

The 12 Eats of Christmas

Some favourite recipes from the TT Environmental team



Dear friend,

Happy Christmas!



Welcome to our little book of recipes which have been published in Chemicals Coffee Time, which is TT Environmental Ltd's weekly email.

Over the years, I've realised (a) that I'm a nerd, and probably mildly on the Asperger's/autism spectrum, and (b) most technical people in the chemical industry probably are as well, whether we're scientists (chemists, microbiologists, toxicologists etc) or engineers (e.g. chemical, mechanical, instrumentation).

And one of the things which seems to happen to nerds is that we can have various auto-immune problems, whether that's being allergic to a lot of things, or having food intolerances.

So we try to ensure that at least some of the recipes are "free from", or that they can be converted into "free from" versions. It doesn't always work, but we try.

Thank you very much to everyone who has inspired or provided these recipes, including Alison Potts and Peter and Hilary Robins, and especially my husband Mike for his cake recipe and his unfailing support.

I hope you enjoy reading these recipes, and looking at Grace's wonderful illustrations, and maybe try some of them out too.

All the best,

Janet

Janet Greenwood

TT Environmental Ltd



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Stilton and Celery Soup



Ingredients

Celery, half a head to a head

Onion

Chicken or vegetable stock (from a stock cube or homemade)

Stilton rind or inner

Milk

Butter

Plain flour

Salt and pepper

Method

Make up 1 pint of stock (you may need more depending on how thick you like the soup)

Chop the celery into half an inch/ 1 cm chunks, including any leaves from the top. Then chop a white onion roughly so you have about 1/4 of the volume of onion to the volume of celery.

Melt about an ounce of butter in a large pan over a low heat, and gently fry the celery and onion until softened. Then sprinkle about an ounce of flour over the veg and stir into the mixture so the butter absorbs the flour. Stir and cook the flour for a minute or so, then add the stock gradually, stirring as you go. Finally add milk to taste. The best amount is between half the volume and one volume of the stock. You don't want

too much milk as it will froth up too much.

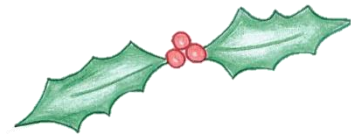
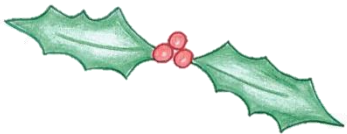
Simmer the soup for about half an hour until all the vegetables are really softened. Stir occasionally to make sure the flour doesn't catch on the bottom of the pan. If you have a stick blender you can blend the contents of the pan up straight away. Otherwise, take the soup off the stove and cool in a water bath for five or 10 minutes. The soup doesn't have to be perfectly cool, just cool enough to put in your blender. Blend in batches until smooth, although you may find you need to add extra stock at this stage because the mixture may turn into a puree.

Once you have the soup texture the way you like it (which should be smooth and velvety, regardless of how thin or thick it is), pour it back into the pan bring back to the boil for a couple of minutes. Add small chunks of the Stilton rind and/or the Stilton cheese itself and melt them into the hot soup, add to taste.

Serve straight away with bread and butter or homemade cheese scones.

Top tip: don't make the celery soup too salty because there is plenty in the Stilton. This soup freezes well but needs to be brought to the boil before serving.





Mike's Christmas cake

Ingredients

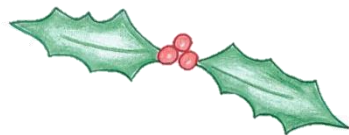
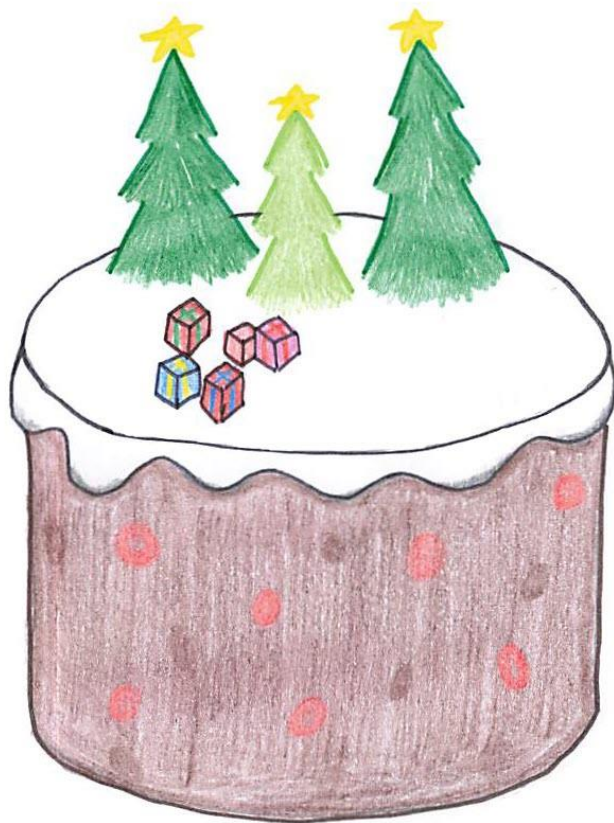
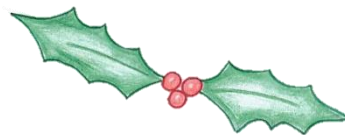
1/2 lb butter
1/2 lb brown sugar
1 tablespoon black treacle
1/2 lb plain flour
1/8 teaspoon salt
1 teaspoon mixed spice
1/2 teaspoon baking powder
2 teaspoons nutmeg (freshly
grated)
5 eggs (beaten)
1/2 lb currants
1/4 lb raisins
1/4 lb cherries
1/4 lb mixed peel
1/4 lb ground almonds

Method

Cream the butter, sugar and black treacle together. Add the beaten eggs slowly to avoid curdling the mixture (add a spoon of flour if it does curdle); then fold in the plain flour, baking powder and spices. Finally add the dried fruit, and place in a greased, lined cake tin, which you have wrapped a layer of newspaper round the outside. Optional – you can add a layer of marzipan halfway up this cake, like a Simnel cake. Cook at 350 F (Gas Mark 4) for half an hour, then 300 F (Gas Mark 2) until done. As I can't control our oven, I just do it at Gas Mark 2 for a bit longer. The time it will take depends on your oven.

Once cool, prick with a skewer or cocktail stick and pour over a couple of tablespoons of brandy before storing in a cool dark place until Christmas. The traditional options are either eat it plain (with cheese, if you're from Yorkshire); or decorate with marzipan and fondant or royal icing.





Bonus recipe- Marzipan from scratch

Ingredients

4 oz caster sugar
4 oz icing sugar
8 oz ground almonds
1 teaspoon lemon juice
few drops of almond essence
(essential)
1 beaten egg or 2 egg yolks

Method

In a bowl mix all the dry ingredients together. Make a well in the centre and add the wet ingredients.

Mix well, then knead until smooth on your work surface (dust it, and any tools you use, with icing sugar).

The marzipan can be kept in the fridge wrapped in clingfilm for about a week or in the freezer for up to a year. Defrost thoroughly in the fridge overnight before using.

If you have a marzipan “nut” in your life, you can make little sweets for them by dipping pieces in melted chocolate, allowing to cool, and wrapping prettily; or shape and colour it to look like miniature fruits. (Top tip: use a clove for the stalk of an orange, but don’t eat it!).

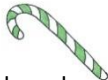
If you have two or more marzipan “nuts”, make sure you cater for them all, or don’t tell one the other one has got more marzipan than they have – like all addicts, they can be quite tetchy if their supply is cut off, or they think someone else is getting more than they are.



Ali's boozy bread and butter pudding


Use the alcoholic spirit of your choice for this one! It's designed for a rum or brandy, but works well with Vegan Bailey's and I've also had success with certain flavours of Gin.

Ingredients



7-8 Slices white bread
Enough 'Butter' to cover the bread
150 mls alcohol
4-5 tbsp raisins/currants/dried peel
350 mls lacto free milk
250 mls Arla lacto free cream
1 tsp vanilla
140 g Sugar
3 eggs
3 tsp apricot jam to glaze
Icing sugar to dust

Method



Soak the fruit in the alcohol. Preheat the oven to 170°C (150°C Fan).
'Butter' the bread with your lacto free alternative. Cut the slices diagonally and arrange into an oven proof dish.
Pour the milk and cream into a saucepan, add the vanilla, and bring to a gentle boil while stirring.
Whisk the eggs and sugar together. Add the egg mixture slowly to the saucepan of hot milk/cream and whisk together until smooth.
Sprinkle the fruit over the bread with any remaining alcohol that the fruit has not absorbed.
Pour the milk mixture evenly over the bread.

Place the dish in a larger roasting tray. Pour water halfway up the tray (Bain marie) – and bake in the oven for 45 minutes until golden brown.

Warm the apricot jam and brush over the bread pudding. Dust with icing sugar and serve.

In my house we make this with gluten free bread (an easy substitution). And the recipe takes well to adaptations – you could switch for brioche loaf, use cranberries or any preferred dried fruit, and consider a marmalade or jam glaze.

If you have no dietary requirements in your house, then swap the liquids for 300ml double cream and 300ml whole milk for a richer custard base.

Ali's Cheese'n'Onion rolls



Ingredients

1 pack of premade puff pastry
1 egg
275g breadcrumbs
225g mature cheddar cheese
1 large onion
Dash of milk
1 tbsp fresh chopped herbs (chives, parsley)
1½ tsp mustard powder
Pinch cayenne pepper
Salt & pepper

Method

Preheat the oven to 220°C (200°C Fan).
Grate the cheese and grate the onion together into a large bowl.
Mix together the breadcrumbs, chopped herbs, mustard powder, cayenne pepper with a dash of salt and pepper.
Add these dry ingredients to the large bowl with the cheese and onion, add the dash of milk and combine all the fillings together – It will be quite heavy but needs to be thoroughly combined. The milk will help it bind.
Prepare a floured surface and roll out the premade pastry into a large rectangle (as thin as you can!)
Cut into three rectangular strips (the last one is always a bit wobbly).
Divide the filling into three portions and place each portion onto a pasty strip

creating a roll of filling down the centre.

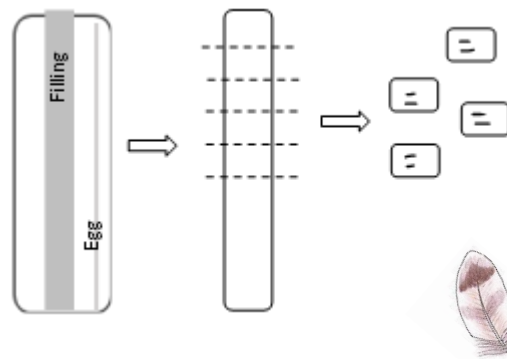
Brush beaten egg along one edge of the pastry strip and fold it over the filling, sealing it.

Turn the roll so the sealed edge is underneath. Using a sharp knife, cut each large roll into individual rolls.

Make small slashes in the top (to allow the cheese to bubble in the oven) and brush the tops with a beaten egg.

Place the rolls on greaseproof paper on baking trays in the oven and cook

for 20-25 minutes until golden



No Yeast Stollen, invented for Vikki Binns



Ingredients

500 g plain flour, sifted (1 lb 2 oz)
2 pinches salt (or use slightly salted butter instead)
125 g unsalted butter, softened (4 1/4 oz)
15 ml baking powder
200 g unrefined caster sugar (7 oz)
a few drops vanilla extract
a few drops almond extract
30 ml dark rum (2 tablespoons)
1 large lemon, finely grated zest
tsp cardamom seeds
2 tsp mixed spice
50 g suet (1.7 oz), chopped up small
125 g currants (4.4oz)
125 g raisins (4.4 oz)
125 g almonds (4.4 oz), chopped up into small-ish nuggets, or cheat and use ground almonds
40 g chopped mixed candied peel

Ingredients Continued

250 g creme frache, or thick greek-style yogurt (8.8 oz)
2 large eggs, beaten
250 g natural-colour marzipan (8.8 oz)
For the topping
about 1 oz melted unsalted butter (or clarified salted butter)
icing sugar

Method:

The night before (ideally), place the dried fruit and peel in a bowl and add the rum. Stir to allow the rum to absorb, cover with a plate or clingfilm and leave overnight. Stir again in the morning to make sure all the rum is absorbed (drain off any unabsorbed rub).

Turn your oven up to Gas Mark 4, 350 F

Grease a large baking tray.

Have a large piece of greaseproof paper on one side, ready to use.

In a large bowl, place the flour, baking powder and sugar, grate in the lemon zest, add the spices, and stir well.

No Yeast Stollen- Continued



Cut the butter into pieces, and rub into the dry goods to make a breadcrumb texture

Add the chopped almonds, suet, and dried fruit and rum mix and stir through evenly, then the beaten eggs and yoghurt to bring it all together. You want a soft (not dry) workable dough. If the dough is too wet, add flour and if too dry, add a little liquid.

Take the dough out of the bowl and knead a few times

Depending on whether you want 1 massive or 2 sensibly sized stollen, you may want to split the dough into two at this time (recommended)

Lay the dough on the greaseproof paper and roll out into a rectangle. Take all of the marzipan (1 loaf) or half of it (2 loaves) and roll out into a rectangle about an inch shorter than the stollen dough in both dimensions. Place the marzipan on the stollen dough, leaving a half inch (1cm) gap around each edge. Wet the dough edges with water to help them stick. Then roll up the stollen on its short end to make a roll, and place on the baking tray. Repeat process for the second stollen.

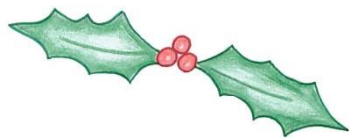
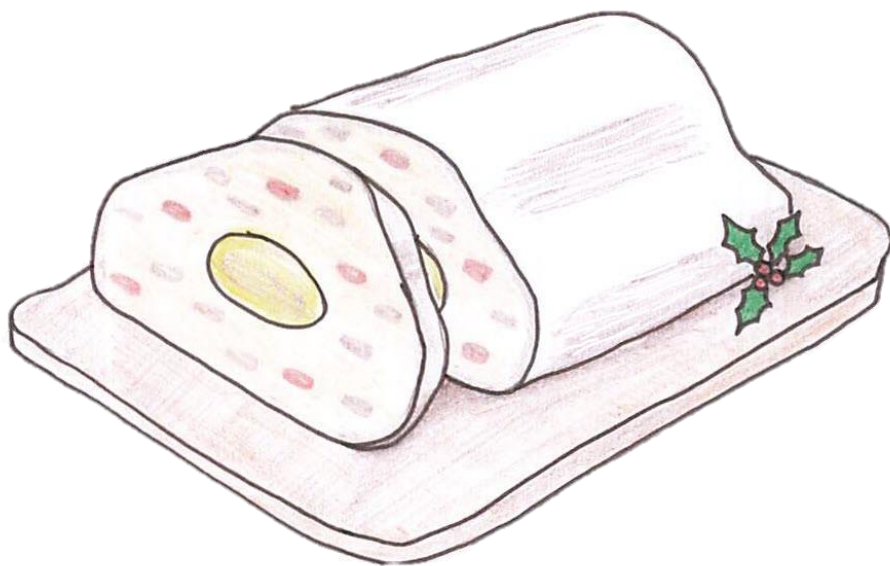
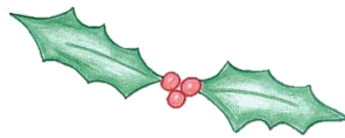
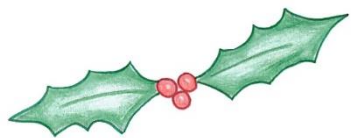
Once safely on the baking tray, round the stollen ends off to make a loaf shape. (What is the plural of stollen anyway? stollen? stollens? stollenses? stollae? stolli?) You want a fairly high dough, like a loaf, not something which is too flat (although if your dough is too wet it may flatten and spread during baking)

Opinions vary about brushing with melted butter at this point, but I didn't bother.

Whack it in the middle of your pre-heated oven, and bake until done, about 3/4 of hour (one big loaf will take longer – much longer). Important point – the marzipan may interfere with the skewer test to tell if the bake is done, so you may want to use other signs to check it's cooked through.

Once it's out of the oven, allow to cool (some sources say a bit, others completely) then brush all over with melted unsalted or clarified butter (clarifying removes the salt), and dredge generously with sieved icing sugar (i.e. load your sieve up with icing sugar and sieve over the stollen) to give that festive snow covered look.







Yorkshire Puddings



Ingredients

4 oz plain flour

2 large eggs

5.3 fl. oz. (150ml) whole milk

Method

Beat your eggs in a small bowl. Then pour the flour into a larger bowl.

Make a well in the centre of the flour, put the beaten eggs and half the milk in the centre, mix in the flour gradually and beat to a smooth paste. Then add the rest of the milk, and season with 1/2 teaspoon salt and 1/4 teaspoon pepper. Rest for an hour before using).

Preheat your oven to 220°C.

Put a tray (bun tray or for more traditional Yorkshires use a roasting tin) with a small layer of oil in each hole in the oven to heat.

To test the oil is hot enough drop a pea sized amount of batter into the oil if it sizzles it is hot enough.

Pour your batter into the tray and cook in the oven for 20 – 30 minutes. If you are using a roasting tin, you may need to cook it for longer turning the temperature down part way though once the edges are cooked.



Bonus recipe – Traditional sausage rolls



Ingredients

1 pack of premade puff pastry
1 pack of good quality sausages
1 egg

Optional ingredients

black pudding
Other meats
Herbs or spices
Chutney (such as caramelised red onion)
Etc.

Method

Preheat the oven to 200°C.

Remove the skins from the sausages and place the sausage meat into a mixing bowl. Add any of the additional ingredients that you want and mix it all together. Cut the puff pastry into rectangles, you can make them as big or small as you want.

Lay the pastry out on a backing tray covered with grease proof paper.

Split the sausage meat between all the rectangles, putting a 'sausage' of meat down the middle of the pastry.

Beat the egg in a small bowl.

Brush the edge of the pastry with the beaten egg.

Fold the pastry along the long edge and seal the edges by pressing down with your finger or make it look a bit fancier and press down gently with a fork to crimp the edge.

Lay the sealed sausage rolls with the seam along one side rather than along the top.

Use a knife or a fork to put slashes/holes in the top to allow the steam out while cooking.

Brush the top of the sausage rolls with the rest of the beaten egg (you may need to beat another egg for this bit).

Bake in the oven for around 30 minutes or until the pastry is gold and the meat in the middle is cooked.

Serve straight away or leave to cool and store in the fridge to eat them cold.



Peter and Hilary's Pigs in Blankets

The Great Pigs in Blankets Shortage of 2021 was no match for our resourceful newsletter readers. Peter and Hilary Robins came to the rescue with this detailed advice on making your own. Ordinary chipolatas (120mm-ish) can be turned each one into two or three 'pigs' (40mm/60mm ish – we usually go for two, doing three per chipolata makes them a bit bacon-heavy, but it is an option. The ratio of one rasher to two pigs would still apply).

Ingredients

- 1 pack of chipolatas
- 1 pack of streaky bacon



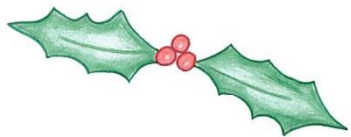
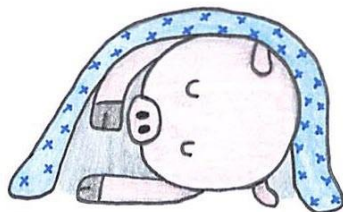
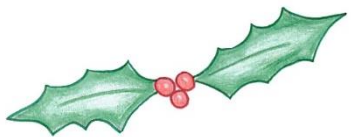
Method

To divide the chipolatas, gently squeeze with finger the sausage at the point you want to divide to move sideways most of the (the skin will normally 'give' to allow this). Hold the sausage gently (as in use all your fingers and thumb to spread the pressure on the skin) either side of where you have 'thinned' it. Counter-rotate your hands, twisting the skin, which will force the last of the filling out either side of the twist. Cut at the twist in the usual way. It is a bit of an acquired skill and you may burst one or two at first...

For the blanket, lay a rasher of bacon pointing away from you on a chopping board and, holding the nearer end of the rasher, run the back of the of a knife along the rasher (starting at the end you are holding!). The idea is to stretch the bacon a little: do that once, or possibly twice, but no more. (The stretching helps the bacon to stick to itself and stay in place).

After stretching the bacon, wrap it around the first 'pig' with a bit of overlap, 8-12mm say), and cut off the remainder with the business side of the knife. Roll for a moment to get the overlap to 'stick'. The leftover bit should wrap another 'pig' and you can usually adjust your overlap to ensure that. Cook as usual in a hot oven, 20 – 30 minutes (use a little fat or oil and pre-heat the roasting tin).





Mincemeat – Vegan



Ingredients

1lb 6 oz dried fruit of your liking
2 oz coconut oil
1/2 pint dark ale or mild stout (not Guinness, it's too bitter – I used Timothy Taylor's Landlord Dark, their Dark Mild is also excellent for this, although you'll have to find a vegan equivalent if you want it to be vegan)
3 tablespoons brandy
2 medium apples, peeled, cored and grated
About 1 to 2 tablespoons lemon juice (I used bottled, but you can also add in the grated peel if you're using a fresh lemon)
10 1/2 oz brown sugar (or 10 oz granulated sugar and 1/2 oz black treacle)
1 teaspoon mixed spice
1/2 teaspoon cinnamon
At least 1/2 teaspoon freshly grated nutmeg

Method

Place all the dried fruit in a large bowl ready to be used.
Peel, core and grate the apples into a small bowl, and slosh in enough lemon juice to coat the grated apple (to prevent it browning).
In a large pan, place the stout and brown sugar and stir to dissolve, then add the lemony grated apple, and the lemon peel (if you used a fresh lemon).
Whisk the pan contents and bring to the boil, stirring occasionally, and simmer for about five minutes until the grated apple is cooked and starts to fall apart.
Add the dried fruit mixture, the spices and coconut oil, and simmer until thick (like you would a chutney – you are basically absorbing the liquid into the fruit, and driving off excess water to leave a little, together with the spices and coconut oil, behind in the mixture).
Then remove from the heat and stir in the brandy when warm (but not hot, otherwise you might boil some of it off).
Store in sterilised jars or use straight away.
Top tips – you can use orange juice instead of booze, but the mincemeat won't keep as well, and you may even need to store it in the fridge.



Pastry and making mince pies – Vegan



Pastry Ingredients

160g coconut oil

270g plain flour (although you could use gluten free flour)

Pastry Method

Crumble the coconut oil into the pastry, using a fork, in a warm kitchen or your hands, if your kitchen is cold, like mine – I ended up rubbing-in as usual, and although a little of the coconut oil got onto my hands it wasn't too bad. The texture is beautifully silky. Then bring the mix together with iced water, or very cold tap water, and keep in the fridge until you need to use it. The pastry looks more like flaky than shortcrust.

Method - Baking your mince pies

Pre heat your oven to Gas Mark 6, 200°C.

Sprinkle plenty of flour on to a work surface and roll out your pastry fairly thin for the bases.

Cut out rounds with a biscuit cutter, making sure they are big enough to line your chosen bun tin.

Place each round into the bun tin, making sure to get the pastry into the corners. (Top Tip: use a little scrap of pastry coated in flour to push the rounds into the corners)

Pop a teaspoon of mincemeat in each pastry cup, make sure you don't over fill them as the mincemeat will bubble up in the oven and you don't want it going down the sides.

Roll out the rest of the pastry even thinner and cut rounds with a smaller cutter to just cover the top of each pie. The traditional method is a lid with a hole in the top to let out steam, but you can also cut the lids in fun shapes.

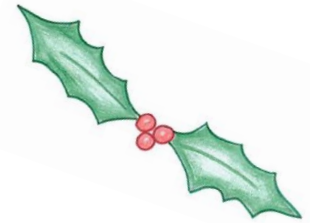
Bake for 12 to 15 minutes, until golden brown.

Once cool enough to eat sprinkle lightly with icing sugar and serve warm or leave them plain and store in an airtight box for up to a week.





Ali's Parmesan Parsnips



Ingredients

2¹/₂lb (1.25kg) Parsnips
6 oz (175g) Plain flour
2 oz (50g) Grated Parmesan Cheese
Plenty of salt and black pepper
Good quality oil
Butter

Method

Pre-heat the oven to 200°C (170°C Fan)

Get a large roasting tin. Put enough oil to cover the base and a good knob of butter with a little salt and pepper. Put to the side.

Mix the flour, cheese, salt and pepper together in a Tupperware container with a lid.

Peel the parsnips with a potato peeler, cut them into quarters. - You might also need to cut each length in half (aiming for roughly 2-3 inches long). Remove the

woody centres if particularly tough.

Place the prepared roasting tin in the oven to preheat.

Boil the parsnips in a pan with some salt for 3 minutes. Grab a cutting board/tray/large plate (anything to hold the parsnips between coating and placing in the roasting tin!)

Drain the parsnips and using tongs, place 3 or 4 at a time into the Tupperware containing the coating. Put the lid on and gently shake so they are fully covered. Remove the covered parsnips onto the tray/plate and repeat until all the parsnips are coated. You need to work quickly – the parsnips will only coat if they are hot/steamy. If you are struggling, then boil the parsnips in batches.

Once all the parsnips are coated then place them all in the pre-heated roasting tray. They will initially absorb the oil/butter but will crisp up as they cook. Bake for 20mins and then turn the parsnips and baste, drain excess liquid and bake for a further 15-20 minutes or until golden.

Leftover coating can be frozen for next time.

If you're making this with gluten free flour it can be a little dry. Reduce the flour content and increase the cheese. Or consider using some Casava flour (Casava flour loves oil and avoids the dry/crumbly texture of rice flours).

Yule log



Sponge Ingredients

3 eggs

3 oz sugar

2 1/2 oz self-raising flour and ½ oz
good quality cocoa powder, sifted
twice to aerate

Sponge method

Preheat your oven to gas mark 6, 200°C.

Prepare a 12 inch x 9 inch baking tray or swiss roll tin– grease it lightly with butter, cover with greaseproof paper, and lightly grease the paper as well.

Break the eggs into a bowl with the sugar and whisk with an electric beater until pale and creamy and slightly thick, if you don't have an electric whisk this will need to be done with a balloon whisk over a bain marie.

If you did the last step by hand then take the bowl off the pan of hot water now.

Spoon the flour into the egg and sugar mix, folding in with a metal spoon, careful to keep the air in as much as possible.

Pour carefully into the swiss roll tin, smooth out flat and put immediately in the oven for 10 to 15 minutes.

When baked and still warm, place the tin upside down on some fresh greaseproof paper, remove the tin, and remove the hot greaseproof paper from the sponge carefully, so as not to tear the sponge.

Trim the sponge edges to make a rectangle, and remove any stiffer bits (e.g. slightly burnt bits) – this helps the sponge roll up more easily.

Then about 1 inch from the short edge of the sponge, cut about half to 3/4s down into the sponge, fold the edge over, and roll the sponge round that, rolling the greaseproof paper with it.

Leave until completely cold.

In the meantime, make the filling and topping.



Yule log – Continued

Filling Ingredients

¼ pint double cream

Filling Method

Simply whisk the double cream to stiff peaks.

Set on one side.

Topping Ingredients

4 oz plain chocolate

2 oz butter

2 egg yolks

4 oz icing sugar

Topping method

Melt the butter and chocolate together in a bain marie making sure not to burn the chocolate.

Once it is melted beat the mix together until smooth.

Next beat in the egg yolks and enough icing sugar to taste, until you get a thick spreadable consistency.

Then make up your Yule Log – the fun part!

Carefully unroll the sponge and greaseproof paper, take the paper off the sponge.

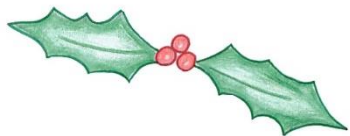
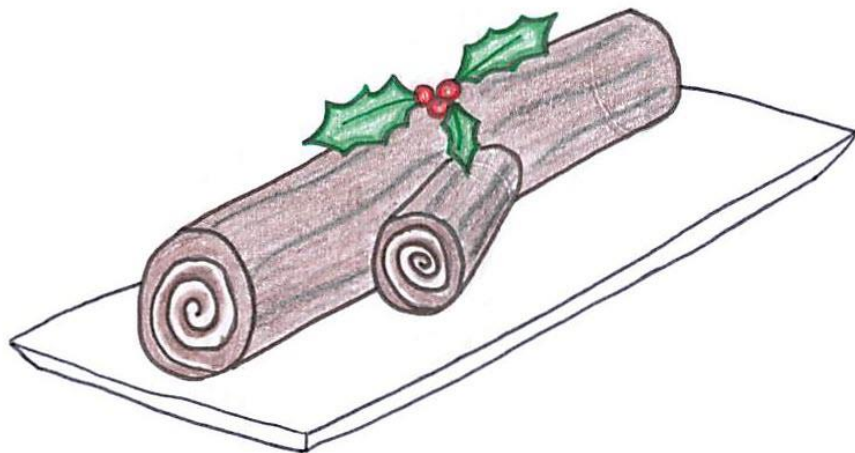
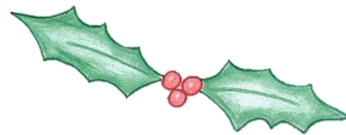
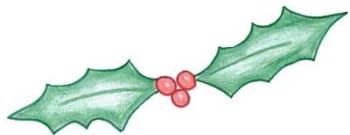
Cover the sponge with a nice thick layer of the whipped cream and roll back up again into the log shape.

Next is the stage to make it look as fancy as you want. You can cut off a piece to make a “branch”, or just leave the log whole.

Then cover the log with the icing and draw the tines of a fork through it to make “bark”.

You can also sprinkle a little icing sugar for artistic effect.





Bonus recipe – Coffee Yule log, invented for Mary Sutherland



Sponge Ingredients

3 eggs

3 oz sugar

3 oz self raising flour, sifted twice to
aerate

2 tablespoons Nescafe Azera (or
other instant coffee)

Sponge method

Preheat your oven to gas mark 6, 200°C.

Prepare a 12 inch x 9 inch baking tray or swiss roll tin– grease it lightly with butter, cover with greaseproof paper, and lightly grease the paper as well.

Break the eggs into a bowl with the sugar and whisk with an electric beater until pale and creamy and slightly thick, if you don't have an electric whisk this will need to be done with a balloon whisk over a bain marie.

Then add in the coffee and whisk some more.

If you did the last step by hand then take the bowl off the pan of hot water now.

Spoon the flour into the egg and sugar mix, folding in with a metal spoon, careful to keep the air in as much as possible.

Pour carefully into the swiss roll tin, smooth out flat and put immediately in the oven for 10 to 15 minutes.

When baked and still warm, place the tin upside down on some fresh greaseproof paper, remove the tin, and remove the hot greaseproof paper from the sponge carefully, so as not to tear the sponge.

Trim the sponge edges to make a rectangle, and remove any stiffer bits (e.g. slightly burnt bits) – this helps the sponge roll up more easily.

Then about 1 inch from the short edge of the sponge, cut about half to 3/4s down into the sponge, fold the edge over, and roll the sponge round that, rolling the greaseproof paper with it.

Leave until completely cold.

In the meantime, make the filling and topping.





Coffee Yule log – Continued

Filling Ingredients

¼ pint double cream

Filling Method

Simply whisk the double cream to stiff peaks.
Set on one side.

Topping Ingredients

Caramel from a tin (carnation or other) or make your own

¼ pound butter

¼ pound icing sugar

Topping method

Make a buttercream icing by beating butter until smooth, then beat in sifted icing sugar.

Add in a couple of spoons of caramel, to taste (you need to make sure it's not too sweet).

Then make up your Coffee Yule Log – the fun part!

Carefully unroll the sponge and greaseproof paper, take the paper off the sponge.

Cover the sponge with a nice thick layer of the whipped cream and roll back up again into the log shape.

Next is the stage to make it look as fancy as you want. You can cut off a piece to make a “branch”, or just leave the log whole.

Then cover the log with the caramel icing and draw the tines of a fork through it to make “bark”.

You can also sprinkle a dusting of fine coffee powder (bash up in your mortar and pestle), and/or icing sugar for artistic effect.



Stilton stuffed pheasant/ chicken breast

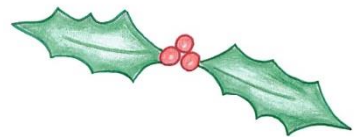
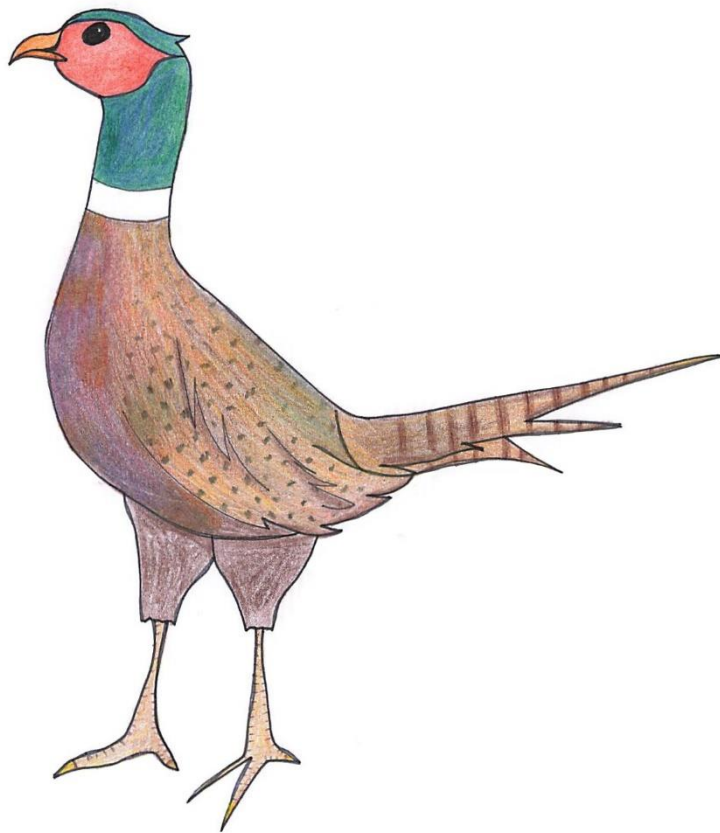
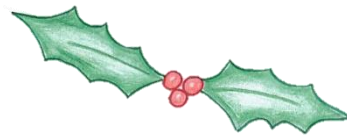
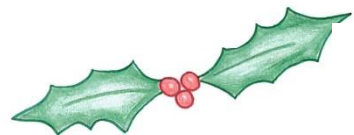
Ingredients

4 pheasant breasts with skin on if possible (or chicken)
6oz crumbled stilton
1 stick of celery finely chopped
2 small desert apples with the skin on - grated
Half a dozen walnuts – chopped small
1oz butter
Salt and pepper

Method

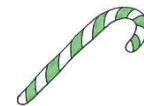
Preheat the oven to gas mark 6/ 200°C
Loosen skin the skin on the meat
In a bowl mix the stilton, celery, apple and walnuts
Divide the stuffing between the 4 pheasant breasts and stuff under the skin
Place the meat into a baking tray and dot the butter over the top of the skin
Sprinkle with salt and pepper
Bake in the oven for 30 minutes
Serve straight away with veg and roast potatoes drizzling any of the juices from the tin over the top







Christmas pudding



Ingredients

2 oz plain flour
1/2 teaspoon grated nutmeg
1/4 teaspoon cinnamon
1 teaspoon mixed spice
1 lb mixed dried fruit (some peel) – I use some chopped prunes and occasionally dried apricots, the larger fruit gives a better texture in among the sultanas, raisins and currants
2 oz breadcrumbs
2 eggs
1/4 teaspoon salt
4 oz suet (I use Atora beef suet, they have a vegetable suet if you are not a meat eater)
4 oz sugar
2 to 4 tablespoons brandy or other spirit

alcohol is warmed, light it in the ladle, then pour the flaming alcohol over the pudding and bring to the table triumphantly. Do NOT attempt this if even slightly tipsy, you will burn yourself (voice of experience). Serve with cream, or custard, or brandy butter.

Method

Sift the dry ingredients together then, add all the other ingredients, mixing thoroughly to a fairly soft mixture.

Grease a 2 pint pudding bowl with butter, (if you're worried about the pudding turning out, you can put a small circle of greaseproof paper in the bottom).

Wrap greaseproof paper or foil over the top of the pudding, with a pleat to allow the paper to rise when steaming and tie with string, tie a handle of string over the top of the dish to make it easier to lift it in and out of the pan.

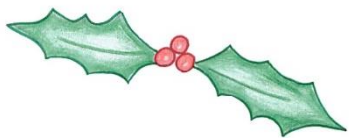
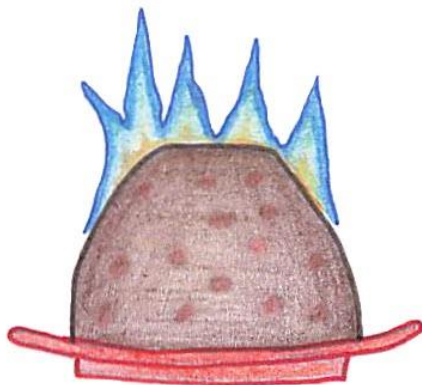
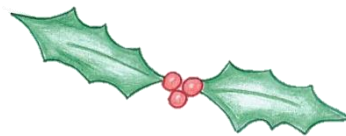
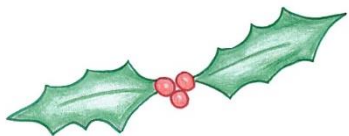
Place in a pan containing boiling water about halfway up the sides. You need to be able to put the pan lid on, and even then the water may reduce as the pudding cooks. It's important to keep the water topped up, but use boiling water from the kettle, so you don't take the pudding off the boil.

Steam for 4 hours.

Take it out of the water, and store in its bowl in a cool dark place, like an old-fashioned larder, if you're lucky enough to have such a thing.

The traditional way to reheat the pudding is to steam it for another 2 – 3 hours, but you can also do it in the microwave by turning it out onto a flat plate and heating it a minute at a time until piping hot or you a slice at a time and heat it for 30 seconds at a time.

Then take a small metal ladle with a couple of tablespoons of brandy or rum, heat from underneath using a lit match or other heat source such as a lighter, when the





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If you would also like to support Dementia UK's work, you can donate here: <https://www.dementiauk.org/get-involved/events-and-fundraising/pay-in-your-fundraising/>

All the best,

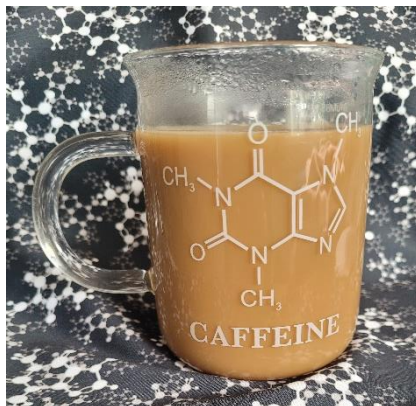
Janet
Janet Greenwood
TT Environmental Ltd

P.S. if you have a relative or friend with later stage dementia, you may find this DVD useful: <https://recognii.co.uk/> (available free to Admiral Nurses during 2022).





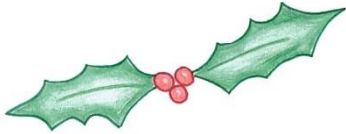
Shameless plug!



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