



Cooking with @ClaireTVI

St George's Day – Bake Sale Recipes

HAPPY
ST
GEORGE'S
DAY





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Maid of Honour Cakes or Tarts

Ingredients

1 x 500 g pack fresh puff pastry
icing sugar for dusting
flour for dusting
8 oz (225 g) curd cheese
1½oz (40 g) whole candied lemon peel, finely chopped
1½oz (40 g) golden caster sugar
grated zest 1 lemon
1 oz (25 g) ground almonds
1 large egg plus 1 large egg yolk
about 2 tablespoons good-quality lemon curd



Method

Begin by cutting the block of pastry in half so that you have two squares, and then sprinkle a surface with flour and roll each piece into a square of about 11 inches (28 cm). Then, using the cutter, cut out 9 circles from each piece. Be careful as you do this – just give the cutter a sharp tap and lift it, don't be tempted to twist it. Now line the tins with the pastry rounds; you should have 18 altogether. Then, in a bowl, combine the curd cheese, sugar, lemon zest, ground almonds and chopped candied peel, then beat the egg and egg yolk together in a separate bowl and add this to the rest of the ingredients. Mix very thoroughly with a large fork until everything is very evenly blended. Next, spoon half a teaspoon of lemon curd into the base of each pastry case – don't be tempted to add more as it will bubble over during the cooking – then spoon a dessertspoon of the curd cheese mixture on top of this. Then, when all the mixture has been added, bake the tarts in two batches on the centre shelf of the oven for about 20-25 minutes, by which time the mixture will have puffed right up and turned a lovely golden brown colour.

Now take them out of the oven and transfer them to a wire rack to cool. Don't worry if you see them start to sink a little, that's absolutely normal. If you like, you can give them a faint dusting of icing sugar before you serve them. more, just mix until it feels right to you. If it gets to drippy, then add more sugar)

Recipe is from:

Delia Online the link [here](#)

Did you know?

The tart is said to date back to King Henry VIII when he witnessed some of the Queen's Maids of honour eating some cakes and demanded to taste one. He thought they were delicious naming them after the maids. Some people say that the maid who made the tarts was imprisoned and had to produce them solely for the King. Another theory that they were named after Anne Boleyn, a maid of honour at the time, who made the cakes for Henry VIII and we all know what happened to her! Can you remember what happened to all Henry VIII's wives? **Bake a batch of these, put the kettle on and have a think!**



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Treacle Tart

Ingredients

6 oz short crust pastry (You can buy pre baked pie crusts in the UK)

For the filling

6 oz golden syrup

1 ½ oz soft white bread crumbs

1 tsp lemon juice

Method

Roll out the pastry evenly and line the flan ring.

Prick the base of the pastry case.

Warm the syrup in a pan.

Mix in the breadcrumbs and lemon juice.

Spoon the mixture into the flan case.

Bake for 30 mins at 400°F.

Let the tart cool before removing from flan case to allow the syrup to set.

Serve hot or cold with cream or custard (clotted cream is especially yummy).

Recipe is from: [LearnEnglish.de link here](#)



Victoria Sponge

Ingredients

100 g (4 oz) butter

100 g (4 oz) caster sugar

2 eggs

100 g (4 oz) self-raising flour

50 g (2 oz) Strawberry jam

300ml (10 ½ oz) whipped (optional)

2 tsp Caster sugar

Method

Heat the oven to 350°F (gas mark 4)

Grease and line the bottom of 2 x 7" round cake tins.

Cut up the butter and beat with a wooden spoon until soft.

Cream in the sugar until the mixture is pale and creamy, and the mixture drops easily from the spoon.

Beat in the eggs, one at a time, with 1 tbsp of the flour.

Fold in the remaining flour and the salt, using a metal spoon.

Divide the mixture between the two tins.

Recipe is from: [LearnEnglish.de link here](#)

Bake for 20 mins (Be very careful not to disturb the oven during baking.)

Bake until light brown and firm.

Turn the cake out of the tins and cool on a rack.

Once the cake is cool, sandwich it together with the jam and whipped cream (if wished).

Sprinkle the top with castor sugar.

Did you know?

The Victoria sponge cake was named after Queen Victoria, who favoured a slice of the sponge cake with her afternoon tea. A traditional Victoria sponge consists of jam and whipped cream sandwiched between two sponge cakes; the top of the cake is not iced or decorated, but usually covered with a sifting of castor sugar.



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Empire Biscuits

Ingredients

50g / 2oz butter

40g / 1 3/4oz granulated sugar

100g / 4oz plain flour

1/2 tsp cinnamon

1/4 tsp baking powder

1 medium egg

You will also need raspberry jam, glaze icing made with 75g icing sugar and glaze cherries.



Method

Heat your oven to 350°F / 180°C / Gas 4 and grease a baking tray.

Cream the butter and sugar together until almost white.

Mix in sugar, flour and spices. Add just enough egg to make a stiff mixture.

Roll the dough out thinly on a floured board and cut into 5cm / 2in rounds with a fluted cookie cutter.

Place on greased baking tray and bake for 20mins.

Remove biscuits and leave to cool on a wire rack.

When completely cool, sandwich biscuits with jam, then spread with icing and decorate with a quarter of glaze cherry.

This quantity makes about 12-16 biscuits, but it's easily doubled or even trebled if you are baking for a crowd.

Did you know?

With origins in a German-speaking Central European country, the Empire Biscuit started life in the UK being known by names such as the Deutsch Biscuit or, more commonly, the German Biscuit. Unfortunately, the outbreak of WWI meant that all this was to change. Britain found itself facing both Germany and the Austro-Hungarian Empire in the war, so Deutsch, German and Linzer Biscuits all suddenly felt like unpatriotic names.

Because of this (bear in mind this was still in the days of the British Empire), the more patriotic name of Empire Biscuit was born.

Recipe is from: Essentially England link [here](#)



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Chelsea Buns

Ingredients

For the dough:

9 oz / 225g plain flour
1 oz / 25g butter
1 oz / 25g caster sugar
1/4 tsp salt
1 sachet of easy blend dried yeast
3 fl oz / 75ml warm milk
1 egg

For the filling and topping:

2 oz / 50g melted butter
5 oz / 125g currants
3 oz / 75g dark brown sugar
golden syrup
9 oz / 225g icing sugar
3-4 tbsp hot water



Method

Sift the flour and salt and rub in the butter before adding the sugar and yeast.

Beat the egg and milk together and add to the dry ingredients.

Mix to a soft dough, then turn out onto a floured board and knead until smooth. Add a little more flour or milk if you need to adjust the consistency.

Return dough to a lightly greased bowl, cover and leave in a warm place to rise.

You're ready to continue if the dough has roughly doubled in size. Depending on the warmth of your kitchen, this can take as little as one hour - or as much as two and a half!

Once your dough is risen turn it out onto a board and roll it into a large rectangle, about 40cm x 30cm (12in x 16in).

Brush all over with the melted butter and sprinkle with the currants and brown sugar. Roll up your dough, and then cut it into 9 slices with a sharp knife.

Arrange the buns on a greased baking tray, leaving a little space between them. Cover again and leave to rise until the gaps between the buns have disappeared and they look nicely risen.

While the buns are rising, preheat the oven to 220°C / 450°F / gas 7.

Bake for 25 minutes, until golden brown. As soon as they're out of the oven brush your the buns all over with golden syrup, before placing them on a wire rack to cool. Mix the icing sugar with the hot water into a thin paste and spread it over the buns with a knife.

Leave to cool completely before digging in!

Did you know?

Chelsea Buns are an 18th century invention, made famous by the Chelsea Bun House in London. The location of the famous bakery - which was around until 1839 appears to be in Pimlico seems a fair bet. Close by were the Ranelagh Pleasure Gardens - a favourite 18th century hangout for everyone from kings to shady characters - and it's said that both King George II and King George III would stop at the Chelsea Bun House to stock up with buns before a night on the tiles.

Recipe is from: [Essentially England link here](#)



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Battenberg Cake

Ingredients

175 g softened butter, plus extra for greasing
175 g caster sugar
3 eggs, beaten
2 tbsp milk
175 g self-raising flour
8-12 drops pink food colouring
150 g apricot jam
350 g marzipan
icing sugar, for dusting

Method

Preheat the oven to 180C/160C fan/gas 4, then butter the sides of 2 loaf tins, one for the plain cake one for the pink cake, line the base with a square of baking parchment.

Cream the butter until soft in a large bowl or in an electric food mixer. Add the sugar and beat until the mixture is light and fluffy.

Gradually add the eggs, beating all the time, then beat in the milk and sift in the flour, folding it in to combine. Divide the mixture between two bowls, adding a few drops of the pink food colouring to one of the bowls and mixing in.

Place the filled cake tin in the oven with the partition in place and bake for 25-30 minutes, or until well risen and a skewer inserted into the centre of each section of cake comes out clean.

Remove from the oven and leave on a wire rack to cool for 10 minutes, then, loosening round the edges using a small, sharp knife, carefully remove the cake from the tin and place on the wire rack to cool down completely.

When the cake is cool, divide it in half so you have a rectangle in each colour. Then cut each section in half lengthways so you have two rectangles in each colour. Trim all the edges so each rectangle has the same dimensions. The cross section should be a square, with the width the same as the depth.



Push the jam through a sieve and using a palette knife, spread the jam over two adjoining sides of each rectangle of cake, then stick them together along the jammed sides to form a chequerboard pattern when viewed from the end of the cake.

Roll out the marzipan on a work surface lightly dusted with icing sugar. It should be rolled out into a rectangle the same length as the cake and four times the width, with any excess trimmed away.

Spread the remaining jam over the marzipan, place the cake along one edge so that cake and marzipan align lengthways, and roll up the cake in the marzipan. Cut off each end of the cake to neaten, cut into slices to serve.

Did you know?

While the cake originates in England, its exact origins are unclear, with early recipes also using the alternative names "Domino Cake" (recipe by Agnes Bertha Marshall, 1898), "Neapolitan Roll" (recipe by Robert Wells, 1898) or "Church Window Cake". The cake was purportedly named in honour of the marriage of Princess Victoria, a granddaughter of Queen Victoria, to Prince Louis of Battenberg in 1884. The name refers to the town of Battenberg, Hesse in central Germany

Recipe is from: Good Food UK link [here](#)



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Eccles Cakes

Ingredients

30g butter
150g dried currants
2 tablespoons chopped candied mixed fruit peel
50g demerara sugar
3/4 teaspoon mixed spice
1/2 (500g) package frozen puff pastry, thawed
1 egg white, beaten
4 tablespoons caster sugar for decoration

Method

Preheat oven to 220 C / Gas mark 7. Sprinkle a baking tray with water.

In a small saucepan over medium heat, melt butter. Stir in currants, mixed peel, demerara sugar and mixed spice. Stir until sugar is dissolved and fruit is well coated. Remove from heat.

On a lightly floured surface, roll out pastry to a 5mm thickness. Cut out eight 13cm circles, using a saucer as a guide. Divide the fruit mixture evenly between the circles. Moisten the edges of the pastry, pull the edges to the centre and pinch to seal. Invert filled cakes on the floured surface and roll out gently to make a wider, flatter circle, but do not break the pastry.

Brush each cake with egg white and sprinkle generously with caster sugar. Make three parallel cuts across the top of each cake, then place them on the prepared baking tray.

Bake in preheated oven 15 minutes, until golden.

Recipe is from: All Recipes link [here](#)



Did you know?

Eccles cakes are named after the English town of Eccles. It is not known who invented the recipe, but James Birch is credited with being the first person to sell Eccles cakes commercially, which he sold from his shop at the corner of Vicarage Road and St Mary's Road, now Church Street, in the town centre in 1793.

The word "Eccles" means 'church' and is a derivative of the Greek 'Ecclesia', which means an assembly.

Each year during the passing centuries a Service was held at the church to celebrate its construction. This became **known as the "Eccles Wakes" and was followed by a fair where food and drink could be purchased in abundance, including the ever popular Eccles Cake.**

When Oliver Cromwell gained power in 1650 A.D., both the wakes and the eating of Eccles Cakes were banned due to the Puritan belief that they both had pagan connections. On the other hand, maybe the powers that be in London, did not want their Northern subjects to have too much of a good thing!



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Did you know..?

Toad in the Hole – doesn't sound very tasty but the sausages are supposed to look like toads peeking out of the batter. Before sausages were invented it seems any old meat would do... the idea behind the batter is generally to fill you up and absorb the taste of the meat. Meat was, and still is, expensive, Yorkshire puddings and batter puddings were cheap to make.

Bakewell Pudding (not tart till later) – originated in Bakewell, if you get the chance go, it's filled with bakers all saying theirs is the "original". The original looks nothing like what Mr Kipling makes, trust me, I've been a lot! The story goes... it was first made by accident in 1820 by Mrs Greaves, who was the landlady of the White Horse Inn (since demolished). She supposedly left instructions for her cook to make a jam tart. The cook, instead of stirring the eggs and almond paste mixture into the pastry, spread it on top of the jam. When cooked, the egg and almond paste set like an egg custard, and the result was successful enough for it to become a popular dish at the inn. Nowadays we refer to it as a "tart" the top is more cake like in form and toppings like flaked almonds, icing and a cherry have been added.

The Sandwich - may have originated from a story about John Montagu, the 4th Earl of Sandwich. He didn't really 'invent' the sandwich but he may have made it popular. It is said that in approx.1762, he asked for meat to be served between slices of bread, to avoid interrupting a gambling game. But soon people may have started ordering "the same as Sandwich", and the name stuck! Did you know the first pre made sandwich was sold by Marks and Spencer's in 1980, the sandwich industry is now worth £8 Billion a year! My suggestion...make your own, save your money.

Chicken Tikka Masala - one explanation recounts how a Pakistani chef, Ali Ahmed Aslam, proprietor of the Shish Mahal restaurant in the west end of Glasgow, invented chicken tikka masala by improvising a sauce made from yogurt, cream, and spices. In 2013, his son Asif Ali told the story of its invention in 1971 to the BBC's Hairy Bikers TV cookery programme. On a typical dark, wet Glasgow night, a bus driver coming off shift came in and ordered a chicken curry. He sent it back to the waiter saying it's dry. At the time, Dad had an ulcer and was enjoying a plate of tomato soup. So he said why not put some tomato soup into the curry with some spices. They sent it back to the table and the bus driver absolutely loved it. He and his friends came back again and again and we put it on the menu!



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If you want some more details about the history and types of food eaten in the UK, our food traditions then there are some useful links to explore below.

What comes to mind when you think of food in the UK?

A great British fry up? Roast dinner? Bubble and Squeak? Apple Crumble? Fish and Chips?

What you tend to find is each area of the UK, each family has their own traditions based on what is **available and what they like and don't like**.

In my family, you'd never have sage and onion stuffing with roast lamb, only roast chicken or turkey. Yorkshire puddings are only ever for roast beef! Apple Sauce is for roast pork and if my Dad had his way, everything would come with plenty of gravy!

So here's a few websites I found in case you are interested, it's also good for you to see where I got all the information and recipes from.

<https://www.learnenglish.de/culture/foodculture.html>

<http://www.essentially-england.com/>

<https://www.historic-uk.com/CultureUK/History-of-British-Food/>

This site talks about the many influences on our food and the history of cooking over **the years. We've been invaded and conquered many times, Romans, Normans, Saxons, Danes.** Then we started traveling, invading and conquering in the name of the Empire and then the Commonwealth and trade began to flourish between counties around the globe. Spices, herbs, ingredients grew and changed and so did fashionable trends, what the royals and nobility did started to influence day to day life. Some of our favourite foods, we consider completely British have routes in far **flung places! Fancy a cuppa, very English...well...tea doesn't grow in the UK so there goes Afternoon and High tea, cuppa and a biscuit, coffee...nope. Apple juice, cider, mead (honey beer), beer all British, so Cheers and Happy St Georges Day!**