



NO EGGS

WATER BISCUITS

$\frac{1}{4}$ LB SR FLOUR PINCH SALT

2 TABLESPOONS WATER $\frac{1}{2}$ OZ MARGER

SET OVEN 400° F OR MARK 6

SIEVE FLOUR & SALT IN A BOWL

PLACE WATER & MARGER IN SMALL PAN

HEAT UNTIL MARGER HAS MELTED

POUR IN FLOUR MIX TILL SMOOTH

ROLL OUT ON FLOURED BOARD

CUT INTO 3^{INCH} ROUNDS PLACE ON

GREASED TRAY

PRIEK WITH FORK

BAKE FOR 15 MINS UNTIL CRISP

AND BROWN

SERVE WITH BUTTER & CHEESE



GINGER SHORTCAKE

NO EGGS

8oz BUTTER 4oz CASTER SUGAR

10oz PLAIN FLOUR 2 TEASPOON BAKING POWDER

2 TEASPOON GROUND GINGER

ICING

2oz BUTTER 4oz ICING SUGAR 1 TEASP GROUND

GINGER 3 TEASPOON SYRUP

GREASE TWO 9INCH SANDWICH TINS

SET OVEN 325°F OR MARK 3

BEAT BUTTER & SUGAR TILL SOFT

SIFT IN REST OF INGREDIENTS

MIX WELL

DIVIDE INTO TWO KNEAD WELL

WITH FLOURED HANDS

PRESS DOWN FIRMLY INTO TINS

BAKE FOR 40 MINS

ICING

MELT SYRUP & BUTTER IN PAN

ADD ICING SUGAR & GINGER

POUR OVER SHORTBREAD

CUT INTO WEDGES WHILE STILL

WARM



NO EGGS

FRUIT LOAF

1lb MIXED FRUIT 6oz DEMERARA SUGAR

1 TEACUP STRONG TEA

PLACE IN BOWL LEAVE OVER NIGHT

1oz BUTTER 8oz SELF FLOUR 2oz WALNUTS

1 TABLESPOON CASTERSUGAR GRATED RIND
ONE LEMON 1 ORANGE

GREASE AND LINE 2lb LOAF TIN

SET OVEN 325°F OR MARK 3

ADD FLOUR GRATED RIND OF LEMON TO FRUIT
MIXTURE BEAT WELL PUT IN TIN
LEVEL TOP OF MIXTURE

SCATTER WALNUTS ON TOP THEN CASTER
SUGAR

LASTLY DOT WITH BUTTER

BAKE FOR 1½ HOURS COOL AND
WRAP

NEXT DAY SERVE WITH BUTTER



VINEGAR CAKE

12 OZ SR FLOUR 4 OZ BUTTER 8 OZ MIXED FRUIT

2 OZ CANDIED PEEL CUT FINE

8 OZ DEMERARA SUGAR 1 TEASPOON MIX SPICES

1 TEASPOON BICARBONATE SODA

2 TEASPOON VINEGAR $\frac{1}{2}$ PINT MILK

SET OVEN 350^F OR MARK 4

RUB FAT INTO FLOUR THEN ADD

REST OF DRIED INGREDIENTS

EXCEPT^{BY} BICARBE

WHEN WELL BLENDED ADD BICARBE

MIX WITH MILK AND VINEGAR

PUT INTO GREASED & LINED

TIN 8" SIZE BAKE FOR APPROX

$1\frac{1}{2}$ - 2 HOURS



SURREY LARDIE CAKE / IVUEGGS

1 1/2 LB FLOUR ^{PINCH} SALT 1 OZ LARD 1/2 OZ YEAST 1 TEASPOON CASTER SUGAR 1/2 PINT WARM WATER 2 OZ LARD OR BUTTER 2 OZ SUGAR 1 OZ CURRANTS 1/2 TEASPOON MIXED SPICE MIX FLOUR SALT RUB IN LARD CREAM YEAST WITH SUGAR STIR IN WATER MAKE A WELL IN FLOUR WHEN YEAST IS FROTHY STIR IT IN MIX WELL TURN OUT ON FLOURED BOARD KNEAD COVER LEAVE IN WARM PLACE UNTIL DOUBLE IN SIZE KNEAD AGAIN ROLL OUT INTO RECTANGLE 1/4 INCH THICK MIX SUGAR & SPICE SPREAD DOUGH WITH ONE THIRD OF MIXTURE SPRINKLE WITH ONE THIRD SUGAR FOLD DOUGH INTO THREE TURN HALF WAY PRESS EDGES TOGETHER ROLL AGAIN REPEAT PROCESS TWICE MORE SPRINKLING CURRANTS OVER SUGAR MIXTURE ROLL OUT CUT INTO 3-4 INCH ROUNDS SCORE WITH KNIFE PLACE ON GREASED BAKING SHEET COVER LEAVE TO RISE FOR 20 MINS SET OVEN 425°F OR MARK 7 BAKE FOR 20-25 MINS WHEN OUT OF OVEN BRUSH WITH MILK FOR SHEEN



NO EGGS

ALMOND BISCUITS

3oz BUTTER 3oz CASTER SUGAR PINCH OF SALT

2oz PLAIN FLOUR 3oz SHREDDED ALMONDS

GREASE BAKING TIN SET OVEN 375°F OR MARK 5

SOFTEN BUTTER & SUGAR BEAT WELL

SIFT FLOUR / SALT ADD ALMONDS

PUT IN TEASPOONS ON TRAYS ALLOWING
PLENTY OF SPACE TO SPREAD

BAKE FOR 6-8 MIN ALLOW TO
COOL FOR FEW SECONDS REMOVE

FROM TRAY WITH SHARP KNIFE

CURL AROUND ROLLING PIN UNTIL SET

THESE ARE NICE SERVED WITH

COFFEE OR FRESH FRUIT SALAD

NO EGGS

SEASAME FLAPJACKS

- (1) 175 G (6 OZS) BUTTER
- (2) 225G (2) TABLESPOONS GOLDEN SYRUP
- (3) 225G (8OZS) SCOTTISH PORRIDGE OATS
- (4) 125G (4OZS) DEMERARA OR GRANUTATED SUGAR
- (5) 50GR (2OZS) SEASAME SEEDS
- (6) 50GR (2OZS) CURRANTS
- (7) ½ TEASPOON OF NATURAL VANILLA EXTRACTS



METHOD MELT BUTTER AND GOLDEN SYRUP IN A LARGE SAUSPAN UNTIL BUTTER HAS MELTED, REMOVE FROM HEAT ADD ALL THE INGREDIENTS . STIR WELL UNTIL THOROUGHLY MIXED. PRESS THE MIXTURE INTO A 23CM (9") SQUARE TIN AND BAKE AT TOP OF A PRE--HEATED OVEN TO 180°C/350°F/ GAS MARK 4

Cool FOR 25 MINUTES. CUT AT ONCE INTO BARS AND REMOVE TO AN AIRTIGHT TIN .

NO EGGS

IRISH SODA BREAD

- (1) 250G (9OZS) OF WHOLEMEAL FLOUR
- (2) 250G (9OZS) OF PLAIN WHITE FLOUR
- (3) 50G (1 ¼ OZS) BRAN FLAKES
- (4) 100G (3 ½ OZS) PORRIDGE OATS
- (5) 4 TBSP FINELY CHOPPED DILL
- (6) 500ML (18 FL OZS) BUTTERMILK
- (7) 2TSP BICARBONATE OF SODA
- (8) 45G (1 ½ OZS) BUTTER



HEAT OVEN TO 200° C / GAS 6.

PLACE FLOURS, BRAN FLAKES, PORRIDGE OATS, DILL AND BICARBONATE OF SODA INTO A LARGE BOWL, THEN RUB IN BUTTER. POUR IN BUTTERMILK AND MIX WITH A BUTTER KNIFE, THEN BRING THE DOUGH TOGETHER WITH YOUR FINGER TIPS HANDLE IT EXTREMELY GENTLY, UNTIL WELL MIXED. SHAPE THE DOUGH INTO A FLAT ROUND CIRCLE, MEASURING ABOUT 22CM (9*INS) IN DIAMETER. PLACE IT ON A LIGHTLY FLOWERED BAKING SHEET AND SCORE A DEEP CROSS IN THE TOP. BAKE FOR 40-45 MINUTES. CHECK IF BAKED BY TAPPING UNDERNEATH BREAD IF SOUNDS HOLLOW IT IS COOKED.

SCORING A CROSS ON TOP OF BREAD IS AN OLD IRISH SUPERSTITION, WHICH WAS SAID

TO "LET OUT THE FAIRIES" BUT IN PRACTICE IT LETS THE LOAF COOK THROUGH EVENLY.



As you can see this booklet contains thirty six pages of tips and cooking ideas. During the compilation of this, many people have assisted me in the printing of this.

For the recipes: - May at living at Home

Printing: - Holistic Harmony (Shirley O'Donoghue)

Typing: - I am eternally grateful to Jeff Murry who by adding pictures has brought it to life.

May also provided some of the household tips.

And finally I hope that anyone who reads this is pleased with the final result.

**Andrew Matthews
Compiler**