre-heat oven to 200°C (400°F or Gas mark 6).

Using a 6 cm (2½ inch) circular pastry-cutter, cut as many rounds as you can from each tortilla. Brush both sides of each round with oil and place in a small tartlets tray. Bake for about 6 minutes until crisp.

In a mixing bowl, combine the beans, tomatoes, garlic, shallot or onion, chilli pepper, lemon or lime rind, lemon or lime juice, oil and maple syrup. Mix well and add salt and pepper to taste.

Just before serving, place a spoonful of the mixture in each cup and sprinkle with chopped coriander. If serving hot, sprinkle with grated cheese and grill until cheese has melted.



# Pumpkin soup

*Contributed by Beryl Witheridge*

Serves six.

## **Ingredients**

1 medium onion  
2 garlic cloves  
90 ml (6 tablespoons) oil  
1.3 kg (3lb) pumpkin  
2 bay leaves  
300 ml (½ pt) milk  
300 ml (½ pt) single cream (light cream)  
salt and pepper

## **Method**

Chop the onion, crush the garlic and sauté both in the hot oil until the onion is transparent.

Peel the pumpkin and cut into 2.5 cm (1 inch) pieces. Add to the onion and garlic, along with the bay leaves. Cover and cook over a gentle heat for about 15 minutes until the pumpkin is soft.

Transfer to a liquidiser, add the milk and blend until smooth. Add the cream and season with salt and pepper. Reheat gently before serving.

Optionally you can:

- omit the cream and add vegetable stock
- omit the bay leaves and add rosemary
- add more garlic or add mild curry spices.

# Spicy Chesapeake Chicken Spread

*Contributed by Anne Geddes-Atwell*

Super, either as a stand-alone nibble, or served as an appetiser, well before the actual start of the meal, especially with a good red wine.

## **Ingredients**

- 450 g (16 oz) cream cheese, softened
- 15 ml (1 tablespoon) bottled steak sauce (Anne recommended *A1 Steak Sauce*—in the UK, substitute *Lea & Perrins Worcestershire Sauce* or *HP Brown Sauce*)
- 5 ml (½ teaspoon) curry powder
- red and black pepper to taste
- 340 g (1½ cups) minced cooked chicken
- 75 g (⅓ cup) minced celery
- 60 g (¼ cup) chopped parsley
- 60 g (¼ cup) chopped roasted almonds
- crackers or melba toast to serve

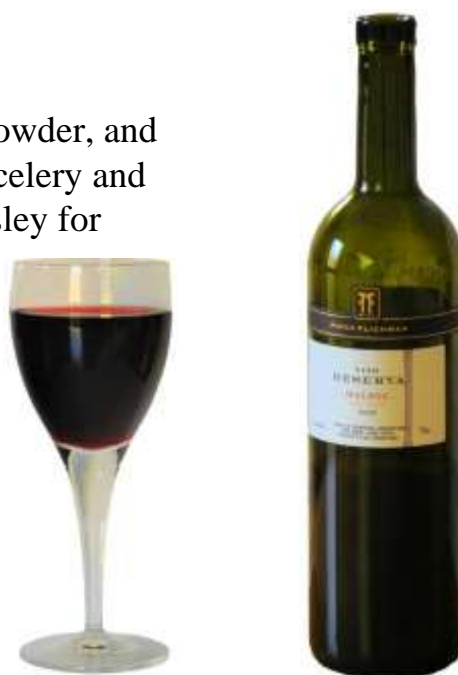
## **Method**

Beat together the cream cheese, steak sauce, curry powder, and red and black pepper. Blend in the cooked chicken, celery and 2 tablespoons parsley (refrigerate the remaining parsley for decoration). Shape mixture into a 9 inch log-shape.

Wrap in cling film (Saran wrap) and chill for 4 hours or overnight.

Toss together the chopped almond and remaining parsley. Unwrap the chicken log and coat with the nut mixture.

Serve chilled with crackers or melba toast.



# Texas Caviar

*Contributed by Dennis Tomlinson*

## **Ingredients**

400 g (14 oz tin) pinto beans, drained and rinsed  
400 g (14 oz tin) black-eyed beans (black-eyed peas), drained and rinsed  
625 g (2 x 11 oz tins) sweetcorn, drained  
150 g (1 cup) green or red pepper, chopped  
120 g (1 cup) celery, diced  
180 g (1 cup) onion, diced

*For the marinade:*

180 ml ( $\frac{3}{4}$  cup) sunflower oil  
125 ml ( $\frac{1}{2}$  cup) cider vinegar  
225 g ( $\frac{1}{2}$  cup) sugar  
2.5 ml ( $\frac{1}{2}$  teaspoon) salt  
1.25 ml ( $\frac{1}{4}$  teaspoon) pepper

**Note:** the original, American recipe called for white corn, but as this is not available in the UK, sweetcorn has been substituted.

## **Method**

Mix the marinade ingredients together in a saucepan, bring to the boil and then allow to cool. Mix the beans, corn, peppers, celery and onion together in a bowl. Pour the marinade over, cover and leave overnight.

Drain and serve with corn chips, crisps (potato chips), etc.



# Cheat's Risotto

*Contributed by Kim Cook*

This was a recipe I concocted when we were first married. I was commuting, working long hours and the budget was usually very tight. This was quick, effortless, cheap and created very little washing up!

## **Ingredients**

knob of butter  
1 onion, chopped  
175 g (6 oz) rice  
175 g (6 oz) cooked or tinned meat, chopped  
1 tomato, sliced (or small tin of tomatoes)  
570 ml (20 fl oz) stock or soup (less if using tinned tomatoes)  
tomato sauce or purée  
grated Parmesan cheese or equivalent

## **Method**

Using a frying pan with a lid, melt the butter and fry the onion. Add the rice and cook for a few minutes. Add the chopped meat and tomatoes. Stir. Then add the stock and tomato sauce or purée. Cover and cook until all the liquid is absorbed. Top with grated cheese and serve immediately.



# Chicken or Turkey Pie

*Contributed by Sharon Witheridge*

## **Ingredients**

*For the pastry:*

175 g (6 oz) plain (all purpose) flour

85 g (3 oz) butter, vegetable shortening or mixture of both  
water to mix

*For the filling:*

1 onion or 2 shallots, chopped

6 mushrooms, sliced

1 tin condensed chicken or mushroom soup, mixed with ½ tin milk  
small tin or frozen sweet corn

350 g (12 oz) cold chicken or turkey, chopped

dash of white wine for added flavour

salt, pepper and a little tarragon to season

## **Method.**

Make the pastry and chill.

Saute the onion and mushrooms until soft. Stir in the remaining ingredients and heat through. Put in into an ovenproof dish. Roll out the pastry, fairly thick, to cover the top.

Brush with milk, place in a hot oven 180°C (350°F or Gas mark 4) and bake for 25–30 minutes until golden brown.

**Note:** As a variation, instead of using condensed soup, crumble a chicken stock cube into the onion and mushroom mixture, add 275 ml (10 fl oz) single cream (light cream) and top with puff pastry.

# Chicken or Turkey Parcel in Filo Pastry

*Contributed by Sharon Witheridge*

## **Ingredients**

1–2 shallots, spring onions (scallions), finely chopped  
4–6 button mushrooms, chopped  
250 g (9 oz) chicken or turkey leftovers, chopped into chunks  
200 g (small packet) Philadelphia cream cheese  
salt and pepper  
6–8 sheets of ready-made filo pastry  
butter, melted  
milk for brushing (optional)

## **Method**

Fry the onions and mushrooms together. When cooked, add the chicken or turkey, and stir in the Philadelphia cream cheese. Season with salt and pepper.

Lay the sheets of filo pastry onto a baking sheet, brushing with melted butter between each layer. Spoon the chicken mixture into the centre. Gather the edges of the filo pastry layers and bring together to the centre to create a parcel (alternatively, roll into a log shape). Brush with melted butter or milk.

Place in hot oven 180°C (350°F or Gas mark 4) and cook for 20–25 minutes until golden.

Can be served warm or cold with salad.

# Chilli con Carne

*Contributed by Beryl Witheridge*

This recipe was given to me by a Mrs Witherwax, when we lived in the USA. Her husband was one of our son's school-teachers—not a Witheridge, but close enough!

It also qualifies because it has become the standard Chilli con Carne recipe for our family.

## **Ingredients**

900 g (2 lb) minced beef (ground beef)  
800 g (28 oz) tin crushed or chopped tomatoes, including juice  
800 g (28 oz) kidney beans, including liquid  
350 g (12 oz) tomato purée or paste  
7.5 ml (1½ teaspoons) onion powder or 1 large chopped onion  
30 ml (2 tablespoons) brown sugar  
1.25 ml (¼ teaspoon) dried English mustard  
12.5 ml (2½ teaspoons) chilli powder (more if you like it hot)  
30 ml (2 tablespoons) lemon juice  
7.5 ml (1½ teaspoons) Worcestershire sauce  
5 ml (1 teaspoon) vinegar  
25 g (¼ cup) celery, chopped (optional)  
parsley flakes

## **Method**

Brown the meat in a large pan and drain off any fat.

Add the rest of the ingredients and bring to the boil. Simmer for 2 hours or longer—the longer you cook it, the better the flavour.

**Note:** I find this recipe is better if made the day before it is required.

# Courgette, Broccoli and Pasta Salad

*Contributed by Kim Cook*

This is a summer favourite and makes a simple, but tasty, meal for about six. It also goes down well at barbecues.

## **Ingredients**

500 g (18 oz) farfalle pasta  
1 large head broccoli  
2 tins tuna in brine  
250 ml (9 fl oz) Thousand Island dressing  
2 courgettes (zucchini)  
tomatoes  
basil

## **Method**

Boil the pasta with some basil for 10 minutes. Drain and rinse in cold water. Cook the broccoli florets, making sure they're crisp and not overcooked. Drain.

Drain the tuna, reserving the brine.

Mix a little of the brine with the Thousand Island dressing to thin slightly. Stir the pasta into the dressing. Add the drained tuna and some basil.

Slice and boil the courgettes for 3 minutes. Drain. When the broccoli and courgettes have cooled, add to the pasta mix. Add wedges of tomato and decorate with more basil.

# DIY Pizza (without yeast)

*Contributed by Brenda Dixon*

## **Ingredients**

*For pastry base:*

- 225 g (8 oz) self-raising flour
- 90 ml (6 tablespoons) hot water
- 90 ml (6 tablespoons) cooking oil
- 5 ml (1 level teaspoon) salt

*For sauce:*

- 500 g (18 oz) tin chopped tomatoes
- 1 large onion, chopped
- good pinch mixed herbs plus some extra basil
- at least 8 ml (1½ teaspoons) sugar

*For toppings:*

- 85 g (3 oz) grated cheese
- 2 slices bacon, chopped
- Sliced mushrooms, olives and chopped pineapple

**Note:** Self-raising (self-rising) flour is not available in all countries. Even if it is, it may not work the same as the English version used in these recipes. You can make up your own self-raising flour by adding 25 ml (5 teaspoons) of baking powder for every 600 g (20 oz or 4 cups) of plain (all purpose) flour. Store it in an airtight container.

## **Method**

**For the pastry base:**

Put the flour in a mixing bowl. Add hot water, oil and salt. Stir until it forms a ball. Knead a little and then press out onto a lightly greased ovenproof plate.

**For the sauce and toppings:**

Place the tomatoes, onion, herbs and sugar into a saucepan. Cook gently until well reduced. Then spread the mixture onto the pastry. Cover with the grated cheese. Finally, add the bacon, sliced mushrooms, olives and pineapple.

Cook in centre of oven at 200°C (400°F or Gas mark 6) for 20–25 minutes.



# Mrs Leaman's Pie

*Contributed by Kim Cook*

This recipe originally came from a Mrs Leaman in Bovey Tracey, Devon. Given that the Salcombe Witheridges married into the Leaman family, it seems a particularly appropriate recipe for the Witheridge cook book!

## **Ingredients**

- 1 breakfast cup macaroni or spaghetti
- 1 medium onion
- 25 g (1 oz) butter
- a little plain (all purpose) flour or cornflour (cornstarch)
- 150 ml (¼ pint) milk
- 85 g (3 oz) grated cheese
- 350 g (¾ lb) cooked meat, minced (ground)
- a few breadcrumbs
- salt and pepper to taste

## **Method**

Part-cook the pasta in boiling water.

Boil the onion in a little water until soft and cooked. Melt the butter and blend into a smooth paste with the flour or cornflour (cornstarch), and the salt and pepper. Add the milk and some of the onion water, stirring all the time, until you have a creamy white sauce. Chop the onion, and add to the sauce, with 55 g (2 oz) of the grated cheese, a knob of butter, and the macaroni or spaghetti.

Grease a pie dish, place the cooked meat in the bottom, pour the sauce with the pasta over the meat and top off with the breadcrumbs and the remaining cheese. Cook in a moderate oven until the top is golden brown.

# Nasi Goreng

*Contributed by Beryl Witheridge*

Nasi Goreng is an Indonesian fried-rice dish and is an excellent way of using up ham or pork leftovers. I have been making it for years. However, one day I had some leftover rice salad as well as leftover ham, so I cooked up this variation on my usual recipe. We really enjoyed it and now refer to it as our 'luxury Nasi Goreng'.

The amounts listed below should serve four. As you can see, it's not limited to pork or ham: you can use just about any cooked meat and seafood makes a delicious change.

## **Ingredients**

- 1 large onion, chopped
- 2 cloves garlic, coarsely ground
- 55 g (2 oz) butter
- olive oil
- 2.5 ml (½ teaspoon) ground coriander
- 2.5 ml (½ teaspoon) chilli powder
- 5 ml (1 teaspoon) curry powder
- 30 ml (2 tablespoons) soy sauce
- 1 red pepper, de-seeded and chopped
- 1 green pepper, de-seeded and chopped
- 450 g (1 lb) cooked meat, prawns or scallops
- 225 g (8 oz) long-grain brown rice
- 225 g (8 oz) frozen peas, cooked
- 4 spring onions (scallions), chopped
- 2 tomatoes, chopped
- 8 black olives, stoned and halved
- half bunch parsley, chopped
- black pepper
- tomatoes and cucumber to decorate



## **Method**

Cook the rice.

Fry the onion and garlic in butter and a little of the oil until soft. Add the spices, soy sauce and the peppers. Then add the chopped meat, prawns or scallops, plus a little more olive oil. If using cooked meat, continue cooking until meat is well heated through. If using prawns or scallops, cook until they are done. Add the rice, peas, raw chopped spring onions, chopped tomatoes, olives, parsley and black pepper. Mix well.

Serve hot with quartered tomatoes and chunks of cucumber as a garnish. It can also be served cold as a rice salad.

# Old English Curry

*Contributed by Beryl Witheridge*

Curries have been part of English cuisine for over 200 years. They are not just a recent import from India and have developed a unique style of their own. After making this family recipe for many years, I found an almost identical version in a cookery book that belonged to my maternal grandfather, who was a chef at Claridges Hotel in London before the First World War.

## **Ingredients**

- 500 g (1 lb 2 oz) minced (ground) beef, or chopped chicken or lamb
- 2 medium onions, chopped
- 2 medium apples, chopped
- 60 ml (4 tablespoons) mango chutney
- handful of raisins
- 2 beef stock cubes
- 30 ml (2 tablespoons) curry powder (adjust to own preference)
- 5 ml (1 teaspoon sugar) (optional)
- water to cover

## **Method**

Preheat the oven to 180°C (350°F or Gas mark 4).

Brown the meat in a frying pan. When done, transfer to an ovenproof dish. Gently fry the onions until transparent. Then return the meat to the pan and mix well. Add the rest of the ingredients and bring to the boil.

Transfer the mixture to the ovenproof dish, cover and place in the oven at 180°C (350°F or Gas mark 4). After 1 hour, reduce oven temperature to 150°C (300°F or Gas mark 2) and cook for another 2 hours, stirring occasionally. If it starts to look dry, add a little more water. The longer it cooks the more intense will be the flavour.

If you are in a hurry, omit the browning of the meat and the frying of the onions. Just shove everything into the pot, mix well, and then straight into the oven.

This recipe works well for meat, but can also be adapted for prawns, using the above ingredients, substituting prawns for the meat. Prawns cook very quickly; this curry can all be cooked on top of the stove—no need for the oven. Make the sauce first, cooking for 15 minutes, add the prawns and continue cooking until the prawns are done.

You can also curry meat leftovers, using the same approach as for the prawns. Make the sauce first, add the chopped-up leftovers and cook for at least 15 minutes more to ensure the meat is properly reheated. However, note that already-cooked meat does not take up the flavour as well as fresh meat.

Serve with boiled rice.



# Pork Chop Special

*Contributed by Beryl Witheridge*

I can't remember when I first created this dish, but it was around thirty years ago, when we were living in the States—we could not find lamb chops to suit our taste, but the pork chops were absolutely fantastic! I have been making it ever since to satisfy family demand.

## **Ingredients**

- 4 pork chops or fillets
- 1 large onion, chopped
- 3 slices bacon, chopped
- 15 ml (1 tablespoon) oil
- 2 cloves garlic, crushed
- 2.5 ml (½ teaspoon) curry powder
- 5 ml (1 teaspoon) chilli powder
- 15 ml (1 tablespoon) honey
- 30 ml (2 tablespoons) lemon juice
- ¼ cup soy sauce

## **Method**

Brown pork chops in a pan, on top of the stove, and cook until almost done. Place in the oven, on a low heat, to keep warm. Gently fry the onions and bacon in a little oil. Add the rest of the ingredients and mix well. Return the chops to the pan and spoon the mixture over them. Cook for another 5 minutes.

Serve with sauté potatoes and green beans.



# Simple Coronation Chicken or Turkey

*Contributed by Beryl Witheridge*

This is a good way of using up cold chicken or turkey leftovers. It is excellent served as part of a cold buffet. Adjust the ingredient quantities to your taste.

## **Ingredients**

30 ml (2 tablespoons) mayonnaise (more if desired)  
10 ml (2 teaspoons) curry powder  
20 ml (4 teaspoons) apricot jam or preserve  
juice of ½ lemon  
salt and pepper  
225 g (8 oz) cold cooked chicken or turkey, coarsely chopped  
about 12 seedless black or red grapes, cut in half  
almonds, flaked or chopped (optional)

## **Method**

Mix together the mayonnaise, curry powder, apricot jam, lemon juice, and the salt and pepper. Add the chicken or turkey, grapes and almonds (if used). Mix gently until the meat is coated with the mayonnaise mixture. Refrigerate until required.

Serve with a crisp green salad and French or garlic bread.



# Simply Salmon

*Contributed by Kim Cook*

Simple, nourishing, delicious—nuff said!

## ***Ingredients***

2 salmon steaks  
a little salt and pepper to taste  
1 lemon  
2 sprigs fresh thyme

## ***Method***

Place the salmon steaks on a large piece of cooking foil (aluminum foil or Reynolds wrap), shiny side up. Season with salt and pepper to taste. Slice the lemon, place two slices on each steak and top with a sprig of thyme. Fold the foil over the steaks to make a secure parcel and cook under the grill, or in a small oven, for about 7–10 minutes.

Unwrap and remove the cooked lemon and thyme. Garnish each steak with a fresh slice of lemon and a fresh sprig of thyme.

Serve with vegetables or salad, and chilled white wine.



# Spanish Style Chicken

*Contributed by Beryl Witheridge*

## **Ingredients**

2.25 kg (5 lb) chicken (either legs, thighs or breasts), cut into chunks  
55 g (2 oz) plain (all purpose) flour, seasoned with salt and pepper  
55 ml (2 fl oz) olive oil  
1 large onion, chopped  
2 cloves garlic, crushed  
1 red pepper, chopped  
1 green pepper, chopped  
275 ml (10 fl oz) chicken stock, hot  
55 g (2 oz) butter  
225 g (8 oz) mushrooms, sliced  
10 black olives, without stones  
10 stuffed green olives, cut in half  
6 tomatoes, sliced

## **Method**

Preheat the oven to 170°C (325°F or Gas mark 3).

Coat the chicken pieces with the seasoned flour and fry in the olive oil until lightly browned. Transfer to an ovenproof dish.

Lightly fry the onion, garlic and peppers for 5 minutes. Then, spoon over the chicken in the ovenproof dish. Add the hot stock, cover and cook for 1–1½ hours or until chicken is tender.

About 10 minutes before the end of cooking time, melt the butter in a pan and gently fry the mushrooms, olives and tomatoes. Stir into the contents of the dish as soon as the cooking is complete.

Serve with boiled rice or new potatoes and green vegetables.

**Note:** This dish can be prepared in advance and frozen until required. Freeze before adding the mushrooms, olives and tomatoes. When required, thaw, reheat, and then fry and add these final ingredients.

# Spicy Chicken or Turkey Pie

*Contributed by Tara Witheridge*

Serves four.

## **Ingredients**

2 medium onions, chopped  
55 g (2 oz) butter or oil  
55 g (2 oz) mushrooms, sliced  
5 ml (1 teaspoon) cornflour (cornstarch)  
10 ml (2 teaspoons) garam marsala spice  
½ tin of sweetcorn, drained  
275 ml (10 fl oz) chicken stock  
350 g (12 oz) cooked chicken or turkey, chopped  
Puff pastry, enough to cover both top and bottom of a 18–20 cm  
(7–8 inch) pie dish

## **Method**

Fry the onions in the butter or oil until soft. Add the mushrooms and cook for a further 3 minutes. Add the cornflour (cornstarch) and mix well. Add the garam marsala spice, sweetcorn and stock. Cook for 5 minutes on a low heat. Add the chicken or turkey, mix well and allow to cool.

Line a pie dish with the puff pastry. When the mixture is cool enough, put it into the lined dish, cover with the remaining pastry and brush with milk. Bake at an oven temperature of 180°C (350°F or Gas mark 4), for 35–45 minutes until brown.

# Stuffed Aubergine (Eggplant)

*Contributed by Beryl Witheridge*

I acquired this recipe from an Italian-American friend, who was a neighbour when we lived in New York State. It's now a standard part of our family cuisine. It takes a while to prepare, but it's worth it.

The quantities specified below will serve four as a main course. This dish also makes a delicious starter.

## **Ingredients**

*For the tomato sauce:*

- 400 g (1 tin) chopped tomatoes
- 30 ml (2 tablespoons) tomato purée
- 1 clove garlic, crushed
- 5 ml (1 teaspoon) Italian seasoning
- 5 ml (1 teaspoon) sugar
- salt and pepper

*For the aubergine:*

- 1 large aubergine (eggplant)
- salt
- 1 egg beaten with 5 ml (1 teaspoon) water
- 55 g (2 oz) plain (all purpose) flour, seasoned with salt and pepper
- sunflower oil for frying

*For the stuffing:*

- 250 g (9 oz) ricotta cheese
- 1 egg, beaten
- 55 g (2 oz) grated Parmesan cheese
- 110 g (4 oz) grated mozzarella cheese
- salt and pepper

## **Method**

### **Preparing the tomato sauce:**

Make the sauce by mixing all the ingredients together in a saucepan. Bring to the boil, cover and simmer for 15 minutes. Turn off the heat and blend until smooth. Allow to cool.

### **Preparing the aubergine:**

Thinly slice the aubergine lengthways, leaving the skin on. Sprinkle with salt and leave in a colander for 1 hour to drain. Then rinse and pat dry. This takes all the bitterness out of the aubergine.

*continued overleaf...*

Once the aubergine has been rinsed and dried, take a slice of aubergine, dip first into the egg mixture and then the seasoned flour. Fry gently in a little oil until both sides are golden brown.

Take out and lay on kitchen paper to absorb any excess oil. Repeat this process until all the aubergine is cooked.

### **Stuffing the aubergine:**

While the aubergines are draining in the colander, you can prepare the stuffing. Place the ricotta cheese in a bowl, add the beaten egg and mix well. Then mix in the Parmesan cheese, the mozzarella cheese, and the salt and pepper. Cover and refrigerate until needed.

You will need a large, shallow, ovenproof dish (I find a lasagne dish is ideal). Prepare it with a thin layer of the tomato sauce in the bottom. This will stop the aubergines sticking.

After frying the aubergines, and when they are cool enough to handle, take a 15 ml tablespoonful of the ricotta mixture and place at one end of a slice of aubergine and roll up. Repeat for all the aubergine slices. Place the rolls in a single layer in the dish. Lay any excess stuffing mixture between the aubergine rolls. Cover the rolls with more tomato sauce.

Cover the dish with baking parchment and cooking foil (aluminum foil or Reynolds wrap). Bake in a preheated oven at 190°C (375°F or Gas mark 5) for 45 minutes.

Serve with extra tomato sauce, pasta (optional) and a side salad.

**Note:** We like a lot of tomato sauce, so I usually make double the quantity.



# Tenderden Lamb

*Contributed by Kim Cook*

It's not surprising that those who owe their name to sheep-rearing should enjoy eating lamb. This would have been a cheap meal for our ancestors. Unfortunately, it's become quite expensive in twenty-first century UK. However, this tasty recipe can be made with almost any cut of lamb, and is particularly good with neck fillets.

Tempranillo is a particularly good wine with this, both in the marinade and to drink with the meal!

**Note:** The method below uses a microwave oven, but this dish is also suitable for a slow cooker or a traditional oven.

## **Ingredients**

- 600 g (1¼ lb) lamb neck fillets
- salt and pepper to taste
- 20 ml (4 teaspoons) redcurrant jelly (or more if desired)
- 2 glasses red wine
- 2 lamb stock cubes
- 3 sprigs of fresh rosemary
- a little cornflour (cornstarch)

## **Method**

Cut the lamb into bite-sized pieces, season with salt and pepper, and place in a shallow ovenproof dish. Spread the redcurrant jelly over the meat and then pour two glasses of red wine over it. Cover and allow to stand for about 1 hour.

Remove the cover, crumble the lamb stock cubes into the marinade and stir. Top the dish with the rosemary and place in the microwave. Cook for about 10 minutes on half power and then for a further 2–3 minutes on full power, depending on how well-cooked you like your lamb.

When cooked, drain all the juices into a saucepan and return the meat to the warm microwave (no need to switch it on again) to rest for about 5 minutes.

While the meat is resting, mix the cornflour (cornstarch) with cold water to give a smooth creamy paste and then gently stir this into the juices. Bring to the boil stirring all the time and when clear pour over the lamb.

Serve with creamed potatoes (or sweet potatoes) and seasonal green vegetables.



# Thin Crust Pizza Base

*Contributed by Beryl Witheridge*

This pizza base works well with gluten-free flour. The quantities given will make eight individual bases.

## **Ingredients**

300 g (2 cups) plain (all purpose) flour, 00 pasta flour or gluten-free flour  
55 ml (¼ cup) olive oil  
160 ml (¾ cup) water, less if using gluten-free flour  
ground black pepper

## **Method**

Place all the ingredients in a bowl and mix well. Then knead for about 10 minutes until smooth. Place in the refrigerator for 30 minutes to rest and cool. Then take out and form into a sausage shape. Cut this into eight pieces and roll each piece out into a circle. Any pieces you do not need straightaway can be frozen.

Add toppings and bake for 15 minutes at 200°C (400°F or Gas mark 8). I usually spread with home-made tomato sauce, then add slices of peppers, mushrooms, pepperoni and, finally, top with grated cheese.

**Note:** As we like a very thin, crisp, base, I roll the dough out very thin and usually part-bake before adding any toppings.



# Turkey Mousse Flan

*Contributed by Kim Cook*

Although it can be used at any time of year, this flan is particularly good at Christmas or Thanksgiving. If you're fed up with all the usual recipes for turkey leftovers, this makes a delicious change, and goes a long way. It's a favourite with our family.

## **Ingredients**

340 g (12 oz) frozen shortcrust pastry, thawed  
570 ml (20 fl oz or 2½ cups) bread sauce or white sauce  
280 ml (10 fl oz or 1¼ cups) milk (approx)  
3 large eggs, separated  
450 g (1 lb) minced turkey or chicken  
juice of ½ lemon  
onion seasoning  
chopped parsley  
salt and pepper to taste  
mixed herbs

## **Method**

Roll out the pastry very thinly. Line a 28 cm (11 inch) flan dish (approx 5 cm or 2 inches deep) with pastry and allow to rest.

Make bread or white sauce (or use leftovers) and thin down with about 110 ml (4 fl oz) milk. Beat the yolks of 3 large eggs and add 150 ml (5 fl oz) milk. In a large bowl, combine the turkey, sauce and egg mix, and add the lemon juice and seasoning. Add more milk if necessary, to bring mixture to a pouring creamy consistency. Beat 3 egg whites, and fold into the mixture, using a metal spoon. Pour into the lined flan dish.

From surplus pastry, cut 7–9 stars, and brush with egg or milk. Place one star in the centre, and the others evenly around the edge. Bake at 180°C (350°F or Gas mark 4–5) for approx 40–50 minutes, until set and golden.

# Broccoli Salad

*Contributed by Sharon Brydges*

## **Ingredients**

1 medium bunch broccoli broken up into florets  
1 medium onion, chopped  
8–12 slices streaky bacon, fried and crumbled  
200 g (1 cup) sunflower seeds  
200 g (1 cup) raisins  
225 ml (1 cup) mayonnaise  
55 g (¼ cup) sugar  
30 ml (2 tablespoons) lemon juice

**Note:** This is a North American recipe, where ‘medium bunches’ are bigger than in the UK. UK cooks should go for a large bunch of broccoli!

**Note:** The original recipe used North American bacon, which becomes very crispy when fried and can be easily crumbled. In the UK, the nearest equivalent is ‘streaky’ bacon, but this never becomes as crisp as American bacon.

## **Method**

Combine the mayonnaise, sugar and lemon juice. Toss the broccoli, onion, bacon and raisins in this mixture. Add the sunflower seeds just before serving.



# Meatball Casserole

*Contributed by Sharon Brydges*

This recipe was given to me approximately forty years ago by Stella Oyos, first cousin of Ethel Ball. Both Stella and Ethel had Witheridge roots.

## **Ingredients**

- 500 g (1 lb) minced (ground) beef (*aka* hamburger)
- 280 g (10 oz) small tin mixed vegetables or your own partly-cooked mixed vegetables
- 200 g (7 oz) small tin sweetcorn (whole kernel corn), drained
- 290 g (10 oz) small tin cream of mushroom soup
- deep-fried grated potatoes to cover

**Note:** the original recipe called for 'Tator Tots' instead of the grated potatoes. Elsewhere they may be known as 'Potato Pom-poms' or 'Oven Crunchies'.

## **Method**

Season the minced beef, form into balls and brown. Drain and place in casserole dish. Add the vegetables, sweetcorn and mushroom soup. Cover with deep-fried, grated potato. Bake in 180°C (350°F or Gas mark 4) oven until well heated.

# Oven Baked Chicken

*Contributed by Vivian Hanson*

## **Ingredients**

- 7–8 chicken breasts or pieces
- 400 g (14 oz) large tin mushroom soup
- 150 g (5½ oz) dried onion soup mix
- 250 ml (9 fl oz, 1 cup) sour cream
- 15 ml (1 tablespoon) lemon juice
- butter, salt, pepper and paprika

## **Method**

Place the chicken skin side up in a buttered baking dish. Dot with butter, and sprinkle with salt, pepper and paprika. Pour the remaining ingredients over chicken and bake at 150°C (300°F or Gas mark 2) for 2 hours. Serve with steamed rice, green vegetable and salad.

# Pheasant Indiana

*Contributed by Janet Hunt*

## **Ingredients**

8 pheasant breasts  
600 ml (20 fl oz) double cream (heavy cream)  
60 ml (4 tablespoons) Worcester sauce  
60 ml (4 tablespoons) mango chutney  
salt and pepper  
butter for cooking

## **Method**

Pre-heat oven to 190°C (375°F or Gas mark 5) .

Cut the breasts into strips and brown in butter. Arrange in an ovenproof dish—not too shallow or the mixture will overflow. Whip the cream until soft peaks and fold in the Worcester sauce and mango chutney. Season to taste. Spoon the mixture over the pheasant breasts and bake for about 20 minutes until brown and bubbling.

Serve with a vegetable and potatoes.

*Note:* You can use chicken instead of pheasant.



# Potato Casserole

*Contributed by Kathy Witheridge*

## **Ingredients**

1 kg (2 lb) bag frozen hash brown potatoes or cooked cubes of potato  
112 g (½ cup) onion chopped  
310 g (10 oz) cheddar cheese, grated  
450 ml (20 fl oz) carton sour cream  
1 large tin cream of chicken soup  
5 ml (1 teaspoon) salt  
Pepper

## **Method**

Mix all the ingredients together and place in a greased 5 pint (3 quart) casserole. Cover top with extra cheese. Bake at 180°C (350°F or Gas mark 4) for 1 hour 10 minutes.

# Prune Stuffing

*Contributed by Janet Hunt*

Although this is called a stuffing and goes well with pork or poultry, when cold it is very much like a chutney, so is good with cold meats and cheese.

## **Ingredients**

1 medium onion  
3 garlic cloves  
12 ready-to-eat prunes or a tin of prunes  
15 ml (1 tablespoon) olive oil  
15 ml (1 tablespoon) pine nuts  
salt and pepper

## **Method**

Chop the onion, garlic and prunes. Fry the onions and garlic in the olive oil until soft. Then add the prunes and pine nuts. Season with salt and pepper.

Serve either hot or cold.

# Puffed Cauliflower Cheese

*Contributed by Kathy Witheridge*

Serves four.

## **Ingredients**

1 medium cauliflower  
55 g (¼ cup) butter or margarine  
30 ml (2 tablespoons) plain (all purpose) flour  
3 eggs (separated)  
225 g (1 cup) grated cheese  
350 ml (1½) cups milk  
salt and pepper to taste

## **Method**

Wash cauliflower, remove stalk, cut into florets and cook in boiling, salted water until tender. Drain.

Heat the butter, add the flour and stir over low heat for 2 minutes. Remove from heat. Add the milk gradually, stirring until smooth. Return to heat and stir to boiling.

Add the salt and pepper. Stir in the egg yolks, cheese and cauliflower. Beat the egg whites until stiff and fold into the mixture. Pour into a greased dish and sprinkle with extra cheese.

Bake in pre-heated oven at 200°C (400°F or Gas mark 6) for about 30 minutes until well risen and brown.



# Smoked Salmon Tarts

*Contributed by Lorna Home*

This is a good recipe for entertaining as the tarts freeze well. I have made it successfully as a large quiche. It can be adapted to whatever tins you have and the ingredients can be adjusted to suit—either use more egg and crème fraiche or, alternatively, add asparagus.

Serves eight.

## **Ingredients**

350 g (12 oz) shortcrust pastry (frozen if liked)  
125 g (4 oz) smoked salmon trimmings (or whatever you have)  
3 eggs  
200 ml (7 fl oz) half-fat crème fraiche  
15 ml (1 tablespoon) wholegrain mustard  
30 ml (2 tablespoons) chopped chives or parsley  
salt if used, though I find it doesn't need it

## **Method**

Pre-heat the oven to 200°C (400°F or Gas mark 6).

You will need eight 10 cm (9 inch) tartlet tins with loose bottoms, or a large 24 cm (9 inch) loose-bottomed tin (e.g. a flan tin).

Roll out the pastry and line the tin(s) with it. Place non-stick paper over the pastry and cover with baking-beans. Place on a baking sheet and bake blind for 10 minutes. Then remove the paper and beans and line the part-baked pastry case(s) with the smoked salmon.

Beat the eggs, crème fraiche and mustard together. Season if desired. Divide the mixture between the pastry cases. Sprinkle with the chives or parsley.

Bake 12–15 minutes for small tartlets, 30 minutes for a large tart, or until set.

This can be eaten hot or cold.



# Sweet and Sour Beef

*Contributed by Sharon Brydges*

This is a good recipe for using up leftover roast beef.

## **Ingredients**

325 g (11 oz) cold cubed roast beef  
30 ml (2 tablespoons) margarine  
30 ml (2 tablespoons) flour  
150 g (½ cup) brown sugar  
15 ml (1 tablespoon) soya sauce  
5 ml (1 teaspoon) dry mustard  
60 ml (¼ cup) vinegar  
375 ml (1½ cups) water  
dry onion soup mix to taste

## **Method**

Brown the beef cubes in the margarine. Stir in the flour. Add the rest of ingredients and simmer for 30 minutes.

Pour over hot fluffy rice to serve.



# ***My Stir-fried Rice***

*Contributed by Bethany Witheridge, aged 9*

I like fried rice and Grandma let me make my own stir-fried rice for lunch when I was staying with them.

## ***Ingredients:***

Rice  
Chicken stock  
Red pepper  
Green pepper  
Yellow pepper  
Sweetcorn  
Cooked ham  
Prawns  
1 egg, beaten  
A little oil  
A little soy sauce

## ***Method:***

Cook the rice and onion in stock. Chop up the peppers and cooked ham.

When the rice is cooked get a frying pan and heat the oil a little. Grandma said I had to let her do this as it was very hot. Stir in the rice and the beaten egg. Mix well, then put the peppers, sweet corn, ham and prawns in and mix again.

Add a little soy sauce.

I like this hot or cold.





# Canterbury Tart

*Contributed by Brenda Dixon*

Serves 10–12.

## **Ingredients**

*For the pastry:*

- 100 g (4 oz) chilled butter, cubed
- 225 g (8 oz) plain (all purpose) flour
- 25 g (1 oz) icing sugar (confectionery sugar) , sifted
- 1 egg, beaten

*For the filling:*

- 4 eggs
- 225 g (8 oz) caster sugar
- grated rind and juice of 2 lemons
- 100 g (4 oz) butter, melted
- 4 large cooking (sharp) apples, peeled, cored and quartered
- 2 dessert apples, peeled, cored, quartered and thinly sliced
- 25 g (1 oz) demerara (brown) sugar

*To serve:*

- double cream (heavy cream)

**Note:** Caster sugar is not available in all countries, so if you can't get it, just use ordinary white sugar.

## **Method:**

You will need a 27 cm (10½ in) flan-tin about 4 cm (1½ in) deep.

If making the pastry by hand, rub the butter into the flour and icing sugar until the mixture resembles breadcrumbs, then stir in the beaten egg and bring together to form a dough. If using a processor, combine the flour, butter and icing sugar in the bowl, then process until the mixture resembles ground almonds. Pour in the beaten egg and pulse the blade until the dough starts to form a ball around the central stem.

Form the pastry into a smooth ball, put inside a plastic bag and chill for 30 minutes. Roll out the pastry on a lightly floured work surface until slightly larger than the tin, then use a rolling pin to lift the pastry into the tin. Trim the edges and prick the base all over with a fork. Chill for a further 30 minutes.

Pre-heat the oven to 200°C (400°F or Gas mark 6). Put a heavy metal baking tray to heat in the oven.

*continued overleaf...*

To prepare the filling, beat the eggs, caster sugar, lemon rind and juice together in a large mixing bowl. Stir in the warm melted butter, then coarsely grate the cooking apples directly into the mixture and mix well. Have ready the thinly sliced dessert apples.

Remove the tart tin from the fridge and spread the lemon mixture in the base. Level the surface with the back of a spoon and arrange the dessert apple slices, starting around the outside edge, neatly overlapping. Sprinkle the apple slices with demerara (brown) sugar. Put the tart on to the heated baking tray in the oven and bake for about 40–50 minutes or until the centre feels firm to the touch and the apple slices are tinged brown.

Serve warm with cream.



# Chocolate Roulade

*Contributed by Beryl Witheridge*

According to my husband and two sons: 'this Chocolate Roulade is to die for'. I just think it's good because it's not sickly-sweet. I am not too keen on chocolate desserts, but even I like this one.

## **Ingredients**

175 g (6 oz) plain dark chocolate  
175 g (6 oz) caster sugar  
6 eggs, separated  
30 ml (2 level tablespoons) cocoa, sieved

### *For filling*

284 ml (10 fl oz) double cream (heavy cream) or whipping cream  
icing sugar (confectionery sugar) for dusting

## **Method**

Pre heat oven to 180°C (350°F or Gas mark 4).

Lightly grease a 38 by 28 cm (15 by 11 inch) baking tray with sides, and line with baking parchment.

Break the chocolate into a bowl and slowly melt over hot water. Allow to cool

Whisk the sugar and egg yolks until light and fluffy. Blend in the cooled chocolate and cocoa. Whisk the egg whites until stiff, but not dry. Gently fold the egg whites into the chocolate mixture. Turn into the prepared tray and bake for 20 minutes until firm to touch.

Remove from oven, place a sheet of baking parchment on top of the roulade, and cover with a damp tea-towel. Set aside until cool.

Whip cream until it holds its shape. Dust a large piece of baking parchment with icing sugar (confectionery sugar), turn the roulade out onto it and peel off the lining paper. Spread the roulade with the whipped cream and roll up like a Swiss roll.

**Note:** Can be made the day before or frozen for up to 2 weeks.

# Chunky Christmas Mincemeat

*Contributed by Beryl Witheridge*

I have been making my own mincemeat for forty years. I started with a recipe from a cookery book, but, over the years, I have modified and simplified it. I think, by now, it qualifies as a Witheridge Family Recipe. It has already been passed on, down the family, for making the traditional Christmas mince-pies!

## **Ingredients**

450 g (1 lb) vegetable suet  
225 g (8 oz) mixed peel (optional)  
450 g (1 lb) raisins  
450 g (1 lb) sultanas  
450 g (1 lb) currants  
30 ml (2 tablespoons) shredded almond (optional)  
340 g (12 oz) demerara (brown) sugar  
450 g (1 lb) cooking (sharp) apples  
5 ml (1 teaspoon) mixed spice  
grated rind and juice of 1 lemon  
150 ml (5 fl oz) of rum, brandy and whisky—I use 2 parts dark rum, 2 parts brandy and 1 part whisky or sherry; this give it a lovely flavour

**Note:** For those who dislike mixed peel, leave it out. The same goes for the shredded almonds. You can substitute vegetable shortening for the suet.

## **Method**

Mix all dry ingredients together . Peel, core and finely chop the apples, and add to mixture. Then add the lemon juice, rum, brandy, and whisky (or sherry), and mix well.

Pack into clean, dry, 450 g (1 lb) screw-top jars. Seal with greaseproof paper, under the lid. The alcoholic ingredients not only give the mincemeat a lovely flavour, but also preserve it. Store in a cool place. It freezes well.

The mincemeat should be made at least four weeks before using. The longer you keep it, the better it tastes—I've kept mine for up to two years. When you actually come to use it, add 15 ml (1 tablespoon) of sherry per 450 g (1 lb) of mincemeat, and mix in.



# Frangipan Flan

*Contributed by Beryl Witheridge*

This was always a must to take on Witheridge family picnics.

## **Ingredients**

175 g (6 oz) rich shortcrust pastry.  
30 ml (2 tablespoons) redcurrant jelly  
110 g (4 oz) butter  
110 g (4 oz) sugar  
2 eggs  
110 g (4 oz) plain flour  
25 g (1 oz) ground almonds  
5 ml (1 teaspoon) almond essence

### *Topping*

icing sugar (confectionery sugar)  
water to mix

## **Method**

Line a pie 20 cm (7–8 inch) dish with the pastry and cover with the jelly. Cream together the butter and sugar, beat in the eggs and fold in the flour, almonds and essence. Mix well.

Spoon the mixture on top of the jelly and bake at 200°C (400°F or Gas mark 6) for 35–40 minutes until golden brown and firm. Allow to cool.

Mix the icing sugar (confectionery sugar) and water together to a smooth coating texture (not too thin). Spread this over the flan and allow to set.





# Lemon Delicious

*Contributed by Beryl Witheridge*

In 1970, Paul and I toured the Lake District in the North West of England. Towards the end of our holiday, we stopped at an old hotel, near one of the lesser-known lakes, for three nights.

The hotel was run by three sisters. The youngest was seventy years old and handled all the general work around the hotel, including carrying guests' luggage up to their rooms. The eldest sister was ninety years old and was the cook. I cannot remember if we ever found out the age of the middle sister, but she was the waitress in the dining room.

The food at this hotel was good, simple, home cooking. After a long day sightseeing and walking around the lakes, the food was very welcome. The one thing that really sticks in our minds was a dessert called 'Lemon Delicious' and delicious it was. This was a dessert to die for! On our return home, I just had to recreate that dessert—I was pregnant at the time and perhaps that had something to do with my craving, but probably not with Paul's.

I have been making it ever since. I hope you enjoy it just as much as our family does. The amounts below will serve 4 (or 2 double helpings).

## **Ingredients**

55 g (2 oz) butter  
110 g (4 oz) sugar  
juice and rind of 1 lemon  
2 eggs, separated  
275 ml (10 fl oz) milk  
55 g (2 oz) self-raising flour (*see note on Main Courses page 6*)

## **Method**

Preheat the oven to 190°C (375°F or Gas mark 5).

Cream the butter and sugar together, then add the lemon juice and rind. Beat in the egg yolk, add the flour and milk, and mix well.

In a separate bowl, whisk the egg whites until quite stiff and fold them into the mixture. Pour into a greased 20 cm (8 inch) round or oval dish. Stand the dish in a pan of water and bake for 30 minutes, until golden on top. When cooked, this dish separates to a sponge on top and a creamy lemon sauce below.

Serve warm.

# Lemon Meringue Pie

*Contributed by Beryl Witheridge*

I inherited this recipe from my mother-in-law, Kathleen Witheridge. She acquired it during the second world war, while she was following Paul's father around from airfield to airfield and living in 'digs'. She always said it originated from Canada.

Wherever it comes from, it's delicious and very different from the usual lemon meringue pie.

## **Ingredients**

- 1 tin condensed milk
- juice and rind of 1 lemon
- 1 large egg, separated
- 1 pastry case 20 cm (8 inch), part-baked
- 15 ml (1 tablespoon) caster sugar

## **Method**

Combine the condensed milk, lemon juice, lemon rind and egg yolk together, mixing well. Pour the mixture into the pastry case. Whisk the egg white until stiff, fold in the sugar and spread on top of mixture.

Bake for 25 minutes at 190°C (375°F or Gas mark 5) until golden brown.

**Note:** If you like a lot of meringue on top, use 2 egg whites (but do not use the second egg yolk in this recipe).



# Norwegian Cream

*Contributed by Kim Cook*

It must have been in 1955 or 1956 that my mother bought her first fridge: an Electrolux. It was cream, with rounded corners and blue trim, and had a removable tray on the top. It also came with a recipe book. That first summer I drank nothing but iced coffee!



As I'm allergic to any kind of dried fruit, Christmas dessert for me had usually been a hasty fruit salad or banana and custard, but when I saw the recipe for Norwegian Cream, I knew this was my Christmas and special-occasion 'must-have' dessert. Over the years I've adapted it, mainly to increase the quantities, because it's so popular! It's delicious and slides down easily, making it the perfect dessert for a balanced Christmas dinner.

Once our children were older and we could go to the Christmas Eve midnight service, I'd put the Norwegian Cream in the oven before we set out for church, and then remove it when we came home! If you're watching your cholesterol, it's just as nice made using fat-free milk, and a reduced-fat cream made partly with vegetable oil. So save your Christmas pudding and mince pies for Boxing Day, and try Norwegian Cream instead!

## **Ingredients**

- 5 eggs
- 850 ml (30 fl oz) milk (approx)
- 15 ml (1 tablespoon) sugar
- jar of thick apricot conserve (not jam)
- dark chocolate (e.g. Bourneville)
- 200 ml (7 fl oz) whipping cream (heavy cream).

## **Method**

Beat the eggs lightly and add the milk to make the liquid up to 1.5 litre (50 fl oz). Add the sugar and stir. Fill the base of a deep soufflé dish with a thick layer of apricot conserve, and pour the egg custard mix over. Stand in a bain-marie and bake in a slow oven, 150°C (300°F or Gas mark 2), for about two hours or until set.

If for any reason it's not quite set, and you want to go to bed, turn the heat off, but leave the dish in the oven. If it is set, remove, cover and leave overnight in a cool place. When cool, remove skin if desired, and cover the custard with a layer of grated chocolate. Whip the cream and pile on top of the chocolate, adding a final layer of grated chocolate. Refrigerate before serving.

# Orchard Apple Cream

*Contributed by Kim Cook*

We have a small orchard with a number of old apple trees, but many of the varieties don't keep well. Sometimes I make this dessert with eating apples, or a mix of eating and cooking apples, as it's a good way of using up the apples before they spoil.

## **Ingredients**

450 g (1 lb) cooking (sharp) apples (may be mixed with eaters)  
sugar  
green colouring, if desired  
40 g (1½ oz) cornflour (cornstarch)  
pinch salt  
vanilla essence  
425 ml (15 fl oz) milk  
7 cloves  
cream

## **Method**

Peel and core the apples and stew in a very small amount of water until pulped. Smooth in a blender if required, and add sugar to taste, plus a little colouring.

Mix the cornflour (cornstarch), salt, vanilla essence and sugar to taste, blending with a little of the milk. Heat the remaining milk, remove from the heat, add the blended cornflour and stir until boiling. Cook for 1 minute. Stir the apple pulp into the cornflour mix and pour into an ovenproof dish.

Press cloves into the apple and milk mixture and keep warm on the floor of the oven until ready to serve. Swirl in a little cream before serving.

# Quick Mocha Sauce

*Contributed by Kim Cook*

Quick, easy and yummy!

## ***Ingredients***

45 ml (3 tablespoons) Golden Syrup (dark corn syrup or maple syrup)  
5 ml (1 teaspoon) water  
15 ml (1 tablespoon) cocoa powder  
5–10 ml (1–2 teaspoons) instant coffee

## ***Method***

Put all the ingredients into a heat proof bowl, and heat over a saucepan of water. Stir until fully mixed and hot. Serve immediately with ice cream or other desserts.



# Bread Pudding.

*Contributed by Beryl Witheridge*

This is an old war time favourite. My mother, like many during World War II, had to use what ever ingredients were available in the store cupboard. Dried egg was used in the original recipe, but I use a fresh egg. Giving exact quantities is difficult, as my mother used whatever bread she had and added a little of this, a handful of that and judged the amounts needed by the look, feel and aroma of the mixture.

I do the same. So here goes and good luck.

## **Ingredients**

680 g (1lb 8oz) stale bread (brown, white or a mixture)  
250 g (8 oz) dark brown sugar  
10 ml (2 teaspoons) mix spice  
175 g (6 oz) dried mixed fruit  
175 g (6 oz) vegetable suet or vegetable shortening  
1 egg, beaten

## **Method**

Soak the bread in water until soft. Squeeze out most of the water. Then break up the sodden bread and put into a large bowl. Add the sugar, mix spice, dried fruit, vegetable suet or shortening and the beaten egg. Mix well.

Transfer the mixture to a large greased, ovenproof dish. Gently smooth the top and sprinkle with a little more brown sugar.

Bake at 160°C (325°F or Gas mark 3) for between 1 hour 30 minutes and 2 hours.

Serve either hot, cold or, as my mother always wanted, with good old English custard.



# No-bake Toblerone Cheesecake

*Contributed by Kathy Witheridge*

Serves twelve.

## **Ingredients**

140 g (5 oz or 1¼ cups) Oreo baking crumbs, or digestive biscuit crumbs  
60 g (2 oz or ¼ cup) butter, melted  
450 g (1 lb) Philadelphia cream cheese, softened  
250 g (9 oz or 1 cup) smooth peanut butter  
225 g (8 oz or 1 cup) sugar  
200 g Toblerone Swiss milk or dark chocolate, divided and chopped  
375 ml (13 fl oz or 1½ cups) Cool Whip topping, whipped

**Note:** if you cannot get Cool Whip, use double cream (heavy cream) as an alternative. (Cool Whip is a non-dairy topping.)

## **Method**

Mix the crumbs and butter together and press firmly into a 9 inch springform cake tin. Refrigerate for 10 minutes.

Beat the cream cheese, peanut butter and sugar until smooth. Stir in half of the chocolate. Then stir in 250 ml (1 cup) of the Cool Whip or cream. Spoon over the crumb-base in the tin. Refrigerate for 3 hours.

Microwave the remaining 125 ml (½ cup) whipped topping and chocolate in a small bowl on high power for 1 minute. Cool slightly and pour over the cake.

Refrigerate until ready to serve.

# Pecan Pie

*Contributed by Beryl Witheridge*

This recipe came from a dear friend in the USA, Vi Burchfield. Although we returned to the UK many years ago, our family still gets together for an American Thanksgiving dinner. This is a must-have dessert for that occasion.

## **Ingredients**

21-22 cm (8-9 inch) pastry case, unbaked  
55 g (¼ cup) butter  
160 g (¾ cup) brown sugar  
5 ml (1 teaspoon) vanilla essence  
30 ml (2 tablespoons) plain (all purpose) flour  
3 eggs lightly beaten  
125 ml (½ cup) Kahlua liqueur  
125 ml (½ cup) dark corn syrup  
225 g (1 cup) pecan halves  
165 ml (¾ cup) evaporated milk  
double cream (heavy cream) to serve

## **Method**

Pre-heat oven to 200°C (400°F or Gas mark 6).

Cream the butter, sugar and vanilla essence together. Add the flour and mix well. Beat in the eggs. Stir in the Kahlua, corn syrup, evaporated milk and pecans. Bake for 10 minutes at 200°C (400°F or Gas mark 6); then reduce to 180°C (350°F or Gas mark 4) for a further 40 minutes. Serve with whipped cream.





# Pineapple Lime Dessert

*Contributed by Vivian Hanson*

## **Ingredients**

140 g (5 oz or 1¼ cups) graham wafer or digestive biscuit crumbs  
85 g (3 oz) lime jelly (flavoured gelatin, Jell-O) powder  
225 g (1 cup) crushed pineapple, drained  
45 ml (3 tablespoons) sugar  
1.25 ml (¼ teaspoon) salt  
55 g (¼ cup) soft margarine  
250 ml (1 cup) hot water  
250 ml (1 cup) pineapple juice  
250 ml (1 cup) Dream Whip topping, whipped

**Note:** if you cannot get Dream Whip, use double cream (heavy cream) as an alternative. (Dream Whip is a non-dairy topping.)

**Note:** jelly is not available as a powder in the UK, only as flavoured cubes. Use one whole 125 g packet.

## **Method**

Combine the crumbs, 15 ml (1 tablespoon) of the sugar and the margarine. Mix well. Press into a 23 cm (9 inch) pan, reserving some of the mixture for the top.

Put the remaining 30 ml (2 tablespoons) sugar into a bowl together with the salt and hot water. Stir well. Add the jelly powder and stir again.

Add pineapple juice and stir well. Chill until it begins to firm. Beat jelly mixture until fluffy. Then add the whipped cream and crushed pineapple.

Spoon the mixture onto the chilled crumbs. Chill again. Then top with more whipped cream and the remaining crumb mixture.

# Pumpkin Pie

*Contributed by Beryl Witheridge*

My passion for pumpkin came whilst visiting and living in the USA. Now that this vegetable has become very popular in the UK, I get to make this pie and other pumpkin dishes in autumn.

## **Ingredients**

450 g (16 oz or 2 cups) cooked pumpkin  
2 eggs beaten  
170 g (6 oz or  $\frac{3}{4}$  cup) sugar (I use brown sugar, but white is OK)  
pinch salt  
2.5 ml ( $\frac{1}{2}$  teaspoon) ground cinnamon  
2.5 ml ( $\frac{1}{2}$  teaspoon) ground ginger  
1.25 ml ( $\frac{1}{4}$  teaspoon) ground cloves  
350 ml (12 fl oz or  $1\frac{1}{2}$  cups) evaporated milk  
shortcrust pastry, enough for a 22 cm (9 inch) pie dish

## **Method**

Line your pie dish with the pastry. Blend all the ingredients together and fill the pie dish.

Bake for 15 minutes at 220°C (425°F or Gas mark 7). Then reduce to 175°C (350°F or Gas mark 4) for a further 45 minutes until the pie is firm to touch.

Leave to cool and serve with whipped cream. If liked, this can also be eaten warm.



# Russian Cream

*Contributed by Lorna Home*

Serves six.

I remember my mother coming home from shopping with this recipe just after the Russians became our allies in World War II. Usually we had it on a Sunday, as our hens gave us a good supply of eggs.

## **Ingredients**

- 1 packet gelatine powder
- 2 large eggs
- 60 ml (4 tablespoons) sugar
- 5 ml (1 teaspoon) vanilla essence
- 600 ml (20 fl oz) whole (full-fat) milk

## **Method**

Dissolve the gelatine powder in 100 ml (3.5 fl oz) hot water in a bowl. If the result is not a clear liquid, warm the bowl in hot water.

Separate the eggs and beat the yolks in a large bowl until pale and fluffy. Carefully mix the sugar, vanilla and dissolved gelatine into the egg yolks. Bring the milk to the boil in a saucepan and pour onto the mixture.

Return to pan and simmer for two minutes, stirring.

Using clean beaters, beat the egg whites until stiff. Pour the saucepan mixture over the beaten egg whites, fold together lightly and pour into a mould or dish to set overnight.

# Banana Bread

*Contributed by Beryl Witheridge*

How many times have you discovered that bananas have suddenly gone black and become overripe and ‘squishy’, before you actually got around to eating them?

This could be your solution!

## **Ingredients**

- 1 banana
- 175 g (6 oz) sugar
- 2 eggs, beaten
- 80 g (2¾ oz) vegetable shortening
- 200 g (7 oz) self-raising flour, sifted (*see note on Main Courses page 6*)
- 1.25 ml (¼ teaspoon) bicarbonate of soda
- 2.5 ml (½ teaspoon) salt

## **Method**

Grease and line an oblong, 20 by 10 cm (8 by 4 inches), loaf tin.

Mash the banana in a large bowl. Add the sugar, beaten eggs, shortening, sifted flour, bicarbonate of soda and salt. Beat well. Transfer to the prepared loaf tin and bake at 180°C (350°F or Gas mark 4) for about 1¼ hours.

**Note:** The banana bread freezes well. If you have more than one ‘squishy’ banana, you can multiply the ingredients up and freeze the bread after baking.



# Butterscotch Bars

*Contributed by Kathy Witheridge*

This recipe originally came from Ethel Ball née Witheridge, who lived in Washington (State) in north-west USA. It produces excellent, but very rich, dessert squares.

## **Ingredients**

250 g (1 packet) mini marshmallows  
300–350 g (1 packet ) butterscotch chips  
225 g (8 oz or 1 cup) peanut butter  
110 g (4 oz or ½ cup) butter

## **Method**

Place the marshmallows in the bottom of a greased, 18 by 28 cm (7 by 11 inches), pan. Heat remaining ingredients in a double boiler. Pour over the marshmallows and shake the pan so the mixture runs through the marshmallows. Cool and cut into squares.

# Cherry Shortbreads

*Contributed by Joyce Browne*

## **Ingredients**

55 g (2 oz) butter  
55 g (2 oz) plain flour  
pinch of salt  
30 ml (2 level tablespoons)  
caster sugar  
25 g (1 oz) glacé cherries, chopped



**Note:** Caster sugar is not available in all countries, so if you can't get it, just use ordinary white sugar.

## **Method**

Rub the butter into the flour. Add the salt, sugar and cherries. Knead into dough, without adding any water. Roll out into a circle about 3 mm (1/8 inch) thick. Score into portions—this makes it easier to split up when cooked. Bake on a greased baking sheet at 175°C (350°F or Gas mark 4) for about 15 minutes until pale brown.

# Chocolate Gingerbread

*Contributed by Beryl Witheridge*

This was a family favourite while I was growing up. It is called a bread, but it is, in fact, a cake. We sometimes had it for dessert, served with custard. This recipe is so old that the card it is written on has almost faded into illegibility.

## **Ingredients**

- 70 g (2½ oz) butter
- 25 g (1 oz) sugar
- 175 g (6 oz) golden syrup (dark corn syrup or maple syrup)
- 175 g (6 oz) self-raising flour (*see note on Main Courses page 6*)
- 5 ml (1 teaspoon) ground ginger
- 25 g (1 oz) cocoa
- 1.25 ml (¼ teaspoon) salt
- 2.50 ml (½ teaspoon) bicarbonate of soda (baking soda)
- 1 egg
- 150 ml (5 fl oz) milk and water, mixed

## **Method**

Preheat the oven to 180°C (350°F or Gas mark 4).

Gently heat the butter, sugar and golden syrup in a saucepan until melted. Remove from the heat and add the dry ingredients. Then beat in the egg. Warm the milk and then slowly add this to the mixture, beating well. Grease and flour a 18 cm (7 inch) tin. Pour the mixture into the tin and bake for 45–50 minutes.



# Cup Of Tea Cake

*Contributed by Beryl Witheridge*

I inherited this recipe from my mother-in-law, Kathleen Witheridge, known to the family as Kathy. It was a very popular, war-time, recipe. It is similar to the Pineapple Fruit Cake recipe that is also included in this book.

## **Ingredients**

250 ml (1 cup) cold strong tea (without milk)  
225 g (1 cup) sugar  
110 g (½ cup) vegetable shortening or butter  
200 g (1 cup) dried mixed fruit  
225 g (1½ cups) plain (all purpose) flour  
5 ml (1 teaspoon) bicarbonate of soda (baking soda)  
2.25 (½ teaspoon) salt  
2.25 ml (½ teaspoon) mixed spice

*Note: The original recipe called for one **breakfast cup** of both the cold tea and the dried mixed fruit. For simplicity, this has been shown above as one standard cup. If you want to stick to the breakfast cup size, it's about 285 ml or 1<sup>1</sup>/<sub>8</sub> standard cups.*

## **Method**

Preheat the oven to 180°C (350°F or Gas mark 4).

Pour the cold tea into a saucepan. Add the sugar and the shortening or butter. Warm gently until the sugar has dissolved and the shortening or butter has melted.

Stir in the fruit and slowly bring to the boil. Cook for 4 minutes and then allow to cool.

When cool, stir in the flour, bicarbonate of soda, salt and mixed spice. Mix well.

Pour into a greased 18 cm (7 inch) cake-tin and bake for 1½-2 hours.

# Date and Walnut Loaf

*Contributed by Brenda Dixon*

## **Ingredients**

225 g (8 oz) chopped dates  
110 g (4 oz) caster sugar  
pinch salt  
5 ml (1 teaspoon) bicarbonate soda (baking soda)  
55 g (2 oz) butter  
177 ml (6 fl oz) water  
1 egg beaten  
55 g (2 oz) chopped walnuts (pecan nuts can be used as an alternative)  
225 g (8 oz) self-raising flour (*see note on Main Courses page 6*)  
5 ml (1 teaspoon) vanilla essence

**Note:** Caster sugar is not available in all countries, so if you can't get it, just use ordinary white sugar.

## **Method**

Pre heat oven to 170°C (325°F or Gas mark 3).

Place the dates, sugar, salt, soda and butter (cut into small pieces) into a bowl. Boil the water, pour over the mixture to melt the butter and mix well. Cool a little. Then add the beaten egg, nuts, flour and vanilla essence. Mix to a smooth batter like consistency.

Grease and line the base of a 1 kg (2 lb) loaf tin. Pour in the mixture. Bake in the centre of the oven for 1 hour 15 minutes until firm. Allow to cool in the tin.

Keeps well.

**Note:** To make this as a cake rather than a loaf, use 110 g (4oz) butter instead of 55 g (2 oz).





# Homemade Bread

*Contributed by Beryl Witheridge*

## **Ingredients**

500 g (1 lb 2 oz) white, wholemeal or granary bread flour  
5 ml (1 teaspoon) salt  
7.5 ml (1½ teaspoons) dried yeast  
255 ml (9 fl oz) warm water  
30 ml (2 tablespoons) sunflower oil

**Note:** Granary flour is a malted brown bread flour and may not be available in some countries. It does make a delicious bread that toasts really well.

## **Method**

Place the flour and salt into a large bowl. Add the yeast and mix. Make a well and pour in the water and the oil. Mix well. Knead for 10 minutes. Put back into the bowl and cover with a damp tea-towel or cling film (Saran Wrap) greased with oil.

Allow to prove (rise) for 1½ hours until doubled in size.

Turn out onto a floured surface. Knock the air out and knead for a few minutes. Put in a greased loaf tin and cover until doubled in size. If you don't have a loaf tin, use a baking tray—this will also give a very rustic look to the resulting loaf.

Bake at 230°C (420°F or Gas Mark 8) for 30 minutes.

This recipe also works well in a bread-maker or with a mixer and dough hook.

**Note:** If you are watching your salt intake, when using granary flour you can reduce the amount of salt to 2.5 ml (½ teaspoon).

# Mary Murphy's Apple Cake

*Contributed by Beryl Witheridge*

This recipe is good for using up apples that have gone a little soft or bruised. It works well with cooking apples alone, or a mixture of eating and cooking apples.

## **Ingredients**

900 g (2 lb or 4 cups) cooking (sharp) apples cored and chopped (leave skin on)  
450 g (2 cups) sugar  
300 g (2 cups) plain (all purpose) flour  
120 ml (½ cup) oil  
10 ml (2 teaspoons) bicarbonate of soda (baking soda)  
10 ml (2 teaspoons) cinnamon  
5 ml (1 teaspoon) vanilla  
0.75 g (¾ teaspoon) salt  
2 eggs

## **Method**

Preheat the oven to 180°C (350°F or Gas mark 4).

Grease a 23 cm (9 inch) cake, bundt or tube-tin.

Take a large mixing bowl and add all the ingredients. Mix together well and pour into the prepared tin. Bake for 1–1½ hours until a toothpick comes out clean.

**Note:** This is a very moist cake.

# Lemon Cake

*Contributed by Brenda Dixon*

## **Ingredients**

110 g (4 oz) butter  
175 g (6 oz) caster sugar  
zest of 1 lemon  
175 g (6 oz) self-raising flour (*see note on Main Courses page 6*)  
2 eggs, beaten  
60 ml (4 tablespoon) milk

*For the topping:*

juice of 1 lemon  
45 ml (3 tablespoons) icing sugar (confectionery sugar)

**Note:** Caster sugar is not available in all countries, so if you can't get it, just use ordinary white sugar.

## **Method**

Heat oven to 180°C (350°F or Gas mark 4).

Cream the butter, add everything else and mix well until smooth and creamy.

Pour into a greased and lined loaf-tin, 22 by 12 by 5 cm (9 by 5 by 2 inches). Place on the centre shelf of the oven and cook for about 45 minutes until risen, golden and firm (may take a little longer depending on the oven).

For the topping, mix lemon juice with the icing sugar (confectionery sugar) and heat gently. Pour over the cake, while the cake is still hot, allowing the topping to soak in.



# Muesli Bread

*Contributed by Beryl Witheridge*

This is really a breakfast bread, but we have discovered that, toasted and topped with butter and jam, it is just scrumptious for afternoon tea. It can also be eaten with cheese for a quick lunch.

It's very simple to make, either by hand or using a bread-maker..

## **Ingredients**

- 250 ml (1 cup) tepid water
- 30 ml (2 tablespoons) dried skimmed milk
- 15 ml (1 tablespoon) honey
- 2.5 ml (½ teaspoon) salt
- 30 ml (2 tablespoons) sunflower oil
- 300 g (2 cups) white bread flour
- 300 g (1½ cups) breakfast muesli
- 5 ml (1 teaspoon) dried yeast

## **Method**

Place all the ingredients together in a bowl and mix well. Then knead for a few minutes. Form into a round shape and place on an oiled baking sheet or in a 1 kg (2 lb) loaf-tin. Cover with oiled cling film (Saran Wrap) until it has doubled in size.

Meanwhile, preheat the oven to 200°C (400°F or Gas mark 6). Bake for 30–40 minutes. Remove from the oven and place on a wire rack to cool.

This bread freezes well.

**Note:** If using a bread-maker, place all the ingredients in the pan in the order listed. It will take about 2 hours 45 minutes to cook using the basic setting.

# Oatmeal and Coconut Cookies

*Contributed by Maureen Witheridge*

## **Ingredients**

110 g (4 oz) butter or butter  
225 g (8 oz or 1 cup) granulated sugar  
2.50 g (½ teaspoon) bicarbonate of soda (baking soda)  
30 ml (2 tablespoons) golden syrup (dark corn syrup or maple syrup)  
125 g (4½ oz or 1 cup) porridge oats (oatmeal)  
150 g (5 oz or 1 cup) plain (all purpose) flour  
125 g (4½ oz or 1 cup) desiccated coconut

## **Method**

Melt the butter and syrup. Pour over the dry ingredients. Mix well. Form into small balls and place on a greased tray. Bake at 180°C (350°F or Gas mark 4) for 10–12 minutes.



# Pineapple Fruit Cake

*Contributed by Beryl Witheridge*

I acquired this recipe from my mother-in-law, Kathleen (Kathy) Witheridge. She was born Kathleen Collett, and became a Witheridge by marrying Raymond (Ray) Witheridge, from the Newton Abbot and Totnes family, in 1939, on the day World War II was declared.

A second Witheridge connection is that her cousin, John (Jack) Garlick, married Amy Spriggs, who was a descendant of the Bradworthy Witheridges. This is quite an amazing cross-connection of two unrelated branches of the Witheridge families and only came to light a few years ago.

Kathy got the recipe, in 1976, from her sister, Violet, which leads us to the third Witheridge connection: Violet (Vi) always claimed that the recipe came from a Witheridge in Australia, but who, when, and how is unknown. Certainly, I cannot find any similar recipes from British or American sources, only on Australian web-sites.

Yet another Witheridge connection is that this recipe was used in making the cake for our son's wedding (for the record: I did not ice it!). It kept so well (in a freezer) that the last tier was not used until seven years later.

The last, and rather trivial Witheridge connection, is that a Pineapple Fruit Cake was served as part of the buffet lunch at the 2005 Annual Reunion.



## ***Ingredients***

- 225 g (½ lb) butter
- 225 g (½ lb) demerara (brown) sugar
- 400 g (14 oz) tin crushed pineapple plus the juice
- 450 g (1 lb) mixed dried fruit
- 5 ml (1 teaspoon) mixed spice
- 5 ml (1 teaspoon) bicarbonate soda
- 340 g (¾ lb) self-raising flour (*see note on Main Courses page 6*)
- 3 large eggs, beaten

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## **Method**

In a large saucepan, mix the butter, sugar, pineapple (and juice), dried fruit, mixed spice and bicarbonate of soda together, and bring to the boil. Simmer for 3 minutes. Then turn off the heat, and let the mixture cool.

Preheat the oven to 180°C (350°F or Gas mark 4).

When the mixture is cold, stir in the sifted flour and the beaten eggs. Mix well. Pour the mixture into a greased, lined, 22 cm (8½ inch) cake-tin and bake for 1 hour 30 minutes. Then reduce the temperature to 125°C (250°F or Gas mark ½), and bake for a further 30 minutes. When the cake is done, cool in the cake-tin before turning out.

Try it with a chunk of mature cheddar cheese.



# Vanilla Fork Biscuits

*Contributed by Maureen Witheridge*

## **Ingredients**

110 g (4 oz) caster sugar  
225 g (8 oz) butter  
5 ml (1 teaspoon) vanilla essence  
275 g (10 oz) plain (all purpose) flour

**Note:** Caster sugar is not available in all countries, so if you can't get it, just use ordinary white sugar.

## **Method**

Beat the sugar and butter together until light and fluffy. Add the vanilla essence and work in flour until a firm dough is formed. Roll into small balls and place these on a greased baking tray, leaving plenty of space between each. Press on each ball with a warm, wet, fork until flattened.

Bake in a moderate oven at 180°C (350°F or Gas mark 4) for about 15 minutes until golden brown. Remove and cool on a wire tray.





# Zucchini Bread

*Contributed by Beryl Witheridge*

We had really big problems getting our younger son to eat his veggies.

However, he loved Zucchini Bread, so it turned out to be one way to get some vegetables inside him! Although it's called 'Zucchini Bread', it would be more accurate to describe it as a cake.

## **Ingredients**

- 110 g (½ cup) vegetable shortening
- 300 g (1⅓ cup) of sugar
- 2 eggs beaten
- 225 g (1½ cup) plain (all purpose) flour
- 5 ml (1 teaspoon) bicarbonate of soda (baking soda)
- 5 ml (1 teaspoon) salt
- 1.25 ml (¼ teaspoon) baking powder
- 2.5 ml (½ teaspoon) cinnamon
- 2.5 ml (½ teaspoon) ground cloves
- 5 ml (1 teaspoon) vanilla essence
- 1 medium (1 cup) zucchini (courgettes), grated
- 50 g (⅓ cup) chopped nuts (optional)

## **One Bowl Method**

Preheat oven to 180°C (350°F or Gas mark 4). Grease and line a 20 by 10 cm (9 by 4 inch) loaf-tin.

Mix all the ingredients together well and put into the prepared tin. Bake for 1¼–1½ hours until a wooden toothpick comes out clean.



# Date and Orange Muffins

*Contributed by Beryl Witheridge*

I scrounged this recipe from Brenda Chritrina, the owner of a wonderful Bed and Breakfast place where we stayed while touring Canada. Brenda served the muffins warm at breakfast. They were extremely 'more-ish'.

## **Ingredients**

- 1 orange, unpeeled
- 110 ml (½ cup) orange juice
- 110 g (½ cup) dates, chopped
- 1 egg
- 110 g (½ cup) melted margarine or vegetable oil
- 275 g (1¾ cups) flour
- 165 g (¾ cup) sugar
- 5 ml (1 teaspoon) baking powder
- 5 ml (1 teaspoon) baking soda
- 2.5ml (½ teaspoon) salt

## **Method**

Wash the orange, cut into pieces and remove any pips. Place it in a liquidiser (blender) together with the juice and blend well. Add the dates, egg and margarine (or vegetable oil). Blend well.

In a separate bowl, have all the dry ingredients mixed together. Add the orange mixture and stir well.

Bake at 180°C (350°F or Gas mark 4) for 15–20 minutes.





# How to make Devonshire Clotted Cream

*Contributed by Anonymous*

You need full-cream milk. Pour it into a shallow pan, and leave to stand for about 12 hours for the cream to rise to the surface.

Then heat the milk very slowly, until the surface begins to wrinkle. This should take about an hour. On no account allow the milk to boil—the slower the heating, the better the result.

Transfer the pan to a cool place and leave overnight.

In the morning, the clotted cream can be spooned off the surface.

**Note:** If you cannot get creamy enough milk, you can experiment by adding single cream (light cream) to increase its cream content.

*I experimented with making this. I bought a bottle of full-cream (Jersey) milk and added 140 ml (5 fl oz) single-cream. I certainly ended up with 'clotted' cream, but it was not quite as thick as the variety you can buy in the south-west of England! Paul spooned most of it onto his breakfast cereal. If you can buy the proper stuff, it's probably not worth attempting this recipe. If clotted cream is not available in your part of the world, give it a go!*



# Country Rhubarb Wine

*Contributed by Roy Cook*

This is a very simple wine which needs no special equipment, but tastes delicious and can pack quite a punch!

## **Ingredients**

2.25 kg (5 lb) rhubarb  
2 kg (4 lb 8 oz) sugar  
4.5 litres (1 Imperial gallon, 8 Imperial pints, 10 US pints, or 160 fl oz)  
cold water  
2 lemons  
25 g (1 oz) ginger (if desired)

## **Method**

Crush the rhubarb and place into the cold water. Cover and stand for seven days.

Strain off the liquid. Then for every 4.5 litre (1 Imperial gallon) of liquid, add 2 kg (4 lb 8 oz) sugar, the juice and grated rind of 2 lemons and (if desired) the ginger. Cover and stand for a further 6 or 7 days, stirring at least once every day.

Bottle and keep for one year!

# Fruit Cup

*Contributed by Joyce Browne*

## **Ingredients**

570ml (20 fl oz) English cider (hard cider or ciderjack)  
250 ml (1 cup) bitter lemon drink  
250 ml (1 cup) orange juice  
250 ml (1 cup) pineapple juice  
225 g (1 cup) caster sugar

**Note:** English cider is produced by fermenting apples and has a similar alcohol content to beer. The American term for this is 'hard cider' (from which Applejack brandy is produced by a process of distillation).

**Note:** Caster sugar is not available in all countries, so if you can't get it, just use ordinary white sugar.

## **Method**

Mix all ingredients together and stir well. Float in orange and lemon slices if available and chill if possible.

# Granola Breakfast Cereal

*Contributed by Beryl Witheridge*

## **Ingredients**

560 g (1 lb 4 oz) porridge oats (oatmeal)  
225 g (½ lb) honey  
pinch salt  
55 g (2 oz) sunflower seeds  
110 g (4 oz) wheat germ  
45 ml (3 tablespoons) corn oil  
110 g (4 oz) raisins  
55 g (2 oz) chopped nuts

## **Method**

Mix all the ingredients together and cook for 2 hours at 100°C (200°F or Gas mark ¼). Stir frequently. Leave to cool. Then store in an airtight container.

# Little Manor Damson Wine

*Contributed by Roy Cook*

The first time I made this wine was with damsons from the garden of Little Manor, the home of the late Colonel Anthony Witheridge and his wife Françoise.

It made a really beautiful wine and, after enjoying a sample bottle, we stored the rest in our garage, with half intended for Anthony and Françoise.

Sadly, a few weeks later, our garage was broken into. All the damson wine and other drinks, including some champagne reserved for our grandson's christening, was taken.

We still call the wine 'Little Manor' in affectionate memory of Anthony.

## **Ingredients**

- 3 kg (6–7 lb) damsons
- 4 kg (8½ lb) white granulated sugar
- 10 ml (2 teaspoons) yeast (CWE formula 67 plus)
- 5 ml (1 teaspoon) nutrient
- enough water to cover fruit in pan
- 245 g (½ lb) tin red concentrate grape juice compound

## **Method**

You need a very large pan, suitable for use on top of the stove, with a capacity of at least 4 litres (1 Imperial gallon or 160 fl oz).

Wash the fruit, place in the pan, cover with water and bring very slowly to boil.

Simmer gently until the fruit is pulped. Then crush with a potato masher and strain off the juice. This makes about 2¼ litres (4 Imperial pints, 80 fl oz) of damson juice. Store this in closed containers (for example plastic bottles) and refrigerated until needed.

Next, in the pan, add the sugar to about 1.8 litres (3 Imperial pints or 60 fl oz) of water and heat gently, stirring until dissolved. This should produce about 4 litres (7 Imperial pints or 140 fl oz) of syrup.

Now combine the damson juice, grape juice concentrate and syrup in a large pan, stirring and warming gently until thoroughly mixed. You may need to do this in batches if you don't have a large enough pan. For example, for three batches you would take ⅓ of the damson juice, ⅓ of the grape juice concentrate and ⅓ of the syrup for each batch.

Finally split the liquid equally between three 4.5 litre (1 Imperial gallon) demijohns (narrow-necked storage bottles) and top up to the shoulder of each bottle with warm water. When settled, add yeast and nutrient, and seal with cork and airlock. Ferment in a warm, dark place. When fermentation is complete, rack and bottle.

# Minnesota Cordial

*Contributed by Kim Cook*

This recipe came from Mary Heltsley of Minnesota, a close friend of our dear friend, Rev David Witheridge and his late wife Elizabeth. We call it Minnesota cordial, because every time we drink it, we are reminded of the good times we had with the Witheridges and the Heltsleys in Minneapolis.

As US measures differ from UK ones, and as some of the ingredients aren't available in the UK, I have two versions of the recipe.

## ***US ingredients***

6 cups sliced rhubarb  
2 cups water  
1 cup sugar  
6 oz frozen lemonade, diluted with 2 tins water  
32 oz ginger ale, lemon-lime drink or white wine, chilled  
a few leaves of mint if desired

## ***Method***

Cook the rhubarb with the water and sugar. Strain.

Combine the juice with the lemonade and the chilled beverage or wine. Chill and serve with mint garnish if desired.

## ***Metric/Imperial ingredients***

900g (2 lb) sliced rhubarb  
425 ml (15 fl oz) water  
85 g (3 oz) sugar  
2 lemons  
25 g (1 oz) sugar and boiling water  
lemonade or sparkling water  
900 ml (32 fl oz) ginger ale, lemon-lime drink or white wine, chilled  
a few leaves of mint if desired

## ***Method***

Cook the rhubarb with the water and sugar. Strain.

Grate the peel from the lemons; add the sugar and boiling water. Soak while the rhubarb is cooking. Squeeze the juice from the lemons. Strain the peel and add the water from the peel to the lemon juice, making up to 880 ml (32fl oz) with lemonade or sparkling water. Combine this with the rhubarb juice and the chilled beverage or wine. Chill and serve with mint garnish if desired.



# Tropical Punch

*Contributed by Beryl Witheridge*

This recipe was given to me by a neighbour while we were living in the States. With the long, hot and humid summer days and nights on the East Coast of America, we found this to be very refreshing and especially useful when entertaining.

## **Ingredients**

6 bananas  
2 litres (70 fl oz) fresh lemonade, chilled  
1 litre (35 fl oz) orange juice, chilled  
750 ml (26 fl oz, 3 cups or 1 bottle) light rum (Bacardi)  
125 ml (4½ fl oz or ½ cup) honey  
1 litre (35 fl oz) ginger ale, chilled  
2 packets (8 oz) frozen melon balls  
1 lime cut, into thin slices

**Note:** The ‘fresh lemonade’ is not the lemon-flavoured, carbonated, water that you get when you buy a bottle of ‘lemonade’ in the UK. It is real lemonade, like my mother used to make from real lemons and sugar. You can now buy it in the chilled juice section of many UK supermarkets. In North America, it’s what you get when you buy lemonade.

**Note:** The original, American recipe, used 12 fl oz tins of frozen lemonade and orange juice (e.g. Minute Maid). If you want to use these, substitute:

2 tins frozen lemonade, thawed (*for the chilled fresh lemonade*)  
1 tin frozen orange juice, thawed (*for the chilled orange juice*)  
2 litres (2 US quarts) ginger ale, chilled (*instead of 1 litre*)

and add:

1.7 litres (6¾ cups) water

## **Method**

Start this about 2½ hours before serving. The amounts above will make enough for about 50 punch-cup servings.

Slice the bananas into a blender. Add the lemonade and blend until smooth. Pour into a punch bowl. Stir in the water (if using the American recipe), orange juice, rum and honey. Pour into a shallow pan and freeze, uncovered, until slushy (takes 1½–2 hours).

Pour back into the punch bowl. Just before serving, add the ginger ale and the melon. Garnish with the slices of lime.

# Whiskey Wine

*Contributed by Beryl Witheridge*

## **In memory of Brian John Field (1937–1999)**

This recipe is one that my brother made many years ago. Unfortunately he is no longer with us, so this is in memory of him. It happened in the early 1970s, the era of the home brew kits that became very popular in the UK.

My brother wanted to make something different. So, his father-in-law gave him an old family recipe and dared him to make it. The copy of the recipe was dated 1901, which makes it over one hundred years old and, who knows, maybe it is even older than that.

Brian was very successful at making it, although the whole house smelled like a brewery for weeks afterwards. However, the end result was to, use his words, ‘like drinking nectar’—delicious and very potent. I would say that it is more like a liqueur than a wine. So, if you make it, you have been warned!

## **Ingredients**

- 1.8 kg (4 lb) demerara (brown) sugar
- 900 g (2 lb) raisins
- 450 g (1 lb) wheat
- 900 g (2 lb) potatoes, peeled and finely grated
- 30 g (1 oz) yeast
- 4.5 litres (8 imperial pints or 10 US pints) hot water, not boiling

## **Method**

Place all the ingredients together in a very large plastic container with a lid. Pour on the hot water and stir. When the mixture has cooled to a lukewarm temperature, add the yeast and stir again. When cooled, cover with the lid.

Allow to stand for three weeks, stirring every day.

Then strain the liquid and bottle. Stand the bottles upright and cork loosely to allow the effervescent gas to escape. The bottles may be properly corked only after the wine has finished gassing (no more little bubbles).

