

TF-CPR recommends...

favourite random recipes



September 2011



Laura's citrus smashers

Lemon drizzle cake

Makes 8-10 servings. Best eaten freshly baked. Keeps 1 week under refrigeration in an airtight container. Freezes up to 3 months.

Ingredients:

2 large eggs
175g (6oz) sugar
150g (5oz) soft butter or margarine
grated zest of 1 lemon
175g (6oz) super-sifted self-raising flour
125ml (4froz) milk
pinch of sea salt
For the lemon syrup:
150g (5oz) icing sugar
50ml (2froz) fresh lemon juice (about 1½ large lemons)

Method:

Preheat the oven to 180°C (350°F/Gas 4). Line the bottom of a well-oiled 23 x 13 x 7.5cm (9 x 5 x 3in) loaf tin with baking parchment.

Put the eggs and sugar in the bowl of the food processor and process for 2 minutes, scraping the sides down once with a rubber spatula. Take off the lid and drop spoonfuls of the soft butter or margarine on top of this mixture, together with the lemon zest, then pulse just until it disappears. The mixture should now resemble mayonnaise.

Add the flour, milk and salt, cover and pulse just until the mixture is smooth in texture and even in colour, scraping the sides down with a rubber spatula if necessary. Do not over-beat or the cake will be tough.

Spoon the cake mixture into the prepared tin and bake for 45 minutes, until

golden brown on top and firm to the touch. Remove from the oven and stand the tin on a cooling rack. To make the syrup, gently heat the sugar and lemon juice in a small saucepan, stirring until a clear syrup is formed, about 3 minutes. Do not boil.

Prick the warm cake all over with a fork, then gently pour the syrup over it, until it has been completely absorbed.

Leave until cool, then carefully ease the cake from the baking tin and remove the baking parchment.

Just before serving, sift a little more icing sugar on the top. Serve in generous slices.

Pour the mixture into a serving bowl, and chill for two or three hours until set.

Boodle's Club, in London's St. James's Street, was founded in 1764 and this luscious fool has been a speciality on the menu for many years. It's a bit like a trifle, with a spongecake base which sops up the creamy, fruit-flavoured mixture on top.

Serves 6

Ingredients:

4 - 6 trifle sponges, cut into 1 cm (1/2 inch) thick slices

grated rind and juice of 2 oranges

grated rind and juice of 1 lemon

25 - 50 g (1 - 2 oz) sugar

300 ml (10 fl oz) fresh double cream

orange slices or segments, to decorate

Boodle's Orange Fool

Method:

Use the sponge slices to line the bottom and halfway up the sides of a deep serving dish or bowl.

Mix the orange and lemon rinds and juice with the sugar and stir until the sugar has completely dissolved.

In another bowl, whip the cream until it just starts to thicken, then slowly add the sweetened fruit juice, whipping the cream as you do so. Whip until the cream is light and thickened and all the juice absorbed!

Pour the mixture over the sponge and refrigerate for at least 2 hours, longer if possible, so that the juice can soak into the sponge and the cream thicken.

Serve decorated with segments or slices of fresh orange.



Lemon Layer Pudding

Ingredients:

3 eggs, separated

9oz caster sugar (normal sugar will do)

3oz butter

3oz plain flour

three quarters pint milk

3 tablespoons lemon juice

grated rind of 1 lemon

Method:

Add the lemon rind to the butter and sugar and whisk the mixture until pale and fluffy.

Add the egg yolks and flour and beat well.

Stir in the milk and 30-45ml (2-3tbsp) of lemon juice.

Whisk the egg whites until stiff, fold in and pour the mixture into a buttered ovenproof dish.

Stand in a shallow tin of water and cook in the oven 200°C Gas mark 6 for about 45 minutes until the top is set and spongy to the touch. The pudding will separate into a custard and a sponge top.



Very tasty apple cake

Maria Ristkok

Here's what I wrote down. I don't know how the words are used usually in recipes in English.. E.g. I don't know what the word for 'biskviit-taigen' is.. it's not biscuit as dry thing but soft (eggs, sugar, flour)..



Method:

The whole process starts with cleaning and peeling apples:

Mix it up. Margarine should be of room temperature and mixed in as cold but nothing awful happens if it is melted a little to have the whole process faster.

Lay it on the baking form, pressing it even. If you choose double amount it will fit for a larger baking tray.

Lay sliced apples on top of this pastry.

Whip all dough ingredients together. In case you choose double portion of shortcrust pastry, then 7 of each is enough, not double.

Pour this whipped mix onto the apples and shortcrust pastry.

Mix together 1/2 glass sugar (100g is more than enough) and 1/2 - 2 teaspoons of cinnamon. Shake it all on top.

Bake in 150-200 degrees.

If you like it sweeter, add also powder sugar on top.

Ingredients:

1 kg apples (much less will also do)

shortcrust pastry:

400 g flour

150 g sugar

1 egg

300 g margarine

2 tablespoons of cold water

Biscuit dough:

5 eggs

5 tablespoons of sugar

5 tablespoons of flour

Finnish Blueberry Tart

Ingredients:

8-9 Tablespoons of sugar

100-120 grms of butter

1 small spoon of baking powder

1 egg

8-9 tablespoons of flower

2 spoons of vanilla suger or vanilla powder.

Method:

Mix first sugar and butter, then add the egg and flour with baking powder.

Add 1/2-3/4 of blueberries and vanilla.

Cook for 20-25 minutes in the oven at 200 C

Have it with a cup of coffee.

Tiina Leiponen



Mattis's Chocolate Cake



Well I don't bake, but my wife does! So here is her special family recipe for chocolate cake. In Norway we use "Sour Milk" (also known i think as Full Fat Butter-milk or Cultured Milk), preferably skimmed. This is apparently the key to the cake so normal milk wont do. But trust me it is worth it. Ok, the actual cake:

Ingredients:

4 cups of flour
4 cups of sugar
1 cup of melted butter
1 cup of strong black coffee (Norwegian style, think the Italians call it Americano)
1,5 cups of sourmilk

4 eggs
2 teaspoons of baking soda
1 teaspoon of vanilla sugar
4 tablespoons of cocoa powder

Topping:

300 grams powdered sugar
100 grams of butter
1,5 tblspoons of cocoa powder
3 teaspoons of vanilla sugar
3 tablespoons of hot coffee.

Method:

Melt butter, mix with coffee and cocoa powder. Mix in sugar.

Mix in flour and sourmilk (first a little flour, then a bit of milk, then a bit of flour, then a bit of milk).

Then add one egg, stir the mix until the egg is properly mixed, then add another, and stir the mix (and so forth), this is apparently very important for the outcome (as well as the mixing of flour and milk my wife shouts from the kitchen).

Topping: Mix and heat everything together.

The cake goes in a baking tray, the topping on top. Then put it in the oven for half an hour on 180 degrees C.

Best served with milk.

Enjoy.

Elke's Belgian Waffles

Belgian waffles are the best and I am sure Carrie will like them ;)

Ingredients:

1/2 liter milk
8 eggs, separated
250 g butter
150 g sugar
500 g flour
1 pinch salt

Method:

Mix together flour, egg yolks, sugar, salt and the milk until you obtain a dough without lumps.

Add the melted butter and the whipped egg whites.

Bake in a hot waffle iron. You only need to grease it for the first waffle if you're using a non-stick waffle iron.

Serve hot with some powdered sugar on top.

Chocolate sauce for dessert

This is my very simple recipe (6 persons):

Ingredients:

6 tablespoons powdered cocoa
120 ml water
15 g butter
4 tablespoons cream

Method:

Put the chocolate powder and water in a saucepan over low heat. Stir until boiling. Reduce heat for 10 minutes, stirring occasionally. Remove from heat, add butter and cream, stirring all the time. Wait until cooled.

Cristina Lorenzo Fernández

Blanquette de Veau

Serves 6 people

Ingredients:

1.3 kg veal (stew meat / stew, cut into cubes)

1 onion

1 clove

1 or 2 carrots

18 small onions (peeled)

230 g mushrooms

Herbs: 2 sprigs thyme, 3 parsley, 1 stalk celery, 1 bay leaf

2 egg yolks

30 cl crème fraîche

Lemon juice

Butter

Salt

Water

Method:

Cut the veal into cubes of 5 cm. Pierce the onion with garlic. Join with a small string celery, thyme, parsley and bay leaf.

Melt 3 tablespoons butter with oil in a casserole or large saucepan. Add the veal. And slightly brown on each side.



Add the carrots, onion, herbs and salt. Add water to cover meat.

Cook over high heat until boiling. Reduce heat, cover and simmer for 45 minutes.

Peel the pearl onions. Clean the mushrooms and cut them into quarters. Melt 3 tablespoons butter in a skillet. Add mushrooms, salt and pepper. Sauté until mushrooms are lightly browned.

Remove the mushrooms. Put 2 tablespoons butter in skillet. Add the onions and sauté for 1-2 minutes. Return the mushrooms to the pan and keep warm over very low heat.

Mix egg yolk, cream and juice of half a

lemon in a bowl.

Put the meat, mushrooms and onions in a serving platter.

Pour egg yolk and cream into the meat juices in the casserole. Cook over very low heat for 10 minutes. Do not boil the sauce. Add lemon juice and salt and pepper if needed.

Pour the sauce over the meat in the dish.

Service: veal stew is often served with rice.

Wine suggestion: red Bordeaux or Graves Superior type, red wine from the Loire, Chablis, Vouvray (Vin de France).

Bon appetite!

Gratin Dauphinois

Serves 6 people

Ingredients:

1 kg potatoes (Russet, Idaho)

1 or 2 cloves garlic, chopped

50 g butter

Whole milk 50 cl

160 g gruyere

40 cl crème fraîche

Salt and pepper

Method:

Preheat oven to 180 °C. Cut the potatoes into thin slices (0.5 cm thick). Rinse with cold water. Drain and dry in a towel.

Put the potatoes in a saucepan. Cover with milk. Add salt. Bring to a boil then reduce heat to low and cook for 10 minutes. Stir occasionally.

Rub a gratin dish with garlic. Although the dish coated with butter. Transfer half of potatoes in the gratin dish. Add half the grated cheese, sour cream and pepper. Put the second half of the potatoes and cover with cheese and remaining cream.

Put the dish in the oven and bake for 1 hour at 180 °C. The Gratin Dauphinois is ready when the top is golden.

Wine suggestion: red Bordeaux wine or Beaujolais Villages, a not too dry white wine (Vin de France).

Bon appetite!



Crêpe Suzette

Virginie Blanquart

Ingredients

20 cl milk
20 cl water
3 egg yolks
230 g sugar
230 g flour
200 g butter, unsalted
2 orange peels
15 cl orange juice
4 c. S. orange liqueur (or Cointreau)
cognac

Method:

Put 115 grams of sugar and orange peel in blender. Mix for one minute. Add 130 grams of butter and mix 30 seconds. Slowly add the orange juice. And 3 tablespoons orange liqueur.

Cover and refrigerate.

Still in the blender, prepare the pancake batter. Place milk, water, egg yolks, 1 tablespoon sugar, 1 tablespoon orange

liqueur (or brandy), flour, 5 tablespoons of butter. Mix for one minute at maximum speed. Cover and refrigerate for at least 2 hours.

Grease a frying pan. Prepare a pancake at a time over medium heat.

When all pancakes are done, to prepare for the orange in a small saucepan and heat for one minute. Then pour the mixture into a pan over low heat.

Place a pancake in the pan. Turn carefully. Fold in half. Then two again. Continue with the other pancakes

Heat 2 tablespoons of cognac and two tablespoons of orange liqueur in small saucepan. Pour over pancakes. Flame - carefully - with a match and serve immediately.

Wine suggestion: Cider, sweet white wine (Vin de France).

Bon appetite!

Melanie's Granny Biscuits

This is my grandma's oat cookies recipe. This amount makes about 60+ cookies. We regularly do half the amount.

Ingredients:

13 oz Oats
10 oz Flour
13 oz Sugar
8 oz Butter
2 tablespoons Syrup
2 teaspoons Bicarbonate of soda
4 tablespoons Boiling water

Method:

Mix flour, sugar, oats (can add any other things you like such as seeds - sunflower, pumpkin - or raisins, cherries) in a bowl.

Melt butter and syrup in pan.

Dissolve bicarb in boiling water; add to margarine & syrup; pour over dry ingredients - mix together well.

Leave to stand for 10 minutes then make into balls size of walnuts, place on buttered baking tray and flatten slightly.

Bake in middle of oven, gas mark 5, for 10 minutes.





Coconut Roulade

Ingredients:

20 g butter biscuits, finely crumbled
20 g butter
20 g powdered sugar
10 g chocolate
1 egg
2 tbs dark rum
10-12 g desiccated coconut
½ dl hot milk

Method:

Pour the milk boiling hot over the coconut and set aside for 10 minutes. Take butter out of the fridge to soften.

Cream the sugar and butter together, whipping with an electric mixer or by hand. Separate into two equal parts.

Continue whipping one part, adding the egg, biscuit crumbs, melted chocolate and rum. Put in fridge to become firmer. (This will make the "dough" or the lower layer) .

Mix the other part of butter / sugar paste with the coconut.

Spread the dough onto greaseproof paper or aluminium foil (I use the latter) to form a rectangle (thickness 0.5-1 cm, I usually try to achieve 7).

Evenly spread the coconut paste onto the dough, roll into a roulade (using the foil) and put into fridge. (And possibly wrap everything into a roll of paper to preserve shape while cooling.)

(Warning: the dough gets warmer and softer during the process (butter!), making it difficult to maintain the shape. That said, the whole thing is incredibly easy to make and is a guaranteed success unless you are presenting it to Charlie Brown or any other Schulz character.

Rødgrød med fløde

Gitte's red berries & cream

This is a famous Danish dessert, I guess most famous because we find it amusing to try to get foreigners to pronounce it in Danish. But it is also very tasty, and especially nice as a summer dessert.

Ingredients:

1 kilo of red berries (strawberry, currants, black currants)
200 gram of raspberries
2 dl water
300 gram sugar
1-2 spoonful potato flour
Cream

Method:

Rinse and prepare the berries. Put them in a pot with water and sugar. Leave them there for a couple of hours.

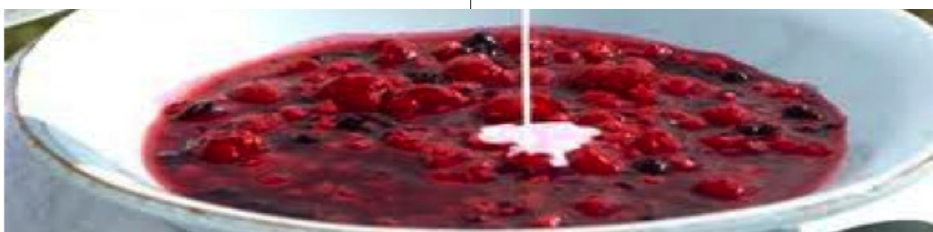
Put the pot on a low heat. Boil the berries for 2-3 minutes and remove foam.

Remove the pot from the heat and carefully stir gently the raspberries in. The raspberries should remain as intact as possible.

You can level the fruit with a couple of spoonfuls of potato flour mixed in cold water. The temperature of the berries should be below boiling.

Sprinkle the fruit with a thin layer of sugar, so that it doesn't draw a skin, when it is cooling down.

Serve with cold cream.



A hearty Italian stew, a cousin to the French ratatouille. Use fresh fennel if you can as it adds a distinctive touch.

Giambotta sits well and often tastes as good or better the next day when the flavours have mingled. It can be served hot or cold.

Serves 3 or 4

Ingredients:

2 cloves garlic, minced or finely chopped

2 medium onions, chopped

¼ teaspoon salt

2 teaspoons olive oil

1 small aubergine

3 small potatoes

1 fresh fennel bulb, thinly sliced (but not the stems or fronds)

Giambotta



1 red pepper

1 medium courgette

3 fresh largish tomatoes

Handful chopped fresh basil, or 1½ tablespoons of dried

Method:

In a large saucepan (with a lid) on a low heat, sweat the onions, garlic and salt in the oil for 5-7 minutes, stirring frequently until the onions are translucent.

Chop and add to the pot in the following order the aubergine, potatoes, fennel, pepper, courgette, and tomatoes. If using dried basil sprinkle in the pot now.

Increase the heat slightly. Simmer for about 40 minutes or until the vegetables are tender. Stir in the fresh basil if using, and add salt

and pepper to taste.

Serve with good crusty bread and a tossed salad.

Robert Haymon-Collins

Asperges met ham en ei

Asparagus with ham and egg

Lonneke's very Dutch recipe

Ingredients:

1.3 kg / 5 lbs. fresh asparagus (green or white)

4 thick slices of ham

100 grams / 4 oz. each 4 hard-boiled eggs

150 grams / 6 oz butter

1/8 liter / ½ cup cream

1 tsp sugar

½ tbsp salt

grated nutmeg

freshly-grounded pepper

2 tbsp cornstarch

Method:

With white asparagus, very thinly peel once from top to bottom. (Green asparagus do not need peeling.) Discard the hard end pieces. Wash and pat dry, and arrange them - if necessary - to thickness. Bind them in bundles with kitchen twine.

Bring water with salt and sugar to a boil and put in the bunch of thickest asparagus first. Add the others and boil the thinnest ones for 20 minutes. Take from the water with a slotted spoon or spatula. Cut off some more of the hard ends.

Cut the twine and arrange the asparagus on a warmed dish, all 'pointing' the

same way. Keep them warm under cover.

Heat the cooked ham slices under the broiler, but do not let them brown.

Boil the butter, cream and one ¼ cup water.

Dissolve the cornstarch in ¼ cup water and add to the sauce to thicken. Add salt and pepper to taste.

Shell the eggs, chop them and mix in a dash of salt and the ground nutmeg.

Pour the sauce over the asparagus. Put the egg bits around them. Roll the ham and put beside the vegetables.

Serve immediately, with your favourite kind of potatoes.

Federica's pizzas

Makes 4

Ingredients:

1kg wheat flour "0" type (not sure if you have the same classification we use, if not I think the "all purposes" will do). If it is the first time you make the dough yourself, it is better that you have a bit more at home, because you may need to make some adjustments..

6 tablespoons of olive oil

50 g fresh yeast (the dry one is also ok, but the fresh is better)

optional: 2-300g boiled potatoes

salt

water (about 500-600 dl)

whatever topping / sauce you want on your pizza

Equipment:

a rolling pin

a pastry board

a large bowl

a clean cloth

baking paper

oven dishes

Method:

Fill a glass with warm water (important!! it has to be just warm, not hot, otherwise the yeast doesn't work properly) and melt the yeast in it, stirring slowly. Add 2 pinches of salt and the olive oil.

Put all flour into a large bowl except a couple of handfuls (that you will need afterwards). Add slowly the water and mix the ingredients so that they blend gradually. Keep adding warm water till the dough reaches the right consistency (at this point it will be easier kneading it on the pastry board): it must be elastic but not sticky (which means too much water and that you need to add some

flour) nor too thick (which means you need to add some water, instead) and easy to roll out. In some regions of Italy they used to add some boiled potatoes, very finely mashed, to the dough. It is supposed to make it softer and is suitable if you want to have a higher pizza.

When you're satisfied with the result, knead the dough for 5-10 minutes and put it back in the large bowl. Cover it with a clean cloth and put on the cloth something like a plaid or a cushion to keep it warm. Put the covered bowl away in a warm place and let the dough leaven.

In principle, the more you have time, the better the dough will leaven. However in my experience 30 minutes to 1 hour are good enough. If you have more time, do not forget to knead it from time to time (always keeping it warm).

When the dough is ready, divide it into four balls. Flour the pastry board and the rolling pin and start stretching the first dough ball till it is very thin (when we talk about pizza, the thickness is a matter of personal taste, so you can decide here. If it's the first time you make pizza I'd suggest to aim - roughly - for half centimeter or even less). Repeat for the other three. Use baking paper

to cover the oven dishes (otherwise you can use oil and flour).

On top of the pizza you can put almost everything. the classic dressing is of course tomato sauce and mozzarella cheese, with basil or anchovy. One of my favourites is mozzarella, zucchini flowers and anchovy (or ham).

You may also want to try the "stuffed" ones. A classic neapolitan stuffed pizza is the one with escarole (1 kg of escarole or curly endive, 120 black olives, 15 g pine kernels, garlic, 5 anchovies, 30 g raisins sauted with a couple of tablespoons of olive oil).

Want a different dessert? Bake it without dressing and then add - when it is still hot - nutella and pine kernels (not kidding).

Bake for about 20 minutes at 180° (the oven must be already heated). The temperature / time can vary a bit depending on your oven. If in doubt, use a slightly lower temperature, the pizza will bake anyway but you won't make disasters).





Krempite

Napoleon, Balkans style

Nataša Lemajić

Ingredients

250g puff pastry
4 eggs
100 g corn starch
30 g all purpose flour
3 x 100 g sugar
2 sachet vanilla sugar
750 ml milk
300 ml water
250 ml heavy cream

Method:

Roll the puff pastry into two sheets fitting small rectangular pan.

Poke a few holes on the bottom of the dough with a fork and bake each sheet in the oven preheated to 180°C for about 10-12 minutes or until golden.

Leave one sheet in the pan for the base, cut another into serving size squares.

Beat egg whites with 100 g of sugar very stiff.

Mix egg yolks with another 100 g of sugar, add vanilla sugar, corn starch, flour and water.

Boil milk, stir in the yolks, cream and cook over lower temperature until it becomes very thick.

Remove from heat and carefully whisk in the egg whites foam. Pour the filling in the pan with pastry sheet at the bottom.

Beat heavy cream with 100 g of sugar and spread over cooled filling.

Arrange the pastry squares over. Cool.

Dust with icing sugar before serving.

Fi's Choc Chip Log

Here is my fav dessert recipe - quick, easy and totally delicious :)

Ingredients:

2 packets of choc-choc-chip biscuits
1 ltr of cream
¼ glass of Baileys or red wine

Equipment:

A rectangular serving platter – wide enough to hold 2 biscuits standing side by side with a margin on both sides.

A mixing bowl for whipped cream.

A wide bottomed bowl for the Baileys or red wine.

Method:

Whip the cream to a spreadable consistency. Pour the Baileys or red wine into a separate bowl.

Open both packets of biscuits/cookies and place 1 biscuit aside.

Dip the first biscuit (flat side down) into the Baileys and place dry side up on the platter.

Dip the second biscuit, flat side down into the Baileys and then apply some cream to the dry side.

Push the two biscuits together using the cream to hold them in position (standing).

Repeat till first pack of biscuits is used so you have a horizontal "log".

Create your second log alongside the first log, remembering to keep 1 biscuit aside.

Cover both logs with the remainder of the cream and crumble the spare biscuit and sprinkle on top.

Place in the fridge for a minimum of 2 hours.

Cream of Leek, Lime and Coconut Soup

Serves 4

Ingredients

250g/9oz leeks, thinly sliced
1/4 green chilli, deseeded and chopped
400g /14oz potatoes, peeled and diced
1 litre /1 3/4 pints vegetable stock
100ml /3fl.oz coconut milk
1/2 lime, grated and juiced
5ml/1 teaspoon olive oil
A little salt and freshly ground black pepper
Fresh coriander and slices of lime to garnish.

Method:

Heat oil in a large heavy based pot. Add leeks, chilli, potatoes, lime rind and sweat for two minutes.
Add stock and boil. Reduce heat for 20-25 minutes, until potatoes are tender. Do not overcook as the leeks must stay pale green.
Cool slightly and liquidise soup. Stir in lime juice then add the coconut milk. Do not reboil. Serve garnished with coriander and sliced lime.

Laura Durnford





Chinese hot and sour soup

Besides the hot and sour soup, there are many interesting tofu recipes on:
www.homemade-chinese-soups.com

Ingredients:

100g chicken breast
1.5 litre chicken stock
15g Sichuan preserved vegetable (zha cai)
30g carrot
2 water chestnuts
2 fresh shiitake mushrooms
100g canned straw mushrooms
1 packet soft bean curd / tofu
2 red chillies
100g crab meat
1/2 tsp cornstarch

2 tbsp cornstarch mixed with 125ml of chicken stock
1 egg, lightly beaten
Seasonings:
1/2 tsp white pepper
1/2 tsp salt
3 tbsp black vinegar

Method:

Cut the chicken breast into long thin strips and marinate with pepper, salt and cornstarch.

Slice the Sichuan preserved vegetable into thin slices. Peel and shred the carrot and water chestnuts. Cut the bean curd into thin strips. Wash and slice the mushrooms into thin strips.

Bring the chicken stock to a boil. Add the Sichuan preserved vegetable, carrot, water chestnuts, mushrooms, chillies and black vinegar.

Simmer on a low heat for about 10 minutes.

Add the chicken. Bring the soup back to a boil. Add the bean curd and crab meat. Simmer for about 5 minutes.

Add the cornstarch mixture to thicken the soup.

Stream the beaten egg in to make egg flowers. Remove from heat and serve.

Goran Skvarc



So long, farewell, auf wiederseh'n, adieu, farvel, dag, slán a fhágáil,
slovo, addio, jäähyväiset, hüvasti, zbogom, rozloučení, збором.