

# Keepsake Recipes

An Unleavened Bread  
Recipe Collection



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# BREADS



## OATMEAL BREAD

4 OZ BUTTER  
4 OZ BOILING WATER  
6 OZ WHOLE WHEAT FLOUR  
8 OZ ROLLED OATS  
1 LG TBS. BROWN SUGAR  
1 TSP SALT

MELT butter in boiling water. ADD flour, oats, sugar and salt. MIX WELL and press flat onto greased baking sheets.

BAKE (GAS MARK 4-350F) for 20 minutes or until browned.

VARIATION - substitute 6 oz oats and 2 oz sesame seeds for oats.

## CHEDDAR BISCUITS

3 OZ FLOUR  
1 OZ GROUND ALMONDS  
1/2 TSP PAPRIKA  
PINCH SEASONING SALT  
2 1/2 TBS BUTTER  
4 OZ FINELY GRATED CHEDDAR CHEESE  
1-2 TBS COLD WATER

GREASE baking sheet.

STIR TOGETHER flour, almonds, paprika and seasoning. CUT in butter until mixture resembles coarse crumbs. STIR in cheese. SPRINKLE teaspoon of water over part of the mixture. Gently

TOSS with a fork. REPEAT until all is moistened. FORM dough into a ball. FLATTEN slightly. ROLL 1/8 inch thick. CUT DOUGH with a 2 inch round cookie cutter, rerolling trimmings. TRANSFER to prepared sheet.

BAKE (GAS MARK 4 - 350F) about 12 minutes or until golden. COOL on wire rack.

## UNLEAVENED HEALTH LOAF

1 LB WHEAT GERM  
1/2 LB RAISINS  
6 OZ CARROTS  
1 DESSERT APPLE  
1 GILL (4 FL OZ) SKIMMED MILK  
1 GILL (4 FL OZ) WATER

PEEL carrots, CORE apple (wash and leave skin on) COMBINE apples, carrots and milk in liquidiser.

COMBINE wheat germ and raisins in a bowl. POUR mixture from the liquidiser into the bowl and MIX with water to a very moist dough.

GREASE baking tray. GREASE work surface. ROLL out dough then press flat. PUT on a tray for half an hour before baking. Brush top of dough with milk.

BAKE for 1/2 hour (GAS MARK 7 - 400F) then REDUCE to (GAS MARK 4 - 350F) for a further 1 1/2 hours. Store covered in plastic. MAKES 3 loaves.

## CHEESE JACKS

5 OZ ROLLED OATS  
6 OZ GRATED CHEDDAR CHEESE  
1 EGG, BEATEN  
2 OZ MELTED BUTTER  
1/2 TSP CRUSHED ROSEMARY  
SALT/PEPPER

COMBINE all ingredients together. MIX well. PRESS into a shallow 7" tin. BAKE in oven at (GAS MARK 4 - 350F) for about 40 minutes.

CUT into slices. MAKES 12.



## PUMPERNICKEL LOAF

1 LB RYE FLOUR  
1 TSP SALT  
1/2 - 3/4 PINT HOT WATER  
2 TBSP MOLASSES

COMBINE flour and salt in a basin. MIX the molasses with 1/2 pint water and add to the flour. MIX WELL adding extra water if necessary to give a soft dough. PUT MIXTURE into a 6" well-greased basin. COVER with buttered greaseproof paper, allowing room for expansion. Place basin in a pan of hot water. COVER and simmer about 5 hours. REFILL pan with boiling water as necessary. TURN OUT and cool on a wire rack. WHEN cold, wrap in greaseproof paper and refrigerate. SERVE thinly sliced.

## PLAIN THIN BREAD

8 OZ PLAIN WHOLEMEAL FLOUR  
1 TSP SALT  
2 TBS. OIL  
1 EGG YOLK (OPTIONAL)  
WATER

MIX flour and salt. MIX egg yolk and oil and add to flour with enough water to form a stiff dough when well mixed. KNEAD gently JUST enough to make dough smooth or biscuits will be tough. DIVIDE dough into 3 or 4 portions and roll out thinly on floured board. BAKE on lightly oiled sheet (GAS MARK 6 - 400F) until pale brown and crisp. BREAK into suitable pieces.

## WHOLEWHEAT CRISPS

4 OZ BUTER  
2 TBS OIL  
2 TBS DOUBLE CREAM  
1/4 TSP SALT  
8 OZ WHOLEMEAL FLOUR

CREAM butter salt and oil until soft. ADD cream. STIR IN flour with a wooden spoon or fork until firm ball is formed which leaves sides of bowl. PLACE walnut sized balls of mixture on ungreased baking sheet and press fairly thin with a wet fork. BAKE (GAS MARK 5 - 350F) until just browned at edges. COOL on wire rack. VARIATION - ADD 1 1/2 OZ finely grated cheese and 1 TBS milk to butter and cream mixture. ADD a pinch each of CAYENNE pepper, DRY MUSTARD, and WHITE PEPPEP with flour.

## WHOLEMEAL WATER BISCUITS

8 OZ WHOLEMEAL FLOUR  
1/4 TSP SALT  
1 OZ BUTTER  
4 FL OZ BOILING WATER

SIEVE flour into mixing bowl with salt. RUB IN butter until mixture resembles breadcrumbs. ADD water to form a soft dough. ROLL OUT 1/8 inch thick on floured board. CUT INTO 2 1/2 inch rounds with a biscuit cutter. PLACE on lightly oiled baking tray and prick with fork. BAKE 10 minutes in PREHEATED oven (GAS MARK 8 - 450F) until brown and crisp. COOL on wire rack before serving.

## SEED BISCUITS

2 OZ SESAME OR SUNFLOWER SEEDS  
3 OZ WHOLEMEAL FLOUR  
1 OZ GROUND RICE  
2 TBS OIL  
2 TBS COLD WATER

CRUSH seeds. MIX together flour, rice and seeds. ADD oil and water and work to a dough. ROLL OUT on lightly floured surface. CUT into shapes and bake on lightly oiled tray (GAS MARK 5 - 375F) for 12 minutes. COOL.-



## SAVOURY PANCAKES

8-12 OZ WHOLEMEAL FLOUR  
1 - 2 CUPS MILK  
2 EGGS  
4 OZ GRATED CHEESE  
1 TSP. CURRY POWDER (or more if desired)  
PEPPER & SALT

MIX TOGETHER eggs and 1 cup of MILK. STIR IN 8 OZ flour. ADD milk or flour as needed for a fairly stiff mix (stiffer than normal pancakes) ADD other ingredients.  
MELT about 1 tsp. butter in thick frying pan. FRY pancakes about 1 lbs. at a time - should be about 1/4 inch thick

## MILK & EGG-FREE UNLEAVENED BREAD

4 OZ OIL  
12 OZ WATER (1 1/2 C.)  
1 TBS HONEY  
18 OZ FLOUR (3 C.)  
1 TSP SALT

COMBINE flour and salt. In a separate bowl COMBINE oil and honey; beat smooth. ADD to the flour; then add water. BEAT HARD for 2-3 minutes.  
POUR into greased, shallow pans (2 pans, 12x8 inch or equivalent) SMOOTH OUT and BAKE (GAS MARK 5 - 400F) for 20 minutes or until golden brown. (AFTER about 10 minutes, poke holes with a fork in the bread to keep it from shrinking).  
Let cool then cut into desired sizes.

## UNLEAVENED SANDWICH BREAD

2 OZ OIL OR BUTTER  
1 TBS HONEY  
3 EGGS  
12 OZ (1 1/2 C.) MILK  
18 OZ (3 C.) FLOUR  
1 TSP SALT

COMBINE flour and salt. In a separate bowl COMBINE eggs, oil or butter and honey. Beat smooth.  
POUR into greased shallow pans (2 pans 12x8 inches or equivalent). SMOOTH out and bake (GAS MARK 5 - 400F) until golden brown. (After about 10 minutes poke holes with a fork to keep bread from shrinking.)  
COOL and cut into desired sizes.

## SOUR CREAM TEA PASTRY

12 OZ FLOUR  
1/2 TSP SALT  
8 OZ BUTTER  
1/2 TSP VANILLA  
8 OZ SOURED CREAM (OR YOGHURT)  
CINNAMON SUGAR (2 oz caster sugar with 2 tsp cinnemon)

COMBINE flour and salt in a bowl. RUB IN butter. ADD Vanilla.  
STIR IN soured cream.  
REFRIGERATE for several hours.

ROLL PASTRY 3/8" thick. (AT THIS POINT pastry can be cut into shapes and baked plain OR SPREAD THINLY with softened butter then SPRINKLE butter with cinnamon sugar.  
CUT PASTRY INTO ROUNDS OR SHAPES with a biscuit cutter.  
BAKE (GAS MARK 4 - 350F) for 15-10 minutes until pastry is set and lightly browned.



## SCOTCH PANCAKES

20 OZ FLOUR  
1 TSP SALT  
2 TBS HONEY  
2 1/2 OZ OIL  
16 FL OZ MILK OR WATER

SIFT dry ingredients together. ADD oil, milk and honey. WORK dough only until well moist. SHAPE into flat biscuits and fry in greased skillet over medium low heat. BROWN lightly on both sides. MAY COVER and refrigerate for use as needed.

## OATCAKES

4 OZ WHOLEMEAL FLOUR  
2 OZ FINE OATMEAL  
2 TSP SOFT BROWN SUGAR  
LARGE PINCH SALT  
3 OZ BUTTER, DICED  
2-3 TBS MILK

PREHEAT OVEN (GAS MARK 4 - 350F) MIX dry ingredients together. RUB in butter until mixture resembles fine breadcrumbs. ADD milk to form firm dough. KNEAD gently. ROLL out 1/4 inch thick on floured board. CUT into rounds using plain round biscuit cutter. PLACE on greased baking trays and bake 15 minutes until firm and golden. COOL and transfer to wire rack. WARM GENTLY before serving to crisp.

## CREAM CHEESE CRESCENTS

8 OZ BUTTER  
6 OZ CREAM CHEESE  
11 OZ FLOUR  
1/4 TSP SALT

FILLING: 3 OZ SUGAR  
2 OZ CHOPPED RAISINS  
1 OZ FINELY CHOPPED NUTS  
2 TSP CINNAMON

BEAT butter and cream cheese. ADD flour and salt. CHILL dough 2 hours. DIVIDE dough into 9 pieces. ROLL EACH piece into a circle (about 9" diameter) SPRINKLE circle with filling. CUT CIRCLE into 8 wedges. STARTING AT WIDE (OUTSIDE) EDGE, roll each wedge shaped piece into a crescent. PLACE on ungreased baking sheets. BAKE (GAS MARK 5 - 375F) for 15 minutes until lightly golden.

## DIGESTIVE BISCUITS

7 OZ WHOLEMEAL FLOUR  
1 OZ OATMEAL  
1/2 LEVEL TSP SALT  
2 OZ BROWN SUGAR  
3 OZ BUTTER OR OIL  
6 TBS MILK OR WATER

MIX flour, salt and oatmeal in a bowl. RUB in butter or oil finely. ADD sugar. MIX to a stiff paste with MILK (use knife). TURN ONTO floured board and knead well. ROLL OUT thinly. CUT into rounds with 2 1/2 inch cutter or cut into squares. BAKE (GAS MARK 5 - 375F) for 15-20 minutes. COOL ON wire rack.

## FRENCH CREPES (thin pancakes)

1 1/2 CUPS FLOUR  
1 1/2 CUPS MILK  
1/2 TSP SALT  
3 EGGS

SIFT flour and salt into bowl. ADD milk and beat well. ADD eggs and beat again. LIGHTLY grease a small frying pan. POUR about 1 tbs crepe batter into preheated skillet and swirl skillet to spread batter into a thin round. TURN crepe as soon as top side of batter becomes dull. LIGHTLY brown on second side. REMOVE from frying pan onto a plate and cover with a tea towel to retain moisture. COOK all crepes as above. CREPES can be filled with sweet, fruit, or savory fillings.





# CAKES & BISCUITS



## FRUITCAKE MINIATURES

8 OZ DRIED APRICOTS CHOPPED  
 8 OZ RAISINS  
 10 OZ CHOPPED NUTS  
 7 OZ GLACE CHEERRIES (untreated)  
 4 OZ CURPANTS  
 4 OZ FLOUR  
 4 OZ SUGAR  
 1/2 TSP SALT  
 3 EGGS  
 1 1/2 TSP VANILLA

HEAT OVEN (GAS MARK 3 - 325F)  
 PLACE paper cake cases on baking sheets. MIX all ingredients thoroughly. Adjust flour if necessary. SPOON about 1 tbs of batter into each cake case.  
 BAKE 25 minutes or until wooden pick inserted in center comes out clean.  
 COOL completely.  
 MAKES about 3 1/2 dozen fruitcakes.

## NUTTY FLAPJACKS

3 OZ BUTTER  
 2 OZ SUGAR  
 2 TBS GOLDEN SYRUP  
 3 OZ CHOPPED NUTS  
 8 OZ ROLLED OATS

PREHEAT OVEN (GAS MARK 3 - 325F). COMBINE butter, sugar and syrup in a saucepan and heat gently until butter has melted. REMOVE the pan from the heat and stir in the nuts and rolled oats. MIX well. SPOON into the tin. LEVEL surface and press mixture down with the back of a spoon. BAKE in the oven for 20 minutes until golden brown. ALLOW to cool for 5 minutes then mark into 9 pieces. REMOVE from tin when cold.

## DATE AND LEMON FLAPJACKS

3 OZ BUTTER  
 1 OZ SOFT BROWN SUGAR  
 2 OZ HONEY OR GOLDEN SYRUP  
 6 OZ ROLLED OATS  
 3 OZ CHOPPED DATES OR DRIED MIXED FRUIT  
 1 LEMON RIND FINELY GRATED

GREASE an oblong baking tin 9"x6". PREHEAT oven (GAS MARK 4 - 350F)  
 MELT butter with sugar and honey in saucepan over low heat until all sugar is dissolved. REMOVE from heat and stir in oats, dates or fruit and lemon rind. SPREAD evenly in prepared tin. BAKE in moderate oven or 25-30 minutes until set and lightly brown. MARK in sections while hot. LEAVE in tin to cool.

## SWISS ALMOND TARTS

6 OZ BUTTER  
 6 OZ SUGAR  
 3 EGGS  
 1 1/2 TSP EACH GRATED LEMON & ORANGE PEEL  
 1/2 TSP SALT  
 4 CUPS FLOUR.

FILLING:  
 6 OZ GROUND ALMONDS  
 1 TSP CINNAMON  
 1/2 TSP NUTMEG  
 1/8 TSP CLOVES  
 1/4 C HONEY

MAKE DOUGH: CREAM butter and sugar, beat in eggs. ADD other ingredients to form soft dough. CHILL several hours.

MAKE FILLING: COMBINE all ingredients in small bowl. WHEN dough is chilled, roll out 1/8 inch thick. CUT into 2 inch rounds. PLACE about one teaspoon of filling on half the rounds and cover with another round of dough. GENTLY press edges to seal. (MAY ALSO BE MADE by placing filling on one side of one round and folding the dough over to form a half-circle shaped biscuit.) PLACE biscuits on LIGHTLY greased baking sheets. BAKE (GAS MARK 4 - 350F) for 10-12 minutes.-



## UNLEAVENED CAKE

8 OZ BUTTER  
8 OZ CASTOR SUGAR  
2 OZ MIXED PEEL  
4 EGGS  
8 OZ FLOUR

CREAM butter and sugar, ADD mixed peel and mix well. ADD eggs one at a time and add 1 lbs. of flour with each egg. FOLD IN remaining flour with metal spoon. TRANSFER to 7" cake tin and BAKE (GAS MARK 3 - 300/325F)  
Can be iced when cold.

## LINZERTORTE

7 OZ FLOUR  
6 OZ GROUND ALMONDS  
3 OZ DEMERARA SUGAR  
6 OZ BUTTER  
1/4 OZ. GROUND CINNAMON  
1 EGG  
RASPBERRY JAM

RUB butter into flour. ADD almonds, sugar and cinnamon. MIX to a stiff paste with the beaten egg.  
ROLL OUT and cut into two rounds. PLACE into 2 greased baking tins.  
SPREAD with jam. PUT a few strips of paste across to form lattice work.  
BAKE (GAS MARK 4 - 350F) for 20-25 minutes until brown.  
Makes two tarts.

## OATY SHORTBREAD

8 OZ BUTTER  
10 OZ FLOUR  
PINCH SALT  
4 OZ GOLDEN SYRUP  
2 OZ ROLLED OATS

RUB butter into flour and salt until mixture resembles bread crumbs.  
STIR in sugar and rolled oats.  
KNEAD mixture until it comes together. SHAPE into 2 equal cylinders each about 6 inches long and 2 3/4 inches in diameter. Gently roll in demerara sugar or chopped nuts. Wrap and chill.  
PREHEAT oven (GAS MARK 3 - 325F). Using a sharp knife, CUT the cylinders into 1/2 inch thick slices. Arrange on greased baking trays. Bake for 15-20 minutes until barely golden but cooked through. COOL on wire rack.

## TEISEN MEL (honey cake)

8 OZ PLAIN FLOUR  
1 1/2 TSP CINNAMON  
4 OZ CLEAR HONEY  
4 OZ BUTTER  
3 OZ CASTER SUGAR  
2 LARGE EGG YOLKS  
1-2 TBS MILK

SIEVE flour and spice into bowl. PREPARE pie plate or patty tins by lightly greasing.

CREAM butter with sugar until light. Add egg yolks then honey gradually. GENTLY MIX in flour, then milk. Spread the mixture in prepared tins, mounding slightly in centre.

BAKE (GAS MARK 6 - 400F) for about 30 minutes (for large tin).  
REST cake in tin for 2-3 minutes before turning onto wire rack. COOL cake and finish with a dusting of icing sugar to serve.





## CRISPY DATE BARS

### CRUST:

4 OZ FLOUR  
3 OZ BROWN SUGAR  
4 OZ BUTTER

### FILLING:

4 OZ CHOPPED DATES  
4 OZ SUGAR  
4 OZ BUTTER  
1 EGG, BEATEN  
2 C RICE KRISPIES  
1 C CHOPPED NUTS  
1 TSP VANILLA

### FROSTING:

2 C ICING SUGAR  
1/2 TSP VANILLA  
3 OZ CREAM CHEESE, SOFTENED

**CRUST:** COMBINE ingredients and mix until crumbly. PRESS into an ungreased 11x7 inch or 9x9 inch tray. BAKE (GAS MARK 2 - 325F) for 10-12 mins. until golden brown.

**FILLING:** COMBINE dates, sugar, and butter in a medium saucepan over medium heat to boiling. Stir constantly. SIMMER for 3 minutes. BLEND about 1/4 cup of the hot mixture into the beaten egg. RETURN to the saucepan and cook until the mixture bubbles, stirring constantly. REMOVE from heat. STIR in cereal, nuts and vanilla. SPREAD over the baked crust and cool.

**FROSTING:** MIX together and beat at low speed until smooth. SPREAD over cooled filling.

## GRASMERE GINGERBREAD

1 LB FINE OATMEAL  
4 TSP GROUND GINGER  
PINCH ALLSPICE  
8 OZ BROWN SUGAR  
8 OZ BUTTER  
2 TBS GOLDEN SYRUP

LINE a 9x13 inch swiss roll tin with greaseproof paper. GREASE well. STIR dry ingredients together. MELT butter and syrup over low heat. POUR onto dry ingredients and stir well to make a fairly stiff mixture. SPREAD mixture evenly over the tin. BAKE (GAS MARK 4 - 350F) for 25-30 minutes. THE mixture will look a little runny when it emerges from the oven. MARK the biscuits into fingers or squares while still warm but leave in tin until cold. THESE are very filling and very chewy.

## QUICK UNLEAVENED FRUITCAKE

6 OZ BUTTER  
6 OZ BROWN SUGAR  
8 OZ WHOLEMEAL FLOUR  
3 EGGS  
MILK OR SHERRY TO MIX  
1 LB MIXED FRUIT

CREAM butter and sugar. MIX in eggs. ADD flour, then milk or sherry to mix. ADD fruit. BAKE (GAS MARK 4 - 325F) for 2 hours. COVER top with greaseproof after one hour.

## PEANUT BUTTER SHORTIES

3 OZ GROUND RICE  
3 OZ CASTER SUGAR  
3 OZ BUTTER  
3 OZ SMOOTH PEANUT BUTTER  
6 OZ PLAIN FLOUR  
3 OZ PLAIN CHOCOLATE (OPTIONAL)

COMBINE flour, rice, and sugar in a bowl. RUB IN peanut butter and butter until the mixture begins to lump together. TIP the mixture into a greased tin and press down with the back of a metal spoon, smoothing the top. BAKE (GAS MARK 3 - 325F) for 1 hour. LEAVE to cool; remove from tin and cut in pieces. IF DESIRED, melt chocolate in a basin over a pan of hot water. SPREAD chocolate over each piece and leave to harden.





## CHEESE CAKE MARBLED BROWNIES

ONE BATCH OF "WHOLE WHEAT BROWNIE MIXTURE"

8 OZ CREAM CHEESE  
1 OZ SUGAR  
1 EGG  
1/2 TSP VANILLA

PREPARE one batch of "WHOLE WHEAT BROWNIE MIXTURE". BEAT cream cheese in a separate mixing bowl until fluffy. BEAT INTO cream cheese the sugar, egg and vanilla. SPREAD half of brownie mixture in greased 8 or 9 inch square pan. POUR cream cheese mixture evenly on top of brownie mixture. COVER with remaining brownie mixture. SWIPE a knife through mixture to create marbled effect. BAKE (GAS MARK 4 - 350F) for 40-50 minutes. COOL.

## SEMOLINA SHORTIES

4 OZ PLAIN FLOUR  
2 OZ SEMOLINA  
4 OZ BUTTER  
2 OZ SUGAR  
DROPS OF VANILLA ESSENCE

CREAM sugar and butter. ADD flour, semolina and vanilla essence. PRESS into sandwich tin. BAKE (GAS MARK 3 - 325F) for 25 minutes.

## DATE AND WALNUT SLICES

2 EGGS  
2 OZ SUGAR  
1 TSP VANILLA  
4 OZ WALNUTS  
1 LB CHOPPED, PITTED DATES  
2 OZ FLOUR

WHISK TOGETHER eggs, sugar and vanilla until creamy. ADD walnuts, dates and flour. BATTER will resemble fruitcake mixture. SPREAD in greased swiss roll tin. BAKE (GAS MARK 3 - 325F) for 20-30 minutes. SLICE while warm, but leave in tin to cool.

## GRASSMERE SHORTBREAD

12 OZ PLAIN FLOUR  
6 OZ DARK BROWN SUGAR  
8 OZ BUTTER  
2 TSP GROUND GINGER  
1 TBS GOLDEN SYRUP OR HONEY  
3 OZ CUT PEEL OR DRIED FRUIT  
2 OZ WALNUTS

MIX flour sugar and ginger. RUB in butter. ADD peel/fruit and nuts. WARM UP syrup/honey and add to mixture. DIVIDE into two sandwich tins. BAKE (GAS MARK 4 - 350F) for 25 minutes.

## REFRIGERATOR COOKIES

4 OZ BUTTER  
2 OZ SUGAR  
4 OZ PLAIN FLOUR  
2 OZ CORNFLOUR  
VANILLA

CREAM butter and sugar. STIR in flour and then cornflour. ADD vanilla and knead well. ROLL into sausage shape (10" long). WRAP in foil and chill for at least 1 hour or until required. PREHEAT oven (GAS MARK 4 - 350F). CUT roll into 20-24 slices and bake on lightly oiled sheets for 12 minutes. WILL KEEP in refrigerator for a week.

VARIATIONS: replace 1/2 oz of cornflour with cocoa or carob powder and omit vanilla. OR ADD 1 tsp grated lemon or orange peel OR ADD 1 tsp mixed spice or cinnamon.



## MALTED MUESLI BARS

6 OZ ROLLED OATS  
2 OZ RAISINS/SULTANAS  
2 OZ CHOPPED MIXED NUTS  
3 HEAPED TBS. OVALTINE (or other drink mix)  
3 OZ BUTTER  
3 LEVEL TBS. CLEAR HONEY

MELT TOGETHER butter and honey; STIR IN dry ingredients; PRESS INTO well greased swiss roll tin.  
BAKE (GAS MARK 5 - 375F) for about 20 MINUTES.  
LEAVE until almost cold (spread with melted chocolate at this stage if desired) and CUT into bars.

## OATIE BISCUITS

4 OZ BUTTER  
4 OZ OATS  
4 OZ WHOLEMEAL FLOUR  
3 OZ BROWN SUGAR  
1 TBS. HONEY/SUGAR  
(1 SM EGG if mixture is too crumbly)

MELT TOGETHER butter and honey in saucepan over low heat. REMOVE from heat and stir in other ingredients.  
FORM into walnut-sized balls and flatten onto well-greased baking trays (well spaced).  
DECORATE with walnut or cherry at this stage OR spread with icing or melted chocolate after cooking.  
BAKE (GAS MARK 4 or 350F) about 15 minutes until golden. TRANSFER to rack immediately to cool. MAKES 16.

## DATE AND APPLE SLICES

<b>SHORTCAKE:</b>	<b>FILLING:</b>
12 OZ WHOLEMEAL FLOUR	1 LARGE COOKING APPLE
6 OZ BUTTER	1 TBS. LEMON JUICE
4 OZ CASTER SUGAR	4 OZ CHOPPED DATES
1 EGG, BEATEN	PINCH OF CINNAMON
2 TBS MILK	

**MAKE SHORTCAKE:**  
RUB TOGETHER butter and flour; STIR IN sugar, beaten egg and milk to make firm dough; KNEAD gently. DIVIDE in two; press half into bottom of well greased swiss roll tin, covering completely.  
**FILLING:** peel, core and thinly slice apple, toss in lemon juice, mix in dates and cinnamon. SPREAD over shortcake base. Roll out 2nd half of shortcake and carefully transfer to tin, pressing together any cracks. Press down edges.  
BAKE (GAS MARK 4 - 350F) for 40 minutes. Leave to cool. Cut into 16 slices.

## WHOLE WHEAT BROWNIES

4 OZ (1/2 C) OIL OR BUTTER  
3 OZ (1/2 C) COCOA  
3 OZ (1 C) SUGAR OR 1/2 C HONEY  
2 EGGS  
6 OZ FLOUR  
1/4 TSP SALT  
4 OZ (1/2 C) CHOPPED NUTS  
1 TSP VANILLA

MELT butter and cocoa in saucepan. STIR IN sugar/honey gradually. ADD eggs and beat. STIR IN flour and salt; add nuts and vanilla.  
TURN INTO greased square pan (8x8 inches) and BAKE (GAS MARK 4 - 350F) about 30 minutes. COOL and cut into squares.



# DESSERTS

## BAKED APPLE AND ALMOND PUDDING

1 LB COOKING APPLES, PEELLED AND SLICED  
2 OZ SOFT BROWN SUGAR  
4 OZ GROUND ALMONDS  
4 OZ BUTTER (AT ROOM TEMP)  
4 OZ CASTER SUGAR  
2 LARGE EGGS, BEATEN

PREHEAT oven to (GAS MARK 4 - 350F). BUTTER pie dish (1 1/2 pint capacity)  
PLACE apples in saucepan with brown sugar and about 1 tbs water. Simmer gently until soft. ARRANGE in the bottom of prepared pie dish.  
CREAM butter and sugar until pale and fluffy, then beat in eggs one at a time.  
FOLD IN ground almonds. SPREAD mixture over apples - smoothing surface with back of a spoon. BAKE on highest shelf in oven for one hour.  
SERVE warm or cold with chilled pouring cream. Will keep in refrigerator 3-4 days.

## CHOCOLATE REFRIGERATOR GATEAU

6 OZ BUTTER  
5 OZ CASTER SUGAR  
2 EGGS, SEPARATED  
1 OZ COCOA  
PINCH SALT  
6 MATZOS  
1/2 CUP WINE  
GRATED CHOCOLATE  
CHOPPED NUTS

CREAM together sugar and butter until very soft. BEAT in egg yolks and cocoa. BEAT in egg whites and salt until very stiff then fold into mixture.  
PLACE 1 matzo on sheet of foil or plate and moisten with wine. SPREAD with chocolate cream mixture. REPEAT until all matzos are used ending with a layer of cream mixture.  
SPREAD rest of cream onto sides then decorate with chocolate and nuts.  
CHILL in refrigerator and remove 1/2 hour before needed.

## CARAMELISED APPLE FLAN

1 LB COOKING OR DESSERT APPLES (PEELED, CORED AND THINLY SLICED)  
4 OZ SOFT DARK BROWN SUGAR  
1 TSP GROUND CINNAMON  
SHORTCRUST PASTRY MADE WITH 4 OZ PLAIN FLOUR AND 2 OZ BUTTER  
1 TBSP MELTED BUTTER (FOR GREASING)

PREHEAT OVEN to (GAS MARK 4 - 350F). PREPARE an 8" sponge tin with no rim and straight sides - brush with melted butter. Place circle of greaseproof paper in base also brushed with melted butter. COVER base of prepared tin with brown sugar, pressing it down evenly and well. SPRINKLE cinnamon over sugar. ARRANGE the sliced apples neatly in tin, making sure they are pressed down well.  
ROLL out the pastry to a thickness of about 1/2" and cut out a circle that will fit the top of the tin. COVER the apples with the pastry, pressing it down gently.  
PLACE in centre of oven for 40 minutes until the pastry is golden. WHEN tart is quite cool, loosen edges, cover with a plate and turn upside down. Remove tin and greaseproof paper. SERVE with cream.

## CRUNCHY MINCEMEAT FLAN

6 OZ PLAIN FLOUR  
3 OZ BUTTER  
WATER TO MIX

3 or 4 TBS MINCEMEAT  
(without suet)  
1 TBS ORANGE JUICE

TOPPING: 2 OZ SUGAR  
2 OZ BUTTER  
3 OZ ROLLED OATS  
GRATED RIND OF 1/2 ORANGE

MAKE PASTRY and line swiss roll tin. COMBINE mincemeat and juice. SPREAD over pastry. CREAM butter and sugar. MIX in oats and grated orange. SPRINKLE mixture evenly over mincemeat and bake for 35/40 minutes until golden brown. BAKE (GAS MARK 5 - 375F)



# MAIN DISHES, ETC.



## SCRAMBLED EGG AND MATZO

6 EGGS  
1/2 TSP SALT  
3 TBSP FINELY CHOPPED ONION (OPTIONAL)  
6 MATZOS  
BUTTER

BEAT the eggs, salt and onion together. HOLD the matzos under running water briefly (don't let them get soggy) DRAIN and then crumble into the egg mixture. HEAT butter in skillet and cook scrambled eggs in the normal way. VARIATION: LEAVE matzos dry and crumble into egg mixture for crunchy eggs.

## CRUNCHY BEEF PIE

1 PKT. TOMATO SOUP MIX (or 1/2 PT HOMEMADE SOUP)  
1 SMALL ONION  
1 LB MINCED BEEF  
1/2 PT WATER  
3 OZ GRATED CHEESE  
3 RYVITAS or MATZOS (Crumbled)

CHOP onion small and mix with minced beef. BROWN meat in skillet. PUT into greased pie dish. MIX pkt. soup with 1/2 pint water (or use homemade soup) and POUR over mixture in pie dish

CRUSH ryvitas or matzos lightly. MIX with grated cheese. SPRINKLE over top of pie. BAKE in center of oven (GAS MARK 5 - 375F) for 45-50 minutes. SERVE WITH green vegetables or rice.

## MATZO OMELET

2-3 EGGS  
1 OZ GRATED CHEESE  
SEASONING  
1 OZ BUTTER  
1 MATZO PER OMELET

WHISK egg yolks and whites separately then FOLD together. ADD seasoning or herbs if desired. POUR boiling water quickly over matzo JUST to soften. SQUEEZE out excess liquid and then ADD matzo to omelet mix.

MELT butter in omelet pan and pour in mixture. WHEN set underneath put under grill to set on top.

## MATZO FRENCH TOAST

3 EGGS  
6 OZ MILK  
1 DESSERTSPOON SUGAR  
PINCH SALT  
BUTTER  
4-6 MATZOS

BEAT eggs, milk, sugar and salt until fluffy. PASS the matzo quickly under running water. COAT matzo with egg mixture.

HEAT butter in skillet. CAREFULLY transfer each matzoh to skillet - use spatula to keep matzoh from tearing apart. COOK over medium heat until golden brown on each side. SERVE with jam, pancake syrup or lemon and sugar.





## POTATO PANCAKES

1 SMALL ONION, GRATED  
 1 LARGE POTATOES (SCRUB, WASH AND GRATE)  
 1 EGG, BEATEN  
 FLOUR TO MIX  
 SALT/PEPPER  
 SEASONING OR HERBS IF DESIRED  
 OIL TO FRY

MIX TOGETHER Grated potatoes, onion, salt and pepper, beaten egg and a little flour. ADD herbs to mixture if desired. HEAT about 1 tbsp. oil in frying pan. PLACE mixture in 3 pancake shapes in frying pan. FRY gently on both sides until browned. MAKES at least 10 pancakes.

## POTATO SALAD

2 LB POTATOES (SCRUB, WASH, AND COOK TILL SOFT)  
 4 HARD BOILED EGGS  
 1 SMALL ONION (PEELED AND GRATED) - OR 3-4 SPRING ONIONS FINELY CHOPPED  
 SMALL JAR OF GHERKINS (optional) - CHOPPED FINE IF USED  
 1 SMALL JAR SALAD CREAM  
 SALT/PEPPER TO TASTE  
 SMALL AMOUNT OF MUSTARD TO TASTE

SKIN potatoes and MASH well. ADD chopped boiled eggs, onions and gherkins if desired. ADD seasonings. ADD salad cream and mix well. GARNISH with cayenne pepper and parsley. 1 LB serves 4 people with 4-4OZ servings.

## WALDORF SALAD

2 CUPS DICED TART APPLES  
 1/2 TSP LEMON JUICE  
 1 CUP DICED CELERY  
 1/4 CUP MAYONNAISE  
 1 TBS SUGAR OR 1/2 TBS HONEY  
 PINCH SALT  
 1/2 CUP WALNUTS, ROUGHLY CHOPPED  
 1/2 CUP CREAM, LIGHTLY WHIPPED

TOSS diced apples in sugar or honey and lemon juice. ADD remaining ingredients and TOSS gently to combine well. CHILL until ready to serve.

## CARROT SLAW

3 CUPS SHREDDED CARROTS  
 1 CUP CHOPPED CELERY  
 1 TSP SALT  
 2 TSP LEMON JUICE  
 COMBINE ALL ingredients in mixing bowl and toss thoroughly to combine.  
 1 1/2 CUP RAISINS  
 1 CUP SOUR CREAM  
 2 TSP SUGAR  
 1/8 TSP CLOVES

## POTATOES IN CHEESE SAUCE

2 POUNDS POTATOES (SCRUB AND SLICE THINLY)  
 1/4 CUP FINELY CHOPPED ONION  
 2 1/2 TBS FLOUR  
 1 TSP SALT  
 1/4 TSP PEPPER  
 2 OZ BUTTER  
 1 PINT MILK  
 2 OZ GRATED CHEESE

PREHEAT oven (gas mark 4 - 350f) prepare potatoes. IN GREASED CASSEPOLE DISH ARRANGE potatoes in 4 layers. EACH of the first three layers should contain POTATOES, then 1 tbs ONION, then 1 tbs FLOUR then a sprinkling of the SALT AND PEPPER, finally dotted with 1/2 oz BUTTER. After placing the final layer of potato on top, SPRINKLE with remaining onion, seasonings and dot with remaining butter. HEAT MILK just to boiling. POUR gently over potatoes.

COVER with baking foil and bake 30 minutes. UNCOVER, sprinkle with grated cheese and bake further 60-70 minutes or until potatoes are tender. CAN BE SERVED HOT OR COOL. (NOTE: can also be made substituting a cheese sauce made with 1 pint of milk for the flour, milk and butter. just pour a layer of sauce over onion between layers.



# Cook's Notes



## NOTE AND ABBREVIATIONS:

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TSP = TEASPOON  
TBS = TABLESPOON  
OZ = OUNCE WEIGHT for dry measures  
OZ = FLUID OUNCE for liquid measures

### \* FAHRENHEIT-CENTIGRADE CONVERSIONS:

275 F	=	140 C
300 F	=	150 C
325 F	=	170 C
350 F	=	180 C
375 F	=	190 C
400 F	=	200 C
425 F	=	220 C
450 F	=	230 C

- \* SWEETENING has been listed as given in original recipes. This can be adjusted if desired to individual family taste.
- \* SOME RECIPES were originally leavened. Addition of 1/2 to 1 tsp leaven can be added for regular use if desired.
- \* THIS BOOK has been designed "loose leaf". This allows the page being used to be moved to the front under the plastic cover. It also allows for the addition of further pages of personal family favorites.

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