

MRS. CREEDLE'S ROAST BEEF AND YORKSHIRE PUDDING

Ingredients:

- 2 pounds rump roast (I used a 2 ½ lb. eye roast, as my grocer had no rump roasts. The eye round is leaner and does not produce as much pan drippings.)
- Garlic powder
- Salt and freshly ground pepper to taste
- 1 bay leaf

Directions:

- Preheat oven to 375 degrees.
- Wash roast and pat dry with paper towel.
- Season meat to taste with garlic powder, and salt and pepper. Top with bay leaf.
- Place on a wire rack inside a roaster pan in the preheated oven.
- Roast for approximately 90 minutes or until done to taste (checking with meat thermometer. Medium rare is 135 degrees).
- When roast is done, save pan drippings.
- Allow roast to rest while making Yorkshire Pudding.
- Slice roast just before Yorkshire Pudding comes out of oven.

*If you want, add peeled potatoes and onions—even carrots—to the roasting pan about an hour before roast is finished, rolling them over a few times in the pan drippings. After removing the roast, brown them on high heat.

*During the war, onions would have been scarce and potatoes would have kept their jackets (peels) and been roasted whole for their nutritional value.

*Make brown gravy from pan drippings and keep warm, then make the Yorkshire Pudding. Because roasts are leaner today, I never have enough drippings to make both gravy and Yorkshire Pudding. I opt to use the drippings for gravy and use butter to make the Yorkshire Pudding.

YORKSHIRE PUDDING

Ingredients:

- ¼ teaspoon salt
- 1 cup all-purpose flour
- 2 eggs, beaten
- 1 cup milk
- Pan drippings from roast (If you don't have enough pan drippings, melt ½ cup butter to use instead.)

Directions:

- Preheat oven to 400 degrees.
- In small bowl, beat eggs until frothy.
- In another bowl, mix salt and flour.
- Beat eggs into flour.

- Stirring constantly, add milk.
- Divide pan drippings from roast beef into muffin tins.
- Place tins in preheated oven for three minutes.
- Remove from oven and pour the egg, flour, salt and milk mixture into the muffin tin.
- Return tin to oven and bake approximately 20 minutes or until fluffy and golden brown.
- Reduce heat to 350 degrees and bake 4-5 more minutes. This will help them maintain their shape, and keep them from collapsing.
- Remove from tins right away and serve immediately.

*Serve roast beef and Yorkshire Pudding with brown gravy, which can be made before or while the Yorkshire Pudding is baking.

*This is the basis for a traditional British Sunday dinner.

GASTON'S RUE – TREACLE PUDDING

Ingredients:

- 1 and ½ sticks of butter (12 Tablespoons or 6 oz.) unsalted butter, softened, plus extra for greasing
- 3 Tablespoons golden syrup
- 6 oz. plain flour (¾ cup), sifted
- 3 teaspoons baking powder
- 3 eggs
- 6 oz. raw sugar (¾ cup)
- 1 Tablespoon black treacle

Directions:

- Generously grease a 1 and ¾ pints pudding basin with butter.
- Pour golden syrup into bottom of pudding basin.
- Using a separate bowl and an electric mixer or hand whisk, mix butter, sugar, eggs, treacle, flour, and baking soda until well combined.
- Pour the pudding mixture into the pudding basin and cover with parchment paper.
- Cover with a layer of aluminum foil.
- Make a pleat in the parchment paper and foil in the center of the bowl—as if they were one piece of paper. This will allow your pudding to expand while steaming.
- Tuck foil over paper securely around the bowl and tie with string.
- Trim excess foil below string to about 1 inch or so, then tuck the edges under, as if you were crimping a piecrust. This will insure that no water or steam will get beneath the foil and parchment paper to make your pudding soggy.
- Place an upturned saucer into the bottom of a large pot and set the pudding on top or use a steamer basket/rack. Add boiling water until it comes half way up the pudding basin, creating a hot bath.
- Cover the pot and simmer gently for 2 and ¼ hours, checking occasionally to see if you need to add more water to maintain level.
- Pudding is done when a toothpick or metal skewer inserted into pudding comes out clean.
- Using oven mitts, remove the pudding from the hot bath. Discard paper and foil.
- Loosen the pudding from the basin by running a knife around the edges.
- Turn pudding upside down onto a plate or serving dish.
- Serve with more treacle syrup or hot custard sauce.

*Serves 6.

HOT CUSTARD SAUCE

Ingredients:

- 1 quart milk, scalded
- 3 rounded Tablespoons cornstarch
- $\frac{3}{4}$ cup sugar
- 1 teaspoon vanilla

Directions:

- Mix cornstarch with a little water to make a paste
- Add paste to scalded milk
- Add sugar
- Stir constantly over medium heat as custard gently boils—about 5 minutes.
- Add vanilla
- For thicker sauce, add more cornstarch. For thinner sauce, add more milk.
- Serve immediately or reheat just before serving.

DAVID CAMPBELL'S CULLEN SKINK

Ingredients:

- 1 large Finnan haddock (I have used cod when haddock is not available)
- 1 onion, chopped
- ½ pound mashed potato
- 1 pint full cream milk or buttermilk (I have used fat-free half and half)
- 1 oz. butter
- Salt and pepper

Directions:

- Place the haddock in a large pot with water to cover. Bring to a boil. Add chopped onion. Simmer 10-15 minutes until the fish is cooked.
- Remove fish but save the stock. Separate the fish from the bones and flake.
- Return bones and skin to the stock, and boil for 30 minutes.
- Discarding skin and bones, strain the stock into a clean pan.
- Add the flaked fish to the stock and heat.
- Add milk, salt to taste, and bring to a boil for a few minutes.
- Stir in mashed potato, butter and pepper to taste.
- Serve immediately.

**Serves 4. My deviations are not traditional, but the soup is tasty!

PETER RABBIT'S CURRANT BUNS

Ingredients:

- ½ cup lukewarm water
- ½ cup granulated sugar
- 1 package active dry yeast (1 Tablespoon)
- 3 and ½ cups all-purpose flour (I used ¾ cup more—add what you need to make dough elastic)
- ½ teaspoon salt
- ¾ cup warm milk
- ¼ cup butter, melted
- 2 eggs, at room temperature
- ½ cup currants (soak these in hot water to plump, but measure before soaking. I doubled the amount of currants to 1 cup, because little rabbits love currants!)
- 4 Tablespoons icing sugar
- 2 Tablespoons water

Directions:

- In a small bowl or measuring cup, combine warm water and 1 Tablespoon of sugar, then sprinkle yeast over top and stir. Let stand for 10 minutes or until frothy.
- Meanwhile, in a large bowl, blend together remaining sugar, 3 and ½ cups flour and salt.
- In a small bowl, whisk together the milk, butter and eggs.
- Stir in the yeast mixture until combined.
- Make a well in the dry ingredients.
- Stir in the yeast mixture until a soft dough forms.
- Using a stand mixer fitted with a dough hook, knead for 8-10 minutes until dough is smooth and elastic. (I needed to add an additional ¾ cups flour at this point to achieve a smooth and elastic dough. Earlier cooks added even more, but I found that I used more later, when rolling out the dough.)
- Transfer dough to a large greased bowl, turning to coat.
- Cover with plastic wrap and let rest in a warm place for approximately one hour or until doubled in bulk. (You can preheat the oven to 200 degrees, turn the oven off, put the bowl inside the oven, then close the oven door).
- When you can stick two fingers into the dough and the indentation remains, you are ready to proceed.
- Punch down the dough; turn out on floured board and knead in the currants.
- Shape into a 12 inch long roll.
- Cut dough into 12 equal portions. If you prefer smaller buns, cut each of those 12 buns in half to make 24 smaller buns. (I made 24 smaller buns, as even they baked plenty big.)
- Roll pieces into smooth, seamless balls.
- Place buns on smooth baking sheet (I use parchment paper beneath), leaving about 2 inches between each bun.

- Cover loosely and let rest/rise for 30 minutes.
- Bake in preheated 400 degree oven or until golden brown. (If you are baking 24 smaller buns, begin checking them after 7 or 8 minutes. I think mine took about 10 minutes).
- Stir together confectioner's sugar and water, and brush over warm buns after removing them from oven. Let cook on rack.
- Serve with milk and blackberries to good little bunnies.
- Especially nice served with butter and either blackberry jam or black raspberry jam or black currant jelly or honey. You really can't go wrong!

Adapted from Boyds' Nest News, who adapted this recipe from Downton Abbey Cooks

*I'm of the firm opinion that even though Peter Rabbit had been quite naughty the day he ran into Mr. MacGregor's garden and barely escaped with his life, that had it been his grandmama ladling out supper rather than his mummy, he would have received Peter Rabbit's Currant Buns and blackberries WITH his chamomile tea. Just saying, Mrs. Rabbit.—Cathy Gohlke

MR. DUNNAGAN'S GARDEN DELIGHT—CARROT AND TURNIP MASH

Ingredients:

- 2 cups carrots, washed, peeled and coarsely chopped
- 2 cups turnips, washed, peeled and coarsely chopped
- Salt and pepper to taste
- ½ - 1 teaspoon nutmeg to taste
- ¼ cup butter or to taste (optional)

Directions:

- Cover vegetables with water and bring to a boil
- Boil 15 – 20 minutes or until tender.
- Drain.
- Mash or blend to desired consistency.
- Add salt and pepper, nutmeg, butter to taste. Butter is not necessary, especially if you blend the vegetables to a smooth consistency. (Butter would not have been used in this recipe during the war, once it was rationed.)
- This freezes nicely in a freezer container or in small quantities (muffin tins are perfect, then store in baggies) for a quick side dish.

ULTIMATE GRASMERE GINGERBREAD

Ingredients: (It helps to have a kitchen scale when making this recipe)

- 400 g. shortbread (14 oz.) (I used 2 packages of McVitie's Shortbread)
- 170 g. coarse demerara sugar (5.99 oz. or $\frac{3}{4}$ cup)
- 3 level teaspoons ground ginger
- 40 g. mixed peel, chopped (1.41 oz or 1/8 cup)
- 40 g. crystallized ginger, chopped (1.41 oz. or 1/8 cup)
- 70 g. plain flour (2.47 oz.)
- 1 pinch baking powder
- 40 g. golden syrup (1.41 oz.)
- 40 g. treacle (1.41 oz.)
- 70 g. unsalted butter (2.47 oz.)

Directions:

- Preheat the oven to 325 degrees.
- Find a baking pan, about 20x35 cm. (I used a 9" x 13" Pyrex dish. No need to grease.)
- Combine shortbread, sugar and 2 teaspoons of the ground ginger in a food processor and whiz until you have crumbs.
- Remove 100g (3.52 oz.) of the mix and keep this to one side.
- Add the remaining teaspoon of ginger to the processor, along with the mixed peel, crystallized ginger, flour and baking powder, and pulse until well mixed.
- Melt the syrup, treacle and butter together in a saucepan big enough to hold all the ingredients.
- When melted, add the mixture from the food processor and stir with a wooden spoon until everything is thoroughly mixed together.
- Tip into a baking tray and spread out evenly.
- Press the mixture down into the tray, using your fingers or something flat and clean like a potato masher or a spatula.
- When the mix is a flat, dense and even layer, pop the tray in the preheated oven for 10 minutes.
- Take the tray out of the oven and sprinkle the hot gingerbread with the reserved crumbs, pressing them down really well with a potato masher or spatula. Carefully cut into good-sized pieces/bars with a sharp knife, and leave to cool in the tray before eating.
- Removing bars before they are completely cool will result in crumbling.
- These store well in an airtight container. Separate layers with wax paper. Can be frozen.

*Adapted from Jamie Oliver's Recipes

