

Christmas Cake - from Dean Forest Mercury Dec 1948

4 oz margarine; 3 oz sugar; 3 level tablespoons warmed treacle or syrup; 8 oz plain flour; 1/2 tsp bicarb soda; pinch salt; 1 tsp cinnamon; 1 tsp mixed spice; 2 eggs; 1 lb mixed dried fruit; 3 tbsps cold tea. Cream marg and sugar; beat in syrup. Sift flour, bicarb and salt and spices; Add flour to fat alternatively with eggs. Add fruit and tea. 7" tin, lined. Very mod oven 2 hours. Pour rum or sherry over base once cooked.

Another Christmas cake recipe

10oz wholewheat flour
2oz seedless raisins or sultanas
4oz chopped seeded raisins or dates
4 oz cooking fat
4 oz sugar
2 large tablespoons black treacle
teaspoon ground mixed spice
teaspoon bicarbonate of soda (level
cup milk
teaspoon almond essence
teaspoon ground ginger

Method:

Rub fat into flour, add all dry ingredients except soda, and mix well. Dissolve soda in milk, add treacle to dry ingredients, and then milk and soda and almond essence, and beat all together very thoroughly. Line a baking tin with greased paper, place mixture in and cook in very slow oven for 2-½ hours.

Mock marzipan

1/2 lb haricot beans; 4 tbsp sugar; 2 tbsp ground rice; 1 tsp almond essence; 1 tbsp warmed margarine

Soak the haricot beans for 24 hours, then cook until tender in fresh, salted water. Put them on a tin in a warm oven to get dry and floury and then rub through a sieve (suspect could simply process a 450 gm tin of haricot beans). Beat the sugar into the bean puree, then add the remaining ingredients. Beat until smooth.

Cheese biscuits

3 oz plain flour, 1 tbsp dry mashed potato, 1/12 oz fat, 1 oz grated cheese, salt, pepper and grated nutmeg. Make a dough from the ingredients, adding 1 tbsp water to bind. Roll out, cut into rounds or shapes and bake in mod-hot oven ca 10 mins.

Fudge

2 oz butter (or margarine), 1 lb gran sugar, 1 397g tin condensed milk, vanilla essence, 2 oz sultanas. lightly grease 7" x 8" tin

Melt butter (marg) in a heavy based saucepan. Add sugar and condensed milk.

heat and stir until dissolved. Boil and stir for about 20 mins stirring all the time to prevent burning until soft ball (a tsp dropped into cold water forms a soft ball) or 248 degree F.

Remove from heat and add sultanas and vanilla essence and beat with a wooden spoon until it thickens, about 8 to 10 minutes.

Immediately pour into tin, smooth top, mark into squares and leave to cool.

Potato Short Bread

3 ozs margarine
2 ozs rice flour
Pinch of salt
Little almond flavouring
4 ozs warm mashed potato
3 ozs flour
2 ozs sugar

Method:

Cream fat and sugar, then add mashed potato, beat well, then rice flour, salt and flavouring. Take out spoon and with hands lightly press the flour (*containing a little baking powder*) into the mixture, roll out and bake.

Wartime Cream

1/4 Pint of Milk
1 Dessertspoon of Cornflour
1/2 Teaspoon Castor Sugar
1 oz Margarine
Flavouring: Vanilla Essence, Banana Essence etc.

Method:

Make a stiff Cornflour paste with Milk, then boil for 3 minutes and allow to get cool. Cream Margarine and Sugar, gradually add Cornflour mixture and flavouring.
For a richer looking cream use a yellow flavouring such as banana.

'Mince Pies'

Potato Pastry (for sweet dishes)

8 oz flour.
4 oz mashed potato.
2 oz fat.
½ teaspoonful salt.

Method-Mix the flour and the salt. Cream the fat and the potato, add the flour, and a little water if necessary, to form a rather stiff dough. Roll out thinly and line bun tin with 3" rounds. Spoon fruit mix on top, top with smaller rounds of pastry/stars/lattice if you wish. Bake in hot oven 6- 10 mins.

Fruit mix

Warm 1 tsp of marmalade on a very low heat. Add 1/4 lb of mixed dried fruit; 1 cup of stale cake crumbs (or half bread, half cake); 1 tbsp sugar; 1/2 tsp mixed spice. Stir together over the low heat until the crumbs are quite moist. Remove from heat, add 1 very finely chopped apple and some nuts (optional). Keeps for a few days in a cool place.