



Version 1

A PLUM BAKEWELL TART

Class 245

Ingredients:

Sugar Pastry:

Plain flour	200g.
Butter or (hard margarine)*	125g
Icing sugar	50g.
Eggs	1

Filling:

Red plums	250g.
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Frangipane:

Plain flour	50g.
Ground almonds	75g.
Butter	125g.
Caster sugar	125g.
Eggs	2.
Almond essence (optional)	½ teasp.

*If using hard margarine the flavour can be improved by adding a few drops of vanilla essence.

Method:

1. Rub fat into flour until mixture resembles breadcrumbs.
2. Beat egg and sugar together then add and form light dough.
3. Wrap dough in cling film and rest in a cool place for 5 mins, then use to line a 9" flan tin. Reserve pastry scraps.
4. Halve plums, remove stones and place halves onto the pastry base.
5. For the frangipane, cream the butter and sugar until very light and fluffy.
6. Beat eggs and beat them in gradually, adding the essence if using.
7. Fold in the flour and ground almonds
8. Spread or pipe this mixture evenly over the plums.
9. Roll out pastry trimmings and cut out strips and place these over the frangipane in a lattice fashion.
10. Bake at gas mark 5/190°C for 40-45 minutes until a skewer inserted into the centre comes out clean.
11. Serve warm.



A CARROT CAKE

Class 246

<u>Ingredients:</u>	Eggs	2.
	Caster sugar	4oz./120g.
	Vegetable oil	7fl.oz/100ml.
	Plain flour	4oz./120g.
	Bicarbonate of soda	1teas./5ml or Baking powder 1teas./5ml.
	Salt	½ teas./2.5ml.
	Cinnamon	¾ teas./3.5ml.
	Sultanas	1oz./30mg.
	Walnuts	1oz./30g.
	Coarsely grated carrot	5oz./150g

Method:

1. Whisk eggs and sugar till very light.
2. Whisk in oil quickly to form emulsion.
3. Add remaining ingredients and fold in carefully.
4. Pour into an 8" round cake tin greased and dusted with fine cake or breadcrumbs.
5. Bake at 160°C/gas mark 3 for 60-75 mins. Until a skewer inserted into centre comes out clean.
6. Cool completely then top with icing.

Icing:

Cream cheese	8oz./240g.
Icing sugar	2oz./60g.
Finely grated zest 1 lime	
Lime juice to taste	

Cream cheese and sugar with rind, then add lime juice to taste.



STICKY GINGERBREAD

Class 247

Ingredients:

Butter or margarine	8oz./225g.
Dark muscovado sugar	8oz./ 225g.
Black treacle	8oz./225g.
Plain flour	12oz./340g.
Eggs medium, beaten	2.
Ground ginger	1tablespoon/15ml.
Ground cinnamon	1 teasp./ 10ml.
Salt	a pinch.
Bicarb. of soda	1 teasp./5ml.
Warm milk	½ pint./285 ml.

Method:

1. Melt together slowly the treacle, sugar, and butter, stirring all the time.
2. Remove from heat and stir in beaten eggs.
3. Sieve flour, salt, cinnamon, and ginger. Stir in melted mixture.
4. Sieve bicarb. of soda into a bowl. Add warm milk.
5. Add treacle mixture. Stir into mixture and mix well.
6. Line an 8" or 9" square tin, with greased greaseproof paper, then pour in mixture.
7. Bake at gas mark 1/140°C for 1-1½ hours.

After one hour, it may be necessary to cover the surface of the cake with greaseproof paper, to prevent over-baking.

8. Allow gingerbread to cool before removing from the tin and greaseproof paper.
9. Store in airtight tin or wrapped in foil. This cake keeps well.



FOUR CORNISH PASTIES

Class 248

Ingredients:

Short crust pastry, flour quantity	8oz./240g
Chuck steak, finely chopped	4oz./120g.
One each large, onion, potato, carrot, finely diced.	
Water	2 tablespoons/30ml.
Salt and pepper.	
Beaten egg, to glaze.	

Method:

1. Mix all filling ingredients together.
 2. Roll out pastry, and cut 4 x 8"/20cm. Rounds.
 3. Spoon filling into centre of each circle, dampen edges and bring sides up and over filling.
 4. Seal edges well and crimp decoratively.
 5. Egg wash and chill for 5-10 mins.
 6. Egg wash again and bake Gas mark 6/200°C for 15 mins.
 7. Reduce temperature to Gas mark 4/160°C and bake for a further 40-45 mins.
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SIX SAUSAGE ROLLS

Class 249

Ingredients:

Short crust pastry, flour quantity	6oz./170g
Sausage meat	8oz./250g.
Finely chopped onion, cooked in ½oz./15g of butter.	1oz./30g.
Finely chopped parsley	1oz./30g.
Salt and pepper.	
Beaten egg to glaze.	

Method:

1. Mix sausage meat, onion and parsley; season to taste.
 2. Use to make 6 snack size sausage rolls, 2"/5cm. in length.
 3. Brush with beaten egg and bake at gas mark 6/200°C for 25-30 mins.
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VICTORIA SANDWICH CAKE

Class 250

Ingredients: 175g (6oz) butter
 175g (6oz) caster sugar
 3 eggs beaten
 175g (6oz) self-raising flour
 Raspberry jam
 Icing sugar for dredging
 1 tsp. of vanilla essence

- Preheat the oven to 190°C/Gas Mark 5.
 - Grease two 20.5cm (8") sandwich tins and line bases with greaseproof paper.
 - Beating by hand with a wooden spoon or an electric mixer, cream together the butter and the caster sugar until the mixture is light and fluffy.
 - Add the eggs a little at a time, beating well after each addition, and add the Vanilla essence.
 - Sift and lightly fold in half the flour with a metal spoon or spatula, then lightly fold in the rest of the flour.
 - Divide the mixture between the prepared tins and level the tops with a knife. Bake both on the same shelf for 20-30 minutes.
 - When the cakes are well risen and firm to the touch, turn them out onto a wire rack to cool.
 - Sandwich the layers together with raspberry jam and dredge the top with Icing sugar.
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SIX COFFEE KISSES

Class 251

Ingredients:

Self raising flour	6oz./175g.
Caster sugar	3oz./75g.
Margarine	3oz./75g.
Coffee	2 teas./10ml dissolved in 1tablespoon/15ml. Hot water.
Eggs	1

Method:

1. Grease two baking sheets. Set oven to Gas mark 4/ 180°C.
2. Mix flour and sugar then rub in margarine.
3. Stir in beaten egg and coffee and mix well.
4. Divide into balls size of a walnut.
5. Place on baking sheet and bake for about 15 mins.
6. Cool, then sandwich with icing just before serving.

Icing:

Butter	2oz./50g.
Icing sugar	4oz./100mg.
Coffee essence	2teas./10ml.

Cream butter and sugar then incorporate coffee essence.

ST.CLEMENTS CAKE

Class 252

Ingredients:

Margarine	6oz/170g
Golden granulated sugar	4oz/115g
3 medium eggs	
Self-raising flour, sieved	7oz/200g
Orange Marmalade	6oz/170g
Grated zest and juice of 1 lemon	

Method:

1. Beat the margarine and sugar together in a bowl until light and fluffy. Beat in the eggs, gradually, adding flour if mixture looks like it is curdling.
 2. Fold in remaining flour. Stir in marmalade, lemon zest and juice, mixing well.
 3. Spoon mixture into a greased and base-lined 28 x 18cm (11" x 7") tin.
 4. **Baking:** 180 deg.C.(355 deg.F), gas mark 4, or fan oven 160 deg. C, for 35-45mins until golden and springy to touch. Allow to cool in the tin.
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SODA BREAD

Class 253

Ingredients:

Plain flour	8oz./240g.
Salt	½ teas./2.5ml.
Bicarb. of soda/Cream of Tartar	1teas./5ml.
Margarine	1oz./30g.
Milk	¼ pint/150ml. Plus 1 teas./5ml. Lemon juice.

Method:

1. Sieve dry ingredients into a bowl.
2. Rub in margarine.
3. Add milk and mix quickly and lightly to smooth dough.
4. Form into a round, mark with a deep cross and place onto a greased baking sheet.
5. Cover with a deep cake tin and bake at gas mark 7/ 220°C for about 30 mins.
6. Cool on wire rack.

This bread should be made and eaten on the day it is made.

ONE CHEESE SCONE ROUND

Class 254

Ingredients:

Self raising flour	8oz./240g.
Baking powder	1teas./5ml.
Salt	½ teas./2.5ml.
Dry mustard powder	½ teas./2.5ml.
Butter or margarine	2oz./60g.
Eggs	1 made up to ¼ pint/150ml. with milk.
Cheddar cheese	3oz./90g.
Paprika (optional)	

Method:

1. Sieve together dry ingredients. Grate cheese.
 2. Rub in fat. Stir in ⅔ cheese.
 3. Whisk egg and milk, add to dry ingredients and mix lightly to a smooth soft dough.
 4. Form into a round ¾" thick and divide into eight and place on a greased baking sheet.
 5. Brush with a little milk and sprinkle with remaining cheese. Dust lightly with paprika if required.
 6. Bake at Gas mark 7/220°C for approx. 15 mins. Until well-risen and golden brown.
 7. Cool on wire rack.
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TEA BRACK

Class 255

Ingredients:

Sultanas	8oz./225g
Raisins	4oz./100mg.
Currants	4oz./100g.
Demerara sugar	6oz./170g.
Hot tea	5fl.oz./150ml.
Eggs	1.
Self raising flour	8oz./225g.

Method:

1. Mix fruit and hot tea, cover and leave overnight.
 2. Grease and line base of a 2lb. loaf tin. Set oven to Gas mark 3/160°C.
 3. Beat in egg thoroughly.
 4. Stir in sieved flour and place into tin.
 5. Bake for 1½ - 1¾ hours until firm.
 6. Cool on wire rack.
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PARKIN

Class 256

Ingredients:

Plain flour	8oz/225g
Baking powder	2tsp/10ml
Ground ginger	1tbsp/15ml
Margarine	4oz/115g
Medium Oatmeal	8oz/225g
Golden castor sugar	4oz/115g
Golden syrup	6oz/170g
Black treacle	6oz/170g
Milk	4tbsp/60ml
Medium egg	1

Method:

1. In a mixing bowl sift together the flour, baking powder and ginger. Rub in the margarine until the mixture resembles breadcrumbs, then stir in oatmeal and sugar.
 2. In a saucepan gently melt the golden syrup and treacle.
 3. Make a well in the centre of the dry ingredients and pour in the syrup, treacle, milk, and egg. Mix to a smooth thick batter.
 4. Pour mixture into greased and base-lined 25.5 x 20.5 x 4 cm (10 x 8 x 1.5 ins) tin.
 5. **Baking:** 180 deg.C, 355 deg.F, Gas mark 4, or fan oven 160 deg.C, for 45-60 mins until the mixture springs back when slightly pressed and has started to shrink away from the sides of the tin.
 6. Turn out and cool on a wire rack.
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