

# Old Blighty Cookbook Three.

## Recipe Book on Dishes from the by gone era

(Adapted for the 1 hour and 10 mins, lesson for period 7)

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Images sourced from Google:

<https://www.google.com/search>

Recipes sourced from BBC:

<https://www.bbc.co.uk/food/recipes>



# Classic Cornish Pasty

- **Large Plastic Container**
- **Apron**

- **Ingredients**

- **For the pastry**

- 500g block of ready to roll short crust pastry
- 1 free-range egg, beaten with a little [salt](#) (for glazing)

- **For the filling**

- 350g/12oz good-quality Mince Beef
- 350g/12oz [waxy potatoes](#)
- 200g/7oz [swede](#)
- 175g/6oz [onions](#)
- knob of butter or [margarine](#)



# Classic Cornish Pasty

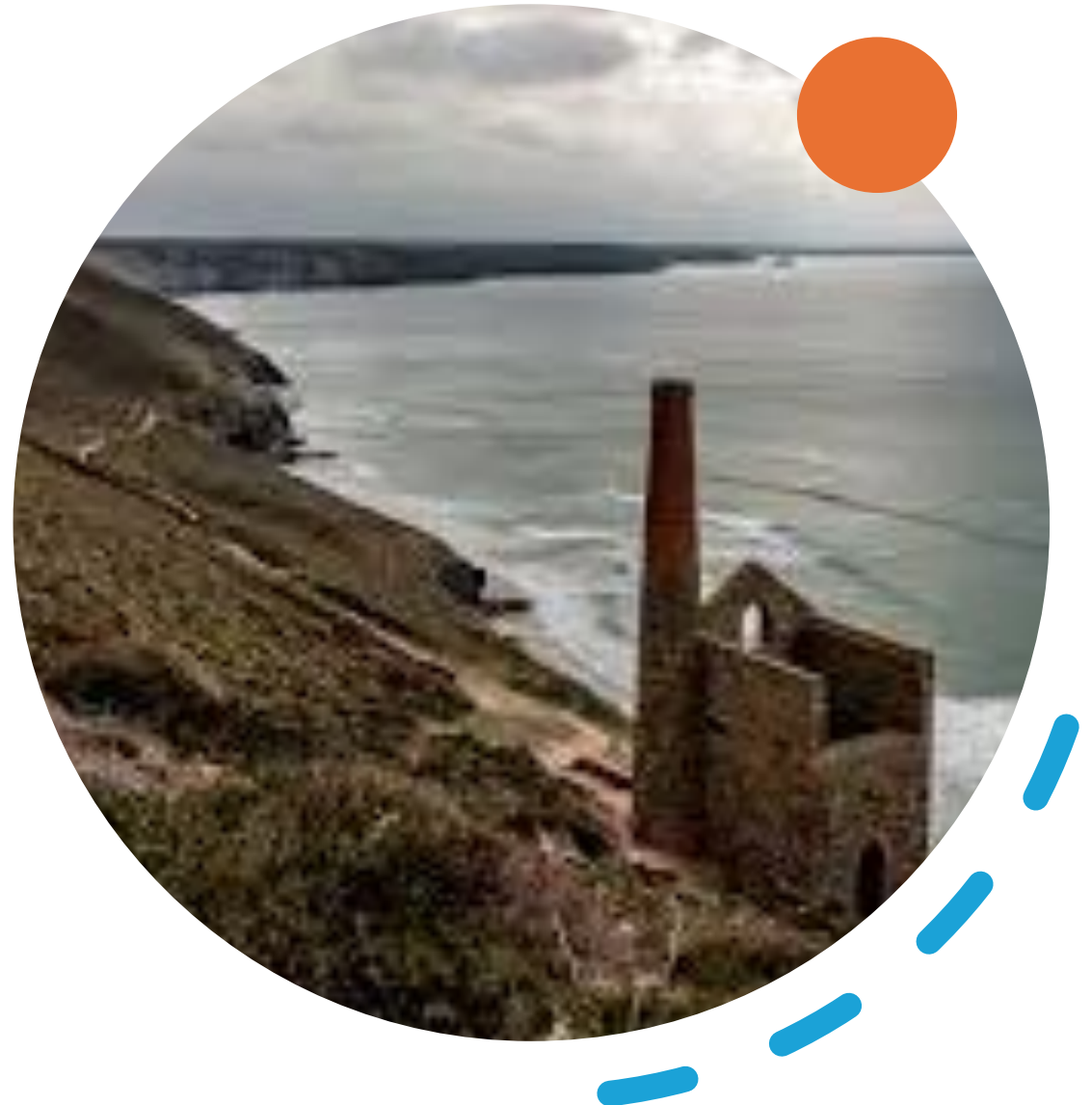
## • Method

- Peel and cut the potato, swede and onion into cubes about 1cm/½in square. Cut the beef into similar sized chunks. Put all four ingredients into a bowl and mix. Season well with salt and some freshly ground black pepper, then put the filling to one side.
- Lightly grease a baking tray with margarine (or butter) and line with baking or silicone paper (not greaseproof).
- Preheat the oven to 170C (150C fan assisted)/325F/Gas 3.
- Divide the dough into four equal-sized pieces. Shape each piece into a ball and use a rolling pin to roll each ball into a disc roughly 25cm/10in wide (roughly the same size as a dinner plate).
- Spoon a quarter of the filling onto each disc. Spread the filling on one half of the disc, leaving the other half clear. Put a knob of butter or margarine on top of the filling.
- Carefully fold the pastry over, join the edges and push with your fingers to seal. Crimp the edge to make sure the filling is held inside – either by using a fork, or by making small twists along the sealed edge. Traditionally Cornish pasties have around 20 crimps. When you've crimped along the edge, fold the end corners underneath.
- Put the pasties onto the baking tray and brush the top of each pasty with the egg and salt mixture. Bake on the middle shelf of the oven for about 45 minutes or until the pasties are golden-brown. If your pasties aren't browning, increase the oven temperature by 10C/25F for the last 10 minutes of cooking time.



# History Slide Cornish Pasty

- HISTORY
- The Cornish Pasty originates from Cornwall (Southwest England) and can be traced back as far as the 1200's. Mining was once a thriving industry in Cornwall and at that time pasties were baked by the wives and mothers of the tin miners. Pasties were made with a thick crimped edge along one side so the miners could use the crimp as a handle to hold on to while eating. The miners hand would often be covered in arsenic from the mine, so the miners would discard the handle when they were done. The crusts were never wasted though, as many miners believed that ghosts, or 'knockers', inhabited the mines, and the leftover crusts would keep these ghosts content. Traditionally, pasties were made with different fillings at each end. One end containing meat and vegetables, and one end with a sweet filling. The sweet end would be marked with an initial so the miners knew what side to eat first. Today, Cornish pasties are filled with steak, potatoes, swede (rutabaga) and onions. At one time Cornwall had nearly 2000 flourishing tin mines, but by the 1880's tin mining had become a rapidly declining industry. At this time, Cornish miners began emigrating to Michigan's Upper Peninsular for copper mining bringing pasties with them.
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# Lemon School Cake

- Tray Bake Tin
- Apron
- **Ingredients**
- 225g/8oz [butter](#), softened, plus extra for greasing
- 225g/8oz [caster sugar](#)
- 250g/9oz [self-raising flour](#)
- 4 free-range [eggs](#)
- 3 tbsp [milk](#)
- 2 [lemons](#), finely grated zest and juice
- 200g/7oz-300g/10½oz [icing sugar](#)
- multi-coloured sprinkles, to decorate



# Lemon School Cake

## • Method

- Preheat the oven to 180C/160C Fan/Gas 4. Grease and line the bottom of a roughly 26x22cm/10½x8½in baking tin.
- Using an electric whisk, beat together the butter, caster sugar, flour, eggs, milk, lemon zest and salt in a large bowl until smooth and creamy.
- Spread the mixture in the tin, levelling off the surface with the back of a spoon.
- Bake for 25–30 minutes until golden and springy. Leave to cool in the tin for a few minutes then carefully remove the paper and leave to cool completely on a wire rack.
- Mix together the icing sugar and enough lemon juice to make a pourable icing.
- Spread the icing over the cooled cake, scatter over some sprinkles and leave to set before cutting into squares.

# History Slide Lemon School Cake

## History of School Cakes

- FEBRUARY 22, 2023
- The tradition of serving cakes in schools dates back many years. In the early 20th century, it was common for schoolchildren to bring cakes and other treats from home to share with their classmates. However, with the advent of school meals, school cakes became a staple of the school lunch menu.
- School cakes are a beloved tradition in many schools across the United Kingdom. These cakes are a simple, wholesome, and budget-friendly option that provides a satisfying snack or dessert for students. In this blog, we will explore the history of school cakes, their popularity, and the different types of school cakes available.
- Order your school cake from [CakeTrays.co.uk](https://CakeTrays.co.uk)
- **Popularity of School Cakes**
- School cakes have remained popular over the years due to their simplicity and affordability. They are filling and satisfying snacks that can be easily made in large batches to feed a large number of students. Additionally, school cakes are often served with a side of custard or cream, which provides added richness and texture.
- **Types of School Cakes**
- The most common type of school cake is the classic sponge cake. These cakes are typically made with a simple recipe that includes flour, sugar, eggs, and butter. They are often served with a layer of jam or icing on top, which provides a hint of sweetness without overwhelming the cake.
- School cakes can also come in a variety of other flavours, including chocolate, vanilla, and lemon. They are often made in large batches and cut into individual portions for serving.
- **Conclusion**
- School cakes are a beloved tradition in many schools across the United Kingdom. These cakes are simple, wholesome, and budget-friendly, and provide a satisfying snack or dessert for students. Whether it's a classic sponge cake or a delicious fruitcake, school cakes are a comforting and nostalgic treat that continue to be enjoyed by generations of schoolchildren.
- Order your school cake from [CakeTrays.co.uk](https://CakeTrays.co.uk)







# Chicken Parmo

- **Oven Proof Dish**
- **Apron**
- **For the chicken**
- 4 [chicken breasts](#), butterflied and slightly flattened
- 100g/3½oz [plain flour](#)
- 2 free-range [eggs](#), beaten
- 75g/2½oz [Parmesan](#), grated
- 75g/2½oz [breadcrumbs](#)
- 1 tsp dried [oregano](#)
- salt and freshly ground black [pepper](#)
- **For the tomato sauce**
- 1 tbsp [olive oil](#)
- 1 [onion](#), finely chopped
- 2 [garlic](#) cloves, finely chopped
- 1 tsp dried [oregano](#)
- 1 x 400g/14oz tin [chopped tomatoes](#) (or fresh equivalent)
- **To assemble**
- 1 [garlic](#) clove
- 1 tsp [olive oil](#)
- 2 balls [mozzarella](#)
- handful fresh [basil](#) leaves



# Chicken Parmo

## • Method

- Preheat the oven to 200C/180C Fan/Gas 6. Season the chicken with salt and pepper. Season the flour and place on one plate, put the beaten eggs on another and mix the breadcrumbs, Parmesan and herbs on a third plate.
- Dip each chicken piece in the flour, then dust off any excess and drop into the egg. Finally coat in the breadcrumb and parmesan mixture, pressing it into the chicken firmly.
- Arrange the chicken on a baking tray and drizzle with a little olive oil. Bake for around 12-15 minutes, or until just cooked through.
- To make the sauce, heat the olive oil in a saucepan and add the onion. Fry until very soft – you want it translucent and buttery – then add the garlic. Cook for a further 2 minutes, then add the red wine. Allow to bubble fiercely until the volume of liquid has reduced by half, then add the oregano and tomatoes.
- Season with salt and pepper. Simmer, covered, for 10 minutes, then remove the lid. Taste and add a pinch of sugar if you think the tomatoes aren't sweet enough. Simmer for a further 10 minutes, uncovered, until you have a well reduced sauce - you don't want anything too wet for this dish as it will make the chicken soggy.
- To assemble, take a large, shallow oven dish which will take all the chicken in a single layer. Cut the garlic clove in half and rub it over the dish.
- Spread the tomato sauce over the base of the dish, then top with the chicken. Arrange the mozzarella on top until the chicken is almost completely covered. Bake in the oven for around 15-20 minutes, or until everything is piping hot and the mozzarella is melted and browned. Serve with a few basil leaves scattered over.

# History Slide

## Chicken Parmo



- **A GUIDE TO TEESSIDE'S MOST FAMOUS DISH THE PARMO**
- [\*Food and Drink\*](#)
- Its a question many Teessiders may wonder where does our traditional Teesside dish come from where did it start what's the story behind the famous parmo ,Teesside's favourite takeaway ?
- As it's local history month it only seems right to look at the history and origin of Teesside's most famous food dish the parmo , find out more about the story of the Parmo.
- The Origins of the Parmo
- The history of the parmo starts not in Teesside but in Italy with the Parmigiana, a shallow fried filling coated in cheese and tomato, then baked in the oven. Most commonly found in southern Italy, the filling wasn't always a meat one. the earliest recorded parmigiana was made with sliced aubergine.
- Although the parmo's birthplace has been disputed, its origins are widely attributed to post-Second World War in Middlesbrough it believed by many Teessiders to be invented by Nicos Harris, a chef with the United States Army during the second world war . He was wounded in France, but was brought to the United Kingdom to be treated in a British hospital. Eventually, he moved to Middlesbrough and opened a restaurant, The American Grill, on Linthorpe Road, where he created parmo serving first in Middlesbrough in 1958 making the famous Teesside dish over 63 years old the dish was based on parmigiana recipe form Italy. It is believed that he based his speciality on a dish he'd tasted in his childhood in the US in the 1930s.

# Easy Ginger Cake

- Tray Bake Tin
- Apron
- **Ingredients**
- 200g/7oz [self-raising flour](#)
- 200g/7oz [sugar](#)
- 1 tsp [ground ginger](#)
- 1 tsp [bicarbonate of soda](#)
- 55g/2oz [margarine](#), plus extra for greasing
- 1 free-range [egg](#), beaten
- 2 tbsp [golden syrup](#)
- 240ml/9fl oz hot water





# Easy Ginger Cake

## • Method

- Preheat the oven to 180C/350F Gas 4. Grease and line a 28x18cm/11x7in baking tin with baking paper.
- Mix the flour, sugar, ginger and bicarbonate of soda together in a bowl. Using your fingers, rub the margarine in until the mixture resembles breadcrumbs.
- Add the beaten egg, syrup and hot water and mix well with a wooden spoon until combined.
- Pour the mixture into the prepared tin and bake in the middle of the oven for 35–40 minutes, or until golden-brown and the top is springy to the touch.
- Leave to cool in the tin. Once cool, cut into squares.

# History Slide Ginger Cake

What is the history of ginger cake?

- It wasn't until the late 1400s that the name came to be applied to a kind of cake made with treacle and flour flavored with ginger. Powdered dry ginger was found to have preservative properties when added to cakes and bread" which could in part explain why it was added in baked goods across so many cultures.

What is the dark history of gingerbread?

- Within a few years of Queen Elizabeth's death, the gingerbread pendulum had swung to the dark side. The sweet fell so far out of favor that Dutch magistrates declared it illegal to bake or eat the molded cookies. Witches supposedly made gingerbread figures, ate them, and thereby caused the death of their enemies.



# Coronation Chicken Tartlets

- **Large Plastic Container**
- **Apron**
- **Ingredients**
  - 500g block of ready to roll short crust pastry
  - 1 free-range egg, beaten with a little [salt](#) (for glazing)
- **For the filling**
  - 3 [chicken breasts](#)
  - 6 ready-to-eat [apricots](#), finely chopped
  - 3 tbsp [flaked almonds](#), toasted
  - 4 heaped tbsp [mayonnaise](#)
  - 2 tbsp Greek-style [yoghurt](#)
  - 2 tbsp [mango chutney](#), plus extra to serve
  - 1 tbsp medium-hot [curry paste](#)
  - 1 mild green [chilli](#), seeds removed and finely chopped
  - [coriander](#) leaves, to garnish





# Coronation Chicken Tartlets

## • Method

- To make the filling, place the chicken in a bowl. Add the apricots and half the flaked almonds. Add the mayonnaise, yoghurt, mango chutney and curry paste. Season with salt and pepper and mix to coat the chicken in the sauce. Cover and chill..
- Lightly dust the work surface with flour and roll out the pastry to a thickness of no more than 2mm. Use an 8cm/3¼in round cutter to stamp out as many discs as you can from the pastry. Gather the scraps together, re-roll and stamp out more discs – you should get 18 discs. Press the pastry into the bun tins, prick the bases and chill for 30 minutes. Preheat the oven to 200C/180C Fan/Gas 6.
- Line each pastry case with a square of kitchen foil, fill with baking rice (or uncooked rice) and bake the tartlets for about 10 minutes until crisp and the edges are turning golden. Remove the foil and rice and bake for a further minute, or until the pastry is cooked through. Leave to cool.
- Spoon the chicken mixture into the tartlet cases and top with a little extra mango chutney and the chilli. Garnish with the remaining almonds and coriander leaves and serve.

# History Slide

## Coronation Chicken



What is the history behind Coronation Chicken?

- Coronation Chicken was created in honor of Queen Elizabeth II's crowning in 1953 and was served at her coronation luncheon. The original recipe was credited to Rosemary Hume of Le Cordon Bleu cooking school, and combined Indian spice-inspiration with the few readily available ingredients in post-war London

The recipe

- "Poulet Reine Elizabeth" now widely known as [Coronation Chicken](#) has been created by [Le Cordon Bleu London](#) to be served at the Coronation Luncheon in 1953. This is the extraordinary story of the recipe and of one of the most significant moments of Le Cordon Bleu London.
- Le Cordon Bleu, world renowned for the best education in culinary and used as benchmark for excellence in the industry right back in the 16th century. The prestigious culinary school has always been proud of its [diverse network of students](#) and it was Rosemary Hume, a former Paris student that opened L'Ecole du Petit Cordon Bleu in Marylebone, London in 1933 - making [Le Cordon Bleu London one of the oldest cookery schools in the UK](#).
- Twenty years after the school had opened its doors, its success was confirmed when it prepared the Coronation luncheon for Queen Elizabeth II in January 1953, for which the *Coronation Chicken* recipe was first created.



# Steamed Syrup Sponge

- Medium sized pudding bowl
- Apron
- **Ingredients**
- 175g/6oz [butter](#), softened, plus extra for greasing
- 100g/3½oz golden syrup
- 125g/4½oz golden [caster sugar](#)
- 1 unwaxed [lemon](#), zest only
- 3 free-range [eggs](#), lightly beaten
- 175g/6oz [self-raising flour](#)





# Steamed Syrup Sponge

## • Method

- Generously butter the inside of a 1.2 litre/2 pint pudding basin, and cut a circle about two times larger than the pudding basin diameter, of baking paper and kitchen foil.
- Spoon 50g/2oz of the golden syrup into the base of the pudding basin and set aside.
- Beat the remaining 50g/2oz golden syrup, butter, sugar and lemon zest with an electric whisk until light and fluffy. Whisk in half of the eggs followed by half of the flour. Whisk in the remaining beaten eggs and flour. The mixture should be a just dropping consistency. (Add a splash of milk if the mixture is very thick.)
- Spoon the mixture into the pudding basin and smooth the surface.
- Pleat the baking paper by folding over an inch of paper in the centre. Repeat with the foil. This allows for expansion of the pudding as it cooks.
- Cover the basin with the circle of baking paper, with the pleat in the centre of the pudding. Cover the paper with the circle of kitchen foil, again with the pleat in the centre. Tie the pudding very tightly around the rim with string. Create a carrying handle by tying the excess string across the top of the basin and tying it under the string on the opposite side – this will help you lift the pudding out of the pan once it's cooked. Trim any excess paper and foil, leaving a 2.5cm/1in border, and turn the edges in on themselves to seal.
- Put an upturned heatproof saucer or small trivet in a large, deep saucepan, and place the pudding basin on top. Add enough just-boiled water to the pan to come halfway up the sides of the basin. Cover the pan with a tight-fitting lid and place over a low heat. Allow to steam in the gently simmering water for 1 hour 10 min, adding more water to the pan if necessary. (Make sure the pan does not boil dry.)
- The pudding is done when a skewer inserted into the centre of the pudding (through the kitchen foil and baking paper) comes out clean. When done, turn off the heat and carefully lift the basin from the water. Leave to stand for 5 minutes.
- Cut the string from the basin and discard the kitchen foil and paper. Run a knife around the edge of the pudding to loosen the sides, carefully turn out onto a deep plate and remove the basin.
- To serve, spoon the extra syrup over the pudding, cut into generous wedges and serve with custard.

# History Slide Steamed Syrup Sponge

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- By 1800, North Americans were writing and publishing their own recipe books that included local ingredients such as corn pudding and sweet potato pudding. The modern steamed puddings, like Christmas pudding, evolved from boiled puddings. In the mid-1800s, boiled puddings became less popular in North America.
- Boiled or steamed pudding was a common main course aboard ships in the Royal Navy during the 18th and 19th centuries; pudding was used as the primary dish in which daily rations of flour and suet were employed.
- The aim is to prevent any water from entering the basin as the pudding steams, as if water gets in then the pudding becomes wet and soggy.

