

Fattening the curve

GOOD HOME BAKING is something to be proud of

THE woman who can cook well and bake well has every reason and every right to be proud of her cooking.

In ninety-nine cases out of a hundred she has a happy home, because good cooking means good food, and good food means good health.

There's no more pleasing sight than that of a happy family around a well-stocked tea-table, all enjoying their food; and the mother who is responsible for the good cooking, and who has prepared it with her own hands, has every right to survey the results of her culinary skill with pride and satisfaction.

It's more economical, too!

The tasty Scones and Cakes that you make at home, the appetising Pies and Tarts, all cost much less than those you buy ready made. You know what's in them, too; you know they are good and pure; that they have been made under clean, hygienic conditions . . . and your doctor will tell you that good, wholesome food is worth more than all the medicine in the world, especially for hungry, growing children.

That's why it pays to bake at home!

In our preparations for a socially distanced VE Day celebration in the lane, Gill delved into her vintage recipe collection for some Rich Scones from a BE-RO self-raising flour promotional cookery pamphlet....I quote 'the woman who can cook and bake well has every reason and right to be proud of her cooking'!

Thankfully we now rarely see such gender specific stereotyping, but a flick through the pamphlet offered the best Rich Scone recipe, with cream and jam, they certainly were something of which to be proud.

As the country aims to flatten the curve, we would like to take the opportunity to fatten your curves, as we gently lift from our lockdowns, with part one of a taste from ours, and our partners' destinations – scones, Korean Pajeon, Moroccan Tagine and South African bread – enjoy!



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Rich scones

Method

1. Preheat the oven to 220C/200C Fan/Gas 7. Lightly grease a baking tray.
2. Put the flour, baking powder and sugar in a large bowl. Add the butter and rub in with your fingers until fine crumbs.
3. Crack the egg into a measuring jug (reserving a spoonful for the wash), then add enough milk to make up to 150ml. Stir the egg and milk into the flour – gradually, you might not need all– and mix to a soft, sticky dough.
4. Turn out onto a lightly floured work surface, knead lightly (add sultanas, if using). Roll out to about 2cm/ $\frac{3}{4}$ in thick.
5. Cut into as many rounds as possible with a fluted 5cm/2in cutter (or wine glass, jam jar, anything round) and place them on the prepared baking trays. Brush the tops of the scones with the remaining egg .
6. Bake for 10–12 minutes, or until the scones are well risen and a pale, golden-brown colour. Lift onto a wire rack to cool. Eat as fresh as possible.

Ingredients

225g self-raising flour
1 level tsp baking powder
25g caster sugar
40 g of lard (or 50g butter, room temp)
1 egg (beaten, reserve a desert spoon for the egg wash)
a little milk
handful sultanas (optional)

To serve

strawberry jam
clotted cream

To serve, split the scones and serve with strawberry jam on the plain scones along with a good dollop of clotted cream.

파전 Pajeon

Korean pancake

Koreans crave Pajeon on a rainy day. The sound of rain reminds people of the sound of making Pajeon as it pops in the pan. The ultimate comfort food – it is also quick and inexpensive, and once mastered mix it up with Kimchi, or any thinly sliced veg, seafood, even bacon. It should have a slightly soft middle and a crispy outside

Ingredients

For the Batter

- 95gms plain flour mixed with 2 tbsp corn flour*
- 120ml water
- 1 egg, beaten
- Black pepper
- 1 tbsp Red chilli (optional, but worth it!)

For the filling

- Whole bunch spring onions, cut in half lengthways (and if too long for the pan, cut across once) (once you get the hang of the pancake you can add seafood, more veg, substitute leeks, or regular onions for spring onions, just ensure everything is cut into thin strips lengthwise)

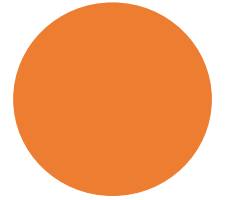
*NB You do not have to add corn flour, rice flour also works well, the aim is to give it that extra crispy outside

Method

Pop a medium, non stick frying pan on the heat with oil and add the spring onions, they should crowd the pan – the batter will act as a glue to hold them together

Mix dry ingredients slowly with water and egg to make a batter (do not beat too hard!)

Pour over the spring onions and cook until slightly golden on one side, using a spatula flip carefully, and cook until golden on the other side, and serve with Soju, or any drink of your choice!



Moroccan Chicken Tagine with Preserved Lemon





Moroccan Chicken Tagine with Preserved Lemon

Serves 2 | Prep time: 15 min | Cooking time: 35 min | Level: easy

- 1 lb / 500 grams chicken thighs (skin on, bones removed)
- ½ red onion (finely chopped)
- ½ preserved lemon
- 10 purple or green olives
- 2 garlic cloves (finely chopped)
- 1 tablespoon finely chopped parsley
- 1 tablespoon finely chopped Coriander
- 2 tablespoon olive oil

- 1 tablespoon of clarified butter
- Water
- ½ teaspoon black pepper
- 1 teaspoon ground ginger
- 1 teaspoon ground turmeric
- A pinch saffron thread

“You do not have to add salt to this dish as the saltiness will come from the preserved lemon”.

- Halve preserved lemon, separate the flesh from the peel. Reserve the peel and finely chop the lemon pulp.
- Place chopped lemon pulp in a tagine (traditional Moroccan dish) or large heavy pot.
- Add olive oil, garlic, parsley, cilantro, all the spices, and ½ cup of water. Mix well.
- Add the chicken pieces to the pot and pierce them with a sharp knife so that they absorb the spices. Mix all ingredients until chicken is well coated. Add the finely chopped onion to the pot.
- On a medium low heat, sear the chicken pieces for 15 minutes. The pot should be closed to keep the moisture in. Turn each piece of chicken over and add a bit of water if necessary.
- Add ½ cup of cold water, increase the heat to medium and bring the cooking juices to a boil. Cook, covered, for 30 minutes or until the chicken is done. Check on the chicken from time to time and add water if necessary; there should always be around 1 cup of sauce in the pot for the meat not to burn.
- Once the chicken is done, taste the sauce and correct the seasoning.
- Add the lemon peel and olives to the pot and continue cooking, uncovered, for few minutes (3 to 5 minutes) until the sauce slightly thickens.

GILTEDGE

DMC

CHARLOTTE'S

CAPE SEED LOAF



Ingredients

- 650ml lukewarm water
- 3 Tablespoons of brown sugar OR Honey
- 5 Cups nutty wheat or stoneground wheat flour
- 1 Cup crushed wheat / Bran / almond / rice flour
- 1 Cup Pumpkin Seeds
- 1 Cup Sunflower Seeds
- 2 Teaspoons Salt
- 1 packet (10g) Gold Star Instant Yeast
- 1 Tablespoon Extra Virgin Olive Oil

Method

- In a measuring jug dissolve the brown sugar OR Honey in the lukewarm water

Into a Mixing Bowl place the following;

- 5 Cups nutty wheat or stoneground wheat flour
- 1 Cup crushed wheat / Bran / almond / rice flour
- 1 Cup Pumpkin Seeds
- 1 Cup Sunflower Seeds
- 2 Teaspoons Salt
- 1 pack (10g) Gold Star (Or preferred) instant yeast.

- Mix all of the ingredients well.

- Add the water & sugar mix to the bowl and combine.

- Add 1 tablespoon of extra virgin olive oil and blend into the mix

- Pour Mixture into a pre-greased loaf tin.

- Place in the pre-heated (100°C) oven to rise for about 45mins

- Turn your oven up to 180°C, baking for 40 – 45mins until the bread is a nice, even brown colour.

- Allow to cool..... Enjoy