

## United Kingdom Baked Goods

I have tested all these recipes in my kitchen.

♥ Nancy Weir, administrator, Women's Inter-Church Council of Canada

### Lemon Drizzle Cake (England)

1½ cups all-purpose flour

1 tsp baking powder

½ tsp salt

½ cup margarine

Grated rind from one lemon

1⅓ cups sugar (plus more for drizzle topping)

1 egg

Juice from 1 lemon, divided

1/2 cup water (minus lemon juice amount: see directions)

1. Stir together the flour, baking powder and salt. Set aside.
2. Cream the margarine and mix in the lemon rind, sugar, and egg.
3. Place 2 tablespoons of lemon juice in a small bowl.
4. Place the remaining lemon juice in a ½ cup measure and add enough water to fill.
5. Add half the flour mixture to the batter. Stir in the half cup of water and lemon juice. Add the remaining flour mixture and mix minimally.
6. Pour into a greased 8 inch square pan. Bake at 350 degrees F for 35 minutes.
7. Meanwhile add ¼ cup sugar to the juice in a small bowl. Pour this over the cake as soon as it comes out of the oven. Allow to cool for 10 minutes. Remove from pan and cool before cutting into squares.

### Gingerbread Horses (England)



In a large bowl, stir well together:

1 cup brown sugar, firmly packed

1 cup soft healthy margarine

⅔ cup fancy molasses

2 eggs

Place on top of molasses mixture without stirring:

4¾ cups all purpose flour, stirred but not sifted

Place on top of the flour:

1 teaspoon baking powder

1½ teaspoons salt

2 tablespoons ground ginger

2½ teaspoon ground cinnamon

½ teaspoon ground cloves

30 grates of whole nutmeg (optional)

Now stir the above into the flour and then stir everything into the molasses mixture. Mix well.

Place a plate on the bowl and refrigerate at least 1 hour. Dough will still be soft. Sprinkle a little flour on your counter or a pastry board, as well as your rolling pin and the dough itself. Roll dough to ½ cm. Cut with cutters (a horse is nice). Reroll scraps and cut again.

Bake at 350°F for 10 minutes. Cool on racks and decorate with icing.

**Icing:** 1 cup icing sugar and 1 tablespoon of water. Add ¼ teaspoon of water at a time until it is thin enough to spread. Stir well and allow to sit for a minute. Apply manes and tails with a fork and an eye with a toothpick.

Yield: 32 horses

### Tea Brack (Northern Ireland)



- ⅔ cup dark raisins
- ⅔ cup golden raisins (sultana raisins)
- ⅔ cup dried currants
- 1¼ cups strong, freshly brewed black tea
- Grated rind from 1 orange
- 3 Tbsp orange juice
- 1 large egg
- ¾ cup brown sugar, not packed
- 2 cups all purpose flour
- 1½ teaspoons baking powder
- ½ teaspoon salt
- 1 teaspoon cinnamon
- ½ teaspoon ground ginger
- ¼ teaspoon ground cloves

Rinse the dried fruit with cold water. Drain well then place in a heat-safe bowl. Add hot tea, orange rind and orange juice. Cover the bowl with a plate and let sit for 2 or 3 hours (or overnight).

Oil a 9 by 5 inch loaf pan. Preheat oven to 325°F.

Mix egg and brown sugar into fruit-tea mixture and stir.

In a separate bowl, stir together flour, baking powder, salt, and spices.

Add wet ingredients to dry ingredients and stir minimally until not quite combined.

Pour batter into pan and level top. Bake until a toothpick inserted in the centre comes out clean, 50 to 60 minutes. Cool 20 minutes and remove from the pan. Cool before slicing.

**Note:** For the dried fruits, you can use 2 cups of one type of raisin.

### Flakemeal Biscuits (Northern Ireland)

½ cup butter, at room temperature

⅓ cup white sugar

¼ tsp salt

½ cup all-purpose flour

½ cup unsweetened shredded coconut

1 cup large flake rolled oats

Preheat oven to 350°F and oil a cookie sheet.

Cream butter. Add sugar and salt and beat well. Beat in flour.

Mix in coconut and rolled oats.

Sprinkle a little flour on a pastry board or counter, as well as a rolling pin. Roll dough to ¼ inch thick. Use a 2½ inch cookie cutter or glass to cut out 14 biscuits/cookies. Push scraps together to form more cookies.

Place on cookie sheet. Bake in the middle of the oven for 15 to 20 minutes until the biscuits are lightly coloured.

Allow to cool on the cookie sheet.



### **Chelsea Buns (England)** (my Mom's recipe)

Sweet Dough:

½ cup warm water

1 tsp sugar

2½ tsp traditional yeast

½ cup milk

¼ cup sugar

½ tsp salt

¼ cup butter

3 cups all-purpose flour

1 egg, at room temperature, beaten

Topping:

6 Tbsp butter

½ cup packed brown sugar

½ cup whole pecans

⅓ cup glace cherries, cut in half

Filling:

¼ cup butter

½ cup packed brown sugar

1 tsp cinnamon

1 cup pecans, finely chopped

Sprinkle yeast into lukewarm water in which the 1 tsp of sugar has been dissolved. Let stand 10 minutes and then stir. Warm the milk in the microwave until little bubbles just begin to form around the edge.

Add ¼ cup sugar, butter, and salt. Add dissolved yeast and stir well. Add half the flour and beat vigorously with a wooden spoon until dough is smooth and elastic. Add beaten egg and mix well. Add enough flour to obtain a soft dough that will not stick to the bowl.

Turn out on a lightly floured board and knead until smooth and satiny, 8 to 10 minutes. Place dough in a warm large bowl, greased; turn dough over to grease surface well. Cover with

greased waxed paper and a clean cloth. Let rise until double in bulk in a warm place, about 1 hour. Punch dough down. Cover and let rest 10 minutes.

Meanwhile, prepare two 8-inch pans with topping ingredients: melt 3 Tbsp butter in each pan in the oven and stir  $\frac{1}{4}$  cup brown sugar into each pan. Place the whole pecans and cherries on top. Set aside.

On a lightly floured surface, roll dough into a 15 by 18-inch rectangle. Spread dough with butter and sprinkle on brown sugar and cinnamon.

Sprinkle finely chopped pecans on top. Roll up along the long side jelly-roll style; pinch edges together to seal. Cut into 1" slices and place cut side up on top of mixture in pans.

Cover and let rise in a warm place until almost doubled in size about 50-60 minutes.

Bake at 350°F for 25-35 minutes or until golden brown. Remove from pans while still warm; turn out upside down onto large plate.

### Dairy-Free Breadmaker Chelsea Buns (England)



#### Sweet Dough:

- 1 cup plus 1 Tbsp water
- $\frac{1}{4}$  cup sugar
- 1 tsp salt
- 3 Tbsp canola oil
- 1 egg
- 3 cups all-purpose flour
- $2\frac{1}{2}$  tsp breadmaker or rapid rise yeast

#### Topping:

- 6 Tbsp dairy-free margarine
- $\frac{1}{2}$  cup packed brown sugar
- $\frac{1}{2}$  cup whole pecans

#### Filling:

$\frac{1}{4}$  cup margarine

$\frac{1}{2}$  cup packed brown sugar

$1\frac{1}{2}$  tsp cinnamon

1 cup pecans, finely chopped or 1 cup raisins or currants, soaked and patted dry

Place the sweet dough ingredients, in the order listed, in the bread pan fitted with the kneading paddle. Place the bread pan in the breadmaker. Select the Dough Setting and 1.5 lb. loaf. Press Start.

Prepare two 8-inch pans (round or square) with topping ingredients: melt 3 Tbsp margarine in each pan in the oven. Stir  $\frac{1}{4}$  cup brown sugar into each pan and spread evenly over the pan. Place whole pecans on top. Set aside.

When breadmaker cycle is complete, remove dough, punch down and let rest 10 minutes.

On a lightly floured surface, roll dough into a 12 by 20-inch rectangle. For the filling, spread dough with margarine and evenly sprinkle on brown sugar and cinnamon. Sprinkle chopped pecans, raisins, or currants on top. Roll up tightly from the long side, stretching dough as you do and then pinch long edge together to seal. Cut into 1" slices and place cut side down on

top of mixture in pans. Cover and let rise in a warm place until almost doubled in size about 50-60 minutes.

Bake at 350°F for 25-35 minutes or until golden brown. Remove from pans while still warm; turn out upside down onto large plate.

### **Other Ideas**

British Flapjacks (oatmeal squares)

Cornish Pasties

Fifteens (Northern Ireland)

Mince Pies (mincemeat)

Ploughman's lunch (e.g. bread, cheese, ham or hard boiled eggs, vegetables, Chutney [Branston pickle, tomato chutney, piccalilli, or pickle relish], pickled onions or gherkins)

Sausage Rolls

Scones

Sticky Toffee Pudding

Victoria Sponge Cake

High Tea:

- small sandwiches (e.g. cucumber, salmon, cream cheese, coronation chicken, ham, or egg)
- scones with jam
- little cakes
- little tarts or cookies
- tea

### **Welsh Cakes**

If you do an internet search for baking recipes from Wales, Welsh cakes are what comes up. This recipe is a combination of four recipes that I found. The pan must be hot before you add the cakes. They are a little crumbly when you remove them from the heat but set up nicely after a minute or two.

1½ cups stirred all-purpose flour

½ cup sugar

½ tsp cinnamon

¼ tsp ground mace or nutmeg

1½ tsp baking powder

½ tsp salt

¼ cup butter



⅓ cup lard

⅓ cup currants, rinsed and patted dry

1 egg

2 to 3½ tsp water

Stir together flour, sugar, cinnamon, mace (or nutmeg), baking powder, and salt in a bowl. Mix in the butter and lard using a pastry cutter, your fingers, or a food processor until it looks like coarse crumbs. Stir in currants. Set aside.

Combine egg and 2 teaspoons water and beat well. With a fork, stir the egg mixture vigorously into the flour until you have soft dough. Add another 1 to 1½ teaspoons of water if dough is not holding together.

Roll out dough on a lightly floured work surface to ¼ inch thick. Cut out rounds using a 2 inch cookie cutter or juice glass. Reroll scraps and cut again.

Heat a heavy frying pan to medium hot. Grease with lard or oil. Cook Welsh cakes for about 3 minutes per side. Welsh cake should be golden brown, crisp, and cooked through. If needed, adjust temperature. Remove to a plate and allow to cool a little. Serve warm or cool. Makes 25 cakes.