

PART 3 - PASTRY

CHAPTER TWENTY SIX

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BATTERS

1. BAKING POWDER BATTER

1 LITRE

Ingredients

Flour	500 g
Water	625 ml
Salt	pinch
Baking Powder	15 g
Yellow colouring	

Method

1. Sieve the flour salt and baking powder together in a basin.
2. Make a bay, add half of the liquid and mix thoroughly.
3. Gradually add the remainder of the liquid and adjust the colour if required.

2. EGG WHITE BATTER

1 LITRE

Ingredients

Flour	400 g
Water	625 ml
Oil	30 ml
Salt	pinch
Eggs	2

Method

1. Sieve the flour and salt together into a basin.
2. Make a bay, add half the water and mix thoroughly. Gradually add the remainder of the water and oil.
3. Allow to stand for 15 minutes.
4. Separate the egg whites from the yolks and immediately prior to using the egg whites whisk them to a stiff peak and fold into the batter.

3. PANCAKE BATTER

1 LITRE

Ingredients

Eggs	2
Flour	325 g
Milk	700 ml
Sugar	15 g
Salt	pinch
Yellow colouring	

Method

1. Sieve the flour and salt together into a basin, make a bay and place the sugar in the centre.
2. Break the eggs into the bay, add half the milk and mix to a smooth batter.
3. Gradually add the remainder of the milk and adjust the colour if required.
4. Allow to stand for 15 minutes before using.

4. YEAST BATTER

1 LITRE

Ingredients

Flour	600 g
Yeast	20 g
Sugar	25 g
Milk	650 ml
Salt	
Yellow colouring	

Method

1. Sieve the flour and salt together into a basin.
2. Mix the yeast and sugar together, add the milk warmed to 32°C.
3. Allow to stand for 15 minutes then mix together with the flour and salt.
4. Use in the fully fermented bubbly condition.

FILLINGS

5. ALMOND FILLING

1 KILOGRAM

Ingredients

Ground almonds	300 g
Flour	75 g
Eggs	6
Margarine	300 g
Castor sugar	300 g
Almond essence	

Method

1. Sieve the almonds and flour together and put aside.
2. Break the eggs into a basin and whisk lightly.
3. Cream together the margarine and sugar.
4. Add the eggs to the margarine and sugar.
5. Blend in the sifted flour and almonds. Mix to a smooth texture.
6. Add almond essence.

6. BUTTER CREAM - COLD

1 KILOGRAM

Ingredients

Icing sugar	450 g
Butter	450 g
Evaporated milk	125 ml
Essence	
Yellow colouring	

Method

1. Sieve the icing sugar.
2. Lightly cream the butter then gradually add the sugar beating vigorously.
3. Add the milk, colouring if required, and the essence. The butter cream should have a light texture.

7. BUTTER CREAM - HOT

1 KILOGRAM

Ingredients

Eggs	10
Vanilla syrup (30°C)	300 ml
Butter	600 g
Essence	

Method

1. Separate the yolks from the whites.
2. Place the yolks and syrup in a bowl. Stand the bowl over a saucepan half full of hot water and heat the mixture over a low heat until it ribbons.
3. Remove from the heat and beat until cold then add the butter gradually beating vigorously.
4. Add the essence.

Note: The vanilla syrup is made of sugar and water. The density of the syrup is determined by the ratio of sugar to water. To produce sufficient for the recipe boil together 200 g sugar to 150 ml water.

8. FRUIT PUREE

1 KILOGRAM

Ingredients

Fruit	900 g
Sugar	125 g
Water	

Method

1. Prepare the fruit and sugar in a saucepan with the water and cook over a low heat until soft.
2. Pass through a sieve.

Notes:

1. The consistency of the puree depends on the liquid content of the fruit therefore it is advisable to keep the amount of water to a minimum when cooking.
2. A nylon sieve should be used; wire sieves can impart a metallic taste to the puree.
3. Fruit such as apples discolour if left exposed to the air. As these are peeled they should be placed in salted water and then immediately prior to cooking rinsed free of salt. Lemon juice may be added to preserve colour and impart flavour.

9. PASTRY CREAM

1 LITRE

Ingredients

Milk	650 ml
Flour	60 g
Sugar	200 g
Eggs	7
Vanilla essence	

Method

1. Separate the egg yolks from the whites.
2. Mix the yolks, sugar and essence in a basin with 60 ml of milk.
3. Add the flour and mix all the ingredients together.
4. Boil the remainder of the milk and stir into the mixture.
5. Return to the saucepan and bring to the boil, stirring constantly.
6. Allow to cool and use as required.

10. WHIPPED CREAM

50 MILLILITRES

Ingredients

Double cream	500 ml
Caster sugar	25 g
Vanilla essence	

Method

1. Place the cream, sugar and vanilla essence into a bowl.
2. Whisk, until the cream thickens and stands in soft peaks.
3. For a thicker consistency, whisk until the mixture stands in stiff peaks.
4. Use as an accompaniment or filling.

Note: If the cream is whisked too much it will separate and turn to butter.

GLAZES**11. APRICOT GLAZE**

1 LITRE

Ingredients

Apricot jam	900 g
Sugar	125 g

Method

1. Place the jam and sugar in a saucepan. Bring to the boil stirring continuously.
 2. Pass through a fine strainer and reboil.
- Note:** This glaze must be used at boiling point.

12. ARROWROOT GLAZE

1 LITRE

Ingredients

Fruit syrup	1 ltr
Arrowroot	25 g
Colour	
Sugar	

Method

1. Dilute the arrowroot in a little of the fruit syrup.
2. Bring the remainder of the syrup to the boil.
3. Add the arrowroot and bring back to the boil; simmer until clear.
4. Sweeten and colour as required.

13. BUN

500 MILLILITRES

Ingredients

Water	275 ml
Sugar	225 g

Method

1. Bring the water and sugar to the boil.
2. Remove the scum and brush with the glaze lightly over the finished product while it is still hot.

14. CORNFLOUR GLAZE

1 LITRE

Ingredients

Fruit syrup	1 ltr
Cornflour	25 g
Colour	
Sugar	

Method

1. Dilute the cornflour with a little of the syrup.
2. Bring the remainder of the syrup to the boil.
3. Add the cornflour, bring back to the boil and simmer for 1 minute.
4. Sweeten and colour as required.

Note: Cornflour produces an opaque product so this glaze should be used sparingly.

15. GUM ARABIC GLAZE*Ingredients*

Gum arabic (acacia powder)	25 g
Sugar	250 g
Water	125 ml

Method

1. Put the water into a heatproof bowl and sprinkle the gum arabic on top.
2. Place the bowl into a saucepan of warm water and heat gently until the gum arabic solution has dissolved.
3. Strain the arabic solution through a fine sieve into a container. The solution is now ready for use.

Notes:

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1. All equipment used in making gum arabic solution should first be sterilised to remove any traces of oil or dust.
2. Gum arabic solution can be used for painting on petals or calyx of sugar flowers instead of egg white. It may be mixed with concentrated liquid colourings when painting leaves and will give more body to the colour being used.
3. Rose or orange water may be used in place of plain water.

ICINGS

16. ALMOND PASTE

1 KILOGRAM

Ingredients

Ground almonds	500 g
Icing sugar	500 g
Eggs	3

Method

1. Separate the yolks from the whites.
2. Sieve together the almonds and sugar.
3. Make a bay, add the yolks and mix together to form a stiff paste.

17. PASTILLAGE

400 GRAMS

Ingredients

Icing or confectioners sugar	400 g
Gum tragacanth	10 g
Egg	1
Lemon juice or acetic acid	20 ml

Method

1. Sieve together the icing sugar and gum tragacanth.
2. Separate the white of the egg from the yolk and whisk the white in a bowl until frothy.
3. Stir in the icing sugar a little at a time beating vigorously and then add the lemon juice.
4. Store in an airtight polythene bag in a refrigerator until required for use.

Notes:

1. Rolled On or Sugar Paste

Rolled on paste or sugar paste is used for covering cakes. It is so called because it can be rolled out and moulded over the cake. It is also sometimes known as fondant icing but should not be confused with the pouring fondant or decorating icing used for small cakes and fancy pastries. Sugar paste can be bought in ready to use blocks but is quite straight forward to make.

2. Flower or Petal Paste

Flowers are made using flower (petal) or moulding paste. This sweet paste is similar to sugar paste but slightly firmer in texture and is easier to mould. Two different recipes are given for flower or petal paste, which one is used is a matter of personal choice. Alternatively, flower or petal paste can be purchased ready to use.

18. FLOWER OR PETAL PASTE

500 GRAMS

Ingredients

Icing or confectioners sugar	500 g
Powdered gelatine	10 g
Water	60 ml
Liquid glucose	15 ml

Method

1. Sieve the icing or confectioners sugar into a bowl.
2. Put the water in a small heat proof bowl, sprinkle in the gelatine and leave it to soften for 3 minutes.
3. Stand the bowl in a saucepan of hot water and apply gentle heat, stir, until all the gelatine is dissolved.

4. Add the glucose. The liquid should be quite clear before adding it to the icing or confectioners sugar.
5. Make a bay in the centre of the sugar and stir in the gelatine mixture with a spatula to make a firm paste.
6. Put the paste in an airtight container and store in a refrigerator.
7. Leave to stand at room temperature for 4 hours before use.

19. FLOWER OR PETAL PASTE (USING A MIXER)

500 GRAMS

Ingredients

Icing or confectioners sugar	500 g
Gum tragacanth	15 g
Powdered gelatine	10 g
Water	25 ml
Liquid glucose	10 g
White vegetable fat or soya oil	10 g
Egg	1

Method

1. Sieve the icing or confectioners sugar into a bowl and mix in the gum tragacanth. Warm in the oven over a pan of hot water.
2. Separate the yolk from the white. Discard the yolk.
3. Put all the other ingredients, except the egg white into a bowl over a pan of hot water and heat until liquid.
4. Remove the sugar from the oven and pour the liquid into the warm sugar.
5. Warm the mixer beater. Transfer the sugar mixture to the bowl.
6. With the mixer on its lowest speed pour in the egg white and beat the mixture until it begins to cool; as it thickens it will come away from the side of the bowl in strings.
7. Store the paste in an airtight polythene bag in a refrigerator. Leave for 24 hours before using.

20. ROLLED ON PASTE (SUGAR PASTE)

1 KILOGRAM

Ingredients

Icing or Confectioners Sugar	900 g
Powdered Gelatine	25 g
Glycerine	15 ml
Liquid Glucose	15 ml
Water	50 ml
Food colouring (optional)	
Clear alcohol for brushing (Gin, Barcardi, Vodka)	

FOR DUSTING

Cornflour	100 g
Icing or confectioners sugar	100 g

Method

1. Put the water in a small heat proof bowl, sprinkle in the gelatine and leave to soften for 3 minutes.
2. Stand the bowl in a saucepan of hot water and heat gently, stirring until all the gelatine is dissolved.
3. Add the glycerine and glucose.
4. Sieve the icing or confectioners sugar into a bowl. Make a bay in the centre of the sugar and pour in the gelatine mixture. Mix together then knead until the paste is soft.
5. If using food colouring add at this stage.
6. If applying to a marzipanned cake, brush the marzipan with a clear alcohol.

7. Sieve some icing or confectioners sugar onto a work surface and roll out the sugarpaste. Cover the cake in the same manner as for marzipan.
8. When the sugarpaste is formed over the cake, dust the hands with cornflour and rotate the palm of the hand on the top of the cake to smooth the paste and expel any air.
9. Gently smooth the sides to shape of the cake.
10. Trim the paste at the base of the cake, remove any creases, tiny holes or blemishes.

21. ROYAL ICING

400 GRAMS

Ingredients

Icing or confectioners sugar	400 g
Lemon juice or acetic acid	40 ml
Eggs	2

Method

1. Separate the yolks of the egg from the whites and put the egg whites into a bowl.
2. Lightly whisk the egg whites to a froth then gradually add the sugar beating vigorously.
3. Add the lemon juice and beat until the icing forms soft peaks. Cover with a damp cloth and leave for 2 hours.

22. WATER ICING

1 LITRE

Ingredients

Icing sugar	1 kg
Water	150 ml
Essence and colouring	

Method

1. Sieve the icing sugar and heat the water to boiling point.
2. Remove from the heat and whisk in the icing sugar to form a smooth icing.
3. Colour and flavour as required.

23. FONDANT ICING

Ingredients

Sugar	800 g
Glucose	100 g
Water	250 ml

Method

1. Put the sugar and water into a saucepan and bring to the boil.
2. Remove the scum from the surface, add the glucose and cook to a soft ball texture, 120°C.
3. Remove from the stove and pour onto a wet marble or stainless steel surface. Allow to cool.
4. Stir the mixture with a spatula until it becomes white and set. Cover with a damp cloth.
5. After 15 mins rework the mixture until it becomes soft and smooth. Store it in a sealed glass container until required.
6. To reheat: place it in a pan and warm to blood heat in a bath of water.
7. Adjust the consistency with a little stock syrup. Colour and flavour as desired.

FONDANT

1. Fondant is made by agitating a sugar solution which has been boiled to 115°C. This action creates millions of tiny sugar crystals which thicken the syrup crystals to

form an icing which is brilliant white, caused by the light reflecting properties of the crystals. The smaller the crystals are the more light is reflected which in turn gives the fondant a greater shine or gloss. Fondant may be made by hand but the end product is never as white, smooth or glossy as the commercially produced item.

2. Fondant icing should be set with a pleasant gloss or shine and to bring it to the correct condition for coating requires great care and attention. To achieve this it is important that at no stage should the fondant be overheated. Overheating will cause the tiny crystals to grow in size and so reduce the light reflecting properties which, in turn, will give a dull appearance to the finished product. For best results the following points should be considered.

- a. Always use fondant icing when it is at its freshest.
 - b. Break the icing into small pieces for warming.
 - c. Apply gentle heat only, not above 38°C or the gloss will be lost.
 - d. Adding a little stock syrup at 38°C will bring the icing to the required consistency, help preserve the shine and increase the yield of the icing.
 - e. The consistency required depends upon the eventual use, the warmer the icing the thinner the consistency the cooler the icing the thicker the consistency. As a guide, the larger the area to be covered the thicker the icing needs to be.
 - f. The area of the cake or sponge to be covered must be prepared or sealed with boiling apricot glaze or coated in another medium such as marzipan. Unless this preparation is done the moisture content in the icing will be drawn into the surface of the cake or sponge and this will result in loss of gloss or shine.
3. A number of ingredients may be added to fondant icing to improve its flavour, give it a range of different colours and also improve its gloss.
4. To improve the flavour the following may be added:
- a. Unsweetened chocolate couverture. This is melted and added up to 165 g per kg. Additional chocolate food colouring may be necessary to darken the icing.
 - b. Instant coffee up to 15 g per 500 g.
 - c. Fruit juice extracts, essences, essential oils, fruit concentrates, combiennes (combined colours and flavours), coffee and chocolate concentrates. Fruit juice may be used in place of stock syrup to adjust the icing sugar at the initial preparation stage to achieve a particular good product.
 - d. Evaporated milk added in place of stock syrup will impart a creamy consistency and taste.
5. To improve the gloss of the icing the following may be added:
- a. Gelatine, up to 70 g per kg of icing.
 - b. Egg white, up to 70 g per kg of icing.
 - c. Piping jelly, up to 140 g per kg of icing.

The addition of these items will affect the consistency and this must be taken into account when stock syrup is added.

JELLIES

24. LEMON JELLY

1.5 LITRES

Ingredients

Water	1.5 ltr
Sugar	250 g
Gelatine	110 g
Lemons	3
Cinnamon stick	3 cm
Coriander seeds	6
Eggs	3

Method

1. Separate the egg whites from the yolks.
2. Cut the lemons into halves and place these and the other ingredients into a saucepan.
3. Bring slowly to the boil, stirring frequently.
4. Remove from the heat, cover the saucepan with a lid and allow the mixture to infuse for 20 mins.
5. Strain through a jelly bag and use as required.

Note: For orange jelly; reduce the lemons to one and add 2 oranges, proceed as for lemon jelly.

25. FRUIT JELLY

1 LITRE

Ingredients

	Heavy	Light
<u>Lemon jelly</u>	750 ml	750 ml
<u>Fruit puree</u>	250 ml	375 ml

Method

1. Prepare the lemon jelly and allow it to cool but not set.
2. Prepare the fruit puree and allow it to cool.
3. Combine the jelly and the puree then place into a suitable mould or glass to set.

26. WINE JELLY

1 LITRE

Ingredients

Sugar	300 g
Gelatine	50 g
White wine	150 ml
Lemons	2
Eggs	2
Water	750 ml

Method

1. Squeeze the juice from both the lemons, grate the zest from 1½.
2. Warm the water in a saucepan and dissolve the gelatine in it. Add the sugar, lemon juice and zest, bring to the boil, remove from the heat and cover. Allow to infuse for 10 mins.
3. Separate the egg whites from the yolks.
4. Place the egg whites and wine together and whisk to a froth, whisk in the hot syrup.

5. Stir over the heat until the egg whites form a crust on the jelly, then simmer gently without stirring.
6. Cover again, remove from the heat and stand for a further 10 mins.
7. Strain through a jelly bag and use as required.

Notes:

1. If the first straining process fails to totally clear the jelly carry out the procedure a second time using a clean bag.
2. Soft fruits such as raspberries, redcurrants, strawberries, and blackberries are particularly suitable for making this jelly as they provide a rich flavour and colour.
3. For an even richer and full bodied product, champagne, rich dessert wine, Madeira, Port or Marsala can be added at the ratio of 75 ml per 250 ml of cold prepared jelly.

MERINGUE

27. BASIC MERINGUE

800 GRAMS

Ingredients

Caster sugar	400 g
Eggs	8
Lemon	1

Method

1. Separate the egg whites from the yolks, discard the yolks.
2. Place the whites into a bowl and whisk to a stiff peak.
3. Add a little lemon juice then gradually incorporate half the sugar until the meringue becomes full bodied and firm.
4. Carefully fold in the remainder of the sugar; use as required.

Notes:

1. Always use fresh eggs: stale eggs have a high degree of water in the whites and will not produce the volume required when whipped.
2. For good results it is important to ensure that all equipment used in the preparation of meringue is clean, dry and grease free.
3. When separating the egg yolks from the white no egg yolk must be allowed to remain in the white. Yolk contains fat and this can prevent the white expanding to the required volume.
4. Egg white should increase in volume seven-fold when whisked. It is high in protein (11%) which contains tiny filaments that stretch when beaten. When egg white is whisked, the protein filaments stretch and incorporate air which, in turn, gives the egg white its stiff, puffed-up appearance.
5. Correct oven temperature and conditions are most important when baking meringue. The lowest temperature possible is used to bake the meringue without colour and to thoroughly dry it out. Too high a temperature will have a two-fold effect:

- a. It will create steam and prevent the meringue from drying out resulting in a distorted product.
- b. The sugar content of the meringue may caramelize and turn the product brown. While this may be desired for certain dishes, a pure white finish to meringue is required in the majority of products. Where an oven temperature appears to be too warm, the oven door may be left slightly open during the baking process to help control the oven temperature.

6. Meringue can be piped into any desired shape using a variety of different sized star or plain tubes. Baked meringue should be thoroughly dried out before storage otherwise it will soften. Storage time is limited to about 3 days. Meringue should be made fresh and used as soon as possible.

28. ITALIAN MERINGUE 800 GRAMS

Ingredients

Eggs	8
Caster Sugar	400 g
Water	125 ml
Cream of Tartar	pinch

Method

1. Separate the egg whites from the yolks, discard the yolks.
2. Place the sugar, water and cream of tartar into a heavy bottomed saucepan. Dissolve the sugar over gentle heat then bring to the boil.
3. Boil the sugar syrup to the soft ball stage 120°C without stirring using a sugar thermometer.
4. Whisk the egg whites until fairly stiff then pour the sugar syrup gradually in a throat into the egg whites, whisking constantly until all the syrup is absorbed by the whites.
5. Continue whisking until the mixture is cold then use immediately or store in a container in a refrigerator until required.

Notes:

1. The addition of cream of tartar will help to stop any crystallisation of the sugar which would affect the finished product.
2. As the sugar syrup is added to the egg whites a reduction in volume will occur. Continued whisking to the cold stage will expand the mixture and restore the volume. The mixture should then be quite thick and dense and will peak well, retaining its shape without sagging.
3. For meringue shapes etc, bake in a pre-heated oven 120°C to 130°C for about 1 hour until completely dried out.
4. As a variation to the recipe, cocoa, instant coffee or chopped or ground nuts can be folded into the meringue before baking. Italian meringue can also be mixed with whipped or pastry cream and used as a topping for baked meringues or pastry based sweets.

PASTE

29. CHOUX PASTE 400 MILLILITRES

Ingredients

Flour	75 g
Eggs	3
Water	125 ml
Margarine	50 g

Method

1. Place the water and margarine into a saucepan and bring to the boil.
2. Add the flour and beat vigorously with a spatula over heat until the mixture leaves the sides of the pan clean.

3. Withdraw from the stove and allow to cool.
4. Mix the eggs together then add to the mixture in the saucepan in small quantities beating until the mixture is smooth.

30. FLAKY PASTE 1 KILOGRAM

Ingredients

Flour	400 g
Water	200 ml
Salt	pinch
Margarine	400 g
Lemon	1

Method

1. Sieve together the flour and salt.
2. Cut the margarine into 25 mm cubes and mix them thoroughly with the flour without breaking down the cubes.
3. Make a bay, add the water and lemon juice and mix to a medium stiff dough.
4. Press out to an oblong shape 25 mm thick.
5. Cut in half, place one half on top of the other, again press out to 25 mm thickness and repeat this operation between 6 to 8 times.
6. Allow to relax in a cool place for 15 mins before using.

Notes:

1. This type of pastry is used primarily for covering pies and making sausage rolls.
2. It is not suitable for making vol-au-vents or fancy puff pastry goods.

31. FLAN PASTE 1 KILOGRAM

Ingredients

Flour	600 g
Sugar	30 g
Margarine	300 g
Water	60 ml

Method

1. Sieve the flour and then rub in the margarine to a sandy texture.
2. Make a bay in the centre.
3. Place in the water and sugar, dissolve the sugar and mix with the flour and margarine to a smooth paste.

Note: A richer product is obtained by substituting egg for water. Additionally, there is no need for the use of peas, beans, etc, in blind baking, and if wrapped in greaseproof paper and stored in a cool place this paste may be kept for a considerable time.

32. HOT WATER PASTE 1 KILOGRAM

Ingredients

Flour	600 g
Lard	150 g
Water	20 ml
Salt	5 g

Method

1. Sieve together the flour and salt and rub in the lard to a sandy texture.
2. Make a bay in the centre, add boiling water and mix thoroughly to form a smooth paste.
3. The paste should be kept hot whilst in use.

33. PUFF PASTE

1 KILOGRAM

Ingredients

Flour	400 g
Water	200 ml
Salt	5 mg
Margarine	80 g
Lemon	1
Pastry margarine	320 g

Method

1. Sieve together the flour and salt.
2. Rub the ordinary margarine into the flour to a sandy texture.
3. Make a bay, add the water and lemon juice and mix to a smooth paste.
4. Cover the paste with a damp cloth and allow it to relax in a cool place for 15 minutes then roll it out into a rectangle 20 mm thick.
5. Cover two thirds of the paste with an even layer of pastry margarine.
6. Fold the paste into 3 and lightly seal the edges, this is known as a half turn.
7. Roll out to a rectangular shape 20 mm thick and again fold in 3 layers, this makes 2 half turns.
8. Cover with a damp cloth and allow to relax for 15 minutes.
9. The paste must be rolled out and folded a further 4 times to make 6 half turns in all, leaving to rest in a cool place for 15 minutes between each turn.

Note: The best results are obtained when the mixing is carried out in a temperature of between 15°C and 18°C and the paste is kept at this temperature until required for baking.

34. RAISED PIE PASTRY

750 GRAMS

Ingredients

Flour	400 g
Salt	5 g
Margarine	200 g
Eggs	2
Water	50 ml

Method

1. Sieve together the flour and salt.
2. Rub in the margarine to a sandy texture.
3. Add the eggs and water and mix to a stiff dough.

35. SHORT PASTE

1 KILOGRAM

Ingredients

Flour	550 g
Salt	5 g
Baking powder	10 g
Margarine	275 g
Water	175 ml

Method

1. Sieve together the flour and salt.
2. Rub in the margarine to a sandy texture.
3. Make a bay and add the water.
4. Mix to a firm paste.

Note: Short paste must not be over-worked or it will become tough.

36. SUET PASTE

1 KILOGRAM

Ingredients

Flour	500 g
Baking powder	15 g
Water	300 ml
Suet	200 g
Salt	5 g

Method

1. Sieve together the flour, baking powder and salt and mix in the chopped suet.
2. Make a bay in the centre, add the water and mix to a firm paste.

37. SWEET PASTE

1 KILOGRAM

Ingredients

Flour	600 g
Sugar	60 g
Margarine	300 g
Eggs	2

Method

1. Sieve the flour and rub in the margarine to a sandy texture.
2. Make a bay in the centre.
3. Dissolve the sugar in the eggs.
4. Put the sugar and egg mixture into the centre of the bay and mix to a smooth paste.

Notes:

1. Care should be taken not to over mix this paste.
2. This paste is used for flans, tartlets etc.

SPONGE

38. GENOESE SPONGE

500 GRAMS

Ingredients

Margarine	150 g
Eggs	3
Baking powder	5 g
Caster sugar	150 g
Flour	175 g
Salt	pinch

Method

1. Grease baking sheets then line them with greaseproof paper to a depth of 25 mm.
2. Whisk the eggs lightly together in a basin.
3. Sieve together the flour, baking powder and salt.
4. Cream the margarine and sugar together and add the egg gradually to avoid curdling.
5. Add any essence or colour required.
6. Fold in the flour, baking powder and salt.
7. Spread the mix onto the baking sheets, smooth over the surface with a little milk.
8. Bake in an oven at 190°C for 30 minutes.
9. Remove from the oven and allow to cool in the baking tray.
10. When required for use warm the tray slightly to assist turning out.

UNCLASSIFIED

39. GANACHE

400 GRAMS

Ingredients

Double cream	125 ml
Chocolate	250 g
Butter	25 g

Method

1. Grate the chocolate. Melt the butter. Add the butter to the cream, bring to the boil, then add the grated chocolate.
2. Remove from the heat and stir until the chocolate has dissolved, allow to cool.
3. When cool, whisk until the mixture is completely smooth.

Notes:

1. Boiling the cream will eliminate any acid taste present. Use the freshest cream possible to maximise the storage time of the ganache.
2. Ganache may be flavoured with the addition of spirits, liqueurs, flavourings and essences. When using flavouring such as coffee it should be added to the cream and whisked in before adding to the chocolate. If using liqueur it should be added after whisking the ganache.
3. The ganache is ready to be whisked once it has cooled. The test for this is to stir it with a whisk and hold the whisk up. If the ganache sticks and does not run off, it is ready.
4. The consistency can be varied by altering the ratio of cream or chocolate. For a thinner mixture, increase the cream, for a thicker mixture increase the chocolate.
5. The texture can be further varied according to the type of chocolate used, a chocolate with a high cocoa butter content will produce a firmer texture.
6. Different coloured chocolate may be used: plain chocolate will produce a brown ganache, milk chocolate will produce blonde ganache and white chocolate white ganache.
7. Storage: in a refrigerator at 5°C for about 1 week. Ganache can be frozen but will lose volume on defrosting and is never as good as the fresh product.

Uses: Ganache may be used in 4 different ways:

1. Used hot, it can be poured over a sponge (or similar base) rather like fondant when it will set into a thin, soft textured coating.
2. When refrigerated, ganache will set to a firm paste which may be moulded into chocolate centres or sweets.
3. Whisking ganache when slightly warmed will produce a light cream which may be piped into a variety of patterns, rather like butter cream.
4. It may be used on its own as a filling or mixed with other ingredients or filling mediums.

40. PRALINE

1 KILOGRAM

Ingredients

Almonds	200 g
Hazelnuts	200 g
Sugar	800 g
Water	250 ml
Lemon	1
Glucose	150 g

Method

1. Blanch and skin the almonds.
2. Roast and skin the hazelnuts, chop them with the almonds.
3. Cook together the sugar and water, the glucose and the juice of the lemon to a golden brown colour.
4. Add the nuts and pour the mixture onto a marble slab or stainless steel table top.

5. Allow to cool, remove from the slab or table top and crush with a rolling pin.

Note:

Fine praline is required for certain dishes and this can be obtained by further crushing and then shaking through a sieve.

41. STOCK SYRUP

1 LITRE

Ingredients

Sugar	1 ltr
Water	800 g

Method

1. Boil the sugar with the water, removing any scum that may form.
2. Cool and store in polythene containers until required.

Note:

Used for glazing certain baked goods or, diluted for stewing fruit.

42. SAVARIN SYRUP

800 MILLILITRES

Ingredients

Sugar	300 g
Lemon	1
Orange	1
Water	500 ml
Coriander seeds	6
Cinnamon stick	25 ml

Method

1. Remove the zest of orange and lemon with a peeler, squeeze the juice from the fruit.
2. Place the water, sugar, zest and juice of the fruit and spice into a saucepan and bring to the boil. Allow to infuse for 15 minutes.
3. Drain and reheat ready for use.

Notes:

1. The recipe should be sufficient to soak 2 savarines or 30 babas or marignons.
2. For RUM savarin syrup, for use with rum babas, add 30 ml of rum or a few drops of rum essence after the syrup has been drained.

PART 3 - PASTRY

CHAPTER TWENTY SEVEN

Sweet Sauces/Butters

BUTTERS

1. Brandy
2. Brandy rich
3. Rum

SAUCES

4. Egg custard sauce (Anglaise)
5. Apricot
6. Brandy
7. Chocolate (1)
8. Chocolate (2)
9. Coulis (fruit sauce)

10. Custard
11. Jam (1)
12. Jam (2)
13. Lemon
14. Melba (fresh)
15. Melba (alternative)
16. Orange
17. Redcurrant
18. Rum (1)
19. Rum (alternative)
20. Sabayon
21. Syrup

BUTTERS

1. BRANDY BUTTER (BASIC)

600 GRAMS

Ingredients

Unsalted butter	300 g
Caster sugar	300 g
Brandy	60 ml

Method

1. Cream the butter until it becomes white.
2. Beat the sugar in gradually.
3. Add the brandy 5 ml at a time, beating well between each addition.
4. Place in a container and refrigerate until required.

Notes:

1. If the mixture shows any signs of curdling (separating) do not add all the brandy.
2. The finished appearance of the butter should be white and foamy.
3. For rum butter substitute rum for brandy.

2. BRANDY BUTTER (RICH)

750 GRAMS

Ingredients

Butter	100 g
Icing sugar	200 g
Eggs	2
Ground almonds	100 g
Brandy	10 ml
Double cream	250 ml

Method

1. Cream the butter with the icing sugar.
2. Break and mix the eggs then beat this and the ground almonds into the butter and sugar mixture.
3. Whisk the cream to a soft peak gradually then beat in the brandy.
4. Fold the cream into the mixture.
5. Place into a container and refrigerate until required.

Notes:

1. Use soft but not melted butter.
2. To obtain the best flavour from the butter, leave in a refrigerator over night before using.
3. For rum butter substitute rum for brandy.

3. RUM BUTTER

600 GRAMS

Ingredients

Soft brown sugar	350 g
Slightly salted butter	200 g
Rum	60 ml

Method

1. Sieve the brown sugar to remove any lumps.
2. Place the sugar into a bowl and pour on the rum. Stir until smooth.
3. Melt the butter slowly (do not boil) on a very low heat then pour it gradually onto the sugar and rum mixture, stirring until well-blended and starting to set.
4. Pour into a bowl and allow to set.
5. Spoon out when required.

SAUCES

4. EGG CUSTARD SAUCE (SAUCE ANGLAISE)

1 LITRE

Ingredients

Fresh milk	900 ml
Sugar	100 g
Eggs	6
Vanilla essence	

Method

1. Separate the egg yolks from the whites.
2. Mix the egg yolks, sugar and essence in a basin.
3. Bring the milk to the boil and pour onto the egg yolk mixture.
4. Return to the saucepan, place on a gentle heat and stir continually with a wooden spoon until the mixture thickens sufficiently to coat the back of the spoon.
5. Pass through a fine strainer and serve.

Notes:

1. This sauce must not be re-boiled. When the mix of hot milk, sugar and egg yolks is returned to the heat to thicken, great care must be taken to ensure it does not overcook and spoil.
2. After the sauce has been made care needs to be taken to prevent a skin forming. Several methods can be used to prevent this:
 - a. Make the sauce at the last moment before serving.
 - b. After making the sauce sprinkle the surface evenly with sugar.
 - c. Placing a lid on the saucepan or serving utensil will create steam and prevent a skin forming.
 - d. The use of a cartouche.

3. Certain sauces, such as jam sauce, can be used again as their high sugar content will prevent food spoilage occurring. However, sauces with a milk base, particularly custard, should not be re-heated and used again as they are a potential source of food poisoning.

5. APRICOT SAUCE

750 MILLILITRES

Ingredients

Water	500 ml
Apricot jam	450 g
Cornflour	25 g
Sugar	25 g
Yellow colouring	

Method

1. Mix the cornflour with a little of the cold water to a smooth paste.
2. Bring the remainder of the water, jam and sugar to the boil, pour in the ready mixed paste, stirring or whisking constantly.
3. Reboil until clear, adjust the colour, pass through a conical strainer and serve.

6. BRANDY SAUCE

500 MILLILITRES

Ingredients

Milk	500 ml
Sugar	25 g
Cornflour	25 g
Brandy	50 ml

Method

1. Mix the cornflour and sugar with a little of the milk into a smooth paste.
2. Boil the remainder of the milk, pour onto the paste, whisking or stirring constantly.
3. Return to the saucepan, stir to the boil and simmer for 4 minutes.
4. Add the brandy and serve.

7. CHOCOLATE SAUCE (1)

500 MILLILITRES

Ingredients

Fresh milk	500 ml
Sugar	60 g
Custard powder	25 g
Cocoa powder	25 g

Method

1. Mix the custard powder, cocoa powder and sugar to a smooth paste in a little milk.
2. Boil the remainder of the milk, pour onto the paste, whisking or stirring constantly.
3. Return to the saucepan, bring to the boil and simmer for 4 minutes.
4. Pour into a sauceboat and serve.

8. CHOCOLATE SAUCE (2)

500 MILLILITRES

Ingredients

Water	500 ml
Plain chocolate	100 g
Sugar	100 g
Cocoa powder	10 g
Instant coffee	10 g
Eggs (optional)	2
Vanilla essence	5 ml

Method

1. Break up the chocolate and put it into a saucepan with sugar, cocoa, coffee and water.
2. Heat slowly, stirring until melted.
3. Simmer with the lid off the pan until the mixture is the consistency of thin cream.
4. To finish the sauce if using egg yolks, remove the mixture from the heat. Blend the yolks with a little of the mix and then add to the mixture - do not reboil. Add the vanilla essence last.
5. If no egg yolk is used; continue to simmer the sauce until it thickens slightly before adding the vanilla essence.
6. Pour into a sauceboat and serve.

9. COULIS (FRUIT SAUCE)

750 MILLILITRES

Ingredients

Fruit	400 g
Water	300 ml
Sugar	150 g
Lemons	2

Method

1. Dissolve the sugar in the water, bring to the boil and simmer, uncovered, until the liquid becomes syrupy.
2. Pulp the fruit to a puree preferably in a blender or liquidizer.
3. Strain the puree through a conical strainer.
4. Mix the puree with the syrup and juice of the 2 lemons. Pour into a stainless or china bowl and keep covered in a refrigerator ready for use.

10. CUSTARD SAUCE

1 LITRE

Ingredients

Milk	1 ltr
Sugar	50 g
Custard powder	50 g

Method

1. Mix the custard powder and sugar to a smooth paste using a little of the milk.
2. Boil the remainder of the milk, pour onto the paste stirring continuously, return to the saucepan.
3. Carefully reboil, ensuring the sauce does not burn, withdraw from the stove and serve.

11. JAM SAUCE (1)

750 MILLILITRES

Ingredients

Water	500 ml
Jam (various)	450 g
Cornflour	25 g
Sugar	25 g
Colouring (if required)	

Method

1. Mix the cornflour with a little of the cold water to a smooth paste.
2. Bring the remainder of the water, jam and sugar to the boil, pour onto the paste stirring or whisking continuously.
3. Reboil until clear, adjust the colour, pass through a conical strainer and serve.

12. JAM SAUCE (2)

500 MILLILITRES

Ingredients

Jam (various)	500 g
Colouring (if required)	

Method

1. Place jam in a saucepan and slowly bring to the boil stirring frequently.
2. Pass through a conical strainer and adjust the colour as required.

Note: With the addition of 25 g of sugar and 20 ml of water at stage 1 the sauce can be diluted if required.

13. LEMON SAUCE

1 LITRE

Ingredients

Lemons	2
Sugar	125 g
Water	950 ml
Custard powder	25 g
Yellow colouring	

Method

1. Dissolve the custard powder in a little of the water.
2. Remove the zest from the lemons, blanch, refresh and cut into julienne.
3. Extract the juice from the lemons and make it up to 1 litre with water.
4. Add the lemon julienne and sugar, bring to the boil and simmer for 10 minutes.

CHAPTER 27

5. Add the diluted custard powder to the boiling liquid stirring constantly. Reboil and serve.

14. MELBA SAUCE (FRESH)

500 MILLILITRES

Ingredients

Raspberries (fresh)	250 g
Icing sugar	250 g

Method

1. Sieve the icing sugar.
2. Pass the raspberries through a fine sieve.
3. Add the icing sugar to the puree.
4. Allow to stand until the mixture becomes clear and bright.

15. MELBA SAUCE (ALTERNATIVE)

500 MILLILITRES

Ingredients

Raspberry jam	400 g
Sugar	100 g
Red colouring if required	

Method

1. Place the jam and sugar in a saucepan on a low heat and bring to the boil stirring frequently.
2. Pass the sauce through a conical strainer, correct the colour as desired.
3. Reboil for a further 5 minutes.
4. Cool then chill ready for use.

16. ORANGE SAUCE

1 LITRE

Ingredients

Oranges	4
Sugar	125 g
Water	800 ml
Custard powder	25 g

Method

1. Dissolve the custard powder in a little of the water.
2. Remove the zest from the oranges, blanch, refresh and cut into julienne.
3. Extract the juice from the oranges and make it up to 1 litre with water.
4. Add the orange julienne and sugar, bring to the boil and simmer for 10 minutes.
5. Add the diluted custard powder to the boiling liquid stirring constantly. Reboil and serve.

17. REDCURRANT SAUCE

500 MILLILITRES

Ingredients

Redcurrant jelly	450 g
<u>Stock syrup</u>	250 ml

Method

1. Heat the ingredients together until combined. Do not allow to boil as this will encourage setting when the sauce is cold.

18. RUM SAUCE (1)

500 MILLILITRES

Ingredients

Milk	500 ml
Sugar	25 g
Cornflour	25 g
Rum	50 ml

Method

1. Mix the cornflour and sugar with a little of the milk into a smooth paste.
2. Boil the remainder of the milk, pour onto the paste, whisking or stirring continuously.
3. Return to the saucepan, bring to the boil and simmer for 4 minutes.
4. Add the rum and serve.

19. RUM SAUCE (ALTERNATIVE)

750 MILLILITRES

Ingredients

Eggs	10
Water	250 ml
Caster sugar	350 g
Rum	150 ml

Method

1. Separate the egg yolks from the whites. Discard the whites.
2. Place the egg yolks and the remainder of the ingredients into a basic.
3. Steam over a pan of hot water (bain marie), whisking until the sauce is thick and creamy and its volume has increased 4 times.

20. SABAYON

Ingredients

Eggs	4
Water	200 ml
Caster sugar	125 g

Method

1. Separate the egg yolks from the whites.
2. Place the egg yolks and remainder of the ingredients into a basic.
3. Steam over a pan of hot water (bain marie), whisking continuously until the mixture thickens to a creamy texture and increases in volume 4 times.

21. SYRUP SAUCE

500 MILLILITRES

Ingredients

Lemon	1
Sugar	25 g
Water	400 ml
Syrup	125 g
Cornflour	50 g
Yellow colouring	

Method

1. Dissolve the cornflour in a little of the water.
2. Put the remaining ingredients in a saucepan and bring to the boil.
3. Add the cornflour to the boiling liquid, stirring continuously until the sauce has re-boiled.

PART 3 - PASTRY

CHAPTER TWENTY EIGHT

Biscuits

MOULDED

1. Parkin
2. Tuille

PIPED

3. Cats tongue
4. Cornets
5. Drop
6. Lady finger biscuits
7. Macaroons
8. Ratafia
9. Sponge fingers
10. Victoria
11. Viennese
12. Sable paste

ROLLED

13. Ginger
14. Rice
15. Sable
16. Scotch oatcakes
17. Shortbread
18. Spiced
19. Wine

SNAPS

20. Brandy
21. Oatmeal

MOULDED BISCUITS

1. PARKIN
10 BISCUITS

Ingredients

Plain flour	150 g
Oatmeal flour	150 g
Margarine	35 g
Syrup	150 g
Ground ginger	5 g
Mixed spice	5 g
Salt	pinch
Bicarbonate of soda	5 g
Water	50 ml
Milk	25 ml

Method

1. Oil a baking tray.
2. Warm the syrup then cream it together with the margarine in a bowl.
3. Sieve all the dry ingredients together and mix with the creamed margarine and syrup.
4. Add the water and mix thoroughly.
5. Divide into 10 pieces, roll into balls and flatten them out on a baking tray.
6. Brush the surface with milk and bake in an oven at 180°C for 15 minutes.

2. TUILLE
20-30 BISCUITS

Ingredients

Sugar	75 g
Flour	35 g
Butter	35 g
Eggs	2
Almonds (shredded)	30 g
Vanilla essence	2 drops

Method

1. Separate the egg whites from the yolks and melt the butter.
2. Oil and flour the baking trays.
3. Thoroughly beat the sugar and egg whites together then mix in the flour, butter and shredded almonds.
4. Using a small spoon, place portions of paste onto the baking sheet and shape them into round wafers.
5. Dust with a little icing sugar and bake in an oven at 230°C for 4 minutes.
6. Remove them from the oven and whilst they are still hot remove them from the tray with a pallet knife and place them over a suitable curved object ie rolling pin to allow a curved shape to form while they are cooling.

PIPED BISCUITS

3. CATS TONGUES
35-40 BISCUITS

Ingredients

Butter	100 g
Icing sugar	100 g
Flour	100 g
Eggs	4
Vanilla essence	2 drops

Method

1. Separate the egg whites from the yolks.
2. Oil the baking trays.
3. Cream the butter and sugar together in a bowl.
4. Add the egg whites individually, beating vigorously.
5. Add the vanilla essence then fold in the flour.
6. Place the mixture into a piping bag containing a 7 mm plain tube and pipe out the mixture onto the baking trays approximately 7.5 cm long and 5 cm apart.
7. Place the baking trays on the bottom shelf of an oven at 200°C until the edges of the biscuits begin to colour.
8. Remove from the oven and using a palette knife transfer the biscuits to a flat surface to cool.

4. CORNETS
35-40 BISCUITS

Ingredients

Butter	100 g
Icing sugar	100 g
Flour	100 g
Eggs	4
Vanilla essence	2 drops

Method

1. Separate the egg whites from the yolks.
2. Lightly oil the baking trays.
3. Cream the butter and sugar together in a bowl.
4. Add the egg whites individually, bating vigorously.
5. Add the vanilla essence then carefully fold in the flour.
6. Place the mixture into a piping bag containing a 7 mm plain tube. Pipe out the mixture onto the baking trays into rounds 2.5 cm in diameter and 5 cm apart.
7. Place the baking trays in the bottom of an oven at 200°C until the edges of the biscuits begin to colour.
8. Remove from the oven and working quickly while the biscuits are still hot, twist the biscuits into a cornet shape using either the point or the inside of a cream horn mould then place them on one side to set.

Notes:

1. For best results the cornets should be produced in small batches.
2. Using the inside of the mould will produce a tighter cornet.

5. DROP BISCUITS
15-20 BISCUITS

Ingredients

Butter	300 g
Caster sugar	200 g
Flour	200 g
Eggs	4
Vanilla essence	2 drops
Fondant	100 g

Method

1. Oil the slightly warmed baking trays then dust with flour.
2. Cream 200 g of butter with the sugar.
3. Add the eggs individually beating vigorously.

4. Add the flavouring and fold in the flour.
5. Place the mixture in a piping bag containing a 13 mm plain tube. Pipe the biscuits onto the trays about 2 cm apart.
6. Bake in an oven at 175°C until the edges of the biscuits begin to colour.
7. Remove them from the oven and allow to cool.
8. Make a filling with the remainder of the butter and fondant and use this to sandwich 2 biscuits together.

Note: Other flavourings and appropriate colours may be used, if desired at stage 4.

6. LADY FINGER BISCUITS

25-30 BISCUITS

Ingredients

Eggs	4
Flour	100 g
Caster sugar	100 g
Icing sugar	

Method

1. Separate the egg yolks from the whites.
2. Lightly oil the baking trays and line them with greaseproof paper.
3. Beat the egg yolks and sugar together until the mixture becomes creamy and almost white.
4. Whisk the egg whites to a stiff peak.
5. Lightly fold the egg whites and flour with the egg yolk and sugar mixture.
6. Using a piping bag containing a 13 mm plain piping tube, pipe out the mixture onto the greaseproof paper in 7.5 cm lengths.
7. Dust the biscuits with icing sugar and allow them to rest.
8. Bake in an oven at 175°C for about 10 minutes.
9. Remove the biscuits from the oven, lift them with the greaseproof paper and place them upside down on the table.
10. Brush the back of the paper with water to aid their removal, then put them on a pastry wire to cool before use.

7. MACAROONS

25-30 BISCUITS

Ingredients

Ground almonds	200 g
Ground rice	25 g
Caster sugar	300 g
Icing sugar	100 g
Eggs	4
Almond essence	
Split almonds for decoration	30
Rice paper	3 sheets

Method

1. Separate the egg whites from the yolks.
2. Lightly oil the baking trays and line them with rice paper.
3. Mix all the dry ingredients together, omitting the split almonds.
4. Add the egg whites and a few drops of almond essence, mix to a smooth paste.
5. Using a piping bag containing a 13 mm plain piping tube pipe the mixture onto the rice paper in button shapes 2.5 cm in diameter and 1.5 cm apart.

6. Damp them with a wet brush. Place a split almond on each and bake in an oven at 175°C until crisp and light brown.
7. Remove them from the baking trays, trim the rice paper around each macaroon and allow them to cool.

8. RATAFIA BISCUITS

40-50 BISCUITS

Ingredients

Ground almonds	200 g
Ground rice	25 g
Caster sugar	300 g
Icing sugar	100 g
Eggs	4
Almond essence	
Split almonds for decoration	30
Rice paper	3 sheets

Method

1. Separate the egg whites from the yolks.
2. Lightly oil the baking trays and line them with rice paper.
3. Mix all the dry ingredients together, omitting the almonds.
4. Add the egg whites, a few drops of almond essence and mix to a smooth paste.
5. Using a piping bag containing a 13 mm plain piping tube pipe out the mixture onto the rice paper in button shapes 1 cm in diameter.
6. Damp them with a wet brush, place a split almond on each and bake in an oven at 175°C until crisp and light brown.
7. Remove them from the baking trays, trim the rice paper around each biscuit and allow to cool.

9. SPONGE FINGERS

15-20 BISCUITS

Ingredients

Flour	125 g
Caster sugar	125 g
Eggs	3
Caster sugar for dusting	

Method

1. Place the eggs and sugar in a bowl and whisk vigorously over hot water (bain marie) for 10 minutes.
2. Remove from the heat and continue whisking until cold.
3. Lightly fold in the flour.
4. Using a piping bag containing a 13 mm plain piping tube pipe the mixture onto greaseproof paper in 7.5 cm lengths. Dust with caster sugar and remove the surplus from the paper.
5. Place onto the back of a baking tray and bake in an oven at 230°C for 15 minutes.
6. Remove them from the oven, turn the sheet of biscuits over the brush the paper with water. Allow to stand until the biscuits can be removed from the paper with ease.

10. VICTORIA BISCUITS

35-40 BISCUITS

Ingredients

Flour	300 g
Caster sugar	100 g
Margarine	250 g
Evaporated milk	75 ml
Vanilla essence	2 drops
Glace cherries	10
Split almonds for decoration	40

Method

1. Oil and flour the baking trays.
2. Cream the margarine and sugar to a light texture. Gradually add the milk and vanilla essence.
3. Add the flour in small amounts beating thoroughly.
4. Using a piping bag containing a 6 point star tube pipe the mixture onto the trays 11 cm long.
5. Bake in an oven at 175°C for 15 minutes.
6. Remove from the oven and using a palette knife transfer the biscuits onto a pastry wire to cool.

11. VIENNESE BISCUITS

Note: These biscuits are produced using a combination of Sablepaste and Victoria biscuits mixture.

1. Follow stages 1 to 5 of the sable paste recipe. Then follow stages 2 to 4 of the Victoria biscuits.
2. Pipe rosettes of the mixture onto the prepared paste bases and decorate with glace cherries and split almonds.
3. Bake in an oven at 230°C for 25 minutes.
4. Remove from the oven and transfer the biscuits onto a pastry wire to cool.

12. SABLE PASTE

35-40 BISCUITS

Ingredients

Flour	300 g
Margarine	200 g
Caster sugar	100 g
Egg	1
Vanilla essence	2 drops

Method

1. Sieve the flour.
2. Cream together the margarine and caster sugar.
3. Add the egg and 2 drops of vanilla essence and mix thoroughly.
4. Blend in the flour to a smooth texture then allow to set in a cool place for 1 hour.
5. Roll out the paste 3 mm thick and cut into rounds with a plain or fluted cutter 55 mm in diameter. Place on baking trays.

ROLLED BISCUITS

13. GINGER BISCUITS

45-50 BISCUITS

Ingredients

Wholemeal flour	200 g
White flour	200 g
Caster sugar	75 g
Margarine	50 g
Baking powder	10 g
Golden syrup	175 g

Ground ginger	5 g
Mixed spice	pinch

Method

1. Oil the baking trays. Place the syrup on the stove to warm.
2. Sieve together the 2 flours with the baking powder and spice.
3. Rub in the margarine to a fine sandy texture.
4. Make a bay, add the warmed syrup and sugar and mix to a dough.
5. Roll out 3 mm thick and cut into rounds with a 38 mm plain cutter.
6. Place onto the baking trays, 20 mm apart. Bake in an oven at 180°C for 30 minutes.

14. RICE BISCUITS

15-20 BISCUITS

Ingredients

Flour	125 g
Margarine	125 g
Ground rice	75 g
Egg	1
Baking powder	2.5 g
Salt	pinch
Milk	20 ml

Method

1. Oil the baking trays.
2. Break the egg into a bowl and mix.
3. Sieve the dry ingredients together into a bowl.
4. Rub in the margarine to a fine sandy texture.
5. Make a bay, add half the egg mixture and milk, mix thoroughly. If the mixture is dry, add more of the egg.
6. Roll out 5 mm thick and cut into rounds with a 55 mm fluted cutter.
7. Place onto the baking trays and bake in an oven at 175°C for 20 minutes.

15. SABLE BISCUITS

35-40 BISCUITS

Ingredients

Flour	300 g
Margarine	200 g
Caster sugar	100 g
Egg	1
Vanilla essence	2 drops

Method

1. Sieve the flour. Cream together the margarine and caster sugar.
2. Add the egg and 2 drops of vanilla essence, mix thoroughly.
3. Blend in the flour and allow to rest in a cool place for 1 hour.
4. Roll out the paste 3 mm thick, and cut into rounds with a plain or fluted cutter 55 mm in diameter.
5. Place onto baking trays and bake in an oven at 200°C for 15 minutes.
6. Remove from the oven and transfer the biscuits onto a pastry wire to cool.

16. SCOTCH OATCAKES

10 OATCAKES

Ingredients

Oatmeal (medium)	300 g
Margarine	75 g
Flour	50 g
Baking powder	15 g
Milk	125 ml
Salt	pinch
Egg	1

Method

1. Oil the baking trays, prepare the egg for egg wash.
2. Sieve together the flour, baking powder and salt, add the oatmeal. Rub in the margarine to a fine sandy texture.
3. Make a bay, add the milk and mix to a stiff paste, allow to stand for 1 hour.
4. Roll out 5 mm thick, cut into rounds with a 75 mm fluted cutter.
5. Place onto greased trays and brush with egg wash.
6. Bake in an oven at 200°C or 20 minutes.
7. Remove from the oven and transfer onto a pastry wire to cool.

17. SHORTBREAD

20 BISCUITS

Ingredients

Flour	300 g
Caster sugar	100 g
Butter	200 g

Method

1. Cream together the butter and sugar in a bowl.
2. Mix in the flour to a smooth paste.
3. Roll out the paste 10 mm thick.
4. Cut into rounds or fingers and place onto a baking tray. Prick with a fork.
5. Bake in an oven at 175°C for 40 minutes or until light golden brown in colour.
6. Remove from oven allow to cool on a tray then dust with caster sugar.

Notes:

1. To make a good shortbread it is important to use butter rather than margarine.
2. Shortbread is fragile. When shaping and transferring to a baking tray care must be taken. Shortbread must be allowed to cool and set on the tray used for baking.

18. SPICED BISCUITS

20 BISCUITS

Ingredients

Flour	200 g
Margarine	125 g
Currants	15 g
Egg	1
Ground cinnamon	pinch
Ground nutmeg	pinch

Method

1. Oil the baking trays.
2. Sieve together the flour and spices.
3. Rub in the margarine to a fine sandy texture.

4. Make a bay, add the egg and sugar and mix to a paste.
5. Roll out 5 mm thick and cut into rounds with a 55 mm fluted cutter.
6. Place onto the trays and bake in an oven at 175°C for 25 minutes.
7. Remove from the oven and sprinkle with caster sugar immediately.

19. WINE BISCUITS

45-50 BISCUITS

Ingredients

Flour	200 g
Sugar	100 g
Margarine	125 g
Baking powder	2.5 g
Egg	1
Milk	20 ml
Salt	pinch
Flavouring	

Method

1. Lightly whisk the egg in a bowl.
2. Sieve together the flour, salt and baking powder.
3. Rub in the margarine to a fine sandy texture.
4. Make a bay, add the milk, egg, sugar and flavouring and mix to a paste.
5. Roll out 5 mm thick and cut to any desired shapes.
6. Place onto baking trays and cook in an oven at 175°C for 15 minutes.

Notes:

1. Various flavourings can be used.
2. Colouring can be used to compliment a particular flavour, ie raspberry flavour can be coloured with pink or red colouring.
3. Before baking the biscuits may be decorated with a variety of different nuts or crystalized fruits.

SNAPS**20. BRANDY SNAPS***Ingredients*

Margarine	125 g
Flour	100 g
Syrup	110 g
Sugar	210 g
Ground ginger	2.5 g
Ground mixed spice	pinch

Method

1. Oil the baking trays and some wooden spoon handles.
2. Melt the syrup sugar and butter in a saucepan then allow to cool slightly.
3. Add the flour, ginger and mixed spice, mix together.
4. Using a small spoon, drop amounts of the mixture onto the baking trays 10 cm apart.
5. Bake in an oven at 175°C until golden in colour.
6. Remove from the oven, cool slightly and lift off the tray with a palette knife.
7. Working quickly roll the snaps over wooden spoon handles to form a cylinder.
8. Allow to cool before carefully removing from the spoon handles.

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Note: If allowed to cool too much brandy snaps become brittle and impossible to roll. They can be returned to a warm oven to re-soften.

21. OATMEAL SNAPS

450 GRAMS

Ingredients

Margarine	150 g
Golden syrup	35 g
Sugar	75 g
Rolled oats	200 g
Ground cinnamon	pinch

Method

1. Oil the baking trays.
2. Melt the margarine, sugar and syrup in a large saucepan.
3. Add the rolled oats and cinnamon, mix thoroughly.
4. Spread thinly onto the baking trays and bake in an oven at 150°C for 25 minutes.
5. Remove from the oven, allow to set and cut into squares whilst hot.

PART 3 - PASTRY

CHAPTER TWENTY NINE

Fancy Pastries/Small Cakes

BAKING POWDER

1. Cherry cakes
2. Coconut cakes
3. Fairy cakes
4. Madelines
5. Queen cakes
6. Rock cakes

CHOUX PASTRY

7. Choux buns
8. Eclairs
9. Souffle buns
10. Swans

MERINGUE

11. Coconut pyramids
12. Shells/shapes

PUFF PASTRY

13. Apple turnover
14. Banbury cakes
15. Conversation tarts
16. Cream horns
17. Almond slice
18. Eccles cakes
19. Fruit slices
20. Jalousie
21. Jam puff
22. Mille feuille slice
23. Palmiers

SCONE

24. Scone mix
25. Milk
26. Rich tea
27. Sultana
28. Drops
29. Oatmeal

SPONGE

30. Battenburg
31. Fondant slices
32. Iced Genoese fancies
33. Swiss tartlets

SWEET/SHORT PASTRY

34. Almond slice
35. Nelson slice
36. Apple slice
37. Bakewell tart
38. Congress tartlets
39. Frangipane tartlets
40. Fruit tartlets
41. Jam tartlets
42. Lemon tartlets

CHAPTER 29

1. CHERRY CAKES

10 CAKES

Ingredients

Flour	200 g
Caster sugar	125 g
Margarine	125 g
Eggs	2
Baking powder	5 g
Milk	25 ml
Salt	pinch
Vanilla essence	2 drops
Glace cherries	50 g

Method

1. Place 10 paper cake cases onto a baking sheet.
2. Sieve together the flour, salt and baking powder.
3. Cut the cherries into quarters; wash and dry thoroughly.
4. Cream the margarine and sugar together until light and fluffy.
5. Add the eggs one at a time, beating vigorously and then add the vanilla essence.
6. Fold the dry mix and the cherries into the creamed margarine, sugar and eggs. Stir in the milk.
7. Using a piping bag containing a large plain tube pipe the mixture into the paper cases, two thirds full.
8. Bake in an oven at 220°C for 20 minutes.
9. Remove the tray from the oven and allow the cakes to cool on a pastry wire.

2. COCONUT CAKES

10 CAKES

Ingredients

1. Place 10 paper cases on a baking tray.
2. Sieve together the flour, salt and baking powder then mix in the coconut.
3. Cream together the margarine and sugar until light and fluffy.
4. Add the eggs one at a time, beating vigorously.
5. Fold the dry ingredients into the creamed mixture and place into a piping bag containing a large plain tube. Pipe into the paper cases, two thirds full.
6. Bake in an oven at 175°C for 20 minutes.
7. Remove the tray from the oven and transfer the cakes to a pastry wire to cool.

3. FAIRY CAKES

10 CAKES

Ingredients

Flour	125 g
Caster sugar	100 g
Margarine	100 g
Eggs	2
Baking powder	5 g
Salt	pinch
Currants	25 g
Milk	25 ml
Vanilla essence	

Method

1. Place 10 paper cases on a baking tray.
2. Sieve together the flour, salt and baking powder.
3. Cream together the margarine and sugar until light and fluffy.

4. Add the eggs one at a time, beating vigorously then add the vanilla essence.
5. Fold the dry mix and half the currants into the creamed margarine, sugar and eggs. Stir in the milk.
6. Using a piping bag containing a large plain tube pipe the mixture into the paper cases, two thirds full.
7. Sprinkle the remainder of the currants on top before baking in an oven at 175°C for 20 minutes.
9. Remove the tray from the oven and transfer the cakes to a pastry wire to cool.

4. MADELINES

10 CAKES

Ingredients

Flour	150 g
Caster sugar	100 g
Margarine	100 g
Eggs	2
Baking powder	5 g
Salt	pinch
Milk	25 ml
Glace cherries	10 halves
Desiccated coconut	200 g
Raspberry jam	200 g
<u>Butter cream</u>	100 g

Method

1. Grease and flour 10 dariole moulds and place them on a baking sheet.
2. Sieve together the flour, salt and baking powder.
3. Cream together the margarine and sugar.
4. Fold in the dry mix and the milk.
5. Using a piping bag containing a large plain tube pipe the mixture into the moulds, two thirds full.
6. Bake in an oven at 175°C for 20 minutes.
7. Remove from the oven, turn out of the moulds on to a pastry wire and allow to cool.
8. Place the jam in a saucepan and bring to the boil, stirring frequently. Pass through a conical strainer, return to a clean pan and keep hot.
9. When the cakes have cooled, bring the jam back to the boil and using a fork to skewer the base of the cake dip each cake in the boiling jam level with the base then roll them in the desiccated coconut. Place on a pastry wire to cool.
10. Place the butter cream into a piping bag containing a small star tube. Pipe out a small rosette of butter cream on top of each cake and decorate with half a glace cherry.

5. QUEEN CAKES

10 CAKES

Ingredients

Flour	125 g
Caster sugar	100 g
Margarine	100 g
Eggs	2
Baking powder	5 g
Salt	pinch
Currants	25 g
Milk	25 ml
Vanilla essence to flavour	

Method

1. Place 10 paper cases on a baking tray.
2. Sieve together the flour, salt and baking powder.
3. Thoroughly cream together the margarine and sugar until light and fluffy.
4. Add the eggs one at a time, beating vigorously then add the vanilla essence.
5. Fold the dry mix and the currants into the creamed margarine, sugar and eggs. Stir in the milk.
6. Using a piping bag containing a large plain tube pipe the mixture into the paper cases, two thirds full.
7. Bake in an oven at 175°C for 20 minutes.
8. Remove the tray from the oven and transfer the cakes to a pastry wire to cool.

6. ROCK CAKES

10 CAKES

Ingredients

Flour	250 g
Sugar	100 g
Margarine	60 g
Eggs	2
Baking powder	10 g
Currants	50 g
Chopped mixed peel	10 g
Milk	125 ml
Salt	pinch

Method

1. Lightly grease baking trays.
2. Make an egg wash with one of the eggs and 25 ml of milk.
3. Sieve together the flour, salt and baking powder. Rub in the margarine to a fine sandy texture then make a bay and sprinkle the fruit around the edge.
4. Put the remaining egg, milk and 60 g of the sugar into a basin and mix together until the sugar has dissolved.
5. Pour the egg mixture into the bay and mix to a medium stiff dough.
6. Break into pieces and place an equal distance apart on the baking tray.
7. Using a pastry brush, dab with the egg wash, sprinkle with the remaining sugar and bake in an oven at 220°C for 25 minutes.
8. Remove the trays from the oven and transfer the cakes to a pastry wire to cool.

CHOUX PASTRY**7. CHOUX BUNS**

10 BUNS

Ingredients

<u>Choux paste</u>	400 ml
<u>Pastry cream</u>	250 ml
or	
Whipping cream	250 ml
Nib almonds	25 g
Icing sugar	50 g
Eggs	1
Milk	25 ml

Method

1. Lightly grease baking trays.
2. Place the choux paste into a bag containing a 15 mm plain piping tube then pipe the paste onto baking trays in small ball shapes 4 cm in diameter.
3. Prepare an egg wash with the egg and milk. Using a pastry brush, egg wash the buns then sprinkle with nib almonds. Cook in an oven at 220°C to a golden brown colour.
4. Remove the tray from the oven, transfer the buns to a pastry wire and allow to go completely cold.
5. Make a cut in the base and with a piping bag and a small plain tube pipe either cold pastry cream or whipped cream to fill the buns.
6. Dredge the buns with icing sugar and serve.

8. ECLAIRS

10 ECLAIRS

Ingredients

<u>Choux paste</u>	400 ml
<u>Pastry cream</u>	250 ml
or	
Whipping cream	250 ml
Fondant	200 g
Eggs	1
Milk	25 ml
Colouring and flavouring as required	

Method

1. Lightly grease baking trays.
2. Using a piping bag containing a 15 mm plain tube pipe the choux paste onto baking trays in finger shapes 10 cm long. Prepare an egg wash with the eggs and milk. Using a pastry brush egg wash the eclairs.
3. Cook in an oven at 220°C to a golden brown colour.
4. Remove the tray from the oven, transfer the buns to a pastry wire and allow to go completely cold.
5. Make a cut in the base and with a piping bag and small plain tube pipe, fill the eclairs with either pastry cream or whipped cream then to fill the eclairs. Coat the top of the eclair with fondant which has been flavoured and coloured as desired.

Note: For a more delicate eclair for use as a French pastry, pipe out 7 cm long using a 10 mm piping bag.

9. SOUFFLE BUNS

10 BUNS

Ingredients

<u>Choux paste</u>	400 ml
Whipping cream	250 ml
Icing sugar	50 g

Method

1. Lightly grease baking trays.
2. Place the choux paste into a piping bag containing an 8 point star tube then pipe onto baking trays in pyramid shapes with a 4 cm base.
3. Cover the trays of buns with either deep baking dishes or bread tins. Bake in an oven at 220°C for about 40 minutes.
4. Remove the trays from the oven, transfer the buns to a pastry wire and allow to go completely cold.
5. Make a cut in the base and with a piping bag containing a 10 mm plain tube fill the buns with whipped cream.

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- Dust with icing sugar and serve.

Notes:

- The baking trays are fitted with a deep baking dish as a lid to create steam in the baking process. This gives the buns the necessary lift and a "souffle" appearance.
- After baking for 20 minutes the buns should be carefully checked for colour and set, after which the covers can be replaced. Care must be taken with this process as steam will escape as the covers are lifted.

10. SWANS

10 SWANS

Ingredients

<u>Choux paste</u>	500 ml
Whipping cream	250 ml
Icing sugar	75 g
Eggs	1
Milk	25 ml

Method

- Lightly grease the baking trays.
- Place 400 ml of choux paste into a piping bag containing a 15 mm plain tube. Pipe onto baking trays in oval shapes 4 cm in diameter to form the bodies.
- Place 100 ml of choux paste into a piping bag containing a 5 mm plain tube. Pipe onto a separate baking tray into an "S" shape to form the necks.
- Prepare an egg wash with the eggs and milk. Using a pastry brush, egg wash the bodies and the necks.
- Cook in an oven at 220°C to a golden brown colour.
- Remove the trays from oven, transfer the bodies and necks to a pastry wire and allow to go completely cold.
- Remove the tops of the bodies with a knife then cut the tops into halves for the wings. Fill a piping bag containing a plain piping tube with whipped cream and fill the cut bodies. Arrange the necks and wings in position on the bodies to form the swans.
- Dredge with icing sugar and serve.

MERINGUE

11. COCONUT PYRAMIDS

10 PYRAMIDS

Ingredients

Desiccated coconut	200 g
Eggs	2
Sugar	200 g
Glace cherries	5
Rice paper	2 sheets

Method

- Line a baking tray with rice paper.
- Separate the egg whites from the yolks.
- Place the whites of egg and sugar in a bowl and whisk together over steam (bain-marie) for 5 minutes.
- Stir in the coconut to make a firm mixture.
- Divide the mixture into 10 pieces, mould into pyramid shapes and place onto baking trays. Decorate the tops with a half glace cherry and bake in an oven at 200°C for 7 minutes.
- Remove the tray from the oven, trim the excess rice paper and transfer the pyramids to a pastry wire to cool.

12. MERINGUES

20 MERINGUES

Ingredients

Caster sugar	400 g
Eggs	8
Lemon	1
Caster sugar for dusting	50 g

Method

- Line the baking trays with greaseproof paper.
- Separate the egg whites from the yolks.
- Place the whites of egg into a bowl and whisk to a stiff peak. Add a few drops of lemon juice then incorporate half the sugar in small quantities until the meringue becomes full bodied and firm. Carefully fold in the remainder of the sugar.
- Place the meringue mixture into a piping bag containing a 13 mm plain tube then pipe onto baking trays into egg shapes with an 8 cm base.
- Dust lightly with caster sugar and bake in an oven at 110°C for 1½ hours or until dry.
- Remove the trays from the oven, allow the meringues to cool then remove them from the paper.

Notes:

- Always use fresh eggs: stale eggs have a high degree of water in the whites and will not produce the volume required.
- For good results it is vital to ensure that all equipment used in the preparation of meringue is clean, dry and grease free.

PUFF PASTRY GOODS

13. APPLE TURNOVERS

10 PORTIONS

Ingredients

<u>Puff pastry</u>	625 g
<u>Apple puree</u>	400 g
Caster sugar	100 g

Method

- Roll out the puff pastry 3 mm thick and cut into circles using a 75 mm plain pastry cutter.
- Brush over the pastry circles with a little water then place 40 g of apple puree in the centre of each.
- Fold over in half and seal the edges.
- Brush the upper surface with a little water and dip in the caster sugar.
- Place onto the baking trays and allow to stand for 30 minutes. Bake in an oven at 200°C for 25 minutes.
- Remove from the oven and transfer to a pastry wire to cool.

14. BANBURY CAKES

10 CAKES

Ingredients

Currants	50 g
Cake crumbs	150 g
Mixed peel	10 g
Syrup	50 g
<u>Puff pastry trimmings</u>	600 g
Caster sugar	100 g
Mixed spice	5 g

Method

1. Roll out the pastry trimmings 3 mm thick and cut into circles using a 10 cm plain pastry cutter.
2. Warm the syrup in a saucepan, add all the dry ingredients except the caster sugar then bind together.
3. Place 25 g of the mixture into the centre of each circle of pastry.
4. Wet the edges of the pastry. Bring the edges together making a point at each end to form a boat shape.
5. Turn over the cakes and carefully flatten them with a rolling pin, keeping them boat shaped.
6. Brush the upper surface with water then dip in the caster sugar. Place onto the baking trays and make 2 or 3 diagonal incisions with the point of a knife.
7. Bake in an oven at 175°C for 25 minutes.
8. Remove from the oven and transfer to a pastry wire to cool.

15. CONVERSATION TARTS

10 TARTS

Ingredients

<u>Puff pastry trimmings</u>	300 g
<u>Puff pastry</u>	100 g
<u>Frangipane (almond paste)</u>	300 g
<u>Royal icing</u>	150 g
Raspberry jam	50 g
Cornflour	25 g

Method

1. Roll out the puff pastry 2 mm thick. Cut into circles using a 40 mm plain cutter and place to one side.
2. Roll out the puff pastry trimmings 2 mm thick, retain approximately 50 g for strips to be used on the top of the tarts. Cut the remaining pastry into rounds using a 60 mm plain cutter.
3. Line the tartlet moulds with the pastry rounds then pipe a dot of raspberry jam into the centre of each. Fill a piping bag containing a 5 mm plain tube with the frangipane mixture and three quarters fill each mould.
4. Damp the edges of the tartlets with a little water then place the cut pastry rounds on the top of the moulds.
5. Using the retained 50 g of puff pastry trimmings, cut into sufficient 3 mm strips to allow 4 for each tart.
6. Spread the top of each tart with a thin layer of royal icing removing any surplus. Place 4 strips of pastry on each tart in a trellis pattern.
7. Place the tartlets onto a baking tray and bake in an oven at 200°C for 18 minutes. Remove from the oven and allow to cool very slightly. Remove the tartlets from the moulds while they are still warm and then place on a pastry wire to cool.

Notes:

1. Neat royal icing will be too stiff for spreading onto the tarts, it should be thinned with a cornflour and water mix.
2. The correct mould for these tartlets is similar in size and shape to a custard tart tin but with a shallow fluted side. As an alternative, barquette moulds may be used.

16. CREAM HORNS

10 PASTRIES

Ingredients

<u>Puff pastry</u>	625 g
Caster sugar	50 g
Glace cherries	5
Whipped cream	250 ml
Raspberry jam	50 g

Method

1. Wash the glace cherries and cut into halves.
2. Roll out the pastry 2 mm thick to an oblong shape 35 cm long by 20 cm wide.
3. Lightly trim any uneven edges then cut the pastry into strips 20 mm wide x 35 cm, to yield 10 strips.
4. Brush the pastry with water and starting at the point of a cornet mould, wind on the pastry strip overlapping one third of the paste to form a coil finishing at the open end of the mould.
5. Lightly press the end of the pastry into the final coil to seal the end down.
6. Dip the surface opposite the seal into caster sugar and place onto the baking trays. Allow to rest for 1 hour.
7. Bake in an oven at 190°C for 25 minutes.
8. Transfer from the oven onto a pastry wire to cool. When cold, carefully remove the moulds from the pastries, a slight twist will free them.
9. Make a piping bag from greaseproof paper and fill it with raspberry jam, then pipe a line of jam inside the horn from the point to within 5 mm of the open end.
10. Whisk the cream and place it into a piping bag containing a 10 mm star tube.
11. Pipe the cream into the horn finishing with a whirl. Decorate with half of a glazed cherry.

17. ALMOND SLICES

10 CAKES

Ingredients

<u>Puff pastry</u>	625 g
<u>Frangipane (almond paste)</u>	300 g
Red jam	100 g
Icing sugar	50 g
Egg	1

Method

1. Roll out the puff pastry 3 mm thick then cut into an equal number of strips 9 cm wide.
2. Place half the strips onto baking trays and carefully egg wash the edges.
3. Using a greaseproof paper piping bag jam down the centre of the strip.
4. Place the frangipane into a piping bag containing a 10 mm plain tube then pipe a column of paste over the jam.
5. Place the second strip of pastry over each strip, press down and notch the edge to seal.
6. Egg wash and score the top crossways with a knife to decorate allow to rest for 1 hour.
7. Bake in an oven at 190°C for 45 minutes.
8. Remove from the oven, dust the surfaces with icing sugar and replace in the oven to glaze for 2 to 3 minutes.

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- Remove from the oven, transfer to a pastry wire and allow to cool then cut into portions.

18. ECCLES CAKES

10 CAKES

Ingredients

Currants	50 g
Cake crumbs	150 g
Mixed peel	10 g
Syrup	50 g
<u>Puff pastry trimmings</u>	600 g
Caster sugar	100 g
Mixed spice	5 g

Method

- Roll out the puff pastry trimmings 3 mm thick and cut into rounds using a 10 cm plain pastry cutter.
- Warm the syrup in a saucepan, add all the dry ingredients except the caster sugar and bind together.
- Place 25 g of the mixture into the centre of each round of pastry.
- Wet the edges of the pastry, bring the edges together into the centre to form a medallion shape.
- Turn over the cakes and carefully flatten them with a rolling pin keeping a regular shape.
- Brush the upper surface with water then dip into the caster sugar.
- Place onto baking trays and make 2 or 3 incisions with the point of a knife.
- Bake in an oven 175°C for 25 minutes or until golden brown.
- Remove from the oven and transfer to a pastry wire to cool.

19. FRUIT SLICE (USING TINNED FRUIT)

Ingredients

<u>Puff pastry</u>	300 g
Tinned fruit	400 g
<u>Pastry cream</u>	250 ml
Egg	1
<u>Apricot glaze</u>	250 ml

Method

- Prepare the fruit by draining well and slicing if necessary.
- Prepare an apricot glaze.
- Roll out the puff pastry 3 mm thick and cut into strips 9 cm wide.
- Cut 2 x 15 mm bands from each of the strips of pastry.
- Egg wash the long edge of each strip and place a band on each edge.
- Lightly prick the inside length of the strip with a fork.
- Egg wash the whole strip and allow to stand for 1 hour.
- Bake in an oven at 230°C for 20 minutes. Remove from the oven and transfer to a pastry wire to cool.
- When cool pour the hot pastry cream along the centre of each strip.
- Arrange the prepared fruit neatly on the pastry cream.
- Re-boil the apricot glaze and mask over the fruit. Allow to set then cut into portions.

20. JALOUSIE

Ingredients

<u>Puff pastry</u>	625 g
Red jam	200 g
Icing sugar	75 g
Egg	1

Method

- Roll out the puff pastry 3 mm thick and cut into oblong strips 8 cm wide.
- Place half the strips on a clean baking sheet and egg wash the edges.
- Using greaseproof paper piping bag pipe a little jam down the centre of each strip.
- Fold the remaining strips in half lengthways and cut slits through the folded edge at 6 mm spaces, to within 13 mm of the far edge.
- Carefully unfold then roll up lengthways. Place over the other strip and unroll over the jam. Press down and notch the edges to seal.
- Egg wash and allow to stand in a cool place for 1 hour then bake in an oven at 220°C for about 40 minutes.
- Remove from the oven, dust with icing sugar and return to the oven to glaze.

21. JAM PUFFS

10 PUFFS

Ingredients

<u>Puff pastry</u>	625 g
Jam	100 g
Caster sugar	100 g

Method

- Roll out the puff pastry 3 mm thick and cut into 8 cm rounds.
- Carefully roll out each one to form a triangle 15 cm on each side.
- Place 10 g of jam (preferably red) in the centre of each pastry triangle, moisten the edges with a little water and fold over.
- Turn over so that the joins are underneath, brush the top surface with a little water then dip each turnover in caster sugar.
- Place onto baking trays, allow to stand for 30 minutes then bake in an oven at 190°C for 30 minutes.
- Remove from the oven and transfer to a pastry wire to cool.

22. MILLE FEUILLE SLICE

Ingredients

<u>Puff pastry</u>	625 g
<u>Fondant icing</u>	200 g
<u>Apricot glaze</u>	25 g
<u>Pastry cream</u>	150 g
Red jam	50 g

Method

- Roll out the puff pastry 3 mm thick then cut into 3 equal lengths 65 mm wide.

2. Gather the trimmings and roll out 3 mm thick (shape is not important as this will be crumbled and used for covering the sides of the cooked slice).
3. Prick the pastry with a fork, place onto baking sheets and allow to rest for 20 minutes. Bake in an oven at 220°C until crisp and golden brown.
4. When cooked, remove from the oven and place onto a table upside down, press lightly with the hot tray and leave to cool and set.
5. Take the slice made from the pastry trimmings crumble it into flakes and put to one side. If necessary trim the other slices to correct their shape.
6. To assemble the slice select the best shaped layer for the top and put to one side. Spread jam on one layer, place the second layer on top then spread this with cold pastry cream, retaining about one third for spreading onto the sides. Place the remaining layer of pastry upside down onto the top of the other 2 slices to present a good flat surface.
7. Brush over the top with boiling apricot glaze.
8. Warm the fondant in a bain-marie, take out a small quantity and put half into each of 2 separate containers. Colour one chocolate, one pink. Fill 2 piping bags made from greaseproof paper with the coloured fondants.
9. While the remaining fondant is still warm, spread it evenly over the top of the slice then immediately pipe alternate lines (about 12 mm apart) of chocolate and pink fondant along the length of the slice.
10. Using the back of a knife and wiping between each stroke, pull the knife backwards and forwards across the piped lines at approximately 25 mm intervals to create a marbled effect.
11. Spread the sides of the slice with the remaining pastry cream, cover with the crumbled flakes of pastry and cut into portions.

Notes:

1. Whipped fresh cream flavoured with vanilla can be used as an alternative to pastry cream.
2. Roasted almonds can be used in place of crumbled puff pastry trimmings.

23. PALMIERS

10 PORTIONS

Ingredients

<u>Puff pastry</u>	625 g
Caster sugar	150 g
Red jam	50 g
Cream	150 ml
Butter	50 g

Method

1. Grease baking trays with butter.
2. Roll out the puff pastry 3 mm thick into a rectangle 40 cm x 27 cm using caster sugar in place of flour for dusting.
3. Starting from each end, fold the paste into 3 layers to finish at the centre. Fold both 3 layered ends to make 6 layers in all.
4. Cutting across the layers, cut 20 slices x 15 mm thick. Place onto the greased baking trays about 75 mm apart, with the cut side showing the fold uppermost.
5. Allow to rest for 1 hour.

6. Bake in an oven at 200°C until just tinged with colour and half cooked. At this stage, turn each palmier over glaze with caramelized sugar and continue baking to golden colour.
7. Remove from the oven and transfer to a pastry wire to go completely cold.
8. To finish the pastry, place a little jam on one palmier and sandwich with another using whipped cream.

SCONES**24. BASIC SCONE MIX**

10 SCONES

Ingredients

Flour	250 g
Sugar	50 g
Margarine	50 g
Baking powder	20 g
Milk	150 ml
Salt	pinch

Method

1. Sieve together the flour, baking powder and salt into a bowl.
2. Dissolve the sugar in the cold milk.
3. Rub the margarine into the flour to obtain a mix to a fine sandy mixture.
4. Make a bay in the dry mix, add the milk and sugar and mix to a smooth texture.
5. Roll out 15 mm thick and cut into rounds with a 5 cm plain cutter.
6. Place on the greased baking trays and allow to rest for 20 minutes.
7. Brush with egg wash and bake in an oven 220°C for 20 minutes.
8. Remove from the oven and transfer to a pastry wire to cool.

25. MILK SCONES

10 SCONES

Ingredients

Flour	250 g
Sugar	50 g
Margarine	50 g
Baking powder	20 g
Milk	150 ml
Salt	pinch
Egg	1

Method

1. Grease baking tray.
2. Sieve together the flour, baking powder and salt into a bowl.
3. Dissolve the sugar in the cold milk.
4. Rub the margarine into the flour to obtain a fine sandy texture.
5. Make a bay in the dry mix, add the milk and sugar and mix to a smooth texture.
6. Roll out 15 mm thick and cut into rounds with a 5 cm plain cutter.
7. Place on the greased baking trays and allow to rest for 20 minutes.
8. Brush with egg wash and bake in an oven at 220°C for 20 minutes.
9. Remove from the oven and transfer to a pastry wire to cool.

26. RICH TEA SCONES

10 SCONES

Ingredients

Flour	250 g
Sugar	50 g
Margarine	50 g
Baking powder	20 g
Milk	150 ml
Salt	pinch
Egg	1

Method

1. Grease baking trays.
2. Sieve together the flour, baking powder and salt into a bowl.
3. Dissolve the sugar in the cold milk.
4. Rub the margarine into the flour to obtain a fine sandy texture.
5. Make a bay in the dry mix, add the milk and sugar and mix to a smooth texture.
6. Divide the dough into 10 pieces and mould into balls.
7. Press flat and roll out to 15 mm thickness. Place onto the baking trays and allow to rest for 20 minutes.
8. Brush with egg wash and bake in an oven at 220°C for 10 minutes until half cooked. Then turn over to finish cooking, a total cooking time of between 15 and 20 minutes.
9. Remove from the oven and transfer to a pastry wire to cool.

27. SULTANA SCONES

12 SCONES

Ingredients

Flour	300 g
Sugar	60 g
Margarine	60 g
Baking powder	20 g
Milk	150 ml
Salt	pinch
Egg	1
Sultanas	50 g

Method

1. Grease baking trays.
2. Sieve together the flour, baking powder and salt into a bowl.
3. Dissolve the sugar in the cold milk.
4. Rub the margarine into the flour to obtain a fine sandy texture.
5. Add the fruit, make a bay in the dry mix, add the milk and sugar and mix to a smooth texture.
6. Divide the dough into 3 pieces and mould into balls.
7. Flatten and roll out 150 mm in diameter. Place onto the greased baking trays and cut into 4 at right angles.
8. Allow to rest for 20 minutes. Brush with egg wash and bake in an oven at 220°C for 25 minutes.
9. Remove from the oven and transfer to a pastry wire to cool. Separate into 12 pieces for service.

28. DROP SCONES

10 SCONES

Ingredients

Flour	200 g
Sugar	15 g
Baking powder	10 g
Milk	200 ml
Salt	pinch
Eggs	2

Method

1. Sieve together the flour, baking powder and salt into a bowl.
2. Dissolve the sugar in the cold milk then add the eggs.
3. Make a bay in the dry mix, add the egg, milk and sugar mixture and beat to a smooth batter with a spoon.
4. Grease and heat a griddle plate, thick frying pan or bratt pan and drop on sufficient mixture to form a round 80 mm in diameter.
5. Cook on both sides turning with a palette knife or slice.
6. Serve hot immediately.

29. OATMEAL SCONES

10 SCONES

Ingredients

Flour	125 g
Oatmeal	125 g
Sugar	50 g
Margarine	50 g
Baking powder	20 g
Milk	150 ml
Salt	pinch

Method

1. Grease baking trays.
2. Sieve together the flour, baking powder and salt into a bowl then mix in the oatmeal.
3. Dissolve the sugar in the cold milk.
4. Rub the margarine into the dry mix, add the milk and sugar and mix to a smooth texture.
5. Roll out 15 mm thick and cut into rounds with a 5 mm plain cutter.
6. Place on the greased baking trays and allow to rest for 20 minutes.
7. Brush with egg wash and bake in an oven at 220°C for 25 minutes.
8. Remove from the oven and transfer to a pastry wire to cool.

Note: Oatmeal is made from ground whole oat grains and is available in various grades. Medium ground oatmeal is the grade required for oatmeal scones as this will combine well with the flour, other grades are too fine or coarse.

30. BATTENBURG SLICE

Ingredients

<u>Genoise sponge mix</u>	600 g
Vanilla essence	few drops

Red Food colouring	few drops
Raspberry flavouring	few drops
<u>Apricot glaze</u>	150 g
Caster sugar	100 g

Method

1. Prepare and bake 2 Genoese sponges, one plain white colour and vanilla flavoured the other coloured pink and raspberry flavoured.
2. When cold, remove the skin or crust from the top and bottom halves of each of the sponges with a sharp knife.
3. Sandwich the 2 sponges together with apricot glaze.
4. Cut into 2 cm wide strips. Using apricot glaze, sandwich the strips together in alternating colours; white to pink to form a chequerboard pattern.
5. Roll out the marzipan 2 mm - 3 mm thick and correct the width to cover the sides of the sponge, allowing for a little trimming.
6. Spread the marzipan with apricot glaze, lay the sponge onto the marzipan at one end and roll it over so that it picks up the paste and becomes completely enveloped. Trim off any surplus marzipan and completely seal the open edge.
7. Keeping the cut edge to the bottom, crimp the 2 top edges with the fingers or a marzipan crimper.
8. For service cut into 15 mm slices.

31. FONDANT SLICE*Ingredients*

<u>Genoese sponge mix</u>	600 g
<u>Apricot glaze</u>	250 g
Jam (apricot or raspberry)	200 g
<u>Butter cream</u>	200 g
<u>Marzipan</u>	200 g
<u>Fondant icing</u>	400 g
Various flavourings as required	
Various colourings as required	
Caster sugar	100 g

Method

1. Prepare and bake the Genoese sponge adding the required flavouring and colouring.
2. When cold remove the skin or crust from the top of the sponge with a knife.
3. Flavour and colour the fondant as desired and prepare the jam for spreading.
4. Cut the sponge in half lengthways.
5. Spread the prepared jam onto one half then sandwich the 2 slices together.
6. Roll out the marzipan 2 mm thick. Spread the top of the sponge with hot apricot glaze and place the marzipan on top.
7. Place the sponge onto a pastry wire, brush the top with hot apricot glaze and pour over the prepared fondant to cover the top and the sides.
8. When set, decorate as desired and cut into portions for service.

Notes: The top of the finished slice may be decorated in a variety of ways. Some suggested ingredients are:

- a. Glace cherries
- b. Angelica
- c. Crystallized violets or rose petals
- d. Marzipan fruits
- e. Chocolate run-outs
- f. Chocolate line or decorative work

- g. Fondant line or decorative work
- h. Whole or split roasted nuts

32. ICED GENOESE FANCIES*Ingredients*

<u>Genoese sponge mix</u>	600 g
<u>Apricot glaze</u>	150 g
Jam (apricot or raspberry)	100 g
<u>Butter cream</u>	200 g
<u>Marzipan</u>	200 g
<u>Fondant icing</u>	400 g
Various flavourings as required	
Various colours as required	
Caster sugar	100 g

Method

1. Prepare and bake the Genoese sponge.
2. When cold, remove the skin or crust from the top of the sponge with a knife.
3. Flavour and colour the fondant as desired and prepare the jam for spreading.
4. Cut the sponge into 2 layers, spread one layer with jam and sandwich the 2 layers together.
5. Roll out the marzipan 2 mm thick. Spread the top of the sponge with hot apricot glaze and place the marzipan on top.
6. The sponge can now be cut into a variety of shapes: oblongs, triangles, diamonds or medallion shapes.
7. Place these onto a pastry wire, brush the tops with hot apricot glaze and pour on the prepared fondant to cover the top and sides of the cakes.
8. Allow to set and decorate as desired.

Note: The tops of the finished fancies may be decorated in a variety of ways. Some suggested ingredients are:

- a. Glace cherries
- b. Angelica
- c. Crystallized violets or rose petals
- d. Marzipan fruits
- e. Chocolate run-outs
- f. Chocolate line or decorated work
- g. Fondant line or decorative work
- h. Whole or split roasted nuts

Petit fours may be made in the same way, but should be cut smaller and be of similar size to chocolate sweets.

33. SWISS TARTLETS*Ingredients*

<u>Sponge trimmings</u> (assorted colours)	500 g
<u>Apricot glaze</u>	250 g
<u>Puff pastry trimmings</u>	300 g
Jam	100 g
<u>Water icing</u>	200 g

Method

1. Roll out the puff pastry trimmings 2 mm thick cut into medallion shapes using a 40 mm plain cutter and line the tartlet moulds. Place a small quantity of jam in the centre of each one.
2. Roughly dice the sponge trimmings, heat the apricot glaze and lightly combine the 2 together.
3. Fill the tartlets with the sponge mixture and bake in an oven at 175°C for 1 hour.

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4. Prepare the water icing.
5. Remove the tartlets from the oven and allow cooling. When cold, brush over with the hot apricot glaze and then the water icing. Allow to set then serve.

SWEET SHORT PASTRY

34. ALMOND SLICE

Ingredients

<u>Sweet pastry</u>	450 g
Granulated sugar	75 g
Caster sugar	75 g
Ground rice	10 g
Ground almonds	75 g
Flaked almonds	25 g
Egg	1
Raspberry jam	25 g
Water	15 ml

Method

1. Lightly grease baking trays.
2. Roll out the sweet pastry 5 mm thick and cut into strips 65 mm wide.
3. Crimp the edges and place onto the baking trays. Spread a thin layer of raspberry jam down the centre of each strip.
4. Separate the egg white from the yolk. Mix together the ground almonds, ground rice, caster sugar and granulated sugar together in a bowl. Add one egg white and the water and beat together.
5. With a piping bag containing a 20 mm plain tube pipe the almond paste along the centre of the prepared pastry strips.
6. Sprinkle with flaked almonds and bake in an oven at 175°C for 45 minutes.
7. Remove them from the oven, allow to cool then cut into portions for service.

35. NELSON SLICE

Ingredients

<u>Puff pastry trimmings</u>	200 g
<u>Short pastry</u>	600 g
<u>Leftover cake</u> (sponge or fruit cake or a mixture of both)	300 g
Chopped mixed peel	25 g
Currants	50 g
Sultanas	50 g
Mixed spice	5 g
Caster sugar	10 g
Jam	100 g
Milk	50 ml

Method

1. Roll out the puff pastry trimmings very thinly and place to one side.
2. Roll out the short pastry 3mm thick and use this to line a shallow baking tray. Prick the pastry all over with a fork then spread with a very small amount of the jam.
3. Break up the stale cake into small pieces, add the dried fruit, mixed peel, mixed spice and the remainder of the jam. Mix together adding a little of the milk to moisten if the mixture is too dry. Spread a thin layer of the mixture onto the pastry.
4. Place the rolled out puff pastry on the top of the filling, prick with a fork and mark out into portions

with a knife. Brush over with water, dust with caster sugar and bake in an oven at 175°C for 1 hour.

5. When cooked, remove from the oven and cut into portions.

36. APPLE TARTLETS

20 TARTLETS

Ingredients

<u>Sweet pastry</u>	500 g
Cooking apples	800 g
Sugar	50 g
<u>Apricot glaze</u>	100 g

Method

1. Line tartlet moulds with the sweet pastry.
2. Peel and core the apples and place into water.
3. Cut three quarters of the peeled apples into quarters and cook them in a saucepan with the sugar and a little water.
4. Pass the cooked apples through a sieve then divide between the tartlets.
5. Slice the remaining raw apples thinly and arrange them neatly on top of the apple puree.
6. Bake in an oven at 200°C for 20 minutes.
7. Boil the apricot glaze. Remove the tartlets from the oven and brush with the boiling glaze.
8. Allow to stand for a few minutes then remove the tartlets from the moulds and transfer to a pastry wire to cool.

Note: Due to their high acid content, cooking apples tend to discolour when peeled. To help prevent this, lemon juice or salt can be added to the water into which the apples are to be placed prior to use. If using salt, ensure that the apples are washed thoroughly before cooking.

37. BAKEWELL TARTLETS

20 TARTLETS

Ingredients

<u>Sweet pastry</u>	500 g
<u>Apricot glaze</u>	100 g
Red jam	100 g
<u>Water icing</u>	200 g
Margarine	125 g
Caster sugar	125 g
Flour	125 g
Cake crumbs	125 g
Eggs	3
Lemon	1
Almond essence	

Method

1. Line the tartlet moulds with the sweet pastry, retaining some of the rolled out pastry for decorating the tops.
2. Grate the rind and squeeze the juice from the lemon, place to one side.
3. Cream together the sugar and margarine in a basic, add the eggs one at a time beating vigorously.
4. Add the grated lemon rind, lemon juice and the almond essence.
5. Fold in the flour and the cake crumbs.
6. Using a piping bag with a 10 mm plain tube pipe the Bakewell mixture into the tartlet cases to within 5 mm of the top.

- Using the retained sweet pastry, cut strips of 5 mm width and sufficient length to fit the tartlet tops. Place a cross on top of each tartlet.
- Bake in an oven at 175°C for 25 minutes.
- Remove from the oven, brush with boiling apricot glaze and coat with water icing.

38. CONGRESS TARTLETS

20 TARTLETS

Ingredients

<u>Sweet pastry</u>	500 g
Granulated sugar	75 g
Ground rice	5 g
Ground almonds	75 g
Eggs	2
Raspberry jam	100 g
Caster sugar	75 g

Method

- Line the tartlet moulds with the sweet pastry and crimp up the edges. Retain a little of the rolled out pastry for decorating the tops.
- Using a greaseproof paper piping bag put a little raspberry jam into each tartlet.
- Separate the egg whites from the yolks and mix the whites together with the granulated sugar, ground almonds and ground rice.
- Divide the mixture equally between the tartlet moulds.
- Using the retained sweet pastry, cut strips to 5 mm width and sufficient length to fit the tartlets. Place a cross on top of each tartlet.
- Dust with caster sugar and bake in an oven at 150°C for 30 minutes.

39. FRANGIPANE TARTLETS

20 TARTLETS

Ingredients

<u>Sweet pastry</u>	500 g
<u>Almond filling</u> (frangipane)	250 g
Red jam	100 g
<u>Apricot glaze</u>	100 g
<u>Water icing</u>	200 g

Method

- Line the tartlet mould with the sweet pastry.
- Using a greaseproof paper piping bag put a little raspberry jam into the bottom of each tartlet.
- Using a piping bag with a 10 mm plain tube put the almond filling into the tartlets to within 5 mm of the top.
- Bake in an oven at 175°C for 25 minutes.
- Remove from the oven and brush with boiling apricot glaze.

40. FRUIT TARTLETS

20 TARTLETS

Ingredients

<u>Sweet pastry</u>	500 g
<u>Pastry cream</u>	250 ml
<u>Apricot glaze</u>	200 g
Fruit (tinned or fresh) as required	

Method

- Line the tartlet moulds with sweet pastry, fill with blind bake mix and bake in an oven at 175°C until cooked to a golden colour.
- When cooked remove the blind bake mix then fill each tartlet cake three quarters full with pastry cream.
- Arrange the fruit on top of the pastry cream, decorate or colour as desired then mask over the fruit with boiling apricot glaze.

Notes:

- Various tinned or fresh fruits may be used in the making of fruit tartlets. The fruit may also be decorated with cherries or angelica or coloured to enhance its appearance.

Tinned Fruit

- Peaches or Pears.** Drain the fruit well. Cut the fruit into fans or thin slices and arrange on top of the tartlets. A tinge of red or green may be given to the fruit with the use of a little diluted food colouring. Glaze with boiling apricot glaze.
- Cherries.** Drain the fruit well, remove the stones but leave the fruit whole. Arrange on top of the tartlets then glaze with boiling red coloured apricot glaze.
- Apricots.** Drain the fruit well. Place a half apricot on each tartlet and tint lightly with diluted red food colouring. Glaze with boiling apricot glaze.
- Pineapple.** Drain the fruit well and cut into thin fans or leave in wedges. Arrange on top of the tartlets then glaze with boiling apricot glaze.
- Mandarin Oranges.** Drain the fruit well. Arrange the segments on the tartlets then glaze with boiling apricot glaze.

Fresh Fruit

- Bananas.** Peel and slice the banana 3 mm thick. Arrange the slices neatly on each tartlet then glaze with boiling apricot glaze.
- Strawberries.** Clean the fruit and slice in half. Arrange the fruit on top of the tartlets then glaze with boiling red coloured apricot jam.
- Raspberries.** Pick over the fruit to remove any stalks and leaves, leave the fruit whole. Arrange to top of the tartlets then glaze with boiling red coloured apricot glaze.

41. JAM TARTLETS

20 TARTLETS

Ingredients

<u>Sweet pastry</u>	500 g
Jam	300 g

Method

- Line the tartlet moulds with sweet pastry.
- Put 15 g of jam into each tartlet case and allow to rest for 10 minutes.

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3. Bake in an oven at 200°C for 20 minutes. If necessary the jam may be thinned by addition of a little water.
4. Remove from the oven and allow to stand for 5 minutes before transferring the tartlets from the tray onto a pastry wire.

42. LEMON TARTLETS

20 TARTLETS

Ingredients

<u>Sweet pastry</u>	500 g
Lemon curd	300 g

Method

1. Line the tartlet moulds with the sweet pastry.
2. Put 15 g of lemon curd into each tartlet and allow to rest for 10 minutes.
3. Bake in an oven at 200°C for 20 minutes.
4. Remove from the oven and allow to stand for 5 minutes before transferring the tartlets from the tray onto a pastry wire.

PART 3 - PASTRY

CHAPTER THIRTY

Gateau/Torte

PUFF

1. Mille feuilles
2. Pithivier

GATEAUX

3. Basic mix
4. Coffee
5. Praline
6. Springtime
7. Chocolate walnut
8. Ginger
9. Monte Carlo
10. Cherry
11. Coffee acorn
12. Marzipan fruits
13. Fresh cream

SANDWICH

14. Chocolate
15. Victoria

SWISS ROLL

16. Plain
17. Chocolate
18. Yule log

TORTEN (BASES)

19. Dobos
20. Japonaise
21. Sable
22. Vanilla sponge
23. Chocolate sponge

(FILLINGS)

24. Bavaois
25. Butter cream
26. Fresh creams
27. Dobos
28. Sacher

PUFF PASTRY GOODS

1. GATEAU MILLE FEUILLES

Ingredients

<u>Puff pastry</u>	300 g
<u>Fondant icing</u>	200 g
<u>Apricot glaze</u>	50 g
<u>Pastry cream</u>	150 g
Red jam	50 g

Method

1. Roll out the puff pastry 3 mm thick then cut it into 3 rounds each 180 mm in diameter.
2. Gather the trimmings and roll out 3 mm thick. This will be crumbled after baking, and used for decorating the sides of the cooked gateau.
3. Prick the pastry with a fork. Place onto baking sheets and allow to rest for 20 minutes. Bake in an oven at 220°C until crisp and golden brown.
4. Remove from the oven and place onto a table upside down, press lightly with the hot tray and leave to set and cool.
5. Crumble the cooked trimmings into flakes and put on one side. If necessary, trim the rounds to correct their shape.
6. To assemble the gateau, select the best shaped round for the top and put to one side. Spread jam on one round, place the second round on top then spread this with pastry cream, retaining about one third for coating the sides. Place the retained round of pastry upside down onto the top of the other 2 rounds to present a flat surface.
7. Brush over the top with boiling apricot glaze.
8. Warm the fondant in a bain-marie then place a small quantity into each of 2 separate containers and colour one chocolate, one pink. Fill piping bags made from greaseproof paper with the coloured fondant.
9. Spread the remaining white fondant evenly over the top of the round and immediately pipe lines 12 mm apart across the surface alternating between chocolate and pink.
10. Pull the back of the knife across the lines at approximately 25 mm intervals then turn the gateau around and repeat the process from the opposite direction to create a marbled or feathered effect.
11. Coat the side of the gateau with the remaining pastry cream and cover this with the crumbled flakes of pastry.
12. Present on a doily covered tray or plate for service.

Notes:

1. Whipped fresh cream flavoured with vanilla can be used as an alternative to pastry cream.
2. Flaked roasted almonds can be used in place of crumbled puff pastry trimmings.

2. GATEAU PITHIVIER

10 PORTIONS

Ingredients

<u>Puff pastry</u>	500 g
<u>Almond filling</u> (frangipane)	500 g
Icing sugar	50 g
Egg	1

Method

1. Roll out a little less than half the pastry to a thickness of 2 mm and cut into a round 150 mm in diameter. This will form the base of the gateau.
2. Roll out the remainder of the pastry to a thickness of 3 mm and cut into a round 160 mm in diameter. This will form the top of the gateau.
3. Place the base onto a baking tray. Egg wash the edge then prick with a fork. Put the almond filling in the centre to form a pyramid, to within 2.5 mm of the edge of the pastry.
4. Cover with the other round and crimp the edges together.
5. Using a sharp knife, cut 8 curved slits from the centre to within 2.5 mm of the edge in the top layer of pastry.
6. Egg wash the top and allow to rest for 30 minutes.
7. Bake in an oven at 180°C for 45 minutes.
8. Remove from the oven, dust with icing sugar then return to the oven to finish cooking and also to allow the sugar to melt and glaze the top.

GATEAU

3. BASIC GATEAU MIX

8 PORTIONS

Ingredients

Flour	125 g
Eggs	4
Caster sugar	125 g
Butter	50 g

Method

1. Grease the cake tin and line it with greaseproof paper.
2. Warm the butter in a saucepan to clarify it.
3. Place the eggs and sugar into a hand bowl or basin and whisk vigorously over a saucepan half full of water until it forms a ribbon like texture.
4. Remove from the heat and continue whisking until the mixture has cooled and increased in volume by about 6 times.
5. Lightly fold in the flour with a metal spoon.
6. Add the clarified butter mixing in as little as possible consistent with the fully incorporated butter.
7. Place the mixture into the prepared cake tin and bake in an oven at 160°C for 30 minutes.
8. Remove from the oven and allow to cool slightly before turning out onto a pastry wire. Allow to cool and set before removing the greaseproof paper.

Notes:

1. In sponge making, the egg is whisked with sugar until thick and light. The flour is then carefully incorporated to prevent the structure breaking down. Aeration of the sponge is achieved solely by air being trapped by the egg during the beating process.
2. Sterilising the mixing bowl and whisk in boiling water will remove any trace of fat or oil. This is particularly important as any fat present will inhibit the aeration of the egg and prevent a perfect sponge being achieved.
3. All ingredients should be accurately weighed as any imbalance of ingredients will adversely affect the production of the sponge.
4. When whisking the egg and sugar over hot water care must be taken to ensure that the water does not boil or touch the bottom of the hand bowl, conversely if the water becomes too cool it will not provide enough heat to lift the mixture.

5. The flour must be carefully folded into the eggs and sugar in a way in which it will not damage the very light structure which has been built up in the whisking process. Gently lift the flour through the sponge whilst at the same time turning the bowl.
6. Similar care must be taken when adding the butter to the sponge mixture as the butter will tend to break down the structure of the sponge.

BUTTER CREAM GATEAU VARIETIES

4. COFFEE GATEAU

Ingredients

Coffee essence	50 ml
<u>Butter cream</u>	500 g
Flaked roasted almonds	150 g

Method

Mix the coffee essence with the butter cream, roast the flaked almonds. Cut the sponge into 3 layers, spread with butter cream and reassemble. Cover the top and side with butter cream, decorate the side with the flaked almonds. mark out the top 8 portions then decorate neatly with piped stars or rosettes of coffee butter cream.

5. PRALINE GATEAU

Ingredients

Praline	150 g
<u>Butter cream</u>	500 g
Flaked roasted almonds	150 g

Method

1. Crush the praline and mix with the butter cream retaining a little for decorating the top of the gateau; roast the flaked almonds.
2. Cut the sponge into 3 layers, spread with the butter cream and reassemble.
3. Cover the top and side with the butter cream, decorate the side with flaked almonds.
4. Mark out the top into 10 portions then decorate with rosettes of praline butter cream. Sprinkle each rosette with crushed praline. Whole almonds or hazelnuts dipped in caramel may be used for decorating the top of the gateau.

6. SPRINGTIME GATEAU

Ingredients

Raspberry jam	50 g
<u>Butter cream</u>	500 g
Flaked roasted almonds	150 g
Vanilla essence	
Raspberry essence	
Chocolate flavouring	
Pistachio flavouring	
Green and red food colouring	

Method

1. Cut the sponge into 3 layers of equal thickness then reassemble it with jam and of butter cream, spread between each layer of sponge.
2. With the base of the sponge uppermost to present a level surface for decorating cover the top and side with butter cream then decorate the side with the flaked almonds.

3. Mark the top into 4 quarters and cover each quarter with small piped stars of butter cream in 4 different colours and flavourings.
4. The most popular flavours for this purpose are chocolate, vanilla, raspberry and pistachio.

DECORATING A FONDANT GATEAU

1. After cutting horizontally into 3 equal layers the sponge can be moistened with stock syrup, a liqueur or other suitable flavouring.
2. Each layer is then spread with the appropriate flavour of butter cream and if the recipe requires can be sprinkled with finely chopped nuts, fruit or other ingredients.
3. The sponge is then reassembled the base uppermost to present a flat surface on which to apply the fondant.
4. Once the fondant has been coloured and flavoured the top of the sponge should be sealed by brushing with boiled apricot glaze. The side can then be coated with butter cream and the sponge set onto a cake board.
5. When icing the top of the sponge a collar should be placed around the top to help to retain the fondant. The collar can be of card, greaseproof or waxed paper, fixed with tape and no more than 3 mm above the top of the sponge. When attached, pour fondant onto the top of the sponge and spread out, with the aid of a palette knife, to the edge and against the collar.
6. Tap the cake board on the work bench to level the fondant. Remove any air bubbles instantly by pricking with a pin. Place the sponge on a level surface and leave to set after which the collar can be removed.
7. Using a greaseproof paper piping bag containing suitably coloured fondant, outline the portion sizes required in fine lines on the top of the gateau. Complete the decoration with the appropriate garnish.
8. Decorate the side according to the individual recipe with any of the following:
 - a. Rectangles of chocolate couverture and roasted nib almonds.
 - b. Lady finger biscuits, with tips dipped in chocolate.
 - c. Cats tongues, with tips dipped in chocolate and tied with a ribbon of contrasting colour.

FONDANT GATEAU VARIETIES

7. CHOCOLATE WALNUT GATEAU

Ingredients

<u>Butter cream</u>	150 g
<u>Fondant icing</u>	300 g
<u>Apricot glaze</u>	50 g
Chocolate couverture	200 g
Walnut halves	12
Chopped walnuts	25 g
Chocolate food colouring to colour	
Nib almonds	150 g

Method

1. Use the basic gateau sponge recipe but substitute 10 g of cocoa powder for 10 g of flour.

2. Melt 50 g of chocolate couverture and combine with the butter cream. Adjust the colour with chocolate colouring.
3. Cut the sponge into 3 equal layers then reassemble with a layer of butter cream and chopped walnuts between each layer of cake.
4. Turn the sponge upside-down to present a flat surface and brush the top with boiling apricot glaze then place it onto a cake board.
5. Coat the side with chocolate butter cream.
6. Melt the remaining chocolate couverture. Add 50 g to the fondant, adjust the colour and consistency. Spread the remaining chocolate in a thin layer onto greaseproof paper, to allow to set then cut into rectangles 25 cm x 20 cm.
7. Coat the top of the sponge with chocolate fondant.
8. Place the chocolate rectangles around the side of the sponge level with the top edge then cover the remaining lower edge with toasted nib almonds.
9. Using a greaseproof paper piping bag outline the portions required in fine lines on the surface of the gateau then complete the decoration by piping dots of fondant round the top edge and place a walnut half onto each portion.

8. GINGER GATEAU

Ingredients

<u>Butter cream</u>	200 g
Stem ginger	100 g
<u>Apricot glaze</u>	50 g
<u>Fondant icing</u>	300 g
Nib almonds	150 g
Chocolate couverture	100 g
Ginger flavouring	few drops
Yellow food colouring	few drops

Method

1. Flavour the butter cream with ginger flavouring. Cut out 12 heart shaped pieces of stem ginger and glaze with boiling apricot glaze then roughly chop the remainder.
2. Cut the sponge into 3 equal layers and reassemble with a layer of butter cream and chopped ginger between each layer of sponge.
3. Turn the sponge upside down to present a flat surface, brush the top with boiling apricot glaze and place it onto a cake board.
4. Coat the side with ginger butter cream.
5. Warm the fondant, add the ginger flavouring and a little yellow colouring. Pour over the top of the sponge and allow to set.
6. Warm the chocolate couverture and spread a thin layer onto greaseproof paper, allow to set then cut it into rectangles 25 cm x 20 cm.
7. Using a greaseproof paper piping bag outline the portions required in fine lines on the surface of the gateau then complete the decoration by piping dots of fondant round the top edge and placing a heart shaped piece of ginger on each portion.
8. Place the chocolate rectangles around the side of the sponge level with the top edge then decorate the remaining lower edge with toasted nib almonds.

9. GATEAU MONTE CARLO

Ingredients

<u>Butter cream</u>	200 g
<u>Fondant icing</u>	300 g
<u>Apricot glaze</u>	50 g
Nib almonds	150 g
Glaze cherries	3
<u>Praline</u>	400 g

Method

1. Prepare the praline and allow to cool. Roll out 3 mm thick. Cut into strips 25 mm wide and 300 mm long. Cut the strips into rectangles 20 mm long. This will produce about 30 rectangles which will be used for decorating the side of the gateau.
2. Cut another strip 65 mm wide and from this cut 12 triangles with a 20 mm base. Set these over an oiled rolling pin to form a curved shape.
3. Allow the remaining praline to become cold, crush then shake through a sieve to obtain a fine texture. Mix 50 g of this with the butter cream.
4. Cut the sponge into 3 equal layers and reassemble with butter cream between each layer of sponge.
5. Turn the sponge upside down to present a flat surface and brush the top with boiling apricot glaze then place it on a cake board.
6. Cover the side with praline butter cream then spread white fondant over the top of the sponge and allow it to set.
7. Using a greaseproof paper piping bag outline the portions required in fine lines on the surface of the gateau then complete the decoration by piping dots of fondant around the top edge.
8. Arrange the praline rectangles around the upper half of the side and cover the remainder of the side with toasted nib almonds.
9. Place the triangles of praline on the top of the gateau with the base outwards and the point inwards so that the curve of the praline forms a hoop. Decorate with small rounds of glaze cherries.

10. CHERRY GATEAU

Ingredients

<u>Butter cream</u>	200 g
<u>Fondant icing</u>	300 g
<u>Apricot glaze</u>	50 g
Glaze cherries	50 g
Maraschino cherries	50 g
Angelica	25 g
Chocolate couverture	50 g
<u>Cats tongue biscuits mix</u>	300 g
Cherry flavouring	
Red food colouring	

Method

1. Prepare and cook the cats tongues and allow to cool.
2. Flavour the butter cream with cherry flavouring, finely chop the maraschino cherries.
3. Cut the sponge into 3 layers and reassemble with a layer of cherry butter cream and maraschino cherries, between each layer of sponge.
4. Turn the sponge upside down to present a flat surface, brush the top with boiling apricot glaze then place it on a cake board.
5. Cover the side with cherry butter cream. Colour the fondant pink then spread it over the top of the sponge and allow to set.

- Using a greaseproof paper piping bag outline the portions required in fine lines on the surface of the gateau then complete the decoration by piping dots of fondant around the top edge.
- Using chocolate couverture, pipe a line in the centre of each section to represent cherry stalk then place a round of glace cherry at the tip of each stalk. Cut the angelica into small diamonds and place on the base of the stalk to represent a leaf.
- Dip the rounded ends of the cats tongues in melted chocolate and place neatly around the side of the gateau. Tie a ribbon of a complimentary colour around the gateau and finish with a neat bow.

11. COFFEE ACORN GATEAU

Ingredients

<u>Fondant icing</u>	300 g
<u>Butter cream</u>	200 g
<u>Apricot glaze</u>	50 g
<u>Marzipan</u>	100 g
Chocolate couverture	150 g
Nib almonds	150 g
Chocolate vermicelli	10 g
Coffee flavouring	
Coffee food colouring	

Method

- Flavour the butter cream with coffee flavouring. Cut the sponge into 3 equal layers then reassemble with a layer of butter cream between each layer of sponge.
- Turn the sponge upside down to present a flat surface, brush the top with boiling apricot glaze then place it on a cake board.
- Cover the side with coffee butter cream.
- Warm the fondant, flavour it with coffee flavouring and tint to a coffee colour then spread it over the surface of the sponge and allow to set.
- Melt the chocolate couverture and spread it in a thin layer onto greaseproof paper, allow to set then cut into rectangles 25 cm x 20 cm.
- Colour the marzipan nut brown and mould into 12 acorn shapes. Dip the base of each acorn in melted chocolate then into chocolate vermicelli.
- Using a greaseproof paper piping bag outline the portions required in fine lines on the surface of the gateau and complete the decoration by piping dots of fondant around the top edge then placing an acorn on each portion.
- Place the chocolate rectangles around the side of the sponge level with the top edge then cover the remaining lower edge with toasted nib almonds.

12. MARZIPAN FRUIT GATEAU

Ingredients

<u>Fondant icing</u>	300 g
<u>Butter cream</u>	200 g
<u>Apricot glaze</u>	50 g
<u>Marzipan</u>	200 g
Chocolate couverture	50 g
<u>Cats tongues biscuits mix</u>	300 g
Almond essence	
Various food colourings	
Various food flavourings	

Method

- Prepare and cook the cats tongues and allow to cool.
- Flavour the butter cream with almond essence. Cut the sponge into 3 equal layers, then reassemble with a layer of butter cream between each layer of sponge.
- Turn the sponge upside down to present a flat surface, brush the top with boiling apricot glaze then place it on a cake board.
- Cover the side with almond butter cream. Colour the fondant pale green then spread it over the surface of the sponge and allow to set.
- Colour the marzipan with the appropriate food colours and mould it into a variety of miniature fruits; oranges, apples, bananas, pears and peaches and a green leaf to place the fruit on, sufficient for a choice of 4 different fruits and a leaf for each of the portions.
- Using a greaseproof paper piping bag outline the number of portions required in fine lines on the surface of the gateau and complete the decoration by piping dots of fondant around the top edge and placing the marzipan fruit and leaf on each portion.
- Dip the rounded ends of the cats tongues in melted chocolate and place them neatly around the side. Tie a ribbon of a complimentary colour around the gateau and finish with a neat bow.

13. FRESH CREAM GATEAU (BLACK FOREST)

Ingredients

<u>Basic chocolate gateau</u>	1
<u>Stock syrup</u>	140 ml
Bottle kirsch	1
<u>Whipped cream</u>	280 ml
Couverture	200 g
Black cherries	1 tin

Method

- Flavour the stock syrup with kirsch, then cut the gateau into 3 layers and lightly soak each one with the syrup.
- Drain the black cherries thoroughly, spread the cake layers liberally with the whipped cream then cover with the black cherries retaining a small number for decorating the top.
- Reassemble the gateau and cover the top and sides with whipped cream the coat the sides with flaked chocolate.
- Decorate the top with piped whipped cream, black cherries and chocolate embellishments.

SANDWICH

14. CHOCOLATE SANDWICH

Ingredients

Margarine	100 g
Caster sugar	100 g
Eggs	2
Flour	75 g
Cocoa powder	25 g
Baking powder	5 g
<u>Butter cream</u>	250 g
Chocolate flavouring	
Chocolate food colouring	

Method

- Grease and flour 2 sandwich tins.

2. Sieve together the flour, baking powder and cocoa powder.
3. Cream together the margarine and sugar together until light and fluffy.
4. Gradually add the eggs beating vigorously.
5. Fold in the flour, baking powder and cocoa. Divide the mixture between the 2 sandwich tins and bake in an oven at 190°C for 15 minutes.
6. Turn out onto a pastry wire to cool.
7. Flavour and colour the butter cream. Cover the surface of one sponge sandwich with the chocolate butter cream and place the other sandwich on top.
8. Dust with icing sugar, place on a doily covered dish and serve.

15. VICTORIA SANDWICH

Ingredients

Margarine	100 g
Caster sugar	100 g
Eggs	2
Flour	100 g
Baking powder	5 g
Jam	100 g

Method

1. Grease and flour 2 sandwich tins.
2. Sieve together the flour and baking powder.
3. Cream together the margarine and sugar.
4. Gradually add the eggs, beating vigorously.
5. Fold in the flour and baking powder. Divide the mixture between the 2 sandwich tins and bake in an oven at 190°C for 15 minutes.
6. Turn out onto a pastry wire to cool.
7. Cover the surface of one of the sponges with jam and place the other on top.
8. Dust with icing sugar, place on a doily covered dish and serve.

SWISS ROLL

16. SWISS ROLL

Ingredients

Flour	100 g
Caster sugar	100 g
Eggs	4
Red jam	150 g
Water	25 ml

Method

1. Grease a baking tray and line it with greaseproof paper.
2. Put the eggs and half the sugar into a bowl and whisk over a saucepan of hot water until the mixture thickens and forms ribbons.
3. Remove from the heat and continue whisking until the mixture is cold and has increased in volume six fold.
4. Bring the 25 ml of water to the boil and whisk into the mixture.
5. Fold in the flour with a metal spoon.
6. Pour the mixture into the prepared baking trays and bake in an oven at 220°C for 8 minutes.
7. Warm the jam. Dust a sheet of greaseproof paper with caster sugar.
8. Remove the sponge from the oven and turn it upside down onto the sugared paper. Remove the tray,

brush the lining paper with water and peel it from the sponge.

9. Cover the sponge with the jam then roll up by pulling the sugared paper over the top of the sponge.
10. Allow to cool in the paper then slice into portions for service.

17. CHOCOLATE SWISS ROLL

Ingredients

Flour	75 g
Caster sugar	100 g
Eggs	4
Water	25 ml
Cocoa powder	25 g
<u>Butter cream</u>	200 g

Method

1. Sieve together the flour and cocoa powder.
2. Grease a baking tray and line it with greaseproof paper.
3. Place the eggs and the sugar into a hand bowl and whisk over a saucepan of hot water until the mixture thickens and forms ribbons.
4. Remove from the heat and continue whisking until the mixture is cold and has increased in volume six fold.
5. Bring the water to the boil and whisk into the mixture.
6. Lightly fold in the flour and cocoa mixture with a metal spoon.
7. Pour the mixture into the prepared baking tray ensuring that the mixture is to the edges and level. Bake in an oven at 220°C for 8 minutes.
8. Dust a sheet of greaseproof paper with caster sugar.
9. Remove the sponge from the oven and turn it upside down onto the paper. Remove the tray, brush the lining paper with water and peel it from the sponge.
10. Roll up the sponge by pulling the sugared paper over the top of the sponge. Allow to cool in the paper.
11. When the sponge is cold, carefully unroll it. Spread with butter cream then re-roll the sponge.
12. Slice into portions for service.

18. YULE LOG

Ingredients

<u>Chocolate swiss roll</u>	350 g
<u>Butter cream</u>	450 g
Chocolate couverture	100 g
Chocolate food colouring	
Icing sugar	50 g

Method

1. Prepare a chocolate swiss roll using chocolate butter cream as the filling.
2. Trim the sponge and cut from one edge a wedge at 45 degrees to form the branch on the log.
3. Melt the chocolate couverture to blood heat and beat this into approximately 400 g of butter cream, adjust the colour. Keep 50 g of butter cream plain for decoration.
4. Place the sponge roll onto a cake board. Stick the wedge of sponge to the side of the roll with a little chocolate butter cream.
5. Cover the whole surface neatly with the chocolate butter cream leaving the ends uncovered. Mark with a fork or scraper to resemble the bark of a tree.

6. Mask each end of the roll and the end of the branch with plain butter cream. Pipe a spiral of chocolate butter cream to stimulate the end grain and mark with the point of a knife to represent the line of a tree trunk.
7. Dust lightly with icing sugar and serve on a doily covered tray for service.

Note: Additional decoration can be used in the form of marzipan ivy leaves or mushroom shaped meringues to simulate fungus.

TORTEN (BASES)

INTRODUCTION

1. A torte is a type of cake widely popular on the European mainland and increasingly seen throughout the UK served as a sweet at buffets or as a pastry to be eaten with coffee or tea.
2. Torten can be produced in a variety of styles, textures, flavours and colours but the most common and popular type is a large sponge between 20 cm and 30 cm in diameter and between 6 cm and 8 cm deep, cut into layers, usually soaked with syrup and filled and decorated with whipped and flavoured cream and fruit which may be left whole or sliced as appropriate, all mounted onto a round of sweet paste or japonaise. Marzipan and some varieties of nuts are also popular decorations for torten.
3. Special items of equipment such as a torte collar can be purchased to help ensure a really high standard of production and precision is achieved.
4. The following section contains a selection of bases and recipes for torten. With imagination a wider variety of flavours and textures can be attempted.

19. DOBOS

12 PORTIONS

Ingredients

Eggs	7
Caster sugar	135 g
Flour	135 g
Double cream	60 ml
Butter	60 g
Lemon	1

Method

1. To yield 1 x 20 cm base.
2. Separate the egg yolks from the whites and discard 2 of the whites. Melt and clarify the butter. Remove the zest and squeeze the juice from the lemon.
3. Whisk the egg yolks, half the sugar and a few drops of lemon juice until stiff.
4. Whisk 5 egg whites to a stiff peak then fold in the remaining sugar and lemon zest.
5. Mix the double cream with the egg yolks and fold in two thirds of the egg whites.
6. Fold in the flour, then the remaining egg white and then the clarified butter.
7. Put the mixture into a greased and floured torte ring or sandwich tin. Bake in an oven at 180°C for 15 minutes then turn out onto a pastry wire to cool.

20. JAPONAISE

12 PORTIONS

Ingredients

Eggs	2
Caster sugar	125 g
Fine ground almonds	50 g
Cornflour	5 g

Method

1. To yield 1 x 20 cm base.
2. Separate the egg whites from the yolks.
3. Mix the ground almonds and cornflour together.
4. Whisk the egg whites to a stiff peak gradually rain in half the sugar continuing to whisk vigorously.
5. Fold in the remaining sugar and the ground almonds and cornflour.
6. Put the mixture into a greased and floured torte ring or sandwich tin. Bake in an oven at 150°C until cooked without colour then turn out onto a pastry wire to cool.

21. SABLE

12 PORTIONS

Ingredients

Flour	300 g
Butter	200 g
Caster sugar	100 g
Egg 1	
Vanilla essence	
Lemon	1
Orange	1

Method

1. To yield 1 x 20 cm base.
2. Remove the zest from the lemon and orange.
3. Sieve the flour into a bowl, make a bay.
4. Cream together the margarine and sugar and put into the bay with the egg, vanilla essence and the lemon and orange zest.
5. Mix all the ingredients to a smooth paste and allow to rest for 1 hour in a cool place.
6. Roll out 5 mm thick and cut into a round 20 cm in diameter. Place onto a lightly greased baking tray and bake in an oven at 180°C for 15 minutes until the biscuit is a light golden colour.
7. When cooked leave on the baking tray to cool.

22. VANILLA SPONGE BASE

10-12 PORTIONS

Ingredients

Flour	125 g
Eggs	4
Caster sugar	125 g
Butter	50 g
Vanilla essence	

Method

1. Clarify the butter.
2. Grease a torte ring with 25 g of the clarified butter then dust it with flour. If using a gateau tin, grease the tin then line with greaseproof paper.
3. Place the eggs, sugar and vanilla essence in a basin or hand bowl and whisk over a saucepan of hot water until the mixture forms a ribbon. Remove from the heat and continue whisking until the mixture has cooled and the volume increased six fold.

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4. Fold in the flour with a metal spoon and then lightly stir in the remaining clarified butter.
5. Place the mixture into the prepared tins and bake in an oven at 180°C for 30 minutes.
6. Remove from the oven, turn out onto a pastry wire to cool.

23. CHOCOLATE SPONGE BASE

10-12 PORTIONS

Ingredients

Flour	100 g
Cocoa butter	25 g
Eggs	4
Caster sugar	125 g
Butter	75 g

Method

1. Clarify the butter.
2. Grease a torte ring with 25 g of the clarified butter then dust it with flour. If using a gateau tin, grease the tin then line it with greaseproof paper.
3. Put the eggs and sugar into a bowl and whisk over a saucepan of hot water until the mixture forms a ribbon. Remove from heat and continue whisking until the mixture has cooled and the volume increased six fold.
4. Fold in the flour and cocoa powder with a metal spoon and stir in the remaining clarified butter.
5. Put the mixture into the prepared tins and bake in an oven at 180°C for 30 minutes.
6. Remove from the oven and turn out onto a pastry wire to cool.

(FILLINGS)

24. BAVAROIS TORTE

8-10 PORTIONS

Ingredients

<u>Vanilla sponge base</u>	500 g
<u>Apricot glaze</u>	125 g
<u>Vanilla bavarois</u>	500 ml
<u>Raspberry coulis</u>	250 ml
Raspberry jam	200 g
Fresh fruit	400 g

Method

1. Slice the vanilla sponge base into 4 equal layers. Place the base layer to one side.
2. Spread 2 of the layers with raspberry jam then sandwich all 3 layers together.
3. Place the sponge layers into a torte ring to form the base.
4. Place a layer of prepared fresh fruit onto the sponge then alternate layers of bavarois and fruit until the ring is filled, finishing with a layer of bavarois.
5. Place the retained round of sponge onto the top and lightly press down. Chill in a refrigerator.
6. When the torte is chilled, remove from the ring, brush the top and sides with warm apricot glaze and allow to cool.
7. Decorate with fresh fruit and whipped cream and serve with raspberry coulis.

Notes:

1. All fresh fruits in season make excellent fillings especially: strawberries, raspberries, kiwi fruit, peaches and blackcurrants.
2. Before assembly, the sponge layers may be brushed with a liqueur or stock syrup to give additional flavour to the torte.

25. BUTTER CREAM TORTE

8 PORTIONS

Ingredients

BASE	
Flour	50 g
Butter	50 g
Biscuit crumbs	50 g
Ground almonds	75 g
Caster sugar	100 g
Eggs	6
Vanilla essence	5 ml
Salt	

FILLING

Butter	300 g
Caster sugar	125 g
Cornflour	35 g
Eggs	3
Milk	500 ml
Vanilla essence	
Plain chocolate	25 g

Method used to make the base

1. Clarify the butter.
2. Grease a 250 mm cake or gateau tin with the butter then dust with flour.
3. Separate the egg yolks from the whites. Mix together the biscuit crumbs, ground almonds and sifted flour. Mix together the egg yolks, salt and 30 g of caster sugar.
4. Whisk the egg whites to a stiff peak and gradually whisk in the remaining caster sugar.
5. Fold the egg whites into the yolk, salt and mixture. Finally, fold in all the dry ingredients.
6. Pour the mixture into the prepared tin and bake in an oven at 190°C for 35 minutes. leave overnight in the tin.

Method for making the filling

1. Separate the egg yolks from the whites. Cream the butter.
2. Prepare a rich butter cream with the sugar, cornflour, egg yolks, milk and vanilla essence. Stir in the creamed butter then sprinkle with icing sugar. Set to one side to cool.
3. Cut the cake base into 3 layers and return the top layer to the cake or gateau tin.
4. Barely melt the chocolate and mix into it a quarter of the butter cream. Spread this onto the first layer of sponge which has been placed in the tin and cover with a second sponge layer. Mix the stock syrup and almond liqueur together and use half of this to moisten the second sponge layer, then spread the top with a layer of vanilla butter cream.
5. Cover with the last remaining sponge layer and moisten the top with the remainder of the syrup then chill in a refrigerator.
6. Remove the torte from the tin and cover the top and sides with a thin layer of the butter cream. Chill then re-cover with a further layer of butter cream. Chill once more.

- To finish the torte, cover the sides thickly with butter cream and give a ripple effect with an icing comb. Sprinkle the top of the torte with crushed flaked and toasted almonds, whirls of butter cream and cherry halves.

Note: The top may also be decorated with marzipan fruits or other marzipan decorations.

26. FRESH CREAM TORTE

8-10 PORTIONS

Ingredients

<u>Vanilla sponge base</u>	500 g
<u>Whipped cream</u>	750 ml
<u>Stock syrup</u>	20 ml
Fresh fruits in season	400 g
Flakes almonds or plain chocolate	50 g
Icing sugar	50 g
Liqueur	40 ml

Method

- Cut the sponge base in 3 equal layers and return the top layer to a cake or gateau tin.
- Flavour the stock syrup with half the liqueur and brush a little of the mixture on to the sponge base. Place on this layer of fresh fruit then cover with the second sponge layer. Brush on a little more of the stock syrup and liqueur.
- Whisk the cream to a stiff peak, adding the remainder of the liqueur. Spread a layer of the cream onto the second sponge layer then cover this with the remaining layer of sponge. Chill in a refrigerator.
- Remove the torte from the mould and cover the top and side with the whipped cream.
- Decorate the side with shaved chocolate or toasted flaked almonds.
- Place on the top surface of the torte a 100 mm plain pastry cutter or other suitable template and fill with either shaved chocolate or toasted flaked almonds. Carefully remove the template to leave the remainder of the torte clear.
- Decorate the top of the torte with whole or sliced fruit and whipped cream.
- Dust liberally with icing sugar, chill before service.

27. DOBOS TORTE (HUNGARIAN TORTE)

Ingredients

<u>Dobos base</u>	1
<u>Ganache</u>	400 g
<u>Praline</u>	150 g
<u>Caramel</u>	200 g
Flakes roasted almonds	100 g
<u>Stock syrup</u>	150 ml
Rum	

Method

- Cut the dobos base into 6 layers putting aside the best layer for the top. Flavour the stock syrup with the rum and use the mixture to moisten the 5 remaining layers.
- Crush the praline and mix it with the ganache. Spread the 5 layers with this mixture and assemble in the torte mould.
- Coat the retained top layer with pale caramel then using a greased knife and while the caramel is still

hot mark the top with the desired number of portions.

- Coat the side and the top of the torte with ganache then decorate the side with the roasted almonds.
- Pipe whirls of ganache from the centre to the edge according to the number of portions required then place the segments on the top to form a fan.
- Place on a doily covered tray for service.

28. SACHER TORTE

12 PORTIONS

Ingredients

Butter	185 g
Caster sugar	185 g
Chocolate couverture	225 g
Cornflour	110 g
Chopped roasted hazelnuts	75 g
Eggs	9
Cocoa powder	35 g

Method

- Separate the egg yolks from the whites, melt the chocolate couverture.
- Cream together the butter and 100 g of the sugar. Beat in 2 egg yolks.
- Mix the remaining egg yolks with the melted chocolate couverture then fold together with the butter mix and the cornflour, hazelnuts and cocoa powder.
- Whisk the egg whites to a stiff peak fold in the remaining sugar.
- Add one third of the egg whites to the mix and stir them in. Fold in the remaining egg whites.
- Put into greased and floured torte rings or sandwich tins.
- Bake in an oven at 230°C for 40 minutes.
- When cooked turn out onto a pastry wire to cool.

PART 3 - PASTRY

CHAPTER THIRTY ONE

Large Cakes

FRUIT BASED SLAB

1. Basic Mix
2. Cherry
3. Currant
4. Raisin
5. Sultana
6. Dundee

UNCLASSIFIED

7. Chocolate
8. Ginger
9. Madeira
10. Rich fruit cake
11. Simnel

CHAPTER 31

LARGE RICH CAKES

1. Large rich cakes are a bakery product usually made by the creaming method and based on four main ingredients which are flour, fat, sugar and eggs. By combining additional ingredients a variety of types can be produced. They can be made in any shape but are usually round or square.

BASIC GUIDELINES

2. To achieve good results when making these cakes it is important to follow certain guidelines and these are that:

- a. All ingredients must be carefully and accurately weighed.
- b. Baking tins must be well oiled and preferably lined with greaseproof paper. Rich fruit cakes are best baked in wooden frames. Wood, being a poor conductor of heat allows the cake to bake slowly and evenly and reduces the risk of the sides scorching.
- c. Cakes with a top dressing such as nuts or sugar must be protected either by using steam or covering the cake top.

THE CREAMING METHOD

3. Beat the fat and sugar together. This softens the fat, dissolves the sugar and aerates the mixture ideally to almost a foamy texture. While continuing to beat vigorously add the eggs gradually. If too much egg is added too quickly the mixture will curdle. Should this happen add a little flour to return the mix to its original state then continue to gradually add the remaining eggs.

4. Add the flour to the mixture by carefully and lightly blending it in with a folding action, preferably by hand to ensure that as much aeration as possible is retained in the cake structure. The mixture should be at dropping consistency. If it does not easily drop from the fingers adjust the texture with a little milk. It should be noted here that there is a fault, quite common in the making of fruit cakes where early in the cooking process the fruit sinks to the base of the cake. The two main reasons for this and the remedies are:

- a. The fruit, having been washed, has not been thoroughly dried before adding it to the mixture. Do not dust wet fruit with flour to attempt to dry it as this can provoke fermentation during baking and the flour will not blend with the mix.
- b. The oven temperature being set too low, allowing the fruit to sink before the mixture can set. This is particularly prevalent where glace cherries are used. They must be well washed and dried and the cooking process should be started in a hot oven to set the mixture quickly then the temperature can be lowered to complete the process

5. To test if the cake is cooked insert a warm metal or wooden skewer into the centre of the cake. If any mixture adheres to it on removal the cake requires, longer cooking.

FRUIT BASED

1. BASIC SLAB CAKE MIX

Ingredients

Flour	20 g
Baking powder	5 g
Eggs	3
Milk	25 ml
Margarine	150 g
Salt	
Caster sugar	150 g

Method

1. Break the eggs into a bowl and whisk lightly.
2. Sieve together the flour, baking powder and salt.
3. Cream together the margarine and sugar to achieve a smooth well aerated texture then gradually add the egg beating vigorously.
4. Lightly fold in the flour and milk to achieve a smooth mixture.

2. CHERRY CAKE

Ingredients

<u>Basic slab cake mixture</u>	500 g
Glace cherries	75 g
Milk	25 ml

Method

1. Oil cake tins and line them with greaseproof paper.
2. Cut the glace cherries into halves, wash and dry them thoroughly.
3. Add the cherries to the cake mixture when folding in the flour.
4. Place the mixture into the cake tins, smooth the top with a little milk and cook in an oven at 180°C for 1½ hours.

Notes on variations

3. **CURRENT CAKE.** Add 100 g of washed and dried currants when folding in the flour. Bake in an oven at 180°C for 1½ hours.
4. **RAISIN CAKE.** Add 100 g of washed and dried raisins when folding in the flour. Bake in an oven at 180°C 1½ hours.
5. **SULTANA CAKE.** Add 75 g of sultanas and 25 g of mixed peel washed and dried when folding in the flour. Bake in an oven at 180°C for 1½ hours.

6. DUNDEE CAKE

Ingredients

Flour	175 g
Brown sugar	150 g
Margarine	150 g
Sultanas	100 g
Currants	100 g
Ground almonds	25 g
Mixed peel	25 g
Eggs	3
Fresh lemon	1
Fresh oranges	1
Split almonds	25 g

Method

1. Oil the cake tins and line them with greaseproof paper.
2. Wash and dry the fruit, sieve the flour. Grate the zest and squeeze the juice of one orange and one lemon.
3. Cream together the margarine and sugar, then add the eggs one at a time, beating vigorously.
4. Add the zest of the orange and lemon then fold in the flour.
5. Fold in the prepared fruit, the ground almonds and the juice of the lemon and orange.
6. Place the mixture into the prepared cake tins, smooth the top then decorate the surface with the split almonds.
7. Bake in an oven at 180°C for 2 hours.

UNCLASSIFIED

7. CHOCOLATE CAKE

Ingredients

<u>Basic slab cake mix</u>	550 g
Cocoa powder	15 g

Method

1. Oil the cake tins and line them with greaseproof paper.
2. Prepare the cake mix, substituting the cocoa powder for an equal amount of flour.
3. Place the mixture into the prepared cake tins, smooth over the top and bake in an oven at 180°C for 1½ hours.

8. GINGER CAKE

Ingredients

<u>Basic slab cake mix</u>	550 g
Ground ginger	
Preserved ginger	75 g
Golden syrup	25 g

Method

1. Oil the cake tin and line it with greaseproof paper.
2. Dice the preserved ginger, retaining a few thin slices for decorating the top of the cake.
3. Prepare the cake mix, sifting the ground ginger with the flour and adding the diced ginger on the top.
4. Place the mixture into the prepared cake tins, smooth over the surface and place the slices of ginger on the top.
5. Bake in an oven at 180°C for 1½ hours. When the cake is cooked, remove it from the oven and brush over the top with the syrup.

9. MADEIRA CAKE

Ingredients

<u>Basic slab cake mix</u>	550 g
Lemons	2

Method

1. Oil the cake tins and line them with greaseproof paper.

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2. Grate the zest from 1 lemon and pare 2 thin slices of zest from the other.
3. Prepare the cake mix incorporating the grated lemon zest at the same time as the eggs.
4. Place the mixture into the cake tins, smooth over the surface and place the 2 thin slices of lemon zest in the centre of the surface of the cake. Bake in an oven at 180°C for 1½ hours.

10. RICH FRUIT CAKE

Ingredients

Flour	225 g
Butter	225 g
Brown sugar	225 g
Eggs	4
Lemon	1
Orange	1
Currants	400 g
Sultanas	200 g
Raisins	200 g
Glaze cherries	50 g
Mixed peel	50 g
Almonds	50 g
Nutmeg	¼
teaspoon	
Mixed peel	½
teaspoon	
Black treacle	3
teaspoons	
Brandy	3 tots

Method

1. Chop the glaze cherries, almonds and mixed peel. Place together with the dried fruit in a bowl, sprinkle with the brandy, cover and allow to soak overnight.
2. Oil a cake tin and line it with greaseproof paper. Sieve together the flour, nutmeg and mixed spice.
3. Grate the zest of the lemon and the orange. Thin the treacle by warming it a little.
4. Cream together the butter and sugar then add the eggs one at a time beating vigorously.
5. Fold in the flour and spices and then the soaked fruit, almonds and mixed peel, the lemon and orange zest and the treacle.
6. Level and smooth the surface and cook in an oven at 150°C for 4 hours.

11. SIMNEL CAKE (Easter cake)

Ingredients

<u>Rich fruit cake mix</u>	1.5 g
<u>Marzipan</u>	400 g
<u>Apricot glaze</u>	75 g
Eggs	2

Method

1. Oil the cake tins and line them with greaseproof paper.
2. Prepare the rich fruit cake mix. Prepare the marzipan.
3. Mould half the marzipan into a ball then roll out a round approximately 300mm in diameter.
4. Place half the cake mix into the cake tins and smooth to a level surface. Place the round of marzipan on top of the cake mix then place the remaining cake mix on top of the marzipan.
5. Bake in an oven at 180°C for 50 minutes then reduce the temperature to 160°C and continue to cook for a further 2 hours.
6. When the cake is cooked remove it from the oven and allow it to cool completely. Remove the cake from the tin and brush the top with hot apricot glaze.
7. Separate the egg yolks from the whites.
8. Decorate the top of the cake with marzipan and then brush with egg yolk.
9. Attach a greaseproof paper collar around the top of the cake, approximately 15 mm higher than the marzipan decoration.
10. Place the cakes into an oven 220°C to glaze the marzipan top to an attractive colour.
11. Complete the decoration if desired with preserved or glaze fruits.

PART 3 - PASTRY

CHAPTER THIRTY TWO

YEAST PRODUCTS

BRIOCHE/CROISSANT

1. Brioche
2. Croissant

BUNS

3. Bun dough
4. Bath
5. Chelsea
6. Cream
7. Currant
8. Fruit loaf
9. Hot cross
10. Iced
11. Swiss
12. Sally Lunns

DOUGHNUTS

13. Cream
14. Jam
15. Ring

DANISH

16. Danish paste
17. Almond buns
18. Almond squares
19. Custard buns
20. Whirls

BRIOCHE/CROISSANT**1. BRIOCHE**

10 PORTIONS

Ingredients

Flour	400 g
Butter	125 g
Yeast	25 g
Milk	100 ml
Eggs	4
Castor sugar	35 g
Salt	5 g

Method

1. Clean and grease the cake or brioche moulds.
2. Whisk the eggs together in a basin; soften the butter.
3. Warm the milk to blood heat and put in the yeast to dissolve. Add sufficient of the flour to make a batter and put in a warm place to ferment.
4. Sieve together the flour, salt and sugar, add the ferment and the eggs and mix to a smooth dough.
5. Mix in the softened butter, cover the dough with a cloth and allow to prove in a cool place for 6 hours.
6. Knock back the dough, divide it into the required number of pieces and place it into the moulds.
7. Prove to double their size then bake in an oven at 200°C for 25 minutes.

2. CROISSANT

10 PORTIONS

Ingredients

Flour	300 g
Milk	100 ml
Water	100 ml
Butter	125 g
Yeast	15 g
Sugar	15 g
Salt	pinch
Eggs	2

Method

1. Mix the water and milk together and warm to blood heat. Dissolve the yeast in the liquid, add sufficient of the flour to make a batter and put in a warm place to ferment.
2. Soften 40 g of the butter.
3. Sieve together the flour, salt and sugar, add the ferment and mix to a smooth dough.
4. Mix in the softened butter, cover with a damp cloth and store in a refrigerator for 6 hours or overnight.
5. Soften the remainder of the butter.
6. Knock back the dough and roll it out to a rectangle 10 mm thick. Spread the butter over 2 thirds of the rectangle.
7. Fold the uncoated portion of dough into the centre and fold over again to give 3 layers of dough sandwiched with 2 layers of butter.
8. Roll out the dough at right angles to the fold to cover the original area and again fold into 3.
9. Repeat the rolling out and folding sequence 2 more times to give 3 half turns in all
10. Roll out the dough into an oblong 10 mm thick. Divide into equal sized strips lengthways then cut these into 10 equal sized triangles.
11. Damp with water and starting from the base, lightly roll up each triangle. Curl into crescent shapes and place onto a lightly floured board. Cover with a cloth and half prove.

12. Place the croissants onto greased baking trays, brush them with egg wash then continue proving to double their size.
13. Bake in an oven at 220°C for 20 minutes.

Note: Rolling and turning the dough should be accomplished quickly giving only 10 minutes rest between each turn.

BUNS**3. BASIC BUN DOUGH***Ingredients*

Flour	300 g
Yeast	15 g
Sugar	15 g
Margarine	15 g
Milk	175 ml
Yellowing colouring	
Salt	pinch

Method

1. Sieve together the flour and salt.
2. Rub in the margarine.
3. Make a bay in the dry mixture and put the sugar in the centre.
4. Warm the milk and put in the yeast to dissolve. Add the food colouring.
5. Pour the milk and yeast mixture over the sugar, mix until dissolved then gradually incorporate the flour to make a smooth dough.
6. Cover and prove in a warm place until the dough has doubled in size.
7. Knock back the dough and use it as required.

4. BATH BUNS

10 PORTIONS

Ingredients

<u>Basic bun dough</u>	500 g
<u>Bun glaze</u>	250 ml
Sultanas	50 g
Mixed peel	25 g
Nib sugar	25 g
Margarine	25 g
Eggs	1

Method

1. Oil a baking tray and set it aside in a warm place.
2. Prepare a basic bun dough, incorporating the sultanas and mixed peel into the dry mix.
3. Soften the margarine.
4. After knocking back the dough mix in the softened margarine.
5. Divide the dough into ten even sized roughly shaped pieces and place them onto the baking trays.
6. Brush the buns with egg wash and sprinkle with the nib sugar. Put in a warm place to prove until they double in size.
7. Bake in an oven at 220°C for 25 minutes.
8. Remove from the oven, brush with bun glaze and transfer to a pastry wire to cool.

5. CHELSEA BUNS

10 PORTIONS

Ingredients

<u>Basic bun dough</u>	500 g
<u>Bun glaze</u>	250 ml
Currants	50 g
Ground cinnamon	pinch

Sugar	50 g
Margarine	25 g

Method

1. Oil a baking tray and set it aside in a warm place.
2. Prepare a basic bun dough, allow it to prove and knock it back.
3. Melt the margarine. Mix half the sugar with the cinnamon.
4. Roll out the bun dough into an oblong 5 mm thick. Brush with the melted margarine then sprinkle with the currants and the sugar and cinnamon mix.
5. Roll the dough up, cut it into ten equal sized pieces and place these upright 15 mm apart on the baking tray.
6. Put in a warm place to prove until they double in size.
7. Bake in an oven at 220°C for 20 minutes.
8. Remove from the oven, brush with bun glaze, sprinkle with a little sugar and place on a pastry wire to cool.

6. CREAM BUNS

10 PORTIONS

Ingredients

<u>Basic bun dough</u>	500 g
<u>Buttercream</u>	250 g
<u>Bun glaze</u>	250 ml
Raspberry jam	50 g
Icing sugar	50 g

Method

1. Oil the baking trays and set them aside in a warm place.
2. Prepare a basic bun dough, allow it to prove then knock it back.
3. Divide into ten equal sized pieces and mould into balls.
4. Place these on a baking tray to prove until they double in size.
5. Bake in an oven at 220°C for 20 minutes. Remove from the oven and brush with bun glaze. Place on a pastry wire and allow to completely cool.
6. Make a greaseproof paper piping bag and fill it with red jam. Fill a piping bag containing a 10 mm star tube with buttercream.
7. Cut the buns two thirds through and pipe in a little jam then fill with buttercream and dust with icing sugar for service.

Note: For Devonshire splits proceed with the recipe and method for cream buns but the buns should be oval shape instead of round.

7. CURRANT BUNS

10 PORTIONS

Ingredients

<u>Basic bun dough</u>	500 g
<u>Bun glaze</u>	250 ml
Currants	50 g
Mixed peel	10 g

Method

1. Oil the baking trays and set aside in a warm place.

2. Prepare a basic bun dough incorporating the currants and mixed peel into the dry mix.
3. Cover with a cloth and allow it to prove then knock it back.
4. Divide into ten equal sized pieces and mould these into balls.
5. Place onto the baking tray to prove until they double in size.
6. Bake in an oven at 220°C for 20 minutes.
7. Remove from the oven, brush with bun glaze then place on a pastry wire to cool,

8. FRUIT LOAF

10 PORTIONS

Ingredients

Strong flour	300 g
Milk	125 ml
Yeast	10 g
Salt	pinch
Sugar	50 g
Margarine	75 g
Eggs	1
Currants	50 g
Sultanas	50 g
Mixed peel	25 g
Cinnamon	pinch
<u>Bun glaze</u>	125 ml

Method

1. Oil a bread or cake tin.
2. Whisk the egg in a bowl. Wash and dry the fruit.
3. Sieve together the flour, cinnamon and salt.
4. Rub in the margarine to a sandy texture.
5. Make a bay in the dry mix and put in the sugar and the egg.
6. Warm the milk to blood heat, put in the yeast to dissolve and then mix together with sugar and egg.
7. Gradually add the flour, mixed peel and fruit and mix to a firm dough.
8. Cover the dough with a cloth and prove in a warm place until doubled in size.
9. Knock back the dough and place it into the greased tin and allow to prove in a warm place until doubled in size.
10. Bake in an oven at 190°C for 45 minutes then remove from the oven, brush with bun glaze transfer it to a pastry wire to cool.

9. HOT CROSS BUNS

10 PORTIONS

Ingredients

<u>Basic bun dough</u>	500 g
Mixed peel	10 g
Mixed spice	5 g
Currants	50 g
<u>Bun glaze</u>	250 ml
Flour	100 g
Baking powder	pinch
Lard	25 g
Water	125 ml

Method

1. Oil a baking tray and set it aside in a warm place.
2. Prepare a basic bun dough, sieving the mixed spice with the flour and incorporating the washed and dried currants and the mixed peel with the flour and margarine dry mix.

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3. Allow the dough to prove, knock it back and divide it into ten equal portions.
4. Roll these into balls, place them onto the baking tray and allow to prove until they double in size.
5. Prepare the flour and water batter for the crosses by mixing the lard with the flour and baking powder then adding sufficient water to make a smooth batter thick enough for piping.
6. When the buns have proved, place the batter into a piping bag containing a 5 mm plain tube and put a cross onto each bun.
7. Bake in an oven at 220°C for 20 minutes. Remove from the oven and brush with bun glaze.

10 ICED BUNS 10 PORTIONS

Ingredients

<u>Basic bun dough</u>	500 g
<u>Fondant icing</u>	100 g
Egg	1

Method

1. Oil the baking tray and set it aside in a warm place.
2. Prepare the bun dough, allow it to prove then knock it back and cut it into 10 equal sized pieces and roll these into finger shapes 10 cm long.
3. Place on the baking trays, egg wash and allow to prove until double their size.
4. Bake in an oven at 220°C for 20 minutes then transfer to a pastry wire to cool.
5. Coat the tops of the buns with fondant icing.

11 SWISS BUNS 10 BUNS

Ingredients

<u>Basic bun dough</u>	500 g
<u>Fondant icing</u> or <u>Water icing</u>	100 g

Method

1. Oil a baking tray and set it aside in a warm place.
2. Prepare the bun dough, allow it to prove then knock it back, cut into ten equal sized pieces and roll these into finger shapes 10 cm long.
3. Place them on the baking trays and allow to prove until double their size.
4. Bake in an oven at 220°C for 20 minutes then transfer them to a pastry wire to cool.
5. Coat the tops of the buns with fondant icing or water icing.

12. SALLY LUNNS 10 PORTIONS

Ingredients

<u>Basic bun dough</u>	500 g
<u>Bun glaze</u>	250 ml
Sultanas	35 g
Currants	25 g
Mixed peel	10 g
Cinnamon	5 g
Egg	1

Method

1. Oil a baking tray and set it aside in a warm place.
2. Prepare a basic bun dough, sieving the cinnamon with the flour and incorporating the dried fruit and mixed peel after mixing together the flour and margarine.
3. Allow the dough to prove, knock it back and divide it in half. Roll these into balls and allow them to relax in a warm place for 10 minutes.

4. Roll out into rounds 150 mm in diameter and place them onto the baking trays. Cut each round through to the tray into five equal portions.
5. Egg wash and allow to prove until double their size.
6. Bake in an oven at 220°C for 30 minutes.
7. Remove from the oven, brush with bun glaze and transfer to a pastry wire to cool.

DOUGHNUTS

13. CREAM DOUGHNUTS 10 DOUGHNUTS

Ingredients

<u>Basic bun dough</u>	500 g
Icing sugar	50 g
Cream	250 ml
Red Jam	100 g

Method

1. Oil a baking tray and set it aside in a warm place.
2. Prepare a basic bun dough, prove until doubled in size then knock it back.
3. Divide it into ten equal sized pieces, mould these into finger shapes and place onto the baking trays.
4. Cover with a cloth and allow them to prove in a warm place - a prover should not be used - until double their size then lift each doughnut carefully from the tray and deep fry in hot oil at 190°C turning them over to ensure an even colour.
5. Transfer to a pastry wire to drain off excess oil and to go cold.
6. Using a piping bag containing a 5 mm plain tube put a little red jam into each doughnut.
7. Whisk the cream and using a piping bag containing a 10 mm star tube put the cream into the doughnuts. Dust with icing sugar for service.

14. JAM DOUGHNUTS 10 DOUGHNUTS

Ingredients

<u>Basic bun dough</u>	500 g
Red jam	100 g
Caster sugar	200 g
Cinnamon	5 g

Method

1. Oil a baking tray and set it aside in a warm place.
2. Prepare a basic bun dough, prove until double in size then knock it back.
3. Divide it into ten equal sized pieces, mould these into balls and place onto the baking tray.
4. Cover with a cloth and prove in a warm place - a prover should not be used to double in size then lift each doughnut carefully from the tray and deep fry in oil at 190°C turning them to ensure an even colour.
5. Transfer to a pastry wire to drain off excess oil and to go cold.
6. Mix the cinnamon with the castor sugar and cut the doughnuts two thirds through.
7. Using a piping bag containing a 5 mm plain tube put red jam into each doughnut.
8. Roll the doughnuts in the sugar and cinnamon mix and serve.

15. RING DOUGHNUTS 10 PORTIONS

Ingredients

<u>Basic bun dough</u>	500 g
Caster sugar	200 g
Cinnamon	5 g

Method

1. Oil a baking tray and set it aside in a warm place.
2. Prepare a basic bun dough, prove until doubled in size then knock it back.
3. Roll out the dough 15 mm thick and cut it into rounds 70 mm in diameter. Cut a 25mm hold in the centre of each round.
4. Place them onto the baking tray, cover with a cloth and prove in a warm place a prover should not be used - to double their size then deep fry them in oil at 190°C turning them to ensure an even colour.
5. Transfer to a pastry wire to drain off excess oil and to go cold.
6. Mix the cinnamon with the castor sugar and once the doughnuts are cold, roll them in the sugar and cinnamon mix and serve.

DANISH PASTRIES**16. DANISH PASTE***Ingredients*

Flour	200 g
Margarine	25 g
Butter	75 g
Sugar	10 g
Milk	60 ml
Yeast	10 g
Salt	pinch
Eggs	1

Method

1. Sieve together the flour and salt.
2. Rub in the margarine to a sandy texture and make a bay in the centre.
3. Place the eggs, sugar, cold milk and yeast together in the bay. Allow the yeast to dissolve then mix all the ingredients together into a dough.
4. Cover with a sheet of polythene and allow to stand for 15 minutes in a cool place. Soften the butter.
5. Roll out the dough to a rectangle 10 mm thick. Spread the softened butter over two-thirds of the rectangle.
6. Fold the uncoated portion of dough into the centre and over again to give 3 layers of dough sandwiched with 2 layers of butter - one half turn.
7. Cover the dough with polythene and stand it in a cool place for 1 hour.
8. Roll out the dough at right angles to the fold to cover the original area and again fold into 3.
9. Repeat the rolling out and folding sequence 2 more times to give 3 half turns in all. Allow 20 minutes between each rolling and ensure that while resting the dough is covered with polythene and kept cool.
10. The dough is now ready for making into Danish pastries.

Notes:

1. To obtain good results the dough must be kept cold. After weighing the ingredients they may be placed in a refrigerator to cool before being used. Danish pastry may be held in a refrigerator covered in polythene for up to 72 hours. Prepared pastries may also be held in a similar way.
2. Danish pastry should be very light and this can only be achieved if the dough is not toughened during mixing.

17. ALMOND BUNS

10 PORTIONS

Ingredients

<u>Basic bun paste</u>	400 g
<u>Almond filling</u> (frangipane)	220 g
<u>Apricot glaze</u>	100 g
<u>Fondant icing</u>	200 g
Roasted flaked almonds	50 g

Method

1. Oil a baking sheet and set it aside in a warm place.
2. Roll out the Danish paste to a rectangle 10 mm thick.
3. Spread the almond filling over the paste leaving a 25 mm margin clear on one of the sides.
4. Roll up fairly tightly, wet the margin with a little water then press it to the roll to make a seal.
5. Cut into ten 25 mm pieces with the palm of the hand, press down gently to flatten and then place them onto the baking tray, cut side up and 50 mm apart.
6. Prove in a warm place until double their size and bake in an oven at 220°C for 15 minutes.
7. Remove from the oven, brush with boiling apricot glaze.
8. Cover with a thin layer of warm fondant and decorate with roasted flaked nuts.

18. ALMONDS SQUARES

10 SQUARES

Ingredients

<u>Basic Danish paste</u>	400 g
<u>Fondant icing</u>	200 g
<u>Apricot icing</u>	100 g
<u>Marzipan</u>	250 g
Roaster flaked almonds	50 g

Method

1. Lightly grease a baking tray and set it aside in a warm place.
2. Divide the marzipan into 10 equal portions and roll each into a ball.
3. Roll out the Danish paste to a rectangle 10 mm thick and cut it into 75 mm squares.
4. Place a ball of marzipan into the centre of each square.
5. Fold in the four corners up to the marzipan but not covering it then press the points down firmly to seal.
6. Turn each one over and place on the baking tray.
7. Prove in a warm place until doubled in size.
8. Bake in an oven at 220°C for 15 minutes.
9. Remove from the oven, brush with boiling apricot glaze.
10. Cover with a thin layer of warm fondant and decorate with roasted flaked almonds.

19. CUSTARD

10 BUNS

Ingredients

<u>Basic Danish paste</u>	400 g
<u>Pastry cream</u>	250 ml
<u>Apricot glaze</u>	100 g

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Method

1. Oil a baking tray and set it aside in a warm place.
2. Put the pastry cream into a piping bag containing a 15 mm plain piping tube.
3. Roll out the Danish paste to a rectangle 10 mm thick and cut it into 75 mm squares.
4. Pipe a little of the pastry cream into the centre of each square.
5. Fold in two opposite corners up to the pastry cream but not covering it, then press down the points firmly to seal. Leave the other two corners open.
6. Place onto baking trays and prove in a warm place until double their size.
7. Bake in an oven at 220°C for 15 minutes
8. Remove from the oven and brush with boiling apricot glaze.

20. WHIRLS

20 WHIRLS

Ingredients

<u>Basic Danish paste</u>	400 g
<u>Almond filling (Frangipane)</u>	250 g
<u>Fondant icing</u>	20 g
<u>Apricot glaze</u>	100 g
Currants	50 g
Fresh orange	1
Roasted flaked almonds	50 g

Method

1. Oil a baking tray and set it aside in a warm place.
2. Wash and dry the currants, grate the zest from the orange.
3. Roll out the Danish paste to a rectangle 5 mm thick.
4. Spread the almond filling over the paste leaving a 20 mm margin clear on one of the longer sides.
5. Sprinkle the currants and zest of orange over the almond filling.
6. Roll up the dough leaving the margin free.
7. Cut the roll into 25 mm pieces and twist the margin under the cut surface.
8. With the palm of the hand, press down gently to flatten then place on to the baking tray an equal distance apart and with the margin underneath.
9. Prove in a warm place until double their size.
10. Bake in an oven at 220°C for 25 minutes.
11. Remove from the oven and brush with boiling apricot glaze.
12. Cover with a thin layer of warm fondant and decorate with roasted flaked almonds.

PART 3 - PASTRY

CHAPTER THIRTY THREE

BREAD/ROLLS

BREAD

1. Bread using Activated Dough Developer (ADD)
2. Timed dough
3. No timed dough
4. Enriched
5. Festival
6. Oven bottom

ROLLS

7. Bread
8. Bridge
9. Bread rolls using ADD

CHAPTER 33

INTRODUCTION

1. When a small amount of bread is needed it can be made by hand but for larger quantities and for speed of production and efficiency a mixing machine with a dough hook is necessary.
2. The ideal temperature in a prover should be between 26°C - 28°C to achieve good fermentation.
3. To activate fermentation yeast is required and the two types of yeast are commonly available.
 - a. Compressed fresh
 - b. Dried
4. Compressed yeast is supplied in 1 kg blocks wrapped in waxed paper. This has to be stored in the refrigerator at 4°C and has a shelf life of fourteen days. Dried yeast has a shelf life of about a month provided the packet is unopened. Fermipan is a powdered yeast that is mixed in with the flour its shelf life is about 12 months and can be increased if kept in cold storage. Half the quantity in weight of fresh yeast called for in the recipe should be added when using dried yeast.
5. When the term “mix to a clean dough” is used this means no flour specks, not sticky, but a clean dough which cuts clear.
6. To test whether a loaf of bread is cooked take the loaf out of the bread tin and tap the bottom with the knuckles. If the loaf gives a hollow sound it is cooked.

BREAD

1. BREAD USING ACTIVATED DOUGH DEVELOPER (ADD) (STRAIGHT DOUGH METHOD)

APPROXIMATELY 10 LOAVES

Ingredients

Flour	10 kg
Salt	200 g
Yeast	200 g
Water	6 ltr
ADD	50 g

Method

1. Sieve together the flour, ADD and salt.
2. Dissolve the sugar and yeast in water warmed to between 26°C and 28°C.
3. Mix the ingredients for 20 minutes to produce a stiff dough.
4. Cover the dough with a clean cloth and leave to relax for 3 minutes.
5. Immediately weigh, divide and mould the dough and place into bread tins on baking trays.
6. Prove to double the size at between 26°C and 28°C.
7. Bake as required for the individual recipe in an oven at 230°C.

2. TIMED DOUGH (SPONGE BATTER METHOD)

APPROXIMATELY 10 LOAVES

*Ingredients***Sponge**

Flour	3.5 kg
Yeast	100 g
Salt	50 g
Water	4 ltr

Dough

Flour	3.5 kg
Salt	100 g
Fat	100 g
Water	500 ml
Milk powder	25 g

Method (sponge)

1. Dissolve the yeast in warm water at between 26°C and 28°C.
2. Sieve together the flour and salt then add the yeast and water and mix thoroughly.
3. Allow to stand and ferment at a temperature of between 26°C and 28°C for 75 minutes.

Method (dough)

1. Dissolve the milk powder in warm water at between 26°C and 28°C.
2. Mix the salt with the flour and rub in the fat.
3. Combine all the ingredients to form a dough.
4. Add the fermentation and allow to ferment for 1¼ hours, knocking the mix back once during this period.
5. Weigh, divide and mould the dough, place into tins or on trays and prove at between 26°C and 28°C.
6. Bake in an oven at 230°C.

3. NO TIMED DOUGH (RUBBING IN METHOD)

APPROXIMATELY 2 LOAVES

Ingredients

Flour	2 kg
Water	1 ltr
Yeast (fresh)	50 g
Salt	25 g
ADD	10 g

Method

1. Sieve together the flour and ADD.
2. Dissolve the yeast in a little water. Separately dissolve the salt in a little water.
3. Add the remaining water warmed to between 26°C and 28°C to the dry mix to make a dough.
4. Combine the yeast and salt with the dough and mix until the dough is clean (i.e. no flour specks, not sticky, but a clean dough which cuts clear).
5. Weigh, divide and mould the dough and place into tins to prove at between 26°C and 28°C.

4. ENRICHED BREAD*Ingredients*

Flour	1 kg
Salt	15 g
Sugar	10 g
White fat	15 g
Milk powder	25 g
Yeast	30 g
Water	500 ml

Method

1. Sieve together the flour and salt and rub in the white fat.
2. Dissolve the yeast, milk powder and sugar in the water warmed to between 26°C and 28°C and mix with the dry ingredients until the dough is clean.
4. Ferment for 1 hour, knock back and ferment for a further 30 minutes.
4. Weigh, divide and mould as required. Prove to double the size then bake in an oven at 230°C for 45 minutes.

Note: This mix will give 4 x 450 g loaves and can also be used to produce

Twists
Plaits
Milk bread
Bread sticks
Bridge rolls

5. FESTIVAL BREAD*Ingredients*

Flour	5.5 kg
Salt	25 g
Milk powder	25 g
Sugar	10 g
Yeast	50g
Water (approximately)	2 ltr

Method

1. Sieve together the flour and salt.
2. Dissolve the yeast, sugar and milk powder in the water warmed to between 26°C and 28°C and mix with the dry ingredients to form a clear dough.
3. Make a wheatsheaf and bake in an oven at 200°C for 1¼ hours.

6. OVEN BOTTOM BREAD*Ingredients*

Flour	1.5 kg
Yeast	30 g

Malt	5 g
Salt	15 g
Milk powder	10 g
Water	750 ml
Caraway seeds	1 g

Method

1. Sieve together the flour and salt.
2. Dissolve the yeast, milk powder and malt in the water warmed to between 26°C and 28°C and mix with the dry ingredients to form a clear dough.
3. Ferment for 1 hour at between 26°C and 28°C, knock back and ferment for a further 30 minutes.
4. Weigh, divide and mould as required and prove until double the size.
5. Finish with a milk wash and caraway seeds and bake in a very hot oven at 250°C/Reg 9.

ROLLS**7. BREAD ROLLS**

10 ROLLS

Ingredients

Flour	300 g
Yeast	10 g
Water	150 ml
Salt	5 g

Method

1. Sieve together the flour and salt and dissolve the yeast in the water warmed to between 26°C and 28°C, then mix with the dry ingredients to form a stiff dough.
2. Cover with a clean cloth and allow to ferment until double the size.
3. Knock back and divide into 10 pieces then mould into balls or cigar shapes.
4. Place on baking trays, make 2 incisions in the tops and prove until doubled in size.
5. Bake in an oven at 230°C for 30 minutes.

8. BRIDGE ROLLS

50 ROLLS

Ingredients

Flour	400 g
Margarine	50 g
Eggs	2
Milk	125 ml
Yeast	15 g
Salt	5 g

Method

1. Sieve together the flour and salt then rub in the margarine to a sandy texture.
2. Whisk together the eggs and milk and bring to a temperature of between 26°C and 28°C. Add the yeast and allow to dissolve.
3. Mix all the ingredients together to make a dough.
4. Cover with a clean cloth and ferment at between 26°C and 28°C until doubled in size.
5. Knock back and divide into 15 g pieces and mould into cigar shapes.

6. Place on oiled baking trays, egg wash and prove until doubled in size.
7. Bake in an oven at 230°C for 15 minutes.

9. ROLL DOUGH USING ADD*Ingredients*

Flour	2 kg
Salt	25 g
ADD	25 g
White fat	100 g
Sugar	25 g
Yeast	75 g
Water	1 ltr

Method

1. Sieve together the flour, salt and ADD then rub in the white fat.
2. Dissolve the sugar and yeast in the water warmed to between 26°C and 28°C and mix with the dry ingredients to a stiff dough.
3. Weigh and divide off into 60 g pieces and mould to the required shape.
4. Place on oiled baking trays 50 mm apart and prove until doubled in size.
5. Bake in an oven at 200°C.

PART 3 - PASTRY

CHAPTER THIRTY FOUR

COLD SWEETS

BAVAROIS

1. Vanilla
2. Orange
3. Chocolate
4. Fruit (1)
5. Fruit (2)
6. Rubane
7. Banana Chartreuse
8. Charlotte Royal
9. Charlotte Russe

CHEESE CAKE

10. Base
11. Chocolate
12. Kiwi fruit
13. Lemon
14. Orange
15. Baked tart
16. Cooked orange

COMPOSITE

17. Trifle (1)
18. Trifle (2)

CREAM BASED

19. Cream Brulee
20. Lemon soufflé
21. Chocolate soufflé
22. Coffee soufflé
23. Orange soufflé
24. Syllabub

FRUIT BASED

25. Compote of dried fruit
26. Compote of apples
27. Compote of pears
28. Compote of apricots/peaches
29. Compote of cherries

30. Compote of rhubarb
31. Compote of strawberries/raspberries
32. Fresh fruit salad
33. Fruit fool
34. Fruit jelly
35. Susans Summer pudding

MILK BASED

36. Apple meringue flan
37. Apple snow
38. Pavlova
39. Vacherin

MILK PUDDINGS

40. Baked egg custard
41. Banana custard
42. Chocolate blancmange
43. Creme caramel
44. Diplomat pudding
45. Junket
46. Milk jelly

RICE BASED

47. Conde rice

PASTRY BASED

48. Apple slice
49. Profiteroles
50. Fruit flan
51. Lemon meringue pie
52. Strawberry shortcake

YEAST BASED

53. Basic savarin dough
54. Marnignons
55. Rum babas
56. Savarin with fruit

BAVAROIS

1. VANILLA BAVAROIS

Ingredients

Milk	400 ml
Caster sugar	60 g
Eggs	5
Double cream	175 ml
Leaf gelatine	15 g
Vanilla essence	15 g

Method

- Place the leaf gelatine in cold water to soak and soften.
- Separate the egg yolks from the whites, beat the yolks and sugar together in a basin, retain the whites.
- Place the milk into a saucepan, bring to the boil.
- Whisk the boiling milk onto the yolks and sugar and return the mixture to the saucepan.
- Carefully stir over the heat until the mixture cooks and just masks the back of the spoon. The mixture should **NOT** boil.
- Withdraw from the heat, add the vanilla essence.
- Remove the gelatine from the water, drain and add it to the hot liquid stirring until it dissolves.
- Pass the mixture through a conical strainer into a clean basin and allow to cool, stirring occasionally to prevent it setting.
- When the mixture is cold and beginning to thicken, whisk the egg whites to a stiff peak and lightly whisk the cream until it begins to thicken.
- Fold in the cream then fold in the egg whites.
- Pour the mixture into moulds, and place in a refrigerator or on ice.
- Turn out and decorate for service.

2. ORANGE BAVAROIS

Ingredients

Milk	400 ml
Caster sugar	60 g
Eggs	5
Double Cream	175 ml
Leaf gelatine	20 g
Fresh oranges	2

Method

- Grate the zest and squeeze the juice from the oranges.
- Mix half the juice with a little water and use to soak the leaf gelatine.
- Separate the egg yolks from the whites. Whisk together in a basin the yolks, sugar and remaining orange juice, retain the whites.
- Place the milk and grated orange zest into a saucepan, bring to the boil.
- Whisk the boiling milk onto the yolks and sugar and return the mixture to the saucepan.
- Carefully stir over heat until the mixture cooks and just masks the back of the spoon. The mixture should **NOT** boil.
- Withdraw from the heat, remove the gelatine from the liquid, drain and add to the hot liquid stirring until it dissolves.
- Pass the mixture through a conical strainer into a clean basin and allow to cool, stirring occasionally to prevent it setting.

- When the mixture is cold and beginning to thicken, whisk the egg whites to a stiff peak and lightly whisk the cream until it begins to thicken.
- Fold in the cream then fold in the egg whites.
- Pour the mixture into moulds and place in a refrigerator or on ice.
- Turn out and decorate for service.

3. CHOCOLATE BAVAROIS

Ingredients

Milk	400 ml
Caster sugar	30 g
Eggs	5
Double cream	175 ml
Leaf gelatine	15 g
Chocolate couverture	50 g

Method

- Place the leaf gelatine in cold water to soak and soften.
- Separate the egg yolks from the whites and whisk the yolks and sugar together in a basin, retain the whites.
- Put the milk into a saucepan. Break up the chocolate couverture into the milk and bring it to the boil to completely dissolve the chocolate.
- Whisk the boiling milk and chocolate onto the eggs and sugar and return the mixture to the saucepan.
- Carefully stir over the heat until the mixture cooks and just masks the back of the spoon. The mixture should **NOT** boil.
- Withdraw from the heat, remove the gelatine from the water, drain and add to the hot liquid stirring until it dissolves.
- Pass the mixture through a conical strainer into a clean basin and allow to cool, stirring occasionally to prevent it setting.
- When the mixture is cold and beginning to thicken, whisk the egg whites to a stiff peak and lightly whisk the cream until it begins to thicken.
- Fold in the cream then fold in the egg whites.
- Pour the mixture into moulds and place in a refrigerator or on ice to set.
- Turn out and decorate for service.

Note: For Coffee Bavarois substitute 10 g of instant coffee or 10 ml of coffee essence for the chocolate couverture.

4. FRUIT BAVAROIS (1)

Ingredients

<u>Fruit puree</u>	250 ml
Milk	200 ml
Caster sugar	30 g
Eggs	5
Double cream	175 ml
Leaf gelatine	20 g

Method

- Prepare the fruit puree and allow to go completely cold.
- Place the leaf gelatine in cold water to soak and soften.
- Separate the egg yolks from the whites, beat the yolks and sugar together in a basin, retain the whites.
- Put the milk into a saucepan and bring it to the boil.
- Whisk the boiling milk onto the yolks and sugar and return the mixture to the saucepan.

- Carefully stir over heat until the mixture cooks and just masks the back of the spoon. The mixture should **NOT** boil.
- Withdraw from the heat, remove the gelatine from the water, drain and add to the hot liquid stirring until it dissolves.
- Pass the mixture through a conical strainer into a clean basin and allow to cool, stirring occasionally to prevent it setting.
- When the mixture is cold and beginning to thicken, whisk the egg whites to a stiff peak and lightly whisk the cream until it begins to thicken.
- Fold in the fruit puree, the whipped cream and the egg whites.
- Pour the mixture into moulds place in a refrigerator or on ice.
- Turn out and decorate for service.

5. FRUIT BAVAROIS (2)

Ingredients

<u>Fruit puree</u>	200 ml
Icing sugar	125 ml
Fresh lemon	2
Leaf gelatine	15 g
Double cream	250 ml

Method

- Ensure the fruit puree is completely cold.
- Squeeze the juice from the lemons, add half of the juice and the icing sugar to the fruit puree.
- Dissolve the gelatine in a little warm water and allow to cool.
- Lightly whisk the cream until it thickens.
- As the gelatine begins to thicken, add it to the fruit puree then fold in the whipped cream.
- Pour the mixture into moulds and allow to set.
- Turn out and decorate from service.

6. BAVAROIS RUBANE

- This can be produced by using a variety of bavarois mixes, set in layers in any suitable mould The more popular colours and flavours used are:
 - White bavarois, vanilla flavour
 - Green bavarois, pistachio flavour
 - Brown bavarois, chocolate
 - Pink bavarois, strawberry or raspberry flavour
 - Orange bavarois, orange flavour
 - Beige bavarois, coffee flavour

7. BANANA CHARTREUSE

Ingredients

<u>Lemon jelly</u>	1.5 ltr
<u>Vanilla bavarois</u>	500 ml
Bananas	8
Cocktail cherries	18
Angelica	10 g
Fresh lemons	3

Method

- Line (chemise) a charlotte mould with lemon jelly to a thickness of 5 mm.
- Cut 60 5 mm rounds from the cocktail cherries.
- Squeeze the juice from the lemons.
- Peel 4 bananas and cut them across into thin slices, pass the slices through the lemon to prevent discoloration.
- Insert a round of cherry into half of the banana slices.

- Dip each banana slice into the lemon jelly which is on the point of setting and arrange them, neatly around the inside of the charlotte mould in alternating rows of plain and decorated slices.
- Peel 4 bananas and cut them in half diagonally through the centre, pass them through lemon juice to prevent discoloration. Place them on a pastry wire to drain.
- Prepare the vanilla bavarois. When on the point of setting fill the charlotte mould to within 5 mm of the top.
- Mask the banana slices with bavarois then decorate with neatly cut pieces of cherries and angelica.
- When the bavarois has set in the charlotte mould fill to the top with lemon jelly.
- Cover the bottom of a 300 mm round silver tray with lemon jelly to a depth of 5 mm. Using the remaining jelly on the point of setting mask over each banana slice.
- Demould the banana charlotte and place it into the centre of the prepared tray. Arrange the banana halves neatly and evenly around the charlotte.
- Remove the bavarois from the mould and serve on a round dish glazed with lemon jelly and decorated with the remaining slices and halves of banana also glazed with lemon jelly.

8. CHARLOTTE ROYALE

Ingredients

<u>Lemon jelly</u>	1.5 ltr
<u>Vanilla bavarois</u>	500 ml
<u>Almond filling</u>	100 g
<u>Swiss roll mix</u>	400 g
<u>Genoise sponge</u>	600 g
Peach halves	6
Cocktail cherries	2
Brandy	10 ml
Piping jam	10 g

Method

- Prepare and cook the swiss roll then cut it into oblong shapes 215 mmx100 mm, roll flat to 4mm thick, spread with jam and roll up tightly to make small swiss rolls. Keep in greaseproof paper until required.
- Line (chemise) a charlotte mould with lemon jelly to a thickness of 5 mm.
- Cut the swiss roll into thin slices and using lemon jelly on the point of setting dip the slices into the jelly. Arrange nearly in the charlotte mould.
- Using the genoise sponge, cut out 6 90 mmx5 mm rounds, brush each with a little brandy and place on a pastry wire.
- Drain and dry the peach halves. Stuff each cavity with the almond filling then place a half peach on each round of sponge.
- Prepare the vanilla bavarois and when on the point of setting fill the charlotte mould to within 5 mm of the top.
- Mask the peach halves with bavarois and when set, decorate the tops with piping jam in a double eight loop pattern. Allow to stand for 10 minutes then carefully wash off the surplus jam under running water, to leave the pattern of the jam in the bavarois. Cut out small rounds of cocktail cherry and place one in the centre top of each loop decoration.
- When the bavarois has set in the mould fill to the top with lemon jelly.
- Remove from the charlotte mould and serve on a round dish glazed with lemon jelly and decorated with peach halves also glazed with lemon jelly.

9. CHARLOTTE RUSSE

Ingredients

<u>Vanilla bavarois</u>	500 g
<u>Lady finger biscuits</u>	300 g

Method

1. Prepare and cook the finger biscuits.
2. Line the bottom of the charlotte mould with closely packed biscuits cut into fan shapes and place these upside down with their tips meeting at the centre.
3. Line the side of the mould with biscuits trimmed to ensure a neat compact fit and with the upper surface to the side of the mould.
4. Prepare the vanilla bavarois and when it is on the point of setting fill the mould level to the top.
5. When the bavarois has set remove from the mould and decorate with whipped cream for service.

CHEESECAKE

10. BISCUIT BASE

Ingredients

Digestive biscuits	150 g
Butter	75 g
Caster sugar	25 g
Cinnamon	5 g

Method

1. Line a 180 mm cake tin with tin foil.
2. Melt the caster sugar and cinnamon to the crushed biscuits, pour in the melted butter and mix together.
4. Pour the mixture into the cake tin ensuring the mixture covers the base of the tin. Refrigerate to set.

11. CHOCOLATE CHEESECAKE

8 PORTIONS

Ingredients

<u>Biscuit base</u>	250 g
Philadelphia cream cheese or Fromage frais	200 g
Soured cream	125 ml
Cocoa powder	50 g
Powered gelatine	25 g
Caster sugar	50 g
Eggs	3
Block milk or Plain chocolate`	50 g
Double cream	125 ml

Method

1. Prepare the biscuit base and refrigerate it in a 180 mm cake tin until it is firm.
2. Separate the egg yolks from the whites.
3. Put 50 ml of water into a heat proof basin, sprinkle in the gelatine then place the basin in a pan of simmering water. Stir under the gelatine has dissolved, remove from the pan of water and stir in the cocoa powder.
4. Whisk together the egg yolks and sugar until creamy.
5. Whisk the egg whites to a stiff peak.
6. Place both cheeses with the soured cream and the gelatine and cocoa mixture into a bowl and mix them together.
7. Fold in the egg yolks and sugar mix then fold in the egg whites.
8. Pour into the cake tin and allow to set.
9. Grate the chocolate and whisk the cream to piping consistency.

10. Remove the cheesecake from the tin and decorate the top with whipped cream and grated chocolate.

12. KIWI FRUIT CHEESECAKE

8 PORTIONS

Ingredients

<u>Biscuit base</u>	250 g
Philadelphia cream cheese or Fromage frais	200 g
Soured cream	125 ml
Lemon	1
Powered gelatine	25 g
Caster sugar	50 g
Eggs	3
Kiwi fruit	5
Double cream	125 ml

Method

1. Prepare the biscuit base and refrigerate it in a 180 mm cake tin until it is firm.
2. Separate the egg yolks from the whites.
3. Place 50 ml of water into a heat proof basin, sprinkle in the gelatine then place the basin in a pan of simmering water. Stir until the gelatine dissolves.
4. Grate the zest and squeeze the juice from the lemon.
5. Whisk together the egg yolks and sugar.
6. Whisk the egg whites to a stiff peak.
7. Place both cheeses with the soured cream, the gelatine and the lemon juice and zest into a bowl and mix together.
8. Fold in the egg and sugar mixture then fold in the egg whites.
9. Pour into the cake tin and allow to set.
10. Skin and slice the kiwi fruit and whisk the cream to a piping consistency.
11. Remove the cheesecake from the tin decorate the top with the slices of kiwi fruit and the whipped cream.

13. LEMON CHEESECAKE

8 PORTIONS

Ingredients

<u>Biscuit base</u>	200 g
Philadelphia cream cheese or Fromage frais	200 g
Soured cream	125 ml
Lemons	3
Powered gelatine	25 g
Caster sugar	50 g
Eggs	3
Double cream	125 ml

Method

1. Prepare the biscuit base and refrigerate it until firm in a 180 mm cake tin.
2. Separate the egg yolks from the whites.
3. Place 50 ml of water into a heatproof basin, sprinkle in the gelatine then place the basin in a pan of simmering water. Stir until the gelatine has dissolved.
4. Grate the zest and squeeze the juice from the lemons.
5. Whisk together the egg yolks and sugar and whisk the egg whites to a stiff peak.
6. Place both cheeses along with the soured cream, the gelatine, the lemon juice and two thirds of the lemon zest into a bowl and mix together.
7. Fold in the egg yolk and sugar mixture then fold in the egg whites.
8. Pour into the cake tin and allow to set.
9. Whisk the cream to a piping consistency.

- Remove the cheesecake from the tin decorate the top with whipped cream and the remaining zest of lemon.
- As above , except use Oranges

15. BAKED CHEESECAKE TART 8 PORTIONS

Ingredient

<u>Flan paste</u>	250 g
Cottage cheese	200 g
Cornflour	25 g
Eggs	3
Caster sugar	50 g
Fresh lemon	1
Vanilla essence	3 ml
Double cream	100 ml
Icing sugar	100 g

Method

- Lightly grease a baking tray and a 200 mm flan ring.
- Make the flan paste and line the flan ring.
- Grate the zest and squeeze the juice from the lemon. Separate the egg yolks from the whites.
- Mix the cornflour with a little water. Pass the cottage cheese through a sieve to remove the lumps.
- Mix together in a bowl the cheese, cornflour, egg yolks, sugar, lemon peel and juice and the vanilla essence.
- Whisk the egg whites to a stiff peak and the cream until slightly stiff.
- Fold the cream into the cheese mixture and then fold in the egg whites.
- Pour the mixture into the flan case and bake in an oven at 190°C for 35 minutes then turn the heat off and leave the cheesecake to cool in the oven.
- When it is completely cooled, remove it from the oven. Take off the flan ring, dredge with icing sugar and serve.

Notes:

- For variation, 50 g of raisins or sultanas may be added to the cheese mixture before the cream and egg whites are folded in.
- It is not essential to sieve the cottage cheese but doing so will give a smoother texture to the cheesecake.
- Allowing the cheesecake to cool in the oven will prevent it sinking.

16. COOKED ORANGE CHEESECAKE 8 PORTIONS

Ingredients

For the biscuit case

Digestive biscuits	150 g
Butter	50 g
Honey	20 g
Fresh oranges	2
Caster sugar	50 g

For the filling

Butter	50 g
Fresh oranges	1
Caster sugar	75 g
Eggs	2
Cornflour	25 g
Cottage cheese	300 g
Icing sugar	100 g

Method

- To make the case; crush the biscuits, squeeze the juice and grate the zest from the oranges.
- Cream together the butter, honey, caster sugar and grated orange zest then mix in the crumbs.

- Use this mixture to line the base and side of an unlined cake tin.
- For the filling; grate the zest from the orange, separate the egg yolks from the whites and mix the cornflour with a little water.
- Pass the cottage cheese through a sieve to remove the lumps.
- Cream together the butter, orange zest and caster sugar. Add the egg yolks, cornflour, cottage cheese and lastly the orange juice.
- Whisk the egg whites to a stiff peak and fold this into the cheese mixture.
- Put the mixture into the biscuit case and bake in an oven at 160°C for 1¼ hours until firm and pale golden in colour. Then turn off the heat and leave the cheesecake to cool in the oven.
- When completely cooled remove the cheesecake from the cake tin, dredge with icing sugar and serve.

Note: Cheese cake recipes can be varied by the use of different toppings such as fruit purees, fruit jellies or tinned and fresh fruits.

COMPOSITE SWEETS

17. TRIFLE (1) 10 PORTIONS

Ingredients

<u>Custard sauce</u>	750 ml
<u>Genoise sponge</u>	450 g
Commercial jelly	500 ml
Raspberry jam	200 g
Glace cherries	5
Angelica	5 g
Double cream	250 ml

Method

- Prepare and cook the sponge. Allow it to cool then split it lengthways and spread it with raspberry jam.
- Cut the sponge into 15 mm dice and divide equally between glass serving dishes or bowls.
- Prepare the jelly, pour it onto the sponge and allow to set.
- Prepare the custard sauce, allow it to cool whisking occasionally then pour it onto the jelly and allow to set.
- Whisk the cream and use it with glace cherries and angelica to decorate the surface of the trifle.

18. TRIFLE (2) 10 PORTIONS

Ingredients

<u>Custard sauce</u>	750 ml
<u>Genoise sponge</u> or <u>Swiss roll</u>	450 g
Ratafia biscuits	350 g
<u>Stock syrup</u>	375 ml
Raspberry jam	200 g
Sweet sherry	200 ml
Double cream	250 ml

Method

- Prepare and cook the sponge. Allow it to cool then split it lengthways and spread it liberally with jam. Cut it into 15 mm slices. As an alternative, swiss roll may be prepared and cut into 15 mm rounds.
- Arrange the sponge or swiss roll nearly in serving bowls. Crush some of the ratafia biscuits and sprinkle these onto the sponge.
- Prepare the stock syrup and mix it with the sherry. Pour this over the sponge and allow to soak.
- Prepare the custard sauce, pour it over the sponge and allow to set.

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- Whisk the cream and use it with glace cherries, angelica, ratafia biscuits and toasted flaked almonds to decorate the surface of the trifle.

CREAM BASED

19. CREAM BRULEE

10 PORTIONS

Ingredients

Double cream	500 ml
Bay leaf	2
Eggs	8
Caster sugar	50 g
Demerara sugar	125 g
Vanilla essence	

Method

- Separate the egg yolks from the whites.
- Warm the cream and bay leaves in a saucepan to just below boiling point and mix together the egg yolks and caster sugar in a heatproof bowl.
- Remove the bay leaves from the cream and mix the cream with the eggs and sugar mix.
- Stand the mixture in a bath of hot water and cook, stirring constantly until the mixture is thick enough to coat the back of the spoon.
- Strain the mixture, pour it into 10 ramekin dishes and refrigerate for 4 hours.
- Completely cover the surface of each ramekin with a fine layer of demerara sugar.
- Set the ramekins on a bed of ice and place them under a hot grill to caramelize the demerara sugar then refrigerate for a further 2 hours before serving.

COLD SOUFFLES

Notes:

- Sweet souffles are made with whipped cream and gelatine. As they are not baked but left to set in the refrigerator they cannot rise. To achieve the characteristic raised appearance of a souffle the dish (which can be made in either individual or large souffle moulds) should be prepared with a 20 mm deep collar made of greaseproof paper or thin card extending above the rim.
- Pour the prepared mixture into the souffle dish until it reaches almost to the rim of the collar and place in a refrigerator to set.
- When the souffle is required for service run a warmed knife between it and the collar. Carefully remove the collar then decorate very lightly, so as not to depress the souffle, with whipped cream and a selection from the following:

- Grated lemon, orange or lime peel
- Grated chocolate
- Chocolate run-outs
- Toasted flaked almonds
- Glace cherries and angelica

20. LEMON SOUFFLE

10 PORTIONS

Ingredients

Fresh lemon	5
Eggs	8
Caster sugar	200 g
Powered gelatine	25 g
Double cream	300 ml

Method

- Prepare the souffle moulds.
- Grate the zest and squeeze the juice from the lemons.
- Separate the egg yolks from the whites.
- Stand a heatproof bowl containing 50 ml of water in a hot bain marie. Sprinkle the gelatine into the bowl and stir until it dissolves then put aside to cool.
- Put the egg yolks, sugar, lemon zest and juice into a bowl and whisk until the mixture thickens.
- Pour the gelatine into the mixture and mix both together.
- Whisk the cream until it begins to thicken. Whisk the egg whites to a stiff peak then carefully fold first the cream and then the egg whites into the mixture.
- Pour the souffle into the prepared moulds and refrigerate until set.
- Remove the collar and decorate as required.

Notes:

21. Chocolate souffle. Melt 200 g of dark chocolate and add when whisking the egg yolks. For addition a flavour add 40 ml of rum or brandy at the same time.

22. Coffee souffle. Add 200 ml of strong black coffee or 100 ml of coffee essence when whisking the yolk mixture. For additional flavour add 40 ml of Tia Maria or coffee Curacao liqueur at the same time.

23. Orange souffle. Add the grated zest of a large orange and 200 ml of fresh orange juice when whisking the yolks. For additional flavour add 40 ml of Grand Marnier or orange Curacao liqueur at the same time.

24. SYLLABUB

10 PORTIONS

Ingredients

Fresh lemons	4
Brandy	80 ml
Sweet white wine or Sherry	100 ml
Caster sugar	150 g
Double cream	500 ml

Method

- Remove the zest from two of the lemons with a peeler, leaving behind the white pith. Squeeze out the juice.
- Put the peel and the lemon juice into a bowl, add the wine (or sherry) and the brandy. Cover the mixture and leave to infuse overnight.
- Strain the liquid into a clean bowl, add the sugar and stir until dissolved.
- Pour the cream slowly into the liquid, whisking vigorously until the syllabub stands in soft peaks then spoon into individual glasses or cups.
- Keep the syllabub in a cool place, but not in a refrigerator, until required for service.
- For garnish; remove the peel from the remaining lemons, cut into very fine strips, blanch, refresh and drain well then serve the syllabub with a cluster of drained lemon strips. Additionally, serve also with sponge fingers or ratafia biscuits.

FRUIT BASED

25. COMPOTE OF DRIED FRUIT

10 PORTIONS

Ingredients

Dried fruit	400 g
Sugar	75 g

Method

1. Thoroughly wash the fruit, cover with one and a half times its volume of cold water and leave to soak overnight.
2. Bring to the boil in the liquor, add the sugar and simmer until the fruit is tender.
3. Remove from the stove, allow to completely cool then refrigerate. Allow to stand for 24 hours before use.
4. May be served chilled or hot.

Note: When using dried prunes, a few slices of lemon and a small quantity of cinnamon stick may be added during the cooking. When using dried apples, apricots and pears, lemon, cinnamon stick and a few cloves may be added during the cooking.

26. COMPOTE OF APPLES

10 PORTIONS

Ingredients

Apples	1 kg
Sugar	200 g
Water	1 ltr
Cinnamon stick	50 mm
Fresh lemon	1

Method

1. Peel the zest and squeeze the juice from the lemon. Place the sugar, lemon zest and juice, cinnamon stick and water into a saucepan. Bring to the boil and then simmer.
2. Peel, core and halve the apples, place them into the syrup.
3. Cover with a lid and cook in an oven at 190°C until tender.
4. Remove the saucepan from the oven, allow to cool and refrigerate for 24 hours.
5. Transfer the apples to a serving dish and strain the syrup over for service which may be either chilled or hot.

27. COMPOTE OF PEARS

10 PORTIONS

Ingredients

Pears	10
Sugar	200 g
Water	1 ltr
Fresh lemon	1

Method

1. Halve the lemon. Place the sugar and water into a saucepan, bring to the boil and then simmer.
2. Peel the pears without removing the stalks then remove the core from the base of the pear. Rub over each pear with lemon juice as it is peeled.
3. Place the pears into the syrup, cover with a lid and poach until tender. Remove from stove, allow to cool and then refrigerate for 24 hours.
4. Transfer the pears to a serving dish and strain the syrup over for service which may be either chilled or hot.

28. COMPOTE OF APRICOTS/PEACHES

10 PORTIONS

Ingredients

Apricot/peach	1 kg
Sugar	200 g
Water	1 ltr

Method

1. Blanch the fruit for ten seconds in boiling water then refresh in cold water and remove the skins. Put

the sugar and water into a saucepan, bring to the boil and then simmer.

2. Place the fruit into the syrup, cover with a lid and poach in an oven at 190°C to gently poach until tender.
3. Remove from the oven, allow to cool and then refrigerate. Transfer the fruit to a serving dish and strain the syrup over for service which may be either chilled or hot.

29. COMPOTE OF CHERRIES

10 PORTIONS

Ingredients

Cherries	1 kg
Sugar	200 g
Water	1 ltr

Method

1. Clean and wash the cherries.
2. Put the sugar and water into a saucepan, bring to the boil and then simmer.
3. Place the cherries into the syrup, cover with a lid, and poach in an oven at 109°C until tender.
4. Remove from the oven, allow to cool and then refrigerate.
5. Transfer the fruit to a serving dish and strain the syrup over for service which may be either chilled or hot. Serve with a little of the syrup.

30. COMPOTE OF RHUBARB

10 PORTIONS

Ingredients

Rhubarb	1 kg
Sugar	200g
Water	500 g
Fresh lemon	1

Method

1. Peel the zest and squeeze the juice from the lemon.
2. Place the sugar, the lemon zest and juice and the water into a saucepan, bring to the boil and then simmer.
3. Trim the stalks and remove the leaves and coarse skin from the rhubarb. Wash and then cut into 90 mm lengths.
4. Put the rhubarb into the syrup, cover with a lid and poach in an oven at 190°C until tender.
5. Remove from the oven and transfer the rhubarb from the syrup into a serving dish.
6. Reduce the syrup by half, allow it to cool then pour over the rhubarb for service which may be either chilled or hot.

31. COMPOTE OF STRAWBERRIES / RASPBERRIES

10 PORTIONS

Ingredients

Strawberries/raspberries	1 kg
Sugar	200 g
Water	500 ml

Method

1. Place the sugar and water into a saucepan, bring to the boil and then simmer.
2. Remove the stalks from the fruit and then wash.
3. Put the fruit into the syrup, return to the boil and then immediately remove from the stove.
4. Allow the fruit to cool and then refrigerate. Transfer the fruit from the syrup to a serving dish,

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and then pour over the fruit for service which may be either chilled or hot.

32. FRESH FRUIT SALAD

10 PORTIONS

Ingredients

Fresh fruit	1.5 kg
Caster sugar	150 g
Fresh lemon	1
Water	250 ml
Liqueur (optional)	125 ml

Method

1. Squeeze the juice from the lemon.
2. Boil the water and sugar together for 2 minutes. Allow to cool and then add the lemon juice and some liqueur if required.
3. Prepare the fruit. Put it into a bowl and pour on the cold syrup. Place in a cool place or refrigerate for 1 hour to allow the flavours of the fruits to develop.

33. FRUIT FOOL

10 PORTIONS

Ingredients

Fresh fruit	400 g
Double cream	250 ml
Sugar	100 g

Method

1. Poach the fruit in a small quantity of water, the amount of added sugar depending upon the type of fruit used.
2. Allow the fruit to cool then sieve or blend to produce a puree.
3. Whisk the cream until stiff then fold in the fruit puree.
4. Pour the mixture into glasses or coupes, chill and decorate before serving with some grated chocolate, shortbread biscuits or cats tongues.

34. FRUIT JELLY

10 PORTIONS

Ingredients

Jelly crystals or packet jelly	1 ltr
Fresh or tinned fruit	500 g
<u>Whipped cream</u>	100 ml

Method

1. Prepare the fresh fruit or drain the tinned fruit then cut into either dice or thin slices.
2. Prepare the jelly in accordance with the manufacturers instructions and allow to cool.
3. Rinse the mould out with cold water. Pour in a little of the jelly and allow to set.
4. Decorate this with a layer of fruit then pour on more jelly sufficient to cover the fruit and allow to set.
5. Repeat this process until all the fruit has been used and the mould is full.
6. Place in a refrigerator to set.
7. Prepare for service by plunging into hot water for a few seconds and then turning out onto a serving dish or place and decorating with whipped cream.

Notes:

1. An additional 25 g of gelatine may be added when making jelly which is to be served in particularly warm temperature.
2. Fruit jellies may be set and served in individual glass sundae dishes.

35. SUSANS SUMMER PUDDING

10 PORTIONS

Ingredients

Selection of mixed soft fruit	
Strawberries, raspberries, blackberries, blackcurrants, cherries, redcurrants	1 kg
White sandwich loaf	15 slices
Caster sugar	200 g
Double cream	100 ml

Method

1. Remove the crusts from the bread and completely line either pudding basins or individual moulds.
2. Put the fruit and sugar into a shallow pan, cover, bring to the boil and simmer for 3 minutes on a low heat.
3. Fill the moulds with this mixture then cover with the remaining bread.
4. Put a small plate on top of the mould then place a weight on top, sufficient to press the plate down onto the pudding.
5. Place the pudding into a refrigerator to chill for 8 hours before removing from the mould immediately prior to service. Decorate with whipped cream or serve with a sauceboat of cream.

MERINGUE BASED

36. APPLE MERINGUE FLAN

10 PORTIONS

Ingredients

<u>Flan paste</u>	500 g
<u>Meringue</u>	400 g
<u>Apple puree</u>	1 kg
Caster sugar	50 g

Method

1. Prepare the apple puree.
2. Prepare the flan paste, line the flan rings, crimp the edges and prick the bases with a fork.
3. Line the flan with greaseproof paper, bake blind and cook in an oven at 190°C for 25 minutes.
4. Remove from the oven and take out the blind baking material.
5. Prepare the meringue and put it into a piping bag containing a large star tube.
6. Two thirds fill the flans with apple puree then neatly pipe on the meringue.
7. Dust the flan lightly with caster sugar and place it into an oven at 190°C to cook and lightly colour the meringue.

37. APPLE SNOW

10 PORTIONS

Ingredients

<u>Apple puree</u>	500g
<u>Meringue</u>	400 g
Fresh lemon or orange	1

Method

1. Squeeze the juice and grate the zest from either an orange or a lemon.
2. Prepare the apple puree and add the zest and juice of the fruit.
3. Prepare the meringue and then fold it into the apple puree. The mixture can then be put into a chilled glass dish or into chilled coupes and refrigerated for service.

38. PAVLOVA

10-12 PORTIONS

Ingredients

<u>Meringue</u>	800 g
<u>Vanilla essence</u>	2 ml
<u>Whipped cream</u>	750 ml
Fresh or tinned fruit	400 g

Method

1. Prepare the meringue adding the vanilla essence with the sugar.
2. Very lightly grease baking trays.
3. Using a piping bag and plain tube, pipe four 250 mm rounds of meringue onto the baking sheets. Using a large star piping tube, pipe sufficient stars or rosettes of meringue onto a baking sheet to decorate the top of the pavlova.
4. Bake in an oven at 120°C until the meringue is crisp. Remove the meringue from the baking trays and place to one side.
5. Prepare the fruit; small fruits should be left whole, large fruits should be halved or sliced and tinned fruit must be well drained of syrup.
6. Whisk the cream and fruit. Finish the top layer of the pavlova with a little cream on which can be placed the stars or rosettes of meringue. Chill before service.

39. VACHERIN

Ingredient

<u>Meringue</u>	200 g
<u>Sweet pastry</u>	400 g
<u>Whipped cream</u>	750 ml

Prepare fresh or tinned fruit
Chocolate chips

Method 1

1. Roll out a round of sweet paste 20 cm in diameter and 3 mm thick, prick with a fork then lightly blind bake in an oven at 160°C.
2. Prepare the meringue mix and with a piping bag and star tube, pipe out small shells or circles 5 cm diameter onto greaseproof paper.
3. Cook these in a very slow oven and then using a piping bag containing meringue mix secure them around the top edge of the pastry base. Bake in an oven at 160°C until the meringue is set.
4. Fill case with fruit and whipped cream and decorate with chocolate chips for service.

Method 2

<u>Meringue</u>	200 g
<u>Sweet pastry</u>	100 g
<u>Whipped cream</u>	200 ml

1. Roll out a round of sweet paste to 5.5 cm in diameter and 3 mm thick, prick with a fork and bake blind in an oven at 160°C until cooked and lightly coloured.
2. Prepare the meringue mix and using a piping bag and a star tube pipe three rounds 5.5 cm in diameter onto grease proof paper. Cook these in a very slow oven.
3. Place two or more of these meringue rounds on the sweet pastry base and using a piping bag and a star tube cover the outside with lattice work meringue.
4. Bake in an oven at 160°C.
5. Allow to cool then decorate the top with whipped cream for service.

MILK PUDDINGS

40. BAKED EGG CUSTARD

10 PORTIONS

Ingredients

Milk1 ltr	
Sugar	100 g
Eggs	6
Vanilla essence	
Nutmeg	5 g

Method

1. Put the milk, sugar and vanilla essence into a saucepan and bring to blood heat.
2. Whisk the eggs in a basin then pour on the warmed milk.
3. Strain the custard then divide it between either heatproof pie dishes or individual glass dishes. Sprinkle a little nutmeg on the surface of each one.
4. Cook in a bain marie, without boiling in an oven at 180°C until the custard is set. Allow to cool for service.

41. BANANA CUSTARD

10 PORTIONS

Ingredients

Bananas	10
<u>Custard sauce</u>	500 ml
<u>Fresh cream</u>	125 ml

Method

1. Peel and slice the bananas across and place the slices into glass bowls or individual coupes.
2. Prepare the custard sauce and pour it over the bananas.
3. Allow to cool completely. Whisk the cream to a stiff peak and decorate as required.

42. CHOCOLATE BLANCMANGE

10 PORTIONS

Ingredients

Cornflour	60 g
Milk750 ml	
Sugar	100 g
Cocoa powder	25 g
<u>Fresh cream</u>	125 ml

Method

1. Mix the cornflour, sugar and cocoa powder with a little of the milk to make a smooth paste.
2. Bring the remainder of the milk to the boil then pour onto the mixture, whisking constantly.
3. Return the mixture to the saucepan and re-boil, stirring constantly.
4. Rinse the mould with cold water and pour in the blancmange, allow to cool and set. Remove the blancmange from the mould. Whisk the cream to a stiff peak and using a piping bag containing a star tube decorate the blancmange for service.

43. CREME CARAMEL

10 PORTIONS

Ingredients

Milk1 ltr	
Sugar	275 g
Eggs	6
Vanilla essence	
Water	185 ml

Method

1. Place 125 ml of the water and the sugar into a thick bottomed saucepan.
2. Bring to the boil and cook to a dark golden brown.
3. Add the remaining 60 ml of water and reboil.
4. Divide equally among individual heatproof moulds and allow to set.

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- Put the milk, sugar and vanilla essence into a saucepan and bring to blood heat.
- Whisk the eggs in a basin then pour on the warmed milk.
- Strain the custard and divide it equally between the moulds.
- Cook in a bain marie without boiling in an oven at 180°C until the custard is set. Allow to cool and turn the custard out with the caramel uppermost for service.

44. DIPLOMAT PUDDING

10 PORTIONS

Ingredients

<u>Raspberry jelly</u>	250 ml
<u>Genoise sponge</u>	100 g
<u>Stock syrup</u>	20 ml
<u>Redcurrant sauce</u>	250 ml
<u>Vanilla bavarois</u>	750 ml
Brandy	25 ml
Sherry or Madeira	60 ml
Currants	25 g
Sultanas	25 g
Glace cherries	35 g
Angelica	15 g

Method

- Cut the genoise sponge into 15 mm dice.
- Cut the cherries and angelica into small dice, mix with the currants, sultanas and genoise sponge. Place those ingredients into a basin, add the sherry, brandy and stock syrup, and allow to macerate for 1 hour.
- Prepare the raspberry jelly and chemise the bottom of the charlotte or other suitable moulds to a depth of 15 mm. Put in a cool place or a refrigerator to set.
- Prepare the vanilla bavarois and when it is on the point of setting fold it into the cake and fruit.
- Fill the moulds and allow to set.
- Remove from the mould and serve, jelly uppermost on a dish and surrounded with redcurrant sauce.

45 JUNKET

10 PORTIONS

Ingredients

Milk 1.5 ltr	
Rennet	30 ml
Sugar	25 g
Nutmeg	5 g

Method

- Dissolve the sugar in milk warmed to blood heat.
- Pour the milk into the dishes in which it is to be served.
- Stir in the rennet and put the dishes in a warm place (not an oven) to allow the junket to set.
- Use a little grated nutmeg to decorate the junket for service.

46. MILK JELLY

10 PORTIONS

Ingredients

Milk 1 ltd	
Sugar	100 g
Lemon	1
Powered gelatine	50 g
Water	60 ml

Method

- Warm the water in a saucepan, sprinkle in the gelatine and stir until it is completely dissolved.
- Grate the zest from a quarter of the lemon.

- Place the milk, sugar and lemon zest in a saucepan and bring to the boil.
- Pour the milk onto the gelatine allow the mixture to cool slightly then strain and pour it into moulds or coupes to set for service.

RICE BASED

47. CONDE RICE

10 PORTIONS

Ingredients

pudding rice	175 g
Milk 1.75 ltr	
Sugar	75 g
Nutmeg	

Method

- Wash over the rice and simmer together with the milk and sugar in a covered saucepan until tender.
- Put into serving dishes or coupes and serve sprinkled with a little grated nutmeg and stewed fruit.

Notes:

Fruit Condes (Cold)

- Fruit condes may be made with the rice base from the conde rice recipe which should be allowed to cool and then be blended with whipped cream (125 ml per 10 portions), and served in glass bowls or coupes.
- Any tinned compote fruits are suitable and these should be placed on top of the rice, masked with apricot glaze and decorated with whipped cream, glace cherries and angelica.

PASTRY BASED

48. APPLE SLICE

10 PORTIONS

Ingredients

<u>Puff pastry</u>	500 g
<u>Apricot glaze</u>	250 ml
Egg 1	
Cooking apples	600 g

Method

- Roll out the puff pastry 3 mm thick, then cut into strips 100 mm wide and place onto baking trays.
- Prick the pastry with a fork and egg wash the edges.
- Cut further strips of puff pastry 20 mm wide and 5 mm thick. Place along the edges and crimp.
- Brush the raised edge with egg wash.
- Peel and core the apples, cut into halves and thinly slice across the apple retaining the half apple shape.
- Press lightly with the hand to flatten and lift with a pallet knife onto the pastry strips.
- Bake in an oven at 190°C for 30 minutes.
- Remove from the oven, brush the applies with boiling apricot glaze and allow to cool and set before cutting up for service.

49. PROFITEROLES

10 PORTIONS

Ingredients

<u>Choux paste</u>	400 ml
<u>Whipped cream</u> or <u>Pastry cream</u>	150 ml
Icing sugar	50 g
Eggs	1

Method

- Lightly grease baking trays.
- Prepare the choux paste and using a piping bag containing a 120 mm plain tube pipe the paste onto the baking trays in bell shapes 20 mm in diameter.

- Brush with egg wash and cook in an oven at 220°C and to a golden brown colour.
- Remove from the oven and allow to cool.
- Fill the profiteroles with whipped or pastry cream, dredge with icing sugar and serve on a doily covered dish accompanied by a chocolate sauce which may be served either hot or cold.

50. FRUIT FLAN 8 PORTIONS

Ingredients

<u>Flan paste</u>	500 g
<u>Pastry cream</u>	500 ml
Tinned fruit	400 g
or	
Fresh fruit	500 g
<u>Apricot glaze</u>	100 ml
Egg	1

Method

- Prepare the fruit (see notes) and the apricot glaze.
- Prepare the flan paste and roll out 5 mm thick. Line a 230 mm flan ring with the paste.
- Line the inside of the flan with greaseproof paper and bake blind in an oven at 190°C for 20 minutes.
- Remove from the oven, take out the blind bake and the greaseproof paper and take off the flan ring. Egg wash the pastry inside and out and return to the oven to colour.
- Prepare the pastry cream and while it is still hot $\frac{3}{4}$ fill the flan case then allow to cool.
- Arrange the fruit on the pastry cream.
- Boil the apricot glaze and brush over the fruit. Allow to set then cut into portions.

51 LEMON MERINGUE PIE 10 PORTIONS

Ingredients

<u>Flan paste</u>	400 g
<u>Basic meringue</u>	200 g
Milk	500 ml
Lemons	2
Sugar	50 g
Cornflour	25 g
Eggs	2
Caster sugar	25 g

Method

- Prepare the flan paste and roll it out 5 mm thick.
- Line two flan rings with the paste.
- Line the insides of the flans with greaseproof paper and bake blind in an oven at 190°C for 20 minutes.
- Separate the egg yolks from the whites, grate the zest and squeeze the juice from the lemons.
- Mix the cornflour with a little milk to a smooth paste.
- Put the sugar and zest into the remainder of the milk and bring to the boil, add the cornflour and cook for 2 minutes.
- Add the lemon juice and then pour the mixture onto the egg yolks stirring constantly.
- Remove the blind bake and greaseproof paper from the flans then three-quarters fill them with the lemon filling and allow to cool.
- Prepare the meringue and then spread or pipe it over the lemon fillings.
- Dust with caster sugar, place into an oven at 150°C to cook and lightly colour the meringue.

Note: As an alternative to the lemon pie filling used in this recipe, a rich lemon curd filling may be used:

Ingredients

Butter	100 g
Caster sugar	100 g
Egg Yolks	2

Lemon juice and zest 1

Method

Cream together the egg yolks and sugar in a heatproof bowl, add the butter, lemon juice and zest then place the bowl in a bath of hot water over low heat and whisk continuously until the mixture thickens.

52. STRAWBERRY SHORTCAKE 10 PORTIONS

Ingredients

Shortcake	
Flour	225 g
Baking powder	10 g
Salt	Good Pinch
Nutmeg	pinch
Caster sugar	50 g
Unsalted butter	60 g
Eggs	1
Single cream	125 ml

Filling

Strawberries	300 g
Caster sugar	60g
Unsalted butter	100
Double cream	250 ml
Kirsck Grand Marnier	40 ml

Method

Filling

- Clean the strawberries and reserve several whole fruits for decoration. Prepare 100 g in slices, crush the remainder and stir in 40g of the caster sugar and 20 ml of the liqueur. Fold in the sliced fruit and set aside.

SHORTCAKE

- Butter and flour two sandwich tins, (approximately 200 cm in size).
- Sieve together the flour, baking powder, salt, nutmeg and caster sugar.
- Cut the butter into cubes, and mix with the flour to a fine sandy texture. Make a bay.
- Whisk together the egg and single cream, pour into the bay and mix all ingredients into a smooth dough.
- Roll out the dough on a lightly floured board, fill the sandwich tins and bake at 220°C for 20 minutes.
- Remove from the oven and turn out onto a pastry wire to cool.

ASSEMBLY

- Whisk the double cream to a soft peak then add the remaining 20 g of caster sugar and 20 ml of liqueur.
- Butter one side of each layer of shortcake.
- Spread the strawberry filling over the bottom layer and then sandwich it with the top layer.
- Decorate the surface with the cream and the whole strawberries for service.

YEAST BASED

53. BASIC SAVARIN DOUGH (FOR SAVARIN, BABAS AND MARIGONS)

600 GRAMMES

Ingredients

Flour (regular)	125 g
Flour (strong)	225 g
Sugar	10 g
Eggs	3
Salt	pinch
Yeast	10 g
Milk	75 g
Butter	100 g

Method

1. Prepare the moulds by greasing with butter and then dusting with flour.
2. Sieve together the flour and salt, make a bay.
3. Mix the eggs, sugar, milk and yeast together and pour into the bay.
4. Mix in a quarter of the flour to make a batter. Cover with a cloth and put in a warm place to ferment for 20 minutes then stir in the remaining flour and mix to a soft dough.
5. Melt the butter and pour it on top of the dough. Cover and put in a warm place to prove to double its size.
6. Stir the butter into the dough and allow to prove again.
7. Knock back the dough and fill the moulds.

Note: This mixture is sufficient to produce two savarins, four marignons or four babas.

54. MARIGNONS

6-8 PORTIONS

Ingredients

<u>Basic savarin dough</u>	1.2 kg
<u>Apricot glaze</u>	200 g
<u>Whipped cream</u>	150 ml
<u>Savarin syrup</u>	200 ml

Method

1. Prepare the savarin dough and large barquette moulds by greasing with butter and then dusting with flour.
2. One third fill each mould with dough and bake in an oven at 230°C for 20 minutes.
3. Remove the marignons from the oven and turn them out of the moulds onto a pastry wire to cool.
4. Prepare the savarin syrup and the apricot glaze.
5. Soak the marignons in the hot savarin syrup then place them onto a pastry wire to drain.
6. Make oblique incision lengthways on the surface then mask with boiling apricot glaze
7. Decorate with whipped cream for service.

55. RUM BABAS

6-8 PORTIONS

Ingredients

<u>Basic savarin dough</u>	1.2 kg
<u>Apricot glaze</u>	200 g
<u>Whipped cream</u>	150 ml
<u>Savarin syrup</u>	200 ml
Currants	25 g
Glace cherries	4
Rum	60 ml

Method

1. Wash and dry the currants and prepare the baba moulds.
2. Prepare the savarin dough adding the currants after mixing in the butter and before the second proving takes place.
3. One third fill each mould with dough and bake in an oven at 230°C for 20 minutes.
4. Remove the babas from the oven and turn them out of the moulds onto a pastry wire to cool.
5. Prepare the savarin syrup and add the rum.

6. Soak the babas in the hot rum syrup then place them onto a pastry wire to drain.
7. Mask with boiling apricot glaze and decorate with a rosette of whipped cream and a glace cheery.

56. SAVARIN WITH FRUIT

8 PORTIONS

Ingredients

<u>Basic savarin dough</u>	600 g
Filleted almonds	50 g
<u>Apricot glaze</u>	200 g
<u>Fresh fruit salad</u>	500 g
<u>Savarin syrup</u>	500 ml

Method

1. Prepare the savarin dough and the savarin moulds.
2. Put the dough into the moulds and bake in an oven at 190°C for 40 minutes.
3. Remove from the oven and turn out of the moulds onto a pastry wire to cool.
4. Prepare the savarin syrup and the apricot glaze. Toast the almond fillets.
5. Soak the savarin in the hot syrup then place them onto a pastry wire and allow to drain.
6. Mask the savarins with boiling apricot glaze and place them on a round serving dish. Fill the centre with fresh fruit salad and decorate the top with the toasted almonds.

PART 3 - PASTRY

CHAPTER THIRTY FIVE

HOT SWEETS

BOILED/STEAMED

1. Sponge pudding (1) (rubbing in)
2. Sponge pudding (2) (creaming)
3. Black cap sponge pudding
4. Castle sponge pudding
5. Chocolate sponge pudding
6. Golden sponge pudding
7. Jam sponge pudding
8. Lemon sponge pudding
9. Orange sponge pudding
10. Vanilla sponge pudding
11. Christmas pudding
12. Devonshire roll
13. Jam roll

FRITTERS

14. Apple
15. Banana
16. Bread and jam
17. Pineapple
18. Souffle

FRUIT BASED

19. Apple charlotte
20. Apple crumble
21. Baked apples
22. Eves pudding

MILK PUDDING

23. Bread and butter
24. Cabinet
25. French milk
26. Queen of puddings
27. Rice baked
28. Rice steamed
29. Sago baked
30. Sago creamed
31. Semolina baked
32. Semolina creamed
33. Tapioca baked
34. Tapioca creamed

PANCAKES

35. Filled - apple
36. Folded - lemon
37. Rolled - jam

PASTRY BASED

38. Apple flan (1)
39. Apple flan (2)
40. Apple dumplings
41. Apple strudel
42. Bakewell tart
43. Custard tart
44. Dutch apple pie
45. Apple pie
46. Jam puffs
47. Jam roll baked
48. Jam tart
49. Jam turnover
50. Mince tart
51. Treacle tart

SOUFFLES

52. Lemon
53. Oranges
54. Chocolate
55. Coffee
56. Vanilla
57. Cecelia
58. Grand Marnier
59. Strawberry
60. Apple
61. Omlette

UNCLASSIFIED

62. Spiced bread pudding
63. Zabaglione

BOILED/STEAMED**1. SPONGE PUDDING (RUBBING IN)**

10 PORTIONS

Ingredients

Flour	300 g
Baking powder	15 g
Margarine	150 g
Sugar	150 g
Egg	1
Milk	375 ml
Salt	375 ml

Method

1. Oil and flour pudding basins and sieve together the flour, baking powder and salt.
2. Rub in the margarine to a sandy texture.
3. Make a bay in the centre, add the sugar, egg and half the milk then mix to a smooth texture gradually adding the remaining milk.
4. Divide the mixture equally between the pudding basins, cover with greaseproof paper and steam for 1½ hours at 2 kg pressure.

2. SPONGE PUDDING (CREAMING METHOD)

10 PORTIONS

Ingredients

Flour	250 g
Margarine	150 g
Sugar	150 g
Baking powder	5 g
Eggs	3

Method

1. Oil and flour pudding basins and sieve together the flour and baking powder.
2. Cream together the margarine and sugar then gradually add the eggs beating continuously.
3. Fold in the flour and baking powder, divide the mixture equally between the pudding basins then cover with greaseproof paper and steam for 1½ hours at 2 kg pressure.

Variations of the basic recipe

3. **BLACK CAP PUDDING.** To the sponge pudding recipe add 25 g of washed and dried currants after beating in the eggs.
4. **CASTLE PUDDING.** Divide the sponge pudding mixture equally between greased and floured dariole moulds. 1¼ hours at 2 kg steam pressure.
5. **CHOCOLATE SPONGE PUDDING.** Substitute 25 g of cocoa powder for 25 g of flour.
6. **GOLDEN SPONGE PUDDING.** Put 75 g of golden syrup into the bottom of the prepared moulds before putting in the basic mixture.
7. **JAM SPONGE PUDDING.** Put 100 g of jam into the bottom of the prepared moulds then fill the moulds before putting in the basic mixture.
8. **LEMON SPONGE PUDDING.** Grate the zest and squeeze the juice from one lemon. Add the zest and juice to the sponge mixture after beating in the eggs.
9. **ORANGE SPONGE PUDDING.** Grate the zest and squeeze the juice from half a lemon and one whole orange. Add the zest and juice to the sponge mixture after beating in the eggs.

10. **VANILLA SPONGE PUDDING.** To the sponge pudding recipe add 5 ml of vanilla essence before adding the flour and baking powder.

Sauces

1. It is quite acceptable to serve custard sauce with all these puddings although a particular pudding should be accompanied by its appropriate sauce.

Black Cap Pudding: Custard sauce.**Castle Pudding:** Custard or syrup sauce.**Chocolate Sponge Pudding:** Chocolate sauce.**Golden Sponge Pudding:** Syrup sauce.**Jam Sponge Pudding:** Jam sauce.**Lemon Sponge Pudding:** Lemon sauce.**Orange Sponge Pudding:** Orange sauce.**Vanilla Sponge Pudding:** Vanilla sauce.**11. CHRISTMAS PUDDING**

100 PORTIONS

Ingredients

Sultanas	1.2 kg
Currants	1.2 kg
Rasins	1.2 kg
Mixed peel	800 g
Suet	1.2 kg
Breadcrumbs	800 g
Flour	600 g
Crystallised ginger	100 g
Prunes	200 g
Ground almonds	100 g
Eggs	12
Salt	10 g
Brown sugar	800 g
Oranges	6
Lemons	2
Apples	1.5 kg
Mixed spice	25 g
Stout	750 ml
Rum	50 ml
Brandy	50 ml
Madeira	125 ml
Sherry	125 ml
Milk	25 ml

Method

1. Chop the suet and crystallised ginger.
2. Peel, core and finely chop the apples.
3. Wash and dry the dried fruit, stone and chop the prunes.
4. Grate the zest and squeeze the juice from the oranges and lemons.
5. Sieve together the flour, salt and mixed spice and add breadcrumbs, mixed peel, chopped crystallised ginger, apples, prunes, brown sugar, orange and lemon zest.
6. Make a bay in the centre, mix the eggs with the milk, brandy, rum, stout, madeira, sherry and orange and lemon juices and pour into the bay.
7. Mix all the ingredients thoroughly together, cover with a cloth and allow to stand in a cool place for 24 hours.
8. Oil pudding basins and ¾ fill each one with the mixture; divide between the greased basins.
9. Cover with greaseproof or silicone paper and steam or boil for 4 hours.
10. Remove from the steamer and, if not for immediate use, recover with fresh paper and store in a cool dry place until required.
11. When required for use reboil or steam for a further 2 hours.

12. DEVONSHIRE ROLL

10 PORTIONS

Ingredients

Sultanas	75 g
Apples	500 g
Sugar	75 g
Cinnamon	5 g
<u>Suet paste</u>	1 kg

Method

1. Oil the pudding sleeves.
2. Peel, core and slice the apples.
3. Roll out the suet paste to a rectangle 10 mm thick. Moisture the edges with water.
4. Cover with sliced apples to within 15 mm of the edges.
5. Sprinkle with sultanas, cinnamon and sugar.
6. Roll up and then carefully seal the ends.
7. Place into the pudding sleeves and steam for 2 hours. Serve with custard sauce.

13. STEAMED JAM ROLL

10 PORTIONS

Ingredients

Jam	120 g
White bread	100 g
<u>Suet pasts</u>	1 kg

Method

1. Grease the pudding sleeves.
2. Remove the crusts from the bread and make the bread into breadcrumbs.
3. Warm the jam.
4. Roll out the suet paste to a rectangle 10 mm thick, moisten the edges with water.
5. Spread with the warmed jam to within 15 mm of the edges.
6. Sprinkle with the white breadcrumbs.
7. Roll up and then carefully seal the edges.
8. Place into the pudding sleeves and steam for 2½ hours.
9. Serve with jam or custard sauce.

FRITTERS**14. APPLES FRITTERS**

10 PORTIONS

Ingredients

Apples	500 g
Sugar	200 g
Cinnamon	10 g
Flour	100 g
<u>Yeast batter</u>	500 g
<u>Apricot sauce</u>	750 ml

Method

1. Prepare the yeast batter, mix the cinnamon with the sugar. Prepare the apricot sauce.
2. Peel and core the apples and cut into rings of 6 mm thickness.
3. Pass through the flour, coat with the yeast batter and deep fry until crisp and golden brown.
4. Remove from the oil, drain thoroughly and roll in the cinnamon sugar.
5. Serve the fritters in a doily covered dish accompanied by hot apricot sauce.

Notes:

1. The most suitable size apple is one of 100 g which can be cut into 4 rings.

2. As an alternative to rolling in cinnamon sugar, the fritters may be dusted with icing sugar and glazed under a grill before serving.

15. BANANA FRITTER

10 PORTIONS

Ingredients

Bananas	10
Flour	100 g
Icing sugar	125 g
<u>Yeast batter</u>	500 ml
<u>Apricot sauce</u>	750 ml

Method

1. Prepare the yeast batter and apricot sauce.
2. Peel the bananas and cut in two with a slanting cut across the centre.
3. Pass through the flour, coat with the yeast batter and deep fry until crisp and golden brown.
4. Remove from the oil and drain thoroughly.
5. Dust with icing sugar and glaze under the grill.
6. Serve in a doily covered dish accompanied by hot apricot sauce.

16. BREAD AND JAM FRITTERS

10 PORTIONS

Ingredients

Bread slices	20
Butter or margarine	100 g
Jam	200 g
Milk	250 ml
Sugar	300 g
Cinnamon	15 g
<u>Yeast batter</u>	500 ml
<u>Custard sauce</u>	750 ml

Method

1. Prepare the yeast batter, mix the cinnamon with the sugar.
2. Spread ten slices of bread with butter or margarine and the other ten with jam and sandwich together.
3. Remove the crusts and cut each sandwich in half diagonally.
4. Moisten both sides of the sandwich liberally with milk.
5. Coat with the yeast batter and deep fry until crisp and golden brown.
6. Remove from the oil and drain thoroughly and then dust with the cinnamon sugar.
7. Serve in a doily covered dish accompanied by hot custard sauce.

17. PINEAPPLE FRITTERS

10 PORTIONS

Ingredients

Pineapple rings	10
Flour	100 g
Icing sugar	125 g
<u>Yeast batter</u>	500 ml
<u>Apricot sauce</u>	750 ml

Method

1. Prepare the yeast batter and apricot sauce.
2. Drain the pineapple rings and cut into halves.
3. Pass through the flour, coat with the yeast batter and deep dry until crisp and golden brown.
4. Remove from the oil and drain thoroughly then dust with icing sugar and glaze under a grill.
5. Serve in a doily covered dish accompanied by hot apricot sauce.

18. SOUFFLE FRITTERS

10 PORTIONS

Ingredients

<u>Choux paste</u>	400 ml
<u>Apricot sauce</u> or <u>Redcurrant sauce</u>	750 ml
Caster sugar	100 g

Method

1. Prepare the choux paste and put it into a piping bag containing a 13 mm plain tube.
2. Pipe the paste onto oiled greaseproof paper in 50 mm rings. (The paper must be of a size that will fit inside the frying being used).
3. Place the choux rings into deep hot oil on the paper which should be withdrawn immediately the rings detach themselves.
4. Fry the rings until they are crisp and golden brown then remove from the oil.
5. Drain on dish paper, dust with the caster sugar and serve hot accompanied by either hot apricot or redcurrant sauce.

Note: As an alternative to piping, the choux paste may be lifted with a dessert spoon and struck off into the hot oil in balls. Deep fry and present in the same way as for rings.

FRUIT BASED

19. APPLE CHARLOTTE

10 PORTIONS

Ingredients

Thin sliced bread	250 g
Cooking apples	1 kg
Butter	200 g
Sugar	150 g
Lemon	1
Cinnamon	5 g
Apricot jam	50 g
<u>Apricot sauce</u>	750 ml

Method

1. Peel, core and slice the apples. Grate the zest from half the lemon.
2. Melt ½ of the butter in a saucepan with the sugar and add the sliced apple and lemon zest. Toss together until almost cooked then stir in the apricot jam and the cinnamon.
3. Remove from the heat and allow to cool.
4. Trim the crusts from the bread and cut enough into small triangles to fit the bottom of the charlotte mould.
5. Cut the remainder into fingers approximately 25 mm wide and the depth of the mould.
6. Melt the remainder of the butter.
7. Dip one side of the triangles of bread in the melted butter and arrange, butter side down and slightly overlapping in the bottom of the charlotte mould.
8. Dip one side of the fingers of bread in the melted butter and arrange butter side outwards and slightly overlapping, around the side of the mould.
9. Fill the mould with the apple puree and cover the top of the mould with a round of bread.
10. Bake in an oven 220°C for 45 minutes until the bread is crisp and golden brown.
11. Turn out onto a round serving dish and serve with hot apricot sauce.

Notes:

1. The apricot sauce may be flavoured with rum or rum essence.

2. White breadcrumbs (100 g to 1 kg of applies) may be added to the apple puree.

20. APPLE CRUMBLE

10 PORTIONS

Ingredients

Apples	1.2 kg
Flour	400 g
Margarine	150 g
Caster sugar	200 g
Butter	25 g

Method

1. Core, peel and slice the apples.
2. Grate the zest and squeeze the juice of the lemon. Rub the margarine into the flour then mix in the sugar.
3. Oil pie or heatproof glass dishes, put the apples in the bottom and sprinkle them with the lemon juice and yeast and 50 g of the sugar and cover with the dry mix. Press down lightly.
4. Bake in an oven at 200°C for 30 minutes and serve hot with a hot custard sauce.

21. BAKED APPLES

10 PORTIONS

Ingredients

Cooking apples	10
Butter	50 g
Sugar	200 g
Cloves	10
Water	10

Method

1. Select and wash apples of approximately the same size.
2. Remove the cloves and make an incision 2 mm deep round the centre of each apple.
3. Place the apples in baking dishes. Fill the cavities with sugar and add a clove.
4. Add sufficient water to barely cover the bottom of the baking dish. Bake in an oven at 180°C until cooked.
5. Serve with custard sauce.

Note: It is important that the apples are baked slowly or they will burst and collapse.

22. EVES PUDDING

10 PORTIONS

Ingredients

<u>Apple sauce</u>	800 g
<u>Genoise sponge mix</u>	500 g
Butter	50 g

Method

1. Prepare the apple puree.
2. Grease the pie dishes with the butter and put in the apple puree.
3. Prepare the genoise mix and pour it over the apple puree.
4. Bake in an oven at 180°C until the sponge is cooked.
5. Serve with custard sauce.

MILK PUDDINGS

23. BREAD AND BUTTER PUDDING

10 PORTIONS

Ingredients

Sliced bread	200 g
Milk	1 ltr
Sultanas	50 g
Sugar	75 g
Butter	100 g
Eggs	5
Vanilla essence	
Caster sugar	50 g

Method

- Grease the pie dishes with a little of the butter. Soften the remainder and butter the bread.
- Cut off the crusts and then cut the slices into triangles.
- Arrange neatly in the pie dishes, sprinkling some sugar and sultanas between the layers.
- Prepare a custard with the eggs, sugar and milk. Pour the mixture through a strainer into the pie dishes and allow to stand for 15 minutes.
- Stand the pie dishes in a bath of water and poach in an oven at 180°C until the custard has set and the surface is lightly coloured.
- Remove from the oven and dust with caster sugar before serving.

24. CABINET PUDDING

10 PORTIONS

Ingredients

Plain cake	200 g
Glace cherries	25 g
Angelica	25 g
Sultanas	50 g
Milk 1 ltr	
Sugar	100 g
Eggs	6
Vanilla essence	

Method

- Oil and sugar individual dariole moulds.
- Cut the cake into 5 mm dice, chop the cherries and angelica. Mix the cake, cherries, angelica and sultanas together and divide equally between the moulds.
- Prepare a custard with the eggs, sugar and milk. Pour the mixture through a strainer into the moulds until almost full.
- Stand the moulds in a bath of water and poach in an oven at 180°C for 30 minutes, or until the custard is set.
- Remove from the oven and turn out of the moulds to serve accompanied by custard sauce.

25. FRENCH MILK PUDDING

10 PORTIONS

Ingredients

Short grain rice	150 g
Sugar	150 g
Eggs	4
Butter	50 g
Icing sugar	10 g
Milk 1.5 ltr	
Vanilla essence	

Method

- Grease the pie dishes with a little butter and dust with sugar. Simmer the rice in the milk until it is cooked.
- Separate the egg yolks from the whites. Mix the yolks, sugar, butter and vanilla essence together in a basin.
- Pour the rice onto the egg, butter and sugar mixture, stirring constantly to avoid curdling the yolks. Allow to cool. Whisk the egg whites to a stiff peak then fold into the rice.
- Put the mixture into the pie dishes and smooth the top with a palette knife.
- Place the pie dishes into a bath of hot water and cook in an oven at 180°C for about 20 minutes.
- Remove from the oven, dust the top with icing sugar and replace in a hot oven to glaze.

Note: Semolina or sago may be used in place of rice in the same quantity.

26. QUEENS OF PUDDINGS

10 PORTIONS

Ingredients

White breadcrumbs or cakecrumbs	225 g
Eggs	5
Milk 1.	5 ltr
Caster sugar	300 g
Lemons	1
Butter	10 g
Vanilla essence	few drops
Apricot jam	100 g
Raspberry jam	150 g

Method

- Grease the pie dishes with butter and dust with sugar.
- Place 50 g of raspberry jam in the bottom of each pie dish then sprinkle on the bread or cake crumbs.
- Take two of the eggs and separate the whites from the yolks. Place the whites and 100 g of castor sugar to one side for meringue.
- Grate the zest from the lemon and place it in a saucepan with the milk.
- Beat together the remaining eggs and the egg yolks and add to these the vanilla essence and remaining caster sugar.
- Boil and pour this onto the eggs and sugar whisking continuously.
- Strain the custard over the breadcrumbs and allow to stand for 10 minutes.
- Place the pie dishes in a baking dish and fill half the baking dish with warm water. Poach in an oven at 190°C until the pudding is set.
- Prepare the meringue with the egg whites and caster sugar.
- Using a piping bag containing a small star tube pipe the meringue onto the pudding in a lattice work design.
- Dust the meringue with caster sugar and place it in an oven at 150°C to lightly colour.
- Pipe a little of each of the apricot and raspberry jam into the lattice work to complete the decoration and serve hot.

27. BAKED RICE PUDDING

10 PORTIONS

Ingredients

Short grain rice	175 g
Milk 1.75 ltr	
Sugar	75 g
Butter or margarine	10 g

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Nutmeg

Method

1. Wash the rice and put it with the milk and sugar into a baking dish.
2. Add a knob of butter or margarine and a little grated nutmeg and bake in an oven at 150°C for 2 hours.

28. CREAMED RICE

10 PORTIONS

Ingredients

Short grain rice	160 g
Milk 1.75 ltr	
Sugar	75 g
Nutmeg	

Method

1. Wash the rice.
2. Bring the milk to the boil, add the rice and sugar cover with a lid then reduce the heat and simmer gently until the grains of rice are tender, approximately 1 hour.
3. Serve the rice in a warm dish with a little grated nutmeg sprinkled on the surface.

29. BAKED SAGO

10 PORTIONS

Ingredients

Sago	175 g
Sugar	75 g
Milk 1.75 ltr	
Butter or margarine	10 g
Nutmeg	

Method

1. Bring the milk and sugar to the boil, add the sago, reduce the heat and cook slowly until the mixture thickens.
2. Remove from the heat and put the mixture into a baking dish. Dot the surface with a little butter or margarine and sprinkle with grated nutmeg.
3. Bake in an oven at 200°C until the surface is golden brown. Remove from the oven and serve.

30. CREAMED SAGO

10 PORTIONS

Ingredients

Sago	175 g
Sugar	75 g
Milk 1.75 ltr	
Vanilla essence	

Method

1. Boil the milk, add the sugar and the sago stirring constantly.
2. Reduce the heat add the vanilla essence, cover with a lid and simmer slowly until the mixture becomes creamy.
3. Remove from the heat and serve in a warm dish.

31. BAKED SEMOLINA

10 PORTIONS

Ingredients

Semolina	175 g
Sugar	75 g
Milk 1.75 ltr	
Vanilla essence	
Butter or margarine	10 g

Nutmeg

Method

1. Boil the milk, add the sugar and the semolina stirring constantly until the mixture thickens.
2. Remove from the heat and put the mixture into a baking dish. Dot the surface with a little butter or margarine and sprinkle with grated nutmeg.

32. CREAMED SEMOLINA

10 PORTIONS

Ingredients

Semolina	175 g
Sugar	75 g
Milk 1.75 ltr	
Vanilla essence	

Method

1. Boil the milk, add the sugar and semolina stirring constantly until the mixture thickens.
2. Reduce the heat, add the vanilla essence cover with a lid and simmer gently until the mixture becomes creamy.
3. Remove from the heat and serve in a warm dish.

33. BAKED TAPIOCA

10 PORTIONS

Ingredients

Coarse or fine tapioca	175 g
Sugar	75 g
Milk 1.75 ltr	
Butter or margarine	10 g
Nutmeg	

Method - using coarse tapioca

1. Barely cover the tapioca with a little milk and allow to stand for 3 hours.
2. Boil the remainder of the milk with the sugar and pour onto the tapioca stirring continuously.
3. Return to the saucepan, reboil and then simmer for 30 minutes.
4. Put the mixture into a pie dish. Dot the surface with a little butter or margarine, sprinkle with grated nutmeg and bake in an oven at 200°C until the surface is golden brown. Remove from the oven and serve.

Method - using fine tapioca

1. Boil the milk, add the sugar and tapioca stirring constantly.
2. Reduce the heat and simmer for 20 minutes.
3. Put the mixture into pie dishes. Dot the surface with a little butter or margarine, sprinkle with grated nutmeg and bake in an oven at 200°C until the surface is golden brown. Remove from the oven and serve.

34. CREAMED TAPIOCA

10 PORTIONS

Ingredients

Coarse or fine tapioca	175 g
Sugar	75 g
Milk 1.75 ltr	
Nutmeg	

Method - using coarse tapioca

1. Barely cover the tapioca with a little of the milk and allow to stand for 3 hours.
2. Boil the remainder of the milk with the sugar and pour onto the tapioca stirring continuously.

- Return to the saucepan, reboil and simmer for 30 minutes.
- Pour into a warm serving dish, sprinkle with nutmeg and serve.

Method - using find tapioca

- Boil the milk, add the sugar and tapioca stirring continuously.
- Reduce the heat and simmer for 20 minutes.
- Pour into a warm serving dish, sprinkle with nutmeg and serve.

PANCAKES

35. PANCAKES FILLED

APPLE PANCAKES

10 PORTIONS (10 DOUBLE PANCAKES)

Ingredients

<u>Pancake batter</u>	1 ltr
Eating apples	500 g
Caster sugar	50 g
Butter	50 g
Cinnamon	5 g
Lemon	1
Cooking oil	100 ml

Method

- Prepare the pancake batter, squeeze the juice from the lemon.
- Peel, core and cut the apples, into dice.
- Fry the apples in the butter and then sprinkle them with a little sugar, cinnamon and the lemon juice.
- Heat an omelette pan and lightly grease it with oil.
- Pour only sufficient pancake batter into the pan to thinly cover the bottom then remove it from the heat.
- Cover the pancake with apple mixture and then coat this in batter.
- Finish cooking the pancake in a hot oven, transfer to a serving dish, dust with sugar and serve hot.

36. PANCAKES FOLDED

LEMON PANCAKES

10 PORTIONS (20 PANCAKES)

Ingredients

<u>Pancake batter</u>	1 ltr
Lemons	2
Caster sugar	75 g
Cooking oil	100 g

Method

- Prepare the pancake batter. Grate the zest and squeeze the juice from the lemons.
- Add the lemon zest to the pancake batter.
- Heat an omelette pan with a little oil.
- Pour sufficient pancake batter into the pan to thinly coat the bottom.
- Allow it to colour, turn it over and colour the other side then put it onto a warm place.
- Repeat the process stacking the pancakes one on top of the other to keep warm until required for service when each pancake should be sprinkled with lemon juice, dusted with caster sugar and served folded into quarters.

Notes:

- Oranges may be used in place of lemons.
- The pancakes may be served plain with lemon or orange wedges and sugar served separately.
- When making a batch of pancakes they should be stored flat one on top of the other on a plate. Sprinkle sugar between each one to prevent them sticking

together. Fold them all when ready for service, dust again with sugar and place on a serving dish.

37. PANCAKES ROLLED

JAM PANCAKES

10 PORTIONS (20 PANCAKES)

Ingredients

<u>Pancake batter</u>	1 ltr
Jam	125 g
Caster sugar	75 g
Cooking oil	100 ml

Method

- Prepare the pancake batter.
- Heat an omelette pan with a little oil.
- Pour sufficient pancake batter into the pan to thinly coat the bottom.
- Allow it to colour, then turn it over and colour the other side then put it onto a warm plate.
- Repeat the process stacking the pancakes one on top of the other to keep warm until required for service when each pancake should be spread with jam rolled up and dusted with caster sugar.

Note: For syrup pancakes use 125 g of syrup in place of jam.

PASTRY BASED

38. APPLE FLAN (1)

10 PORTIONS

Ingredients

Cooking apples	400 g
<u>Flan paste</u>	500 g
<u>Apple puree</u>	500 g
<u>Apricot glaze</u>	500 g

Method

- Oil the flan rings and place them onto oiled baking trays.
- Roll out the flan paste 5 mm thick and line the flan rings.
- Three quarters fill the flans with cold apple puree.
- Peel and core the apples, cut into halves and thinly slice.
- Arrange the slices, neatly on the apple puree.
- Cook in an oven at 200°C for 40 minutes.
- Remove from the oven and lightly mask with boiling apricot glaze.

39. APPLE FLAN (2)

10 PORTIONS

Ingredients

Cooking apples	600 g
<u>Flan paste</u>	500 g
<u>Egg custard</u>	700 ml
Sugar	150 g
Cinnamon	5 g

Method

- Grease the flan rings and place them onto greased baking trays. Mix together the cinnamon and sugar.
- Roll out the flan paste 5 mm thick and line the flan rings.
- Peel, core and quarter the apples.
- Arrange neatly in circles in the flan rings. Sprinkle with the cinnamon flavoured sugar.
- Bake in an oven at 190°C for 25 minutes.

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- Remove the flans from the oven and pour in the egg custard mixture to just below the top surface of the apples.
- Return them to the oven and cook until the egg custard is set.

40 BAKED APPLE DUMPLINGS

10 PORTIONS

Ingredients

Apples	10
Cloves	10
Granulated sugar	150 g
<u>Short paste</u>	500 g
Caster sugar	100 g

Method

- Peel and core the apples.
- Roll out the short paste 5 mm thick and cut into 125 mm squares.
- Place an apple in the centre of each pastry square, fill the centre of each apple with sugar and a clove.
- Wet the edges of the paste with water and bring up the corners to envelope the apple, sealing all the edges tightly.
- Place onto baking trays brush with water, dust with icing sugar and bake in an oven at 200°C for 45 minutes.
- Remove from the oven and serve hot with custard sauce.

41 APPLE STRUDEL

10 PORTIONS

Ingredients

A. STRUDEL PASTE

Flour	225 g
Egg	1
Sugar	5 g
Salt	
Butter	15 g
Water	50 ml
Oil	100 ml

B: FILLING

White breadcrumbs	75 g
Butter	150 g
Cooking apples	500 g
Caster sugar	75 g
Sultanas	75 g
Cinnamon	5 g
Nib almonds	50 g
Icing sugar	100 g

Method

a. TO MAKE THE STRUDEL PASTE

- Warm the water, melt the butter.
- Sieve together the flour and salt, make a bay in the flour.
- Mix the egg, sugar and melted butter together and pour into the bay.
- Mix in the flour, then gradually add the warm water and knead to a smooth dough.
- Roll the dough into a ball, place it in a bowl and brush it with a little oil. Cover it with a cloth to rest for 1 hour.

b. FILLING PREPARATION

- Toast the breadcrumbs, melt the butter.
- Peel, core and thinly slice the apples. Mix the cinnamon with the caster sugar.

c. STRETCHING THE STRUDEL PASTE

- Place a cloth over a pastry board to completely cover it and dredge the cloth generously with flour.

- Brush the dough with oil, roll it into a thick wide strip with a rolling pin.
- Lightly brush the dough again with oil, place it onto a cloth and then pull and stretch it until it completely and evenly covers the cloth.
- At this stage the dough should be smooth, paper thin and transparent and should not have any holes.

d. FILLING AND COOKING

- Brush the surface of the paste with melted butter leaving one of the longer edges clear to a width of 60 mm.
- Distribute the apples evenly over the paste then sprinkle on the cinnamon sugar, sultanas, toasted breadcrumbs and almonds. Finally, sprinkle generously with melted butter.
- After filling, trim off any edges overlapping the board. Raise the edge of the cloth and roll the paste towards the clear strip until a long, cylindrical shape is achieved.
- Brush the surface with melted butter and place onto a baking sheet.
- Bake at 190°C for 30 minutes or until crisp and golden brown.
- Remove the strudel from the oven and dust it with icing sugar then cut it into portions to serve either hot or cold.

42. BAKEWELL TART

10 PORTIONS

Ingredients

<u>Short paste</u>	500 g
Margarine	125 g
Sugar	125 g
Flour	125 g
Cake crumbs	125 g
Eggs	3
Red Jam	75g
<u>Water icing</u>	100 ml
Lemons	1
Almond essence	
Apricot glaze	150 g

Method

- Roll out the short paste 5 mm thick line the flan rings and prick the bottoms with a fork. Spread a thin layer of jam in the base of each.
- Grate the zest and squeeze the juice from the lemon.
- Cream together the sugar and margarine in a basin and gradually beating continuously.
- Add the almond essence and the grated zest and the juice of half the lemon.
- Fold in the flour and cake crumbs.
- Divide the mixture equally between the flans and lattice the top with thin strips of short paste.
- Bake in a moderate oven 190°C for 40 minutes.
- Remove from the oven allow to cool, brush over with hot apricot glaze and then with water icing.
- Return to the oven for 1 minute to set the glaze and serve either hot or cold.

43. CUSTARD TART

10 PORTIONS

Ingredients

<u>Flan paste</u>	500 g
Milk	500 ml
Sugar	50 g
Eggs	3
Vanilla essence	
Nutmeg	

Method

1. Lightly oil the flan rings and baking trays, place the flan rings on the trays. Warm the milk.
2. Roll out the flan paste 5 mm thick and line the flan rings.
3. Beat the eggs and sugar together in a basin. Add the warmed milk and vanilla essence and pour through a conical strainer into the flan then sprinkle the surfaces with grated nutmeg.
4. Bake in the bottom of an oven at 190°C for 40 minutes and serve either hot or cold.

44. DUTCH APPLE TART

10 PORTIONS

Ingredients

Apples	1 kg
Sultanas	75 g
Sugar	75 g
Margarine or butter	25 g
<u>Short paste</u>	500 g
Mixes spice	2.5 g

Method

1. Oil the sandwich tins then line them with short paste. Prick the bottoms with a fork.
2. Peel, core and thinly slice the apples and divide them equally between the sandwich tins.
3. Mix the spice, sugar and sultanas together and spread evenly over the apples. Dot the surface with a little butter or margarine.
4. Moisten the edge of the paste, cover the tart with a short paste top, seal and crimp the edges.
5. Brush over with water, dust with sugar and bake in a moderate oven at 190°C for 30 minutes.

45. APPLE PIE

10 PORTIONS

Ingredients

Apples	1.4 kg
Sugar	150 g
Cloves	6
<u>Short paste</u>	500 g

Method

1. Peel, quarter and core the apples.
2. Cut the quarters into slices and place in the pie dishes with the sugar and cloves. Add 20 ml of water to each dish.
3. Roll out the short pastry 5 mm thick.
4. Cut a narrow band of paste for the edges of the pie dishes. Wet the edges of the pie dishes and cover them with the band of paste.
5. Brush the band of paste with water. Cover the pies with a layer of short paste and press down the edges. Trim and neatly crimp the edges.
6. Brush over with water, dust with sugar and bake in an oven at 200°C for 40 minutes for either hot or cold service.

46. JAM PUFFS

10 PORTIONS

Ingredients

<u>Short paste</u>	600 g
Jam	100 g
Caster sugar	100 g

Method

1. Roll out the puff pastry 5 mm thick and cut into 75 mm rounds.
2. Roll out each round to form a triangle with equal sides of 150 mm length.

3. Place 10 g of jam in the centre of each triangle then moisten the edges with water.
4. Fold the edges into overlap and form a smaller triangle, completely covering the jam. Ensure the edges are sealed.
5. Turn the triangles over, brush them with water, and then dust them with caster sugar.
6. Place them on baking trays, allow to stand for 30 minutes then bake in an oven at 200°C for 30 minutes.

47. BAKED JAM ROLL

10 PORTIONS

Ingredients

<u>Short pastry</u>	500 g
Jam	250 g
Caster sugar	100 g

Method

1. Oil a baking tray.
2. Roll out the short paste into a rectangle 10 mm thick. Moisten the edges with water. Spread the jam to within 15 mm of the edges.
3. Starting at one of the longer edges roll up and then seal both ends. Brush over with water, dust with caster sugar and then place onto the baking tray.
4. Bake in an oven at 200°C for 1 hour.
5. Remove from the oven and cut into portions for service.

48. JAM TART

10 PORTIONS

Ingredients

<u>Short paste</u>	500 g
Jam	400 g

Method

1. Oil the flan rings and the baking trays, place the flan rings on the trays.
2. Roll out the short paste 5 mm thick and line the flan rings. Prick the bottoms with a fork.
3. Place the jam in the prepared flans and decorate the top with narrow strips of short pastry.
4. Bake in an oven at 190°C for 25 minutes.
5. Remove from the oven, allow the jam to set and then remove the flan rings. Cut into portions for either hot or cold service.

49. JAM TURNOVER

10 PORTIONS

Ingredients

<u>Puff pastry</u>	600 g
Jam	100 g
Caster sugar	100 g

Method

1. Roll out the puff pastry 5 mm thick and cut into 75 mm rounds.
2. Place 10 g of jam in the centre of each round, moisten the edges and then fold over and seal thoroughly.
3. Brush the tops with water, dust with caster sugar and place onto baking trays. Allow to stand for 35 minutes then bake in an oven at 200°C for 20 minutes.

50. MINCE TART

10 PORTIONS

Ingredients

<u>Short paste</u>	500 g
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Mincemeat	300 g
Caster sugar	100 g

Method

1. Grease the sandwich tins.
2. Roll out the short paste and line the sandwich tins.
3. Prick the bottoms with a fork and then three quarters fill with the mincemeat.
4. Moisten the edge of the pastry with water, cover with short paste and seal and crimp the edge.
5. Make two 50 mm incisions in the top of the tart, brush over with water and dust with caster sugar.
6. Bake in an oven at 190°C for 35 minutes and serve either hot or cold.

Note: As an alternative to using all short paste, either sweet or puff paste may be substituted to cover the top.

51. TREACLE TART

10 PORTIONS

Ingredients

<u>Puff paste</u>	500 g
White bread	100 g
Golden syrup	400 g

Method

1. Grease the sandwich tins. Remove the crusts from the bread and make breadcrumbs.
2. Roll out the short paste and line the sandwich tins. Prick the bottoms with a fork.
3. Warm the syrup in a saucepan and add in the breadcrumbs.
4. Divide the filling equally between the tarts.
5. Bake in an oven at 190°C for 30 minutes and serve either hot or cold.

SOUFFLES

52. LEMON SOUFFLE

8 PORTIONS

Ingredients

Granulated sugar	100 g
Flour	100 g
Butter	125 g
Milk	500 ml
Eggs	6
Lemons	3
Caster sugar	50 g

Method

1. Separate the egg yolk from the whites and grate the zest from the lemons.
2. Grease the souffle moulds with a little of the butter and dust with caster sugar.
3. Mix the flour and 100 g of butter together to form a smooth paste.
4. Add the lemon zest and granulated sugar to the milk and bring to the boil and reduce the heat and mix in the flour and butter paste.
5. Remove the pan from the heat and gradually add the yolks stirring vigorously. Allow the mixture to cool.
6. Whisk the egg whites to a stiff peak and fold them into the souffle mixture
7. Three-quarters fill the souffle moulds and place them in a shallow pan, add boiling water to half the depth of the moulds and then simmer until the mixture rises to the top of the moulds.

8. Bake in an oven at 180°C for 40 minutes until the souffles are firm.
9. Remove the souffles from the oven, turn them out onto a dish or plate and serve accompanied by a lemon or custard sauce.

Notes:

Variations to the recipes:

53. ORANGE SOUFFLE. Substitute the finely grated zest of 2 oranges for the lemon zest and accompany with an orange sauce.

54. CHOCOLATE SOUFFLE. Mix in 10 g of cocoa powder with the flour and butter and accompany with a chocolate sauce.

55. COFFEE SOUFFLE. Add 10g of good quality instant coffee to the milk or use an appropriate measure of coffee flavouring or essence and accompany with a coffee sauce.

56. VANILLA SOUFFLE. Add 5 ml of vanilla essence to the milk and accompany with a vanilla or egg custard sauce.

57. SOUFFLE CECELIA

6-8 PORTIONS

Ingredients

Flour	55 g
Butter	55 g
Milk	250 ml
Sugar	110 g
Eggs	6
Hazelnut	85 g
Chartreuse liqueur	20 ml
<u>Lady finger biscuits</u>	100 g

Method

1. Separate the egg yolks from the whites.
2. Grease the souffle moulds with butter and dust with sugar.
3. Lightly roast and then grind the hazelnut.
4. Cut the lady finger biscuits into dice and soak them with chartreuse.
5. Put the hazelnut in the milk and bring to the boil.
6. Melt the butter, mix in the flour and sugar then immediately pour on the boiling milk.
7. Cooking constantly until the mixture thickens.
8. Remove from the heat and gradually add 4 of the egg yolks stirring constantly.
9. Whisk all the egg whites to a stiff peak and fold them into the souffle mixture.
10. One quarter fill the moulds with souffle mix then put in a shallow layer of the biscuit mixture. Follow this with a further layer of the souffle mix so that the moulds are three quarters full.
11. Place the moulds into a shallow pan, add boiling water to half their height and then simmer until the mixture rises to the top of the moulds.
12. Bake in an oven at 180°C for 35 minutes or until the souffles are firm.
13. Remove the souffles from the oven, turn them out onto a dish or a plate and serve accompanied by a chartreuse flavoured egg custard.

58. SOUFFLE GRAND MARNIER

Ingredients

Flour	100g
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Butter	100 g
Eggs	6
Milk	375 ml
Grand marnier	125 ml
Sugar	100 g
Orange	1
Macaroons	

Method

1. Separate the egg yolks from the whites.
2. Grease the souffle moulds with butter and dust with sugar.
3. Cut the macaroons into dice and soak in Grand Marnier.
4. Finely grate the zest from the orange into the milk and bring to the boil in a saucepan.
5. Melt the butter, add it to the flour and sugar and then pour on the boiled milk.
6. Reboil stirring constantly until the mixture thickens.
7. Remove from the heat and gradually add the yolks beating vigorously.
8. Whisk the egg whites to a stiff peak and fold into the souffle mixture then add the macarons.
9. One quarter fill the moulds with souffle mix then put in a shallow layer of the macaroon mixture. Follow this with a further layer of the souffle mix so that the moulds are three quarters full.
10. Place the moulds into a shallow pan, add boiling water to half their depth and then simmer until the mixture rises to the top of the moulds.
11. Bake in an oven at 180°C for 40 minutes until the souffles are firm.
12. Remove the souffles from the oven, turn them out onto a dish or a plate and serve accompanied by a Grand Marnier flavoured egg custard.

59. STRAWBERRY SOUFFLE

4-5 PORTIONS

Ingredients

<u>Strawberry puree</u>	225 g
Sugar	150 g
Eggs	5
Butter	5 g
Vanilla essence	
Caster sugar	

Method

1. Separate the egg whites from the yolks.
2. Grease the souffle moulds with butter and dust them with caster sugar. Lightly warm the strawberry puree.
3. Whisk the egg whites to a soft peak, fold in the sugar and continue whisking until the whites stiffen then fold in the fruit puree.
4. Three-quarters fill the moulds with the souffle mixture, place into a shallow pan add boiling water to half the depth and then simmer until the mixture rises to the top of the moulds. Bake in an oven at 180°C for 40 minutes until the souffles are firm.
5. Remove the souffles from the oven, turn them out onto a dish or a plate and serve with poached strawberries flavoured with kirsch.

Note: Other varieties of this souffle can be made with soft fruits such as: raspberries, apricots, peaches, blackcurrants etc.

60. APPLE SOUFFLE

4-5 PORTIONS

Ingredients

<u>Apple puree</u>	225 g
Eggs	4
Caster sugar	150 g
<u>Pastry cream</u>	60 g
Butter	5 g

Method

1. Separate the egg whites from the yolks. Grease the souffle moulds with butter and dust them with caster sugar.
2. Lightly warm the apple puree and gradually add the egg yolks.
3. Whisk the egg whites to a soft peak, fold in the sugar and continue whisking until the whites stiffen then fold in the fruit puree and the pastry cream.
4. Three-quarters fill the moulds with the souffle mixture, place into a shallow pan add boiling water to half their depth and then simmer until the mixture rises to the top of the moulds. Bake in an oven at 180° for 25 minutes until the souffles are firm.
5. Remove the souffles from the oven, turn them out onto a dish or a plate and serve with stewed apples flavoured with Calvados.

61. OMELETTE*Ingredients*

Eggs	3
Caster sugar	50 g
Butter	15 g
Vanilla essence	

Method

1. Separate the egg yolks from the egg whites and discard one yolk.
2. Add 5 g of the caster sugar and vanilla essence to the egg yolks and whisk to a light creamy texture.
3. Whisk the egg whites to a stiff peak and fold them into the egg yolk mixture.
4. Heat the butter in an omelette pan and pour in the omelette mixture. Cook quickly until the bottom of the omelette is lightly coloured.
5. Fold the omelette over and dust it with caster sugar then caramelize a lattice work pattern on the surface with a red hot poker.

UNCLASSIFIED**62. SPICED BREAD PUDDING***Ingredients*

Bread and or stale cake	400 g
Sugar	75 g
Sultanas	75 g
Mixed peel	25 g
Margarine	75 g
Syrup	75 g
Currants	75 g
Mixed spice	5 g
Salt	

Method

1. Soak the bread in water. Squeeze out the moisture and pass the bread through a coarse mincer.
2. Cream together the margarine, sugar and warm syrup.

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3. Add the bread and the fruit and mix all the ingredients together.
4. Spread the mixture onto oiled baking trays to a depth of 50 mm and sprinkle a little sugar over the surface.
5. Bake in an oven at 190°C for 1 hour.
6. Remove the pudding from the oven cut it into portions and serve hot.

63. ZABAGLIONE

8 PORTIONS

Ingredients

Caster sugar	150 g
Marsala	150 ml
Double or whipping cream	200 ml
Whipped cream, crystallised violets, angelica	

Method

1. Separate the egg yolks from the whites and put aside the whites. Put the egg yolks, sugar and marsala in a basin and whisk over a pan of simmering water, until thick and creamy.
2. Remove the mixture from the heat and continue whisking until cool.
3. Whip the cream into soft peaks and then fold it into the egg mixture.
4. Spoon the mixture into ramekin dishes and refrigerate until required. Decorate for service with whipped cream, crystallised violets and angelica.

PART 3 - PASTRY

CHAPTER THIRTY SIX

Iced Sweets

BOMBES

1. Basic mix
2. Vanilla mix
3. Bombe Havanaise
4. Pralie bombe
5. Raspberry bombe
6. Strawberry ice cream
7. Souffle glace
8. Iced strawberry souffle
9. Iced vanilla souffle

ICE CREAM BASED

10. Basic ice cream mix (1)
11. Basic ice cream mix (2)
12. Chocolate ice cream
13. Coffee ice cream
14. Raspberry ice cream
15. Strawberry ice cream
16. Praline ice cream
17. Baked Alaska

COUPES/SUNDAE

18. Banana split
19. Fruit sundae
20. Couple Jacques
21. Coupe Jamaica
22. Meringue glace
23. Peach Melba
24. Pear Belle Helene

SORBET

25. Lemon sorbet

BOMBES

Introduction

1. Bombes are frozen desserts made from two types of ice cream the centre usually being a soft rich mix encased in an outside layer of ice cream or sorbet.
2. Basic ice cream is made in a specially designed machine which agitates the mixture during the freezing process and prevents lumps forming. Ice cream lightened with the addition of whisked egg whites during the freezing process in the ice cream machine. Lemon sorbet is frequently served at formal dinners before the main course to clear the palate. Various flavoured sorbets are also served as refreshing sweet courses.

1. BASIC BOMBE MIX

10 PORTIONS

Ingredients

Sugar	100 g
Water	100 ml
Eggs	4
Caster sugar	50 g
<u>Double cream</u>	280 ml

Method

1. Separate the egg yolks from the whites.
2. Boil the sugar and water together in a saucepan for one minute then remove the pan from the heat and whisk in the egg yolks.
3. Stand the saucepan in a boiling bain marie and continue to stir until the mixture thickens and becomes a sabayon.
4. Make a meringue mix with the caster sugar and egg whites and whisk the cream to a stiff peak.
5. When the sabayon is cool add any colouring, flavouring or fruit puree required and fold in the meringue and the whipped cream.
6. Put into the bombe mould and freeze for 12 hours.

2. VANILLA BOMBE

Ingredients

Sugar	100 g
Water	100 ml
Eggs	4
Caster sugar	50 g
<u>Whipped cream</u>	280 ml
Vanilla essence	

Method

1. Make a basic bombe mix incorporating the vanilla essence while making the sabayon.

3. BOMBE HAVANSISE

Ingredients

Sugar	100 g
Water	100 ml
Eggs	4
Caster sugar	50 g
<u>Whipped cream</u>	530 ml
<u>Coffee ice cream</u>	300 g
Rum	50 g

Method

1. Line the bombe mould with coffee ice cream then fill the centre with the basic bombe mix substituting the rum for water at stage 1.
2. Freeze for 12 hours.
3. Turn out and decorate with whipped cream. This bombe can be served on a biscuit or sponge base.

4. BOMBE PRALINE

Ingredients

Sugar	100 g
Water	100 ml
Eggs	4
Caster sugar	50 g
<u>Whipped cream</u>	280 ml
Crushed praline	60 g

Method

1. Make a basic bombe mix incorporating the crushed praline with the meringue and cream.

5. RASPBERRY BOMBE

Ingredient

Sugar	100g
Water	100 ml
Eggs	4
Caster sugar	50 g
<u>Whipped cream</u>	280 ml
<u>Raspberry pulp</u>	150 ml
Lemon	1

Method

1. Make a basic bombe mix and add the raspberry pulp and juice of half a lemon to the sabayon when cool.

6. STRAWBERRY BOMBE

Ingredients

Sugar	100 g
Water	100 ml
Eggs	4
Caster sugar	50 g
<u>Whipped cream</u>	280 ml
<u>Strawberry puree</u>	150 ml

Method

1. Proceed as for raspberry bombe substituting strawberry puree in place of raspberries.

7. SOUFFLE GLACE

10 PORTIONS

Ingredients

Sugar	100 g
Water	100 ml
Eggs	4
Caster sugar	50 g
<u>Whipped cream</u>	250 ml

Method

1. Separate the egg yolks from the whites.
2. Boil the sugar and water together in a saucepan for 1 minute then remove the pan from the heat and whisk in the egg yolks.

- Stand the saucepan in a boiling bain-marie and continue to stir until the mixture thickens and becomes a sabayon.
- Make a meringue mix with the caster sugar and egg whites and whisk the cream to a stiff peak.
- Place a band of greaseproof paper around the top of the souffle mould so that it extends 50 mm above the top of the mould.
- When the sabayon is cool add any colouring, flavouring or fruit puree required and then fold in the meringue and the whipped cream.
- Fill the mould with the mixture to the top of the greaseproof paper and freeze for 12 hours.
- Remove the greaseproof paper and decorate the souffle with whipped cream for service.

8. ICED STRAWBERRY SOUFFLE

Ingredients

Sugar	100 g
Water	100 ml
Eggs	4
Caster sugar	50 g
<u>Whipped cream</u>	250 ml
Lemon	1
Strawberry puree	125 ml
Red colouring	

Method

- Make a souffle glace adding the strawberry puree and the juice of half a lemon to the mixture before folding in the meringue and cream.

9. ICED VANILLA SOUFFLE

Ingredients

Sugar	100 g
Water	100 ml
Eggs	4
Caster sugar	50 g
<u>Whipped cream</u>	250 ml
Vanilla essence	

Method

- Make a souffle glace adding the vanilla essence with the meringue and whipped cream.

ICE CREAM BASED

10. BASIC ICE CREAM MIX (1)

10 PORTIONS

Ingredients

Milk	1 ltr
Cream	1 ltr
Sugar	300 g
Eggs	16
Vanilla essence	

Method

- Separate the egg whites from the yolks and put aside the whites.
- Mix the yolks and sugar together with the vanilla essence in a bowl.
- Bring the milk to the boil and pour it onto the yolks and sugar stirring continuously.
- Return the mixture to the saucepan and replace on a gentle heat then stir continuously until the mixture thickens and coats the back of the spoon. The custard must not boil.
- Remove from the heat and then pass the custard through a conical strainer and allow to cool.

- Add any colourings, flavourings or fruit puree required then place the mixture in an ice cream machine and start the freezing process.
- Whisk the cream to a stiff peak, add it to the custard in the machine and continue to freeze until set.
- Transfer the ice cream out of the machine into a clean container and store in a deep freeze until required.

11. BASIC ICE CREAM MIX (2)

10 PORTIONS

Ingredients

Milk	700 ml
Eggs	3
Sugar	100 g
Custard powder	25 g
Vanilla essence	

Method

- Mix the custard powder to a smooth paste with a little of the milk.
- Bring the remaining milk and the sugar to the boil then add the custard mixture to the milk whisking continuously until it reboils.
- Separate the egg whites from the yolks and put aside the whites. Whisk the yolks in a bowl and then add them to the boiling custard whisking constantly.
- Allow the mixture to cool then freeze in an ice cream machine.

12. CHOCOLATE ICE CREAM

10 PORTIONS

Ingredients

Cocoa powder	15 g
<u>Basic ice cream mix</u>	

Method

- Make a basic ice cream mix adding the cocoa powder to the milk before bringing it to the boil.

13. COFFEE ICE CREAM

10 PORTIONS

Ingredients

Coffee essence	50 g
<u>Basic ice cream mix</u>	

Method

- Make a basic ice cream mix substituting the coffee essence in place of the vanilla essence.

14. RASPBERRY ICE CREAM

10 PORTIONS

Ingredients

Fresh raspberries	100 g
Icing sugar	50 g
<u>Basic ice cream mix</u>	
Red colouring	

Method

- Make a basic ice cream mix. Pass the raspberries through a fine sieve into a basin. Mix in the icing sugar, and allow to stand until it clears.
- Add the puree pulp to the ice cream adjust the colouring and freeze.

Note: Raspberry jam that has been boiled and strained may be used in place of the fresh fruit.

15. STRAWBERRY ICE CREAM

10 PORTIONS

Ingredients

Fresh strawberries	100 g
Icing sugar	50 g
<u>Basic ice cream mix</u>	
Red colouring	

Method

1. Proceed as for raspberry ice cream using strawberries in place of raspberries.

16. PRALINE ICE CREAM

10 PORTIONS

Ingredients

Praline
Basic ice cream mix

Method

1. Make a basic ice cream mix and add the praline just before adding the whipped cream.

17 BAKED ALASKA

Ingredients

Vanilla ice cream
Meringue
Caster sugar
Glace cherries
Angelica

Method

1. Cut the sponge to fit into the base of an oval stainless steel flat serving dish and then place into the refrigerator to chill.
2. Put the ice cream onto the sponge and form it into a dome completely covering the sponge.
3. Using a piping bag and a star tube nearly cover the ice cream with meringue then decorate with glace cherries and angelica.
4. Dust the meringue with caster sugar and place into an oven at 230°C for 5 minutes to cook and colour the meringue.
5. Remove the dish from the oven and serve immediately.

Note: A macedoine of mixed fruit can be included and is placed on the sponge before the ice cream is added.

COUPLES/SUNDAE

18. BANANA SPLIT

Ingredients

Bananas	10
Whipped cream	70 ml
<u>Melba sauce</u>	
<u>Chopped almonds</u>	
<u>Vanilla ice cream</u>	

Method

1. Peel the bananas and cut them in half length ways.
2. Place a portion of ice cream on a dish and arrange a half banana on each side.

3. Mask over with a little melba sauce and decorate with a rosette of whipped cream and chopped almonds for service.

19. FRUIT SUNDAE

Ingredients

Pineapple	10 slices
<u>Melba sauce</u>	
<u>Ice cream</u>	
Whipped cream	70 ml

Method

1. Cut the pineapple slices into quarters.
2. Place a portion of ice cream in a sundae dish and mask with melba sauce.
3. Arrange 4 pieces of pineapple around the ice cream and decorate with a rosette of whipped cream.

20. COUPE JACQUES

Ingredients

Macedoine of fruit	565 g
<u>Lemon ice cream</u>	
<u>Strawberry ice cream</u>	
Grapes	

Method

1. Divide the fruit equally between the coupes.
2. Place a scoop of lemon ice cream and a scoop of strawberry ice cream on top of the fruit.
3. Garnish for service with a grape in the centre.

21. COUPE JAMAICA

Ingredients

Fresh pineapple	565 g
Rum	40 ml
Sugar	60 g
<u>Coffee ice cream</u>	425 g
<u>Coffee drops (sweets)</u>	

Method

1. Prepare the fresh pineapple by slicing off the outer skin then cut the flesh into small dice and soak it together with the rum and sugar.
2. Divide the pineapple equally between the coupes.
3. Place a large scoop of coffee ice cream on top of the pineapple and decorate for service with whipped cream and coffee drops.

22. MERINGUE GLACE

Ingredients

<u>Meringue shells</u>	20
Whipped cream	
<u>Vanilla ice cream</u>	

Method

1. Sandwich a portion of vanilla ice cream between two meringue shells.
2. Place on a serving dish and decorate for service with whipped cream.

23. PEACH MELBA

Ingredients

Peach halves 10
Melba sauce
Vanilla ice cream

Method

1. Put a portion of ice cream into a sundae glass place half a peach on top and mask over with melba sauce.

Note: For pear melba substitute pear halves for peach halves.

24. PEAR BELLE HELENE

Ingredients

Pears	10	
Sugar	225 g	
Cinnamon stick		5 mm
Coriander seeds		5
Lemon	1	
Water	1 ltr	
Vanilla pod		
<u>Vanilla ice cream</u>		565 g
Crystallised violets		15 g
<u>Chocolate sauce</u>		600 ml

Method

1. Remove the zest and squeeze the juice from the lemon.
2. Prepare a syrup with the sugar, water, lemon zest, vanilla, cinnamon stick and coriander seeds.
3. Peel, core and half the pears. Rub them with the lemon juice and poach them in the syrup. When they are cooked allow them to cool in the syrup.
4. Arrange the pears on ice cream in sundae glasses them mask them with chocolate sauce and complete the decoration with crystallised violets.

SORBET

25. LEMON SORBET
 10 PORTIONS

Ingredients

Large lemons		3
Coriander seeds		6
Eggs	2	
Cinnamon stick		25 mm
Sugar	30 g	

Method

1. Grate the zest and squeeze the juice from the lemons and put them into a saucepan.
2. Add the sugar and the spices and sufficient water to make the whole up to one litre.
3. Bring to the boil simmer for 10 minutes then strain through muslin and allow to cool.
4. Put the liquid into an ice cream machine and partly freeze.
5. Separate the egg yolks from the whites and put aside the yolks, whisk the egg whites to a soft peak and add them to the partly frozen mixture and continue the process until the mixture is completely frozen.
6. Serve in a sorbet glass sprinkled with rum or liquor and decorate with a fresh mint leaf or crystallised lemon.

PART 3 - PASTRY

CHAPTER THIRTY SEVEN

Petit Fours

GLACE

1. Caramelised fruits
2. Caramelised oranges
3. Fondant dipped

NOVELTY

4. Coconut pyramids
5. Dates stuffed
6. Fondant creams
7. Peppermint creams

8. Fudge
9. Nougat Montelimar
10. Rum truffles
11. Cornets
12. English route
13. Japonaise
14. Macaroons Dutch
15. Macaroon and walnut balloons
16. Marquise biscuits
17. Parisienne

GLACE**1. CARAMELISED GRAPES***Ingredients*

White grapes	200 g
Black grapes	200 g
Sugar	200 g
Glucose	35 g
Lemon	1
Water	75 ml

Method

1. Heat the sugar, glucose, water and 6 drops of lemon juice to 155°C.
2. Oil a marble slab.
3. Divide the grapes into pairs leaving them joined by a length of stalk.
4. Holding the stalks with a pair of tweezers, immerse the grapes in the caramel then drain off any surplus before placing them on the oiled slab to set.
5. Serve in paper petit fours cases.

2. CARAMELISED ORANGES*Ingredients*

Seedless oranges or mandarins	6
Sugar	200 g
Glucose	35 g
Lemon	1
Water	35 ml

Method

1. Peel and divide the oranges or mandarins into segments. Remove all the pith and place onto a wire to dry the outer surfaces.
2. Heat the sugar, glucose, water and 12 drops of lemon juice together in a saucepan to 155°C. Divide this into two halves and colour one half of the solution pink.
3. Oil a marble slab.
4. Dip the oranges or mandarins segments to half their length in the plain caramel. Drain off any surplus and allow to set then dip the other half in the pink caramel; drain and place on the oiled slab to set then serve in paper petit fours cases.

3. FONDANT DIPPED

APPROXIMATELY 40 PORTIONS

Ingredients

<u>Genoise sponge</u>	600 g
<u>Fondant icing</u>	400 g
<u>Butter cream</u>	200 g
<u>Marzipan</u>	200 g
Apricot jam	150 g
Castor sugar	100 g
Flavourings	
Confectionery colours	

Method

1. Prepare and cook the genoise sponge.
2. When the sponge is cold cut the crust from the top of the sponge with a knife.
3. Flavour and colour the fondant as required.

4. Cut the sponge into two layers of equal thickness, spread one layer with jam and then sandwich the two layers together.
5. Using castor sugar, roll out the marzipan 2 mm thick. Coat the top of the sponge with hot apricot glaze and place the marzipan on top.
6. The sponge can not be cut into a variety of shapes to an overall size of 20 mm.
7. Place these onto a pastry wire, brush the tops with hot apricot glaze and mask with the fondant.
8. When the fondant has set the cakes may be decorated as required.

Note: A wide variety of decoration is appropriate for small fancy cakes some suggested ingredients being:

- a. Glace cherries
- b. Angelica
- c. Crystallised violets or rose petals
- d. Marzipan fruits
- e. Chocolate run-outs
- f. Chocolate line or decorative work
- g. Fondant line or decorative work
- h. Whole or split roasted nuts

NOVELTY**4. COCONUT PYRAMIDS***Ingredients*

Fondant	400 g
Desiccated coconut	200 g
Glycerine	10 ml
Icing sugar	100 g
Glace cherries	5
Wafer paper	2 sheets

Method

1. Mix together the fondant, coconut, glycerine and icing sugar and colour to a pale pink or pale green.
2. Shape into small pyramids and stand on the wafer paper. Put a small round of cherry on the top of each and allow to set.
3. Put each into a petit fours case for service.

5. STUFFED DATES*Ingredients*

Tunis dates	200 g
Marzipan	200 g
Castor sugar or arabic solution	200 g

Method

1. Colour the marzipan green.
2. Cut the dates length ways and remove the stone.
3. Stuff each date with an oval shaped piece of marzipan a little larger than the stone so that it sits just proud of the date.
4. Mark the marzipan with the back of a knife to form a lattice work pattern.
5. Roll in castor sugar or brush with Arabic solution and put in an oven at 160°C for 2 minutes.
6. Serve the dates in petit fours cases.

6. FONDANT CREAMS*Ingredients*

<u>Fondant</u>	400 g
Glycerine	10 ml
Evaporated milk or single cream	10 ml
Icing sugar	
Colourings	
Flavourings	

Method

1. Warm the fondant to 50°C and add the evaporated milk, the glycerine and the colouring and flavouring required.
2. Dust the moulds with icing sugar and fill each one with fondant. When the fondant has set turn each one out and decorate with crystallised violets, almonds and dragees etc.

7. PEPPERMINT CREAMS*Ingredients*

<u>Fondant</u>	400 g
Glycerine	10 ml
Evaporated milk or single cream	10 ml
Icing sugar	200 g
Oil of peppermint	6 drops
Green colouring	
Silver dragees	

Method

1. Warm the fondant to 50°C and add the evaporated milk, glycerine, peppermint oil and green colouring.
2. Add the icing sugar to a pliable paste and allow to cool.
3. Roll out to 5 mm thick and cut into rounds or crescents 25 mm in diameter and allow to set.
4. Decorate for service with chocolate fondant designs, and silver dragees. The peppermint creams may also be partly or fully covered with chocolate.

8. FUDGE

APPROXIMATELY 30 PIECES

Ingredients

Sugar	100 g
Golden syrup	100 g
Butter	100 g
Evaporated milk or single cream	250 ml
Vanilla essence	

Method

1. Put the sugar, syrup, butter and evaporated milk into a saucepan and heat slowly until the butter has melted.
2. Continue to heat to soft ball stage 116°C stirring gently then remove from the heat, add the vanilla essence and beat vigorously until close to setting point.
3. Pour into lightly greased trays and when nearly set, cut to the desired portion size.

9. NOUGAT MONTELMAR

10 PORTIONS

Ingredients

Pistachio nuts	15 g
Glace cherries	60 g
Chopped almonds	50 g
Hazelnuts	50 g
Icing sugar	150 g
Water	50 ml
Glucose or golden syrup	25 g
Egg	1
Rice paper	2 sheets
Clear honey	100 g

Method

1. Roughly chop the almonds, hazelnuts and pistachio nuts and lightly colour them underneath a grill. Quarter the cherries.
2. Heat the sugar, glucose and water to 137°C.
3. Heat the honey to 126°C.
4. Separate the white of egg from the yolk, put aside the yolk and whisk the egg white to a stiff peak in a bowl.
5. Slowly add the cooked sugar at 137°C to the egg white followed by the honey at 126°C continuing to whisk vigorously.
6. Stand the mixing bowl in a boiling bain marie and continue to whisk the mixture until it reaches the texture of meringue.
7. Stir in the icing sugar and then add the chopped nuts, and the quartered cherries.
8. Place a sheet of rice paper onto a flat tray, spread the mixture onto the paper to a depth of 20 mm then cover with another sheet of rice paper. Press flat and allow to set overnight.
9. Cut the nougat into 20 mm squares and put into petit fours cases for service.

10. RUM TRUFFLES

10 PORTIONS

Ingredients

Cake crumbs	50 g
Chocolate	50 g
Sugar	25 g
Rum	10 ml
<u>Apricot glaze</u>	5 ml
Chocolate vermicelli	100 g
Confectionery colouring	

Method

1. Mix together the cake crumbs, sugar, apricot glaze and rum then add 25 g of melted chocolate and colouring.
2. Divide the mixture into ten equal sized pieces and mould these into balls.
3. Coat them with melted chocolate and then roll them in chocolate vermicelli and place into petit fours cases for service.

11. CORNETS*Ingredients*

Glace cherries	6
Margarine	50 g
Icing sugar	50 g
Egg	1
Flour	50 g
<u>Praline butter cream</u>	300 g

Method

1. Cream together the margarine and sugar add the egg, beating vigorously and then fold in the flour.
2. Grease a baking tray and using a piping bag with a 7 mm plain tube, pipe 20 mm rounds of the mixture onto the tray. Bake these in an oven at 200°C until lightly coloured.
3. While they are still hot remove them from the tray with a palette knife and shape them over the base of a cream horn mould to form a small cornet. When set fill with praline butter cream and place a small round of cherry in the centre.

12. ENGLISH ROUTE

Ingredients

Ground almonds	125 g
Castor sugar	75 g
Eggs	3
Yellow colouring	
Vanilla essence	
Nuts, glace cherries and angelica	

Method

1. Mix together the castor sugar, almonds, vanilla essence and a little yellow colouring. Separate the egg yolks from the whites and put aside the yolks.
2. Mix the dry mixture with the egg white to form a stiff paste.
3. Grease and flour a baking tray and using a piping bag with a star piping tube, pipe out small stars, whirls and scrolls.
4. Decorate as required and leave in a warm place to form a skin. Then bake in an oven at 220°C to a light golden brown.
5. Dust with icing sugar for service.

13. JAPONAISE

Ingredients

Eggs	2
Castor sugar	100 g
Ground almonds (fine)	50 g
Cornflour	5 g
<u>Fine praline butter cream</u>	150 g
Fine toasted cake crumbs	150 g
Pink fondant	50 g
Silver dragees	24

Method

1. Mix together the ground almonds and cornflour.
2. Separate the egg yolks from the whites and put aside the yolks. Grease a baking tray and dust it with flour.
3. Whisk the egg whites to a stiff peak then gradually add the sugar whisking vigorously.
4. Fold in the ground almond mixture.
5. Using a piping bag with a medium sized plain tube pipe flat rounds 20 mm diameter onto the baking tray. Cook in an oven at 140C without colouring.
6. When they are cooked remove them from the tray to cool. Mount them together in pairs with praline buttercream, coat them with the lightly toasted crumbs.
7. Pipe a dot of pink fondant onto the top of each embellish with a silver dragee and serve in petit fours cases.

14. DUTCH MACAROONS

Ingredients

Finely Sifted Ground Almonds	56 g
Icing Sugar	112 g
Ground Rice	1 tspn
White of Egg (approx)	56 g

Method

1. Mix together dry ingredients and white of egg, stand over a saucepan of hot water and give a thorough mixing, heating the mixture to 115°F (note: keep warm whilst working).
2. Dress out onto greaseproof lined baking sheets, using a forcing bag and ¼" plain piping tube, oval shapes ¾" long.
3. Allow to dry out overnight in a warm atmosphere, i.e. 100°F, this is to ensure a high gloss on the biscuit.
4. Score the length of the biscuit with a razor blade, and bake in a moderate oven (320°F) to a light brown colour.
5. To remove biscuit from paper, pick up the whole sheet of biscuits and lay on to a damp cloth for a short period, this will have the effect of releasing the biscuit from the paper easily. Now mount 2 biscuits together using a little jam or fondant.
6. Place each into a glacine petits fours paper case for service.

15. MACAROON AND WALNUT BALLOONS

Ingredients

Ground Almonds	112 g
Castor Sugar	112 g
Granulated Sugar	112 g
Ground Rice	14 g
Egg Whites	2-3
Rice Paper	2 sheets
Fondant	112 g
Walnut halves	

Method

1. Mix together dry ingredients, add egg white and give a thorough beating.
2. Line a baking tray with rice paper and using a forcing bag and a ¼" diameter plain tube dress out ¾" diameter diameter rounds. Mixture must be fairly stiff. In the centre of each round put an almond or half walnut.
3. Bake in a moderate oven (320°F) until cooked.
4. When cold, stick 2 together with soft fondant.
5. Put into paper case ready for service.

16. MARQUIS BISCUITS

Ingredients

Margarine	56 g
Castor Sugar	56 g
Egg White	42 g
Flour	63 g
Chocolate couverture	

Method

1. Cream margarine and sugar together until mixture is very light, add egg white slowly, then blend in flour.
2. Grease and flour baking trays, dress out mixture using a forcing bag and ¼" diameter plain tube into 2" lengths; bake in medium oven (400°F).
3. When cold, remove from trays and write marquis on each biscuit using chocolate couverture.

17. **PARISIENNE**

10 PORTIONS

Ingredients

Ground almonds	100 g
Castor sugar	100 g
Ground rice	5 g
Eggs	2

Method

1. Separate the egg yolks from the whites and put aside the yolks.
2. Mix together the dry ingredients and add sufficient of the egg whites to produce a firm paste.
3. Line a baking tray with greaseproof paper and with a piping bag and either a star or plain tube pipe out fancy shapes and decorate them with glace cherries and angelica. Leave to dry overnight.
4. Bake them in an oven at 180°C to a golden brown. Remove them from the oven and brush them with gum arabic solution then return them to the oven for 2 minutes to set the glaze.
5. Remove the biscuits from the greaseproof paper with a palette knife and a damp cloth. Allow them to cool and serve them in petit fours cases.

