

WIMBLEDON  
VILLAGE FAIR  
SATURDAY 21

JUNE:

PRODUCE IDEAS  
FOR WI STALL

*Can't think what to  
make?*

*Want some recipes?  
Here are some ideas*

# Anne Harrison's Rich Scones

<http://www.thewi.org.uk/what-we-do/recipes/baking/anne-harrisons-rich-scones>

The scones of Anne Harrison, the Vice Chair of the WI and Chair of [Denman College](#) are legendary! Here is Anne's recipe for creating the perfect scones, superb with jam and clotted cream. Scones are best eaten the day that they are made.

**340g (12 oz) Plain Flour**

**25g (1 oz) Sugar**

**110g (4 oz) soft Margarine**

**1 Egg**

**1 slightly rounded teaspoon Bicarbonate of Soda**

**55g (2 oz) Currants or Sultanas – for fruit scones**

**¼ pint (150ml) Milk**

**2 heaped teaspoons (use a large teaspoon) Cream of Tartar**

## Method

1. Turn oven on oven to 200°C (or slightly above) or Gas mark 7
2. Put flour and margarine into a bowl, sieve in cream of tartar and bicarbonate of soda, and rub together until it resembles fine breadcrumbs
3. Stir in sugar and mix well (if making fruit scones add the fruit at this point)
4. Make a hollow in the centre – add the egg and sufficient milk to bind all together. It should be soft and springy – not firm and solid
5. Turn onto a floured surface and roll out to approximately 3cm deep, it should not be too thin
6. Cut out the scones with a sized cutter of your choice – the best scones come from the first rolling so cut out very close together
7. Place on a greased tray, a non stick tray or on a tray with a reusable silicone liner and place on a high shelf in the oven
8. Bake for approximately 10 minutes, until the tops are slightly golden and base lightly coloured – if brown more at one side than the other turn tray half way through baking. Do not overcook – scones are still quite soft when done but firm up as they cool
9. When cool serve with clotted cream and homemade strawberry jam

# Toffee Caramels

<http://www.thewi.org.uk/what-we-do/recipes/baking/toffee-caramels>

*Try your hand at homemade sweets.*

**½lb Butter**

**1 tbsp Golden Syrup**

**1 tbsp Vinegar**

**1lb Brown Sugar**

**1 tsp Water**

## Method

1. Boil for 20 minutes, fairly rapidly.
2. To test, pour a small knob into a cup of cold water. If it goes brittle, it is done.
3. Put into a shallow tin, and when it begins to set, mark out into squares.

***For making for sale on stalls - Individual wrapping a good idea as this product has always proved difficult to present professionally at Fairs.***

# Apple Cider Tray Bake

<http://www.thewi.org.uk/what-we-do/recipes/cakes-and-desserts/apple-cider-tray-bake>

Serves 12

Preparation time: 35 minutes + 10 minutes soaking + 30 minutes chilling

Cooking time: 70–80 minutes

**1 large quantity Rich Shortcrust Pastry or (500g ready prepared pack) chilled Shortcrust Pastry**

**125g Blanched, toasted Hazelnuts**

**250g soft Unsalted Butter, plus extra for greasing**

**1 tblsp Rolled Oats**

**75g Light Soft Brown Sugar**

**200g Plain Flour**

**50ml Medium Cider or Apple Juice**

**350g Cooking Apples, peeled, cored and cut into bite-size chunks**

**125g Fresh Mango, diced**

**200g Caster Sugar**

**3 large Eggs, beaten**

**2 tsps Baking Powder**

**5 tblsp Soured Cream**

Method

1. Put a baking sheet in the oven and preheat to 200°C/Gas Mark 6.
2. Roll out the pastry on a lightly floured surface to about 3mm thick, then use it to line a 25 x 20 cm cake tin about 5 cm deep.
3. Prick the base and sides with a fork and pop in the freezer for 30 minutes.
4. Line the pastry case with a sheet of foil, pressing it gently into the corners of the tin and folding it down carefully over the outside.
5. Cover the base with baking beans and bake on the baking sheet for 15 minutes.
6. Remove the foil and beans, then bake for a further 5–10 minutes or until the pastry is firm and pale golden brown around the edges. If necessary, use a little beaten egg to brush over any cracks and return to the oven for 2–3 minutes to seal. Reduce the oven temperature to 180°C/Gas Mark 4.
7. Put the nuts in a food processor and whizz for 2–3 seconds only, to chop roughly.
8. Remove 25g for the crumble topping then finely grind the remainder for the cake mixture.
9. For the crumble, melt 25g of the butter, add the roughly chopped nuts, oats and brown sugar.
10. Stir in 50g of the flour and set aside.
11. Stir the cider or apple juice into the apples and mango and leave to soak for 10 minutes.
12. For the cake mixture, cream together the remaining butter with the caster sugar until light and fluffy.
13. Gradually add the eggs, mixing well after each addition.
14. Mix together the remaining flour with the baking powder and reserved hazelnuts.
15. Fold into the cake mixture, along with the soured cream, until smooth.
16. Spread the cake mixture evenly into the pastry case and bake for 30 minutes, then drain the fruit and scatter over the cake mixture.
17. Sprinkle the crumble mix evenly over the top and bake for a further 20–25 minutes until golden brown and a skewer inserted into the centre comes out clean.
18. Cut into squares to serve. Serve warm with custard or cold, dusted with icing sugar.

Tips: Variations If you would rather, use 2 large cooking apples (about 450g), instead of the mix of apples and mango. Crumble 50g of Lancashire cheese into the pastry case with the apples.

This recipe is from Perfect Pies and Tarts by Moyra Fraser and published by Simon & Schuster in 2011 ISBN 978-0-85720-355-7 priced £9.99 For a complete list of all WI recipe books please send a sae to WI Enterprises 104 New Kings Road, London SW6 4LY

***For making for sale on stalls - May be hard to pack in smaller quantities from the tray. May be bakers could cook in a different container to make final presentation easier.***

# Coconut & Cranberry Flapjack

<http://www.thewi.org.uk/what-we-do/recipes/baking/coconut-and-cranberry-flapjack>

These flapjacks are gooey, chewy and, above all, simple to assemble. Using coconut butter makes this a wonderful dairy free option and by using agave nectar instead of golden syrup helps lower the sugar content and glycaemic index of the recipe. Studded with sweet cranberries, pistachio nuts and scented with coconut, these fruity treats will be loved by the whole family.

**Makes 12**

**70g Groovy Food Dark Rich Agave Nectar**

**150g Groovy Food Organic Virgin Coconut Oil**

**115g Dates, chopped**

**150g Porridge Oats**

**2tbsp Ground Flaxseed**

**60g Desiccated Coconut**

**60g Wholemeal Flour**

**115g Sweetened Cranberries**

**2-3tbsp Pistachio Nuts, chopped**

Method

1. Preheat the oven to 180°C, Gas mark 4.
2. Grease a traybake tin.
3. In a large saucepan, melt the agave nectar and coconut butter together over a low heat, stirring until well combined. Place in a blender with the dates and process to form a sticky paste.
4. Place the oats, flaxseed, coconut, flour, cranberries and nuts in a large bowl. Pour over the date mixture and mix thoroughly to combine
5. Spoon the flapjack mixture into the prepared tray and press it down with your fingers firmly.
6. Bake for 25-30 minutes, or until deep golden-brown on top.
7. Leave the flapjacks to cool for 5 minutes then score the flapjack lightly into pieces whilst still hot. Allow to cool completely in the tin before turning out.

Nutritional Information per serving

Calories 303kcal Protein 3.5g Carbohydrates 29.4g of which sugars 17g

Total Fat 19.1g of which saturates 13.8g Fibre 3.6g

Nutritional information per 100g

Calories 467kcal Protein 5.4g Carbohydrates 45.2g of which sugars 26.1g

Total fat 29.5g of which saturates 21.2g Fibre 5.6g

***For making for sale on stalls - Lovely combination but contains nuts and would need to be clearly labeled as such, especially as customers do not associate Flapjacks as containing nuts.***



# Apple Scones

<http://www.thewi.org.uk/what-we-do/recipes/baking/apple-scones>

**225g Self Raising Flour**

**1 tsp Baking Powder**

**pinch of Salt**

**50g Margarine**

**50g Granulated Sugar**

**1 medium-sized Cooking Apple, peeled, cored and chopped**

**150ml of Milk**

**Glaze**

**a little Milk    25g Demerara Sugar**

**Method**

1. Heat the oven to 200<sup>0</sup>C mark 6.
2. Lightly grease a baking tray. Sieve the flour, baking powder and salt into a mixing bowl.
3. Rub in the margarine until the mixture resembles fine breadcrumbs. Stir in the sugar. Stir the apple into the mixture. Mix together, using a fork, with sufficient milk to give a soft, but not sticky, dough.
4. Knead lightly on a floured surface then roll out to a circle, about 20cm in diameter. Place on a lightly greased baking tray and mark into eight wedges. Brush the top with milk and sprinkle with Demerara sugar.
5. Bake for 20-25 minutes until well risen, golden and firm to the touch. Place on a cooling rack.

# Bara Brith, Earl Grey

<http://www.thewi.org.uk/what-we-do/recipes/baking/bara-brith,-earl-grey>

This is a recipe by Paul Da Costa Greaves as demonstrated at Cake Show 2013 London. He delivered a very interesting demonstration which was well liked by the audience. For more info see [link](#)

**8 Earl Grey Tea Bags**

**2-3 drops of Bergamot essential oil**

**500g Dried Mixed Fruit**

**200g Light Soft Brown Sugar**

**300g SR Flour**

**150g Slightly Salted Butter, melted**

**1 large egg lightly beaten**

**Method**

1. Place tea bags in a bowl and pour over 300ml boiling water. Leave the tea to infuse for 5-8 minutes, then remove the tea bags from the water, squeezing them to extract as much of the flavour as possible.
2. Add the dried mixed fruit along with the essential oils to the hot tea, cover the bowl loosely and leave the fruit overnight to absorb the flavour of the tea.
3. Set the oven to cool Gas 2, 150C
4. Into a medium sized sauce pan on a low/medium heat gently warm the fruits for approx. 5 mins.
5. Remove from heat and cool for a few minutes, adding then the sugar, flour and melted butter, finally the whole lightly beaten egg.
6. Mix well. Spoon the mixture into the lined cake tin and level the surface
7. Bake the cake in a 2lb bread tin lined with baking parchment in the centre of the oven for approx 1-1.75 hours or until the cake feels just set in the centre and a skewer comes out clean.
8. Cool and eat

# Ginger Biscuits

<http://www.thewi.org.uk/what-we-do/recipes/baking/ginger-biscuits>

**1lb Self Raising Flour**

**6ozs Lard**

**1/2lb Treacle (Golden Syrup)**

**Salt**

**1/2lb Sugar**

**1 Egg**

**1 tsp ground Ginger**

**1 tsp Bicarbonate of Soda**

Method

1. Sift flour and sugar into a bowl.
2. Add salt, ginger and bicarbonate of soda.
3. Beat egg.
4. Melt golden syrup and lard, and add to dry ingredients.
5. Add beaten egg and mix well.
6. Shape into balls the size of walnuts and flatten with hand.
7. Bake in a moderate oven until golden brown.

# Welsh Cakes

<http://www.thewi.org.uk/what-we-do/recipes/baking/welsh-cakes>

A traditionally griddled cake, sweet and fruity. Welsh Cakes (Pice AR Y Maen)

**225g Flour**

**1/2 tsp Baking Powder**

**Pinch Salt**

**1/4 tsp Mixed Spice**

**100g Margarine or Butter**

**75 to 100g Sugar**

**100g Currants**

**1 Egg, beaten**

**Little Milk**

Method

1. Sieve the flour, baking powder, salt and spice in a large bowl.
2. Rub in the margarine/butter then mix in the sugar and currants.
3. Bind with the egg and a little milk to make a stiff consistency (like shortcrust pastry)
4. Roll out to about 5mm thick and cut into rounds.
5. Cook on a griddle or hot plate/frying pan until golden brown, then turn over and cook the other side.

From the WI Book of 650 Favourite Recipes published by Treasure Press in 1989 ISBN 18505 1 3988

# Hot Cross Buns

<http://www.thewi.org.uk/what-we-do/recipes/baking/hot-cross-buns>

*A sticky hot cross bun is the ultimate Easter treat but can be enjoyed all year round. Eat them plain, toasted or spread with jam.*

**Makes 24**

**Preparation time:** 20 minutes + 2 hours + rising + cooling

**Baking time:** 15 minutes

**900 g (2 lb) strong white bread flour**

**1 teaspoon salt**

**1–2 teaspoons mixed spice**

**4 teaspoons fast action dried yeast**

**110 g (4 oz) caster sugar, plus 2 level tablespoons for the glaze**

**110 g (4 oz) butter, diced**

**110 g (4 oz) sultanas**

**about 425 ml (15 fl oz) half and half warm milk and water**

**110 g (4 oz) plain flour**

## Method

- Place the bread flour, salt, mixed spice, yeast and sugar in a large bowl and mix together.
- Rub in the butter until the mixture resembles breadcrumbs and then add the sultanas.
- Add the milk and water and mix to form a soft dough.
- Knead on a lightly floured surface for about 10 minutes until the dough is smooth and elastic.
- Place in a clean, lightly oiled bowl, cover with oiled cling film or a clean tea towel and set aside in a warm place to rise for about 1½ hours or until doubled in size. Knead again for 2–3 minutes.
- Divide the dough into 24 pieces, knead each piece until smooth and shape into buns.
- Place on lightly greased baking trays, allowing room for the buns to rise.
- Cover with oiled cling film and leave in a warm place until doubled in size – about 30 minutes.
- Preheat the oven to 220°C/425°F/Gas Mark 7.
- Mix the plain flour to a smooth paste with 8 tablespoons of water and spoon into a piping bag fitted with an 8 mm (3/8 inch) plain nozzle.
- Pipe crosses over the tops of the buns.
- Bake for 15 minutes or until brown and cooked.
- While the buns are cooking, dissolve the 2 level tablespoons of sugar in 2 tablespoons of water.
- Bring to the boil and brush over the buns while still hot.
- Cool on a wire rack.

For more tea time favourites see the WI book *Vintage Teatime* compiled by Jessica Simmons and published by Simon and Schuster in 2012.rrp £9.99 ISBN 978-0-85720-859-0

# Marshmallows

<http://www.thewi.org.uk/what-we-do/recipes/baking/marshmallows>

Marshmallows are easy to make and can make a lovely home made gift

**25g Gelatine**

**600ml Water**

**450g Granulated Sugar**

**1/4 tsp Cream of Tartar**

**Pinch of Salt**

**1 tsp Vanilla Essence**

**small amount mixed Icing Sugar & Cornflour**

Method

1. Soak the gelatine in half of the water
2. Dissolve the sugar in the rest of the water and boil with the cream of tartar until a spoonful forms a soft ball when dropped in water
3. Add the essence and salt to the gelatine and pour the boiling syrup on slowly
4. Whisk until thick and white
5. Pour into a greased tin and leave overnight
6. Cut into neat squares and roll in the mixed icing sugar and cornflour
7. Leave to dry then pack in a cardboard box the next day

*For making for sale on stalls -Lovely change - but will need great care in presentation packaging.*

# Oat Cookies

<http://www.thewi.org.uk/what-we-do/recipes/baking/oat-cookies>

A glorious, easy and versatile recipe, which featured in the [Let's Cook Local](#) Recipe Book, the practical cookery project for young parents

Serves 6

Preparation time: 10 minutes Cooking time: 30 minutes

**120g Butter or Margarine**

**225g Brown Sugar**

**½ tsp Bicarbonate of Soda**

**¼ tsp Ground Cinnamon**

**Pinch of Salt**

**1 Egg**

**½ tsp Vanilla Extract**

**185g SR Flour**

**80g Coarse Oatmeal**

**65g Dried fruit e.g. Raisins, Chopped Figs, Sultanas, Cranberries**

Method

1. Set oven to Gas 4, 180°C and line baking sheets with non-stick baking parchment
2. Cream margarine and sugar together
3. Beat the egg and then gradually add to the mixing bowl, beating well
4. Mix salt, cinnamon and soda to the flour
5. Add flour mix to the creamed mixture and then mix in the oatmeal and dried fruit so everything is evenly distributed
6. Divide into teaspoon sized balls and place 4cm apart on the baking sheet
7. Bake 5-8 minutes. Do not burn.
8. Stand 2 minutes then lift onto a cooling rack using a fish slice.

Tips: Try using different dried fruits and spices for alternative tastes. If you do not have coarse oats in the house and do not want to buy them porridge oats can be a substitute

# GLUTEN FREE

(an increasing demand for this on our stall)

## Orange rice cake

[http://www.bbc.co.uk/food/recipes/orange\\_rice\\_cake\\_29449](http://www.bbc.co.uk/food/recipes/orange_rice_cake_29449)

Nutritious and filling, this rice cake is perfect as a teatime snack, or even for breakfast!

### ***Ingredients***

- 1.7 litre/3 pints milk
- 1 vanilla pod
- ½ lemon, zest only, in large pieces
- 200g/7oz sugar
- 300g/10½oz arborio rice
- 5 large free-range eggs, separated
- 50ml/2fl oz orange liqueur
- 40g/1½oz raisins
- 1 orange, zest only, grated, plus extra for serving

### ***Preparation method***

1. Preheat the oven to 180C/350F/Gas 4. Grease and line a 24cm/10in loose-bottomed cake tin with greaseproof paper.
2. Place the milk, vanilla pod, lemon zest and sugar in a large saucepan and bring to the boil. Add the rice and simmer on a medium to low heat for about 20–25 minutes, until the rice is al dente and has absorbed the milk but still has a creamy consistency. Remove from the heat and allow to cool. Remove vanilla pod and lemon zest.
3. In a bowl, whisk the egg yolks and liqueur until creamy. In another bowl, whisk the egg whites until stiff peaks form when the whisk is removed.
4. Add the egg yolk mixture to the cooled rice, then fold in the stiffened egg whites, followed by the raisins and orange zest. Pour in the prepared tin and bake in the oven for one hour. Serve warm or cold, sprinkled with a little extra orange zest to finish.

# Gluten-free apple and almond cake

[http://www.bbc.co.uk/food/recipes/gluten-free\\_apple\\_and\\_22345](http://www.bbc.co.uk/food/recipes/gluten-free_apple_and_22345)

This is an elegant, moist apple cake to be served in slim slices with a very fine cup of tea. It freezes brilliantly, too.

## **Ingredients**

- 3 sharp eating [apples](#), peeled, cored and chopped
- 1 [lemon](#), juice only
- 300g/10½g golden [caster sugar](#)
- 8 free-range [eggs](#)
- 325g/11½oz [ground almonds](#)
- ½ tsp [almond essence](#)
- 50g/2oz [flaked almonds](#)
- [icing sugar](#), for sprinkling

## **Preparation method**

1. Preheat the oven to 180C/375F/Gas 4. Lightly grease and line the base of a 25cm/10in springform tin with a little oil.
2. Place the apples into a pan with half the lemon juice and two tablespoons of the caster sugar. Bring to a simmer, cover and cook on a low heat for about 7-9 minutes or until the apples are soft enough to roughly mash with a fork. Do not over-mash, though. You still want a little bite and texture. Leave to cool.
3. Put the cooled purée, eggs, ground almonds, almond essence, remaining caster sugar and approximately one tablespoon of the remaining lemon juice into a food processor and blend together. Pour into the prepared cake tin and sprinkle with the flaked almonds.
4. Bake for about 40 minutes or until a skewer inserted into the cake comes out clean. Check the cake after about 30 minutes, and if the cake is getting too brown cover the top with parchment paper or foil.
5. Leave to cool slightly before you remove the cake from the tin. This is delicious served warm or cold with a generous sprinkling of icing sugar.

***For making for sale on stalls - Contains nuts so would need to be labelled clearly as such***

# Gluten Free Banana Bread

[http://allrecipes.co.uk/recipe/12089/gluten-free-banana-bread.aspx?o\\_is=LV](http://allrecipes.co.uk/recipe/12089/gluten-free-banana-bread.aspx?o_is=LV)

Easy  Ready in **1 hour 35 mins**

A good, moist gluten free banana bread. Even better if you keep for 24 hours then slice and spread with butter.

## *Ingredients*

Serves: **12**

- 75g (3 oz) butter or margarine
- 175g (6 oz) sugar
- 2 eggs, beaten
- 450g (1 lb) bananas, mashed
- 200g (7 oz) gluten free flour
- 1/4 teaspoon bicarbonate of soda
- 110g (4 oz) chopped mixed nuts

## *Preparation method*

Grease and line a 2 lb loaf tin.

Cream butter and sugar until pale and fluffy.

Add eggs a one at a time, beating between each addition.

Add bananas and beat again.

Stir in the flour, bicarbonate of soda and nuts.

Put in the prepared tin and bake for about 1 and 1/4 hours at 180 C / Gas 4 until well risen and firm.

Turn out onto a wire rack to cool.

***For making for sale on stalls - Contains nuts so would need to be labelled clearly as such***

## Gluten-free loaf

[http://allrecipes.co.uk/recipe/2787/gluten-free-loaf.aspx?o\\_is=LV](http://allrecipes.co.uk/recipe/2787/gluten-free-loaf.aspx?o_is=LV)

Challenging

● Ready in **1 hour 10 mins**

This golden, crusty loaf has a delicious, moist, close-textured interior. The ingredients are readily available from healthfood shops and the recipe is simplicity itself. Yeast gives a traditional flavour, while bicarbonate of soda and cream of tartar help to make the bread rise.

### Ingredients

Serves: **12**

- 200g (7 oz) brown rice flour
- 200g (7 oz) potato flour
- 100g (3½ oz) soya flour
- 1 tsp salt
- 1 sachet easy-blend dried yeast, about 7 g
- 1½ tsp honey
- 1 tsp extra virgin olive oil
- 400ml (14 fl oz) hand-hot water
- 1 tsp bicarbonate of soda
- 2 tsp cream of tartar

### Preparation method

Prep: **40 mins** | Cook: **30 mins**

1. Sift the rice, potato and soya flours into a large bowl with the salt. Remove about one-quarter of the mixture and set aside. Stir the yeast into the mixture left in the bowl and make a well in the centre.
2. Add the honey and olive oil to the well, together with the hand-hot water. Stir the dry ingredients into the liquid to make a smooth, thick batter.
3. Cover the bowl with cling film and leave in a warm place for 30 minutes to allow the yeast to become active. Towards the end of this time, preheat the oven to 200°C (400°F, gas mark 6).
4. Mix the bicarbonate of soda and cream of tartar with the reserved flour mixture, then sift it on top of the yeast batter. Stir gently until combined; the mixture will look foamy. Transfer it to a well-greased non-stick 900g (2 lb) loaf tin.
5. Bake for 25–30 minutes or until firm, crisp and golden brown. Turn out onto a wire rack to cool.  
This bread can be kept for up to 2 days and is very good toasted.

For a dark gluten-free loaf, use just 50 g (1¼ oz) soya flour and replace the potato flour with 200 g (7 oz) buckwheat flour. This loaf has a dark crust and dark, moist crumb, with a close texture. \* For a delicious corn-flavoured gluten-free loaf, substitute 200 g (7 oz) cornmeal, 200 g (7 oz) cornflour and 100 g (3½ oz) buckwheat flour for the brown rice, potato and soya flours. Use 360 ml (12 fl oz) hand-hot water. This loaf has a paler crust and a level, slightly cracked top. \* For a golden gluten-free loaf, substitute 200 g (7 oz) cornmeal or polenta and 200 g (7 oz) ground rice for the brown rice, potato and soya flours. Use 360 ml (12 fl oz) hand-hot water. This loaf has a light-golden, crazed top and a slightly grainy texture.

### Plus points

This loaf is suitable not only for gluten-free diets but also for wheat-free ones. \* A mixture of 1 part bicarbonate of soda and 2 parts cream of tartar makes a good alternative to commercial baking powder, which may contain traces of gluten.

### Nutrition

Calories 130 kcal  
Protein 4 g  
Fat 2 g  
Saturated Fat 0.2 g  
Carbohydrates 23 g  
Sugars 1.5 g  
Fibre 2 g



# Blueprint Bread

## Ingredients

1 box Juvela Mix + yeast

6-8 handfuls of seeds e.g. 2-3 sunflower seeds + 2-3 buckwheat seeds (*I toast (dry-fry) them first to give a nuttier flavour*) 1 brown linseeds (*cheaper than golden*) or millet 1 buckwheat flakes or millet flakes

1 tbs Worcestershire sauce, Tamari soy sauce, Tarragon, or 1 Tsp 5-spice powder or (optional)

NO OIL (*I never use oil now*)

15 floz warm water

1. Place flour, yeast then all other ingredients in a bowl and whisk for about 4-5 minutes
2. Divide into 2 greased 2lb loaf tins  
(*Mine are non-stick and I use 1cal spray, not butter/oil/etc*)
3. Put in a warm place to prove, until the mix is level with the top of the tin  
(*I light the bottom oven and prove in the top – c40 mins*)
4. Bake for 25-30 mins
5. When cold, slice each loaf into 12 and freeze or scoff

Donated by: Martin Cooper      01462 436655

# Focaccia Bread

If you prefer a darker coloured loaf, leave uncovered for longer

## Ingredients

- 1 box Juvella Mix & yeast
- 14 fl oz Warm water
- 2 tsp Olive oil or oil from tomatoes
- 4 halves sun-dried tomatoes, chopped
- 12 black olives, halved
- 1 tbs Soy Sauce (e.g. Tamari) (optional)
- 1 tsp dried Oregano
- ½ tsp dried Thyme
- 2 x ½ tsp dried Rosemary
- pinch salt

1. Mix all ingredients (using half of Rosemary) together in bowl for about 4 mins
2. Pour into greased round tin with removable sides\* and smooth out; sprinkle remaining Rosemary
3. Put in warm place to prove for 30 mins
4. Cover with foil (not touching) to prevent browning and bake for 25 mins on GAS 7
5. Remove foil and bake for further 5 mins
6. Serve warm in segments, or allow to cool then slice into segments and microwave until warm

\* Mine is non-stick, and I use One Cal spray oil, not margarine/butter, etc. It's really quick (about 12 squirts does it)

## Tomato Bread

### Ingredients

- 1 box Juvella Mix + yeast
- 3 handfuls of toasted sunflower seeds
- 2 handfuls of toasted buckwheat seeds
- 1 handfuls linseeds (optional but good for you)
- 1 tbs rounded, tomato puree
- 1 tbs Worcestershire sauce  
(or Tamari soy sauce if vegetarian)

NO OIL (*I never use oil now*)

15 floz warm water

1. Place flour, yeast then all other ingredients in a bowl and whisk for about 4-5 minutes
2. Divide into 2 greased 2lb loaf tins  
(*Mine are non-stick and I use 1cal spray, not butter/oil/etc*)
3. Put in a warm place to prove, until the mix is level with the top of the tin  
(*I light the bottom oven and prove in the top – c40 mins*)
4. Bake for 25-30 mins
5. When cold, slice each loaf into 12 and freeze or scoff

## Ciabatta Bread

If you make this without covering it the bread will brown quickly but taste just as good

### Ingredients

- 1 box Juvela mix & yeast
- 11 floz Warm water (not 14 floz as on the box)
- 3 tsp Olive oil
- 1 tbs Soy Sauce (e.g. Timari)
- 1 tsp Oregano
- 1 tsp Basil
- 12-15 Olives (black or green, sliced into 3 across)
- pinch salt

1. Mix all ingredients together in bowl for about 4 mins
2. Place in a plastic bag then pipe onto greased & floured baking sheet, to form a sausage about 10" long and 3" wide (it spreads out during proving), or just put the lot on in one go then shape it
3. Put in warm place to prove for 40-45 mins
4. Cover with foil (not touching) to prevent browning and bake for 15 mins on GAS 7
5. Remove foil and bake for further 5 mins
6. While still warm, tear chunks off or cut 1" slices.

## GLUTEN FREE (an increasing demand for this on our stall)

### CHOCOLATE BROWNIES

#### Ingredients

85g GF plain white flour	55g butter of DF marge
1tsp baking powder	2 tbsp water
1 tbsp cocoa powder	100g plain chocolate
Good pinch of salt	1 tsp vanilla extract
170g soft light brown sugar	2 large eggs

Preheat oven to 180c or 350 F or gas 4. Line a baking tin 18 x 28cm with baking parchment.

Sift the flour, cocoa, salt and baking powder into a bowl. Put sugar, butter, water, chocolate and vanilla in a saucepan and heat gently, stirring until melted. Pour into flour mixture, add the eggs and beat until smooth. Transfer to the prepared tin and bake for about 20 minutes until firm to touch and slightly crusty on top. Leave the brownies to cool for 10 mins, and then mark into 15 squares. Cool completely before removing from the tin.

Made with Glutafin white mix, dairy free, nut free and wheat free

### Chocolate Orange & Almond Cake

This produces a very moist, slightly dense cake with a fabulous orange flavour. It uses a whole entire orange, pureed, in the mix. Gluten & Dairy free!

#### Ingredients

1 medium sized orange – 170-200g weight	100g ground almonds
3 large eggs	125g caster sugar
¾ tsp gluten free baking powder	25g cocoa powder
¼ tsp bicarbonate of soda	

#### Method

Grease a 6-7inch spring form tin and line the base with greaseproof paper.

In a small saucepan, place the orange and cover with water. Bring to a boil then turn down to a simmer and cook for 1 hour until the orange is soft and tender.

*(I've found that placing the orange in a microwavable bowl, covering with water and loosely covering the top with clingfilm before microwaving on high for 10 minutes, produces the same results. Great when short of time)*

Remove the orange from the water, cut in half and remove any pips. Leave to cool for 15 minutes.

Preheat the oven to 180C.

Place the entire oranges (peel and all), in a food processor and whizz to a pulp. With the mixer running, add the eggs, one at a time, to help break down the orange peel.

Then add the baking powder, bicarb, almonds, sugar and cocoa powder. Whiz together until a smooth batter is formed. There will still be bits of few bits of puréed orange in the batter, which is fine.

Pour the cake mixture into the prepared tin and bake for 35-45 minutes. It should be slightly risen and springy to the touch. A skewer should come out fairly clean, with just a few sticky crumbs attached.

Allow the cake to cool completely in the tin, before releasing from the tin and serving. Gets a shiny sticky top surface the longer it's stored. Dust with icing sugar or drizzle with a little glaze icing if desired.

### GINGER BISCUITS

#### Ingredients

2oz Butter	6oz Self Raising Flour (Doves Gluten Free)
4 tbsp Golden Syrup	1 Teaspoon Ground Ginger (or to taste)

#### Method

Melt the butter, syrup, and sugar together in a saucepan.

Cool then add the flour and ginger and mix to a smooth paste.

Roll into small balls the size of a walnut and place well apart on a greased baking sheet and flatten. Bake in a pre heated oven 190 C or 375 F, Gas mark 5 for 15 - 20 mins.

Then cool on a wire rack and store in an air tight tin.

## ALMOND CUPCAKES

### ❁ *marquesas*

This too is Rosa Tovar's recipe. (marchionesses) or are little cupcakes that are most typical of Sonseca in the province of Toledo, where they are made at Christmas time. They are soft, moist and lemony.

MAKES 24–30, DEPENDING ON THE SIZE OF THE CAKE CASES

- ❁ 3 large eggs, separated ❁ ¼ teaspoon freshly squeezed lemon juice
- ❁ 200g caster sugar ❁ 2 large egg yolks ❁ grated zest of 1 lemon
- ❁ 50g cornflour ❁ 300g ground almonds ❁ icing sugar, for dusting

With an electric mixer, beat 2 of the egg whites with the lemon juice and 4 tablespoons of the sugar until stiff.

In another bowl, beat the 5 egg yolks and the remaining egg white with the remaining sugar to a pale cream. Then beat in the grated lemon zest and the cornflour and mix in the ground almonds thoroughly. It should make a thick paste. If it is too dry, add 1 or 2 tablespoons of water (I did not need any).

Gently fold in the egg whites and spoon the batter into small paper cases so that the cases are three-quarters full. Bake for 10 to 13 minutes in an oven preheated to 180°C/gas 4. The cakes will be very soft when you press the top lightly with your finger. They will harden a little when they cool but will still be very soft and moist.

Dust with icing sugar as they come out of the oven.

**GLUTEN FREE**

***For making for sale on stalls - Contains nuts so would need to be labelled clearly as such***

# ROASTED BANANA WALNUT CAKE WITH MAPLE ICING

This combines some of my favourite flavours in one moist sponge cake. Made with roasted bananas for a great texture, and drizzled with a deliciously sticky maple icing – fantastic!

**MAKES: ONE 23 x 13 x 7CM LOAF**

**PREPARATION: 15 MINUTES**

**COOKING: 40-50 MINUTES**

## For the cake

450g bananas with skin on  
(about 250g after roasting)

150g light muscovado sugar

125ml sunflower oil

1 teaspoon glycerine

3 medium eggs, at room  
temperature

225g Gluten-Free Flour Mix B  
(see page 22)

½ teaspoon xanthan gum

½ teaspoon bicarbonate of soda

½ teaspoon baking powder  
(see box, page 19)

2 tablespoons crème fraîche  
or cream cheese

50g walnut pieces

## For the maple icing

3 tablespoons maple syrup

75g fondant icing sugar

crushed walnuts, to decorate

Preheat the oven to 200°C/gas mark 6.

Make a slit in each banana and place on a baking tray. Roast the bananas in their skins for about 10 minutes until soft. Cool, mash roughly, and set aside.

Reduce the oven temperature to 180°C/gas mark 4. Oil a 23 × 13 × 7cm loaf tin and base-line with baking parchment.

Tip the sugar into a large mixing bowl and, using a hand-held electric mixer, whisk in the oil, glycerine and eggs, one at a time.

Sift together the flour, xanthan gum, bicarbonate of soda and baking powder and mix this into the bowl, with the crème fraîche or cream cheese. Stir in 250g mashed banana and the walnuts and mix all the ingredients thoroughly.

Smooth the mixture into the prepared tin and bake for about 45 minutes until firm and springy when touched. Test with a skewer, which should come out clean when inserted into the centre. Cool in the tin for 10 minutes. Turn the cake out of the tin, peel off the paper and cool on a wire rack.

For the icing, mix the maple syrup into the fondant icing, with just enough drops of water to make a runny icing. Set the cake on a serving plate, drizzle the maple glaze over and scatter some crushed walnuts on the top. Cut into slices to serve.

**TO STORE:** The un-iced cake will keep for 1 week in an airtight container.

**TO FREEZE:** Wrap the un-iced cake in baking parchment and foil and freeze in an airtight container. Defrost for 1-2 hours and ice after defrosting.

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## GLUTEN FREE

*For making for sale on stalls - Contains nuts so would need to be labelled clearly as such*



# QUICK EXTRA MOIST FRUIT CAKE

One of the best pieces of advice I was ever given was to soak the fruit before making any fruit cake and then taste the difference. It makes perfect sense if you think about it – dried fruit will reconstitute during cooking, drawing moisture from the cooked sponge and making the cake dry. Soaking the fruit simply ensures you have a deliciously moist cake.

**MAKES: ONE 23 x 13 x 7CM LOAF**  
**PREPARATION: 15 MINUTES,**  
**PLUS 2 HOURS SOAKING TIME**  
**COOKING: 50–60 MINUTES**

100g raisins  
100g sultanas  
75g semi-dried cranberries  
125ml semi-skimmed milk,  
warmed  
vegetable oil, for greasing  
90g cooking margarine  
125g caster sugar  
180g Gluten-Free Flour Mix  
(see page 22)  
1 teaspoon bicarbonate  
of soda  
1½ teaspoons baking powder  
(see box, page 19)  
1 teaspoon xanthan gum  
125ml semi-skimmed milk,  
warmed with 2 teaspoons  
glycerine  
2 medium eggs, beaten,  
at room temperature

Place the fruit in a bowl, add the warmed milk and stir well. Leave for at least 2 hours or until the milk has been absorbed.

Preheat the oven to 160°C/gas mark 3. Oil a 23 × 13 × 7cm loaf tin and base-line with baking parchment.

Place the margarine and sugar in a mixing bowl and beat until nice and creamy. In a separate bowl, mix the flour, bicarbonate of soda, baking powder and xanthan gum really well. Add the flour mix to the margarine and sugar, then add the warm milk and glycerine and mix well. Stir in the beaten eggs. Finally add the soaked fruit and liquid and spoon into the prepared tin.

Cook in the oven for 50–60 minutes. The cake is ready when a skewer inserted into the sponge comes out clean.

Once cooked, remove from the oven and cool for 5 minutes in the tin, then transfer to a wire rack to cool completely.

**TO STORE:** The cake will keep for 1 week in an airtight container.

**TO FREEZE:** Wrap well in clingfilm and freeze.



## Moist Fruit Cake

Recipe by Phil Vickery

The secret to a nice, moist fruit cake is to soak the dried fruit before cooking. Here the fruit is boiled, then left to cool and plumped up until it is nice and juicy. If you use dried fruit in a cake the end result can be dry, due to the fruit rehydrating itself once cooked and soaking up all the moisture from the end product. Soaking is always best, especially with Christmas cakes! This cake is also very nice served with vanilla ice cream as a dessert.

makes: 1 x 23cm round pastry case

preparation: 20mins, plus 1 hour soaking

cooking: 1 hour

### Ingredients

450g mixed dried fruit

50g natural glacé cherries, chopped

225g unsalted butter, cut into small cubes

250g caster sugar

2 large eggs, beaten

2 tablespoons black treacle

290g gluten-free flour

1.5 teaspoons bicarbonate of soda

1.5 teaspoons cream of tartar

1 teaspoon xanthan gum

2 teaspoons mixed spice (check it is a gluten-free variety)

melted butter and gluten-free flour, to prepare the tin

### Directions

Place the fruit, butter, sugar and 200ml cold water in a stainless steel pan and bring to the boil, stirring. Boil for 5 minutes, stirring occasionally.

Cover and set aside until cold.

Preheat the oven to 180C/350F/gas mark 4. Line a 23cm round, 8cm deep, springform cake tin with a layer of baking parchment, brush with melted butter and then dust with a little gluten-free flour.

Place the cold fruit mixture in a large bowl. Add the remaining ingredients and mix well. Spoon the mixture into the prepared tin.

Cook until well risen and dark brown, about 1 hour, but don't be tempted to open the oven door too much or the cake will sink in the centre.

Remove from the oven and cool completely. Wrapped in foil the cake will keep for up to 1 week.

**GLUTEN FREE**

# Birthday Cake Sponge

Recipe by Phil Vickery

As a basic sponge this recipe is rather good. The glycerine helps to keep the sponge softer, as does the butter. Once cooked though it will dry out quickly, due to the rice flour reconstituting itself, so wrap it carefully in foil or eat fresh. I won't go into detail regarding the decoration; I'm sure you have your own special way!

makes: 2 x 23cm round cakes

preparation: 15mins

cooking: 25-30mins

## Ingredients

225g unsalted butter, at room temperature

397g tin condensed milk, at room temperature

75g potato starch

200g brown rice flour

4 medium eggs, beaten

3 level teaspoons gluten-free baking powder

3 teaspoons vanilla extract

2 teaspoons glycerine

3 tablespoons olive oil

butter and brown rice flour, to prepare the cake tins

filling and decorations of your choice

## Directions

Preheat the oven to 180C/350F/gas mark 4. Grease 2 x 23cm round cake tins really well, then dust with brown rice flour. Knock out the excess flour.

Place the softened butter and condensed milk in a mixing bowl and mix them together. Add the starch, rice flour and beaten eggs and stir well.

Next, add the baking powder, vanilla extract, glycerine, oil and 3 tablespoons of warm water and mix well, preferably with an electric whisk.

Spoon or pour the mixture into the prepared tins. Bake for 25-30 minutes, until well risen and lightly browned.

Once cooked, leave to cool in the tins. Once cooled, remove from the tins. To finish, sandwich together with your favourite filling and decorate as desired.

This cake is best eaten fresh, but you can wrap it in foil or clingfilm for up to 2 days until needed.

**GLUTEN FREE**

# Apricot Jam

<http://www.thewi.org.uk/what-we-do/recipes/jams-and-other-preserves/apricot-jam>

**3kg Apricots**

**450ml Water**

**1 Lemon, juice**

**3kg Sugar**

Method

1. Wash the apricots and cut them in half. Take out the stones.
2. Put the fruit, water and juice into a pan and simmer until the fruit is soft.
3. Meanwhile take the kernels from a few of the stones, blanch them in boiling water and split them in half. add to the fruit while it is cooking.
4. Stir in the sugar over low heat until it has dissolved.
5. Boil hard to setting point.
6. Pour into hot sterilised jars and cover.

# Easy strawberry jam

<http://www.thewi.org.uk/what-we-do/recipes/jams-and-other-preserves/easy-strawberry-jam>

Soft fruits have such a short season – preserve their delicious flavours with this recipe.

**1kg/2lb 2oz jam sugar with pectin (not preserving sugar)**

**2kg/4½lb strawberries**

**Juice of ½ lemon**

Method

1. Put the sugar into a preserving pan
2. Hull and pick through the strawberries, discarding any blemished fruit
3. Put the fruit and lemon juice into the pan and stir gently. Leave for 1 hr.
4. Put the pan on a medium heat, bring to the boil and boil rapidly for 15 -18 mins, skimming off any scum as it appears.
5. Test for a set
6. When ready, turn off the heat and leave to stand for 15-20 mins to prevent the fruit rising in the jars
7. Spoon into jars. Seal tightly with screw top lids while it is hot and label

## Tips

There are a few golden rules for making jams, jellies and marmalades. Use dry, unblemished and not overripe fruit. Jam sugar is specified for one of these recipes – this is sugar with added citric acid and aids the setting of jam when using fruit with little natural setting agent (pectin), such as strawberries.

All equipment must be scrupulously clean. First of all your jars and lids must be sterilised. If you have a dishwasher, put them through a high heat cycle (or wash and rinse them well in hot water) then place them on a baking tray and slide into a hot oven (gas mark 3/160°C/fan 140°C/325°F) for 10-15 mins. Keep them warm until you pour in the jam. Always seal jams etc while hot.

Use as little water as possible and cover the fruit with a tightly fitting lid. Skim the scum frequently while the jam is boiling or add a small knob of butter to disperse it.

To test for a good set put a few saucers into the freezer before you start to cook the jam. When it has been boiling rapidly for 15-20 mins or so, take a saucer from the freezer and drop a small spoonful of jam on to it.

Allow it to cool for a minute then push your finger through the jam – if it wrinkles it's ready; if not, boil for a few more minutes. Continue testing until a set has been reached.

Always remove the jam from the heat while you're testing so that if it's ready you won't overcook it.

# Ginger Marmalade, very Quick & Easy

<http://www.thewi.org.uk/what-we-do/recipes/jams-and-other-preserves/ginger-marmalade,-very-quick-and-easy>

No need to wait until marmalade season, this marmalade can be made at any time of the year very quickly and easily at a fraction of the cost of bought jars. Cans of prepared marmalade pulp can be bought in large supermarkets or specialist shops. The addition of ginger lifts the taste remarkably

**1 can Unsweetened Marmalade Pulp**

**3lb 4oz Sugar**

**8oz Preserved Ginger, finely chopped**

Method

1. Wash and sterilise the jam jars and place in a warm oven
2. Make marmalade according to the directions on the can, adding ginger when sugar has dissolved
3. Pot in the usual way

Tips

Demerara sugar can be used for a fuller flavour and darker colour

Alternatively you could experiment with other flavours, eg a small amount of lime or lemon juice

## Grapefruit Marmalade

<http://www.thewi.org.uk/what-we-do/recipes/jams-and-other-preserves/grapefruit-marmalade>

This is a wonderful and colourful marmalade. Dried cranberries are readily available in most supermarkets.

**Makes** about 4.5 kg

**Preparation time:** 30 minutes

**Cooking time:** about 2 hours

**1.5 kg pink grapefruit, sliced and pips removed**

**150 g dried cranberries**

**juice of 1 lemon or 2 teaspoons citric acid**

**3 kg granulated sugar**

1. Place the sliced grapefruit, cranberries, lemon juice or citric acid and 2 litres of water in a large saucepan and simmer, covered, until the peel is very tender.
2. Transfer the fruit and liquid to a large preserving pan and add the sugar, stirring until dissolved.
3. Bring to a full rolling boil and test for a set after 5 minutes. It does set quite quickly – usually within 10 minutes.
4. Remove any scum.
5. Pour into cooled, sterilised jars and then seal and label.

Tips

1. This can be made in a large casserole in the oven.
2. It is also very successful when done in a slow cooker overnight, but reduce the amount of water used, remembering to add the remainder when you transfer to a preserving pan.

This recipe is from *Homemade Jams and Chutneys* by Midge Thomas and published by Simon & Schuster rrp £9.99 ISBN 978-0-85720-858-3

For a complete list of all WI E books please send a sae to WIE NFWI 104 New Kings Road London SW6 4LY

# Lemon & Lime Marmalade

<http://www.thewi.org.uk/what-we-do/recipes/jams-and-other-preserves/lemon-and-lime-marmalade>

This recipe produced by Vivien Lloyd a WI Preserves Judge is a glorious balance of two zesty fruits, each with a distinct flavour. This recipe needs more limes than lemons to ensure the lime flavour comes through. If you find the lemons are very pithy then remove some of the pith, chop it finely and then add it to the muslin bag with the inner membranes of the fruit and any pips.

Makes up to 2.25kg (5lb)

**454g (1lb) limes**

**225g (8oz) lemons**

**1.4kg (3lb) granulated cane sugar**

**1.75 litres (3 pints) water**

Method

1. Juice the fruit and pour the juice with the water into a large, lidded pan with a capacity of 7 litres. Remove the inner membranes and pips from the fruit with a sharp knife. Leave the pith attached to the peel. Put the membranes into a food processor or mini-chopper and chop finely.
2. Put the chopped membranes, and pips into a 30cm x 30cm piece of thin cotton muslin. Tie this up with string and add it to the pan.
3. Slice the peel and add to the pan. If possible, leave the pan overnight to allow the fruit to soak. Next day, bring the lidded pan to boil, turn down the heat and simmer very gently for two hours.

After two hours, the peel should be tender and the volume in the pan reduced by a third. Remove the lid from the pan and set aside. Remove the muslin bag. Place it in a sieve suspended over the pan. Using a large spoon press any liquid from the bag back into the pan. Warm the sugar in a low oven at 140°C (275°F/Gas1).

4. Add the sugar to the pan and dissolve it carefully. Bring the pan to a rolling boil and test for a set after 7 minutes using the flake, cold plate or temperature test. Remove any scum with a large metal spoon. Leave to cool for 7 minutes. Gently stir the marmalade to distribute the peel. Pour the marmalade into clean sterilized warm jars and cover with new twist top lids. Leave the jars upright and undisturbed to set. Alternatively apply a waxed disc to the surface of each jar and when cold cover each jar with a cellophane top secured with a rubber band.

# Summer Jam

<http://www.thewi.org.uk/what-we-do/recipes/jams-and-other-preserves/summer-jam>

*Only got a small amount of summer fruit? No problem try this wonderful taste of summer in a jar!*

**250g Blackcurrants**

**250g Redcurrants**

**250g Raspberries**

**250g Strawberries**

**1kg Sugar**

Method

Wash all the fruit and remove stems from blackcurrants and redcurrants.

Put the blackcurrants into a pan with very little water and simmer until tender.

Add the remaining fruit and simmer for 10 mins.

Stir in the sugar over a low heat until dissolved.

Boil hard to setting point, pour into hot sterilised jars and cover.

Tips

Proportions of fruit may be varied slightly depending on what you have although the taste will differ. Do not use too high a proportion of strawberries to other fruit or the jam will not set.

# Tomato & celery chutney

<http://www.thewi.org.uk/what-we-do/recipes/jams-and-other-preserves/tomato-and-celery-chutney>

*This is a lovely chutney. Celery marries very well with the tomatoes, making it an ideal accompaniment to cheeses, especially a good strong one.*

**Makes** about 2.7 kg (6 lb)      **Preparation time:** 45 minutes **Cooking time:** 2–2½ hours

**450 g (1 lb) onions, chopped finely**

**1 large or 2 small heads of celery, trimmed and chopped finely**

**900 ml (11/2 pints) malt vinegar**

**50 g (13/4 oz) whole pickling spices, tied in muslin**

**1 kg (21/4 lb) ripe tomatoes, skinned and chopped**

**450 g (1 lb) cooking apples, peeled, cored and finely chopped or processed**

**2 teaspoons salt**

**a good pinch of cayenne pepper**

**350 g (12 oz) light brown soft sugar**

**225 g (8 oz) sultanas or raisins, chopped roughly**

Method

- Place the onions, celery, half the vinegar and the bag of spices in a large preserving pan.
- Bring to the boil and then simmer for about 30 minutes until almost tender.
- Add all the other ingredients with the remaining vinegar.
- Bring slowly to the boil, stirring frequently, and continue to cook slowly for 1½–2 hours, or until the chutney is thick and there is no liquid left on the surface.
- Stir from time to time to prevent sticking.
- Remove the bag of spices and spoon the chutney into cooled, sterilised jars.
- Seal with vinegar-proof lids.
- Label and store for 2–3 weeks before use.

For other jam and chutney recipes see The WI book *Homemade Jams and Chutneys* by Midge Thomas published by Simon and Schuster in 2012. **rrp £9.99** ISBN 978-0-85720-858-3      WI books are available from all good book shops and online via this web site. For a complete list of WI books please send a sae to: Booklist, WI Enterprises Ltd 104 New Kings Road London SW6 4LY

## **Sweet Cucumber Pickle** Makes approximately 4lbs (1.8Kg)

3 large cucumbers	1lb granulated sugar
2 large onions	Half a level teaspoonful of ground turmeric
2 oz salt	Quarter of a level teaspoon of ground cloves (I used allspice)
1 pint (600ml) cider vinegar or distilled white vinegar	1 tablespoon of mustard seeds (normally yellow but can use black ones)

Thinly slice the cucumbers. Peel and thinly slice the onions. Arrange in alternating layers in a mixing bowl, sprinkling salt between each layer. Cover with a weighted plate and leave to stand for three hours. After this time, the cucumber and onion will be swimming in liquid. Pour away the salty liquid and thoroughly rinse and drain the vegetables.

Put the vinegar, sugar and spices into a saucepan. (Despite its colour, the turmeric will turn this pickle a bright green – without it, the pickle would be a dull grey colour). Stir over low heat until the sugar has dissolved. Add the cucumber and onion. Bring to the boil and boil for ONE minute only – so vegetables remain crisp – then draw off the heat. Using a perforated spoon, transfer cucumbers, onion and mustard seed to storage jars.

Return the pan of syrup to the heat and boil rapidly for ten minutes to reduce the liquid and concentrate the flavour. Pour syrup over the vegetables – there should be sufficient to cover. Cover tightly when cold. This pickle is especially nice with cheese and biscuits or a raised pork pie.

*Couple of notes: Any recipe using vinegar calls for glass, plastic or good quality stainless steel or aluminium utensils – it will leach metal from copper or brass pots and corrode poor quality utensils). Brining is essential when making pickles like this. Although it's a bit of a fiddle, it's well worth it for the intensity of flavour produced by removing as much water from the vegetables as possible.*