

The Land Cookery Recipes 10/11

Please note: a "moderate oven" is 180-190°C

Boiled Fruit Cake

250g butter
250g brown sugar
½ cup water
½ cup rum or brandy
250g sultanas
500g raisins
250g dates
125g currants
62g mixed peel
62g cherries

Put all above ingredients into a saucepan and bring to the boil, stirring occasionally. Remove from heat and add grated rind of half a lemon and half an orange, ½ tablespoon golden syrup, ½ teaspoon bicarb soda. Empty into a bowl and stand overnight. Add 5 beaten eggs alternately with 250g plain flour and ½ cup S.R. flour, sifted with pinch salt. Place mixture into a 20cm prepared tin and bake at 150°C for 3 ¼ hours for 4hrs, depending on your oven.

Butterscotch Cake

Ingredients

250g butter
1 teaspoon vanilla
1 cup dark brown sugar (lightly packed)
2 60g eggs separated
1 tablespoon golden syrup
1 cup S.R. Flour
½ cup plain flour
½ teaspoon cinnamon
½ cup milk

Method

Cream butter with vanilla add sugar until light and fluffy. Beat in egg yolks and golden syrup, beat until well combined. Fold in sifted flours and cinnamon alternately with milk. Beat egg whites with a pinch of salt until soft peaks form, fold gently into mixture. Spread mixture into greased base lined 20cm round deep tin. Bake in Mod oven 50–60mins (fan forced 170°C). Allow to stand 10mins, then turn out cake onto a folded cloth when cool top with caramel icing.

Caramel Icing Ingredients

60g butter
½ cup dark brown sugar
¾ to 1 cup of icing sugar
¼ cup milk

Caramel Icing Method

Melt butter in saucepan, add sugar stir over heat for 3 minutes. Gradually add milk, stir until sauce boils, remove from heat. Leave till cold. Then gradually add icing sugar beat until smooth and spreadable.

Orange Cake

125g butter
¾ cup sugar
2 eggs
3 Tables. orange juice
1 teas. rind
¼ cup milk
2 cups SR flour

Cream butter and sugar, add well beaten eggs slowly, then orange juice and rind.

Lastly fold in sifted flour and milk alternately.

Put mixture into a well greased loaf tin. Bake in moderate oven 40 to 45 minutes.

When cold, ice with orange icing.

Ginger Cake

125g butter
½ cup castor sugar
1 egg
1 ¾ cups plain flour
2 teas ground ginger
1 teas ground cinnamon
½ teas bicarb soda
¾ cup golden syrup
¾ cup hot water

Grease a deep 20cm tin. Preheat oven to moderate. Cream butter and sugar in a small bowl till light and fluffy, add egg and beat until combined. Gradually add syrup and beat well. Transfer mixture to a large bowl, stir in half the sifted dry ingredients with half the water,

then add the remaining flour and water, stir until smooth. Pour into prepared tin and bake about 1 hour. Stand 10 minutes before turning out. Leave uniced.

Marble Cake

220g butter
250g castor sugar
3 eggs
1 cup plain flour
1 cup S.R. flour
¾ cup milk (at room temperature)
vanilla

Cream butter and sugar very well, add vanilla. Add eggs one at a time. Then well sifted flour alternately with milk. Divide mixture into 3 equal parts. Leave one part natural, colour one chocolate and one pink. Place alternate spoonfuls of mixture into a prepared 20cm ROUND tin. Tap tin on bench and run a knife through mixture four times to give the marble effect. Cook in moderate oven approx. 50 mins. When cold, ice with pale pink icing.

Mushrooms

60g butter
60g castor sugar
1 egg
1 to 1 ½ cups S.R. flour

Beat butter and sugar to a cream, add egg. Fold in flour to make a fairly stiff mixture.

Chill pastry in fridge for 2 hours. Roll thinly, cut with cutter and place into lightly greased shallow tart tins. (The tin used for Neenish Tarts. Not normal patty tins). Use scraps of pastry to make stems, by rolling into a sausage, then cut into lengths. Cook on separate tray. Bake at 180°C for 10 minutes.

When cold, fill with a little raspberry jam and mock cream.

Mock Cream

60g butter
60g castor sugar
vanilla
1 Tablespoon boiling water
2 Tablespoon milk.

Beat butter, sugar and vanilla well till fluffy. Gradually add boiling water and when this has beaten in, lastly milk gradually added.

Top jam in tarts with mock cream, smooth top and sprinkle with nutmeg and add a stalk to each tart.

Makes about 3 dozen.

Amy Johnson Cake

Base

1 large cup S.R. flour
60g butter
pinch salt
A little milk.

Rub butter into flour and salt, mix to a firm dough with a little milk. Roll out to ¼ inch thickness and cover the BASE ONLY of a greased 20cm square tin with pastry. Spread with raspberry jam and sprinkle with 1 cup currants.

Top

2 eggs
¾ cup sugar
1 cup sifted S.R. flour
2 Tablespoons butter melted in
3 Tablespoons milk.

Beat eggs and sugar until light and fluffy. Fold in sifted flour and finally the melted butter and milk. Pour on top of pastry. Bake about 40 minutes in mod. oven. When cold, ice with thin lemon icing and sprinkle with coconut.

Lemon Honey

Strain the juice of 4 lemons. Add the grated rind of 1 lemon. Mix with 600mls water. Add 1kg sugar.

Cook till the honey is thoroughly thickened. Pour into jars and seal.

Tomato Sauce

5kg tomatoes, roughly chopped
1kg sugar
2 cups vinegar
1 Tablespoon cloves
½ teaspoon cayenne pepper
4 large apples, quartered
2 large onions, roughly chopped
5 dessertspoons salt.

Put all ingredients into preserving pan and cook till thick. Strain and bottle into 250ml sauce bottles.

Dried Apricot Chutney

2kg dried apricots
2kg sugar
500g sultanas
30g green or dried ginger, grated
15g cayenne pepper
Cloves

Boil to a jam consistency, then add:

1 large cup vinegar
1 Tablespoon salt

And boil for 10 minutes. Add more vinegar if too thick. Bottle and seal.

Melt 'n Mix Shortbread

250g butter
½ cup icing sugar
½ cup cornflour
¼ cup sugar
½ teas. vanilla
2 ⅓ cups plain flour

Melt butter over low heat, allow to cool slightly. Sift icing sugar & cornflour into bowl, add sugar. Add butter & vanilla, beat mixture until thick and creamy. Add sifted flour, mix well. Press mixture into 18cm x 28cm lamington tin, smooth over with a spatula; mark into fingers with a sharp knife. Each finger to be approx. 3 cm x 6 cm and 1 cm thick. Prick each finger decoratively with a fork. Bake mod. oven 30minutes or until light golden.

Cut into fingers while still warm. Cool in tin.

Cornflour Sponge Sandwich (this recipe *MUST* be used)

4 eggs
½ cup castor sugar
1 cup 'Fielders' Cornflour
pinch salt
1 teas. cream of tartar
½ teas. bicarb soda
vanilla

Grease 2 x 20cm deep-sided sponge tins, dust with flour. Sift cornflour, bicarb. soda, & cream of tartar three times. Beat eggs & sugar together for 10 minutes. Fold in sifted ingredients. Divide mixture evenly between tins. Bake in moderate oven for 15 minutes. Turn out onto clean tea towel. When cold, join

together with raspberry jam.

Meringues

¾ cup white sugar
3 Tablespoons water
1 egg white
1 teaspoon white vinegar
2 teaspoons cornflour

Combine sugar and water in small pan, stir over heat without boiling, until sugar is dissolved. Be sure to brush any grains from side of pan with a wet pastry brush. Bring to boil just before adding to the beaten egg white.

Place egg white in small basin of electric mixer, beat on high speed until stiff. With mixer still beating, add vinegar and cornflour, then beat in hot syrup, adding it gradually in a thin stream.

Continue beating until mixture is thick and will hold its shape. Place mixture in a large piping bag, fitted with a fluted tube. Pipe stars about 4cm in diameter on trays covered with aluminium foil. Bake in very slow oven about 40 minutes, or until meringue feels firm and dry. Cool in oven with door ajar. Makes about 20.

Rock Cakes

60g butter
125g sugar
1 egg
300g self raising flour
1 teaspoon ground ginger
½ teaspoon mixed spice
½ teaspoon cinnamon
65g mixed peel
135g sultanas
About 125mls milk.

Preheat oven to 190°C. Cream butter and sugar together, add the egg and beat well. Sift in the flour and spices, and add fruit. Add sufficient milk to make a very stiff dough. Place dessertspoonfuls on a greased baking tray. Bake for 10 to 15 minutes or till golden brown.

The Land Cookery Schedule 2010–2011 can be found at www.cwaofnsw.org.au/committees/theLandCookery.do or ask your Cookery Officer.