

# The Land Cookery Recipes 11/12

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.

## Citrus Sour Cream Cake

125g butter  
1 cup castor sugar  
3 x 60g eggs  
½ cup mixed peel  
¾ cup self-raising flour  
¾ cup plain flour  
½ cup sour cream

Preheat oven to moderate temperature (180°C). Grease and line base of loaf tin with baking paper. Cream butter add sugar and beat until light and fluffy. Beat in eggs one at a time, beat well between each addition. Transfer mixture to larger bowl, stir in the peel with half the sifted flours and half the sour cream, finally add the remaining flours and cream. Spread mixture into prepared tin. Bake in moderately slow oven (160°C) for about 1–1¼ hours or until cooked. Stand 5 minutes before turning out to cool on a tea towel covered rack.

## 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.

### **Gluten Free Lemon Tea Cake**

6 eggs, separated  
1 cup castor sugar  
2 teaspoons finely grated lemon rind  
1 tablespoon lemon juice  
2 cups almond meal  
½ teaspoon almond essence

#### **Method**

Grease and line a 20cm tin. Beat egg yolks, sugar and rind in a small bowl until fluffy. Stir in almond meal, juice and essence, transfer mixture to a larger bowl. Beat egg whites in a clean, dry bowl until soft peaks form. Gently fold into almond mixture. Pour into prepared tin. Cook in a moderately slow oven (160°C) for about 45 minutes or until cooked. Turn out

onto to a tea towel covered rack to cool.

## Chocolate Honey Sponge Roll

### Ingredients

3 eggs  
2/3 cup sugar  
1 tablespoon cocoa  
1 teaspoon honey  
4 tablespoons boiling water  
90 g plain flour  
1 level teaspoon cream tartar  
1/2 level teaspoon baking soda  
1/2 level teaspoon cinnamon

### Method

Beat eggs and sugar until thick. Add sifted dried ingredients, then fold in gently. Pour in honey and cocoa which has been dissolved in boiling water. Put mixture into a 25 x 30 cm greased tin. Cook for approximately 12 minutes in moderate oven (180°C). When cooked, immediately roll lengthwise in a tea towel, leaving rolled to cool.

### Mock Cream (for filling)

4 tablespoons sugar  
4 tablespoons water  
1 teaspoon vanilla essence  
125 g butter

Boil sugar and water and allow to cool. Cream butter, then add the cooled water and sugar mixture and vanilla. Gently unroll the cooled sponge fill with the mock cream and re roll 1–1 1/2 turns. Do not trim the ends

Note: **do not sprinkle with sugar**

### Meringues

3/4 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  
1/2 teaspoon mixed spice  
1/2 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.

Recipes are given as a guide only.

Please read The Land Cookery Schedule before commencing your entry.

The Land Cookery Schedule 2011–2012 can be found at:

[www.cwaofnsw.org.au/committees/theLandCookery.do](http://www.cwaofnsw.org.au/committees/theLandCookery.do) or ask your Cookery Officer.