

British Recipes with Local Produce

There is a large choice of food produced in both Dorset and Hampshire. Most of it is available from local farm shops and delicatessens. By buying local food you are supporting small business entrepreneurs and artisans, which provides employment for the local economy. You also save an enormous amount of food miles as transport costs are kept to a minimum. Food is fresher and

tastes better. These recipes give some ideas for using local produce.

Goats Cheese and Watercress salad – [V]

Serves 4

10 Cherry tomatoes
2 apples
50g Corn Kernels
4 spring onions
100g Hampshire Watercress
200g Dorset Rosary (or other local) soft Goats cheese

Dressing:

1 tsp English mustard
2tbsp Dorset cider vinegar
6 tbsp Dorset rapeseed oil
chopped chives

Halve the cherry tomatoes. Core and quarter the apples, then thinly slice. Remove the dark green tops from the spring onions and then finely slice the remainder. Pick the watercress into bite sized pieces.

Arrange the watercress, corn, tomatoes, apple and spring onion in a salad bowl. Crumble over the goats cheese.

For the vinaigrette, whisk everything except the chives together in a small bowl. Stir in the chives. Sprinkle over the salad

Seabass and local vegetable casserole

Serves 4

60ml olive oil
1 lemon, juiced
½ tsp ground cumin and coriander
1 clove garlic
2 large fillets Mundeford sea bass
1 tbsp sunflower oil
200g onions, finely chopped
2 cloves garlic, chopped

2 sticks celery, finely diced
1 medium carrot, finely diced
450g fresh tomatoes, peeled and de-seeded
2 tbsp tomato purée
black pepper, ground cumin and ground coriander seeds to taste
35g fresh coriander, chopped
35g fresh dill, chopped

For the marinade, combine olive oil, lemon juice, ground cumin and ground coriander in a bowl. Add 1 clove of garlic.

Lay the fish fillets in a baking dish and pour the marinade on top. Set aside to marinate for about 20 minutes.

In the meantime, heat the sunflower oil in a flameproof casserole and use to fry the onion, remaining garlic, celery and carrot. Cook for about 5 minutes until the onion is soft. Add the tomatoes, tomato purée and season with black pepper, ground cumin and ground coriander seeds. Simmer. Stir in the coriander and dill. Cook for about 5 minutes.

Drain the fish and lay it on top of the tomato mixture. Cover with the lid and allow to cook gently for about 10 minutes until the fish is cooked through.

Leek and Potato Omelet – [V]

This recipe is a great way of using up left over food. It is very quick and easy to cook. You can vary this recipe by maybe using mushrooms, peppers and cheese – and for non-vegetarians, 3 chopped rashers of streaky bacon.

Serves 1-2

3 Dorset Free range eggs
salt and pepper
25g butter
1 leek, top removed, finely sliced and washed
3 new potatoes, cooked and diced
chopped chives
Dorset rapeseed oil

Crack the eggs into a bowl and beat well with a fork or whisk. Lightly season with salt and pepper.

In a preheated non-stick frying pan, add the butter, then place the leeks in the pan. Sauté gently for 3-5 minutes until softened. Then add the potatoes. Sauté for 2 more minutes.

Add the eggs to the pan and keep everything moving until eggs are nearly set. Then stop stirring, add the chives and allow omelet to finish setting. Roll up and serve, with a local salad.

Chunky Vegetable and pasta soup – [V]

Serves 4

2 tbsp sunflower oil
1 onion, finely sliced
2 garlic cloves, finely sliced
1 carrot, cut into 1.5cm/³/₄in chunks
1 turnip, cut into 1.5cm/³/₄in chunks
1 small potato, cut into 1.5cm/³/₄in chunks
1 small parsnip, cut into 1.5cm/³/₄in chunks
2 heaped tsp paprika
½ x 400g can chopped tomatoes
1 tbsp tomato purée
1 litre stock
50g small pasta shapes
Salt and pepper to taste
100g cheddar cheese, grated

Heat the oil in a large pan, then add onion and garlic and sauté for 2 minutes. Then add all the diced vegetables and again sauté for 5 minutes.

Stir in the paprika, tomatoes and purée.

Add hot stock and pasta. Bring to a simmer and cook for 10 - 15 minutes until pasta and vegetables are tender. Check seasoning and add a little salt and pepper if required.

Sprinkle the cheddar cheese on top of the soup and serve.

For an interesting variant, replace the pasta with 50g pearl barley.

Char grilled trout, watercress & tomato salad, citrus dressing

The majority of watercress is grown in Hampshire and Dorset in clear chalk streams.

Serves 4

For the salad:

10 Cherry tomatoes
4 spring onions
¼ cucumber
100g local watercress

For the dressing:

1 lemon, zest and juice
1 orange, zest and juice
6 tbsp rapeseed oil
Sugar to taste

For the fish:

2 local trout fillets
Rapeseed oil for cooking

Halve the cherry tomatoes. Remove the dark green tops from the spring onions and then finely slice the remainder. Deseed and dice the cucumber.

Pick the watercress into bite sized pieces. Arrange the watercress, tomatoes, cucumber and spring onion.

Make the dressing by combining the juices and zest and beating the oil in. Add sugar to taste if required.

Heat a griddle pan for the trout and add a little oil. Place the fish skin side down and cook for 5 minutes. Turn and cook for 2 more minutes until the fish is cooked through.

Place the fish on the salad, then dress with the citrus dressing.

Flatbreads with goats cheese, red onion & tomato – [V]

Makes 10-12

For the flatbreads

350g self-raising flour

Pinch of salt
1 tsp baking powder
350g natural yoghurt

Mix all the ingredients together in a large bowl. Once combined, turn out onto a floured surface and knead for a couple of minutes to form a smooth dough. Divide the dough in to 10 -12 equal sized pieces, and roll out to around 3-4 mm thick.

Heat a griddle pan and cook the flatbreads for around 2 minutes each side, until bar marked and puffed up.

For the topping

100g local goats cheese, such as rosary
1 small red onion, finely diced
100g cherry tomatoes, halved or quartered
Chives, finely chopped or snipped
Olive oil

Carefully mix all the ingredients together, taking care not to break the goats cheese up too much.

Once the flatbreads are cooked, spoon a little mixture onto or into the flatbread

Fruity Pork Steaks

This recipe is very popular with children and is great for family meals. It adds a sweet and sour taste to the pork.

Serves 4

4 Hampshire pork loin steaks, fat removed
2 tsp Chinese 5-spice powder
1 tbsp sunflower oil
1 red onion, cut into wedges
4 red apples, cored and cut into eighths
2 tbsp redcurrant jelly
1 tbsp Dorset cider vinegar
200ml chicken stock

Dust the pork steaks with the 5-spice powder. Heat half of the oil and fry the pork for around 3 minutes on each side, until browned and cooked through. Remove from the pan and place on a plate.

Add the remainder of the oil to the pan and add the onions and sauté for 2 minutes, then add the apples and cook for a further 3 minutes.

Next add the redcurrant jelly, vinegar and chicken stock. Bring to the boil and simmer rapidly until lightly syrupy. Add the pork back to the pan to reheat and glaze the meat on both sides. Delicious served with mashed potatoes.

Trout with Ratatouille

A very good way of encouraging children to eat fish as it uses lovely Mediterranean vegetables. It is also very colourful. This ratatouille is a good accompaniment for many dishes, including poached or grilled white fish, chicken, and other white meats. Served with crusty bread it can be eaten as a light meal on its own.

Serves 4

1 red onion
½ aubergine
1 yellow pepper
1 courgette
2 garlic cloves
4 tomatoes
2 tbsp tomato purée
vegetable oil
Salt and pepper
450g trout fillets

Dice the onion, aubergine, pepper and courgette into equal size pieces. Crush the garlic. Quarter the tomatoes, and remove the seeds, then dice the flesh.

Warm a little oil in a pan and cook the diced vegetables and garlic for, 4-5 mins, not letting them colour.

Add the chopped tomatoes and purée, and cook for 5 minutes. Place the fish fillets on top of the vegetables. Put a lid on top and cook for a further 10 minutes until the fish is cooked. Season and serve.

Trout and local vegetable casserole

This recipe uses lots of local vegetables and provides a spicy alternative for a family meal.

Serves 4

60ml olive oil
1 lemon, juiced
½ tsp ground cumin and coriander
1 clove garlic
4 fillets trout
1 tbsp sunflower oil
1 large onion, finely chopped
2 cloves garlic, chopped
2 sticks celery, finely diced
1 medium carrot, finely diced
300g fresh tomatoes, peeled and de-seeded
2 tbsp tomato purée
black pepper, ground cumin and ground coriander seeds to taste
15g fresh coriander, chopped
15g fresh dill, chopped

To make the marinade, combine olive oil, lemon juice, ground cumin and ground coriander in a bowl. Add 1 clove of garlic.

Lay the fish fillets in a baking dish and pour the marinade on top. Set aside to marinate for about 20 minutes.

In the meantime, heat the sunflower oil in a flameproof casserole and use to fry the onion, remaining garlic, celery and carrot. Cook for about 5 minutes until the onion is soft. Add the tomatoes, tomato purée and season with black pepper, ground cumin and ground coriander seeds. Simmer. Stir in the coriander and dill. Cook for about 5 minutes.

Drain the fish and lay it on top of the tomato mixture. Cover with the lid and allow to cook gently for about 10 minutes until the fish is cooked through.

Smoked Haddock Fishcakes with Tomato salsa

Makes 4 fishcakes

250g undyed smoked haddock, trimmed
1 fresh bay leaf
300ml milk
375g potatoes, unpeeled, boiled and mashed

8 Spring onions, finely chopped
100g tinned sweetcorn
2 tbsp fresh parsley
Zest of a lemon
8 tbsp double cream
2 egg yolks

To coat the fishcakes:

2 eggs, beaten
100g flour
125g breadcrumbs
25g butter
2 tbsp olive oil
Lemon wedges to serve

For the Tomato salsa:

4 chopped tomatoes
½ onion, chopped
1 green chilli, finely chopped
Juice of ½ lime
2 tbsp olive oil
2 tbsp fresh coriander, chopped
Salt and freshly ground pepper

Cook the haddock fillets with the bay leaf and the milk in a shallow pan. Simmer for 5-10 minutes. Cool, remove the fish's skin and any bones and flake into chunks.

Mix the fish with the potato, spring onions, sweetcorn, parsley and lemon zest. In a small bowl beat the eggs with the cream and then add to the mixture. Divide the mixture into 4 parts. Shape each into a slightly flattened ball. Roll each fishcake in the flour on a plate, shaking off any excess.

To coat the fishcakes:

Pour the beaten egg onto a plate and place the breadcrumbs onto another plate. Dip each fishcake into the eggs so that they get egg all over the surface and then dip them into the breadcrumbs and coat all over. Repeat this for all the other fishcakes.

Heat the oil and butter into a frying pan and add the fishcakes carefully. Cook them gently for about 4-5 minutes on each side until they are golden brown. Drain on kitchen paper and serve with the tomato salsa.

To make the tomato salsa:

Mix all the ingredients together in a large bowl. Season with salt and pepper

Rainbow salad – [V]

This salad is full of colour and is a really healthy addition to any meal. A serving bowl in blue would complete the rainbow!

Serves 4 -6

Mixed Salad Leaves

100g peas, defrosted

1 yellow pepper and 1 orange pepper, cut into strips

12 cherry tomatoes, cut into strips

2 carrots, peeled and cut into matchsticks

2 raw beetroots, peeled and cut into matchsticks

8 baby corn, cut in half

150ml French dressing

Put the mixed leaves into a colander and wash. Drain well and place into a large salad bowl. Make a large well of the leaves. Scatter the pepper strips, fresh peas and tomato halves on top. Add the carrots, beetroot and baby corn. Drizzle the dressing over the salad.

Breakfast Omelet

This omelet makes a tasty alternative to a breakfast fry-up and could even be served as a light or main meal with the Rainbow or green salad.

Serves 1

2 eggs

2 tbsp milk

30g Cheddar Cheese, grated

A knob of unsalted butter

Salt and pepper

For the filling:

2 rashers of bacon, de-rinded

1 tomato, cut into chunks

1 tsp of sunflower oil

60g mushrooms, sliced

Whisk the eggs and milk together in a jug. Add the cheese and stir into the eggs mixture. Season with salt and pepper. Cut the bacon into cubes.

Place the frying pan over a medium heat and fry the bacon for 3 minutes or until cooked completely. Tip the bacon onto a plate lined with kitchen paper.

Heat the oil and fry the mushrooms for 2 minutes. Add the tomato and cook for a further 1 minute. Put the mushroom and tomato onto a plate and add the bacon.

Melt the butter in the pan. Pour in the egg so that it covers the base of the pan. Cook the egg on a medium heat until the edges begin to cook and set.

Using a spatula push the cooked egg into the centre of the pan. The uncooked egg will run to the sides. Repeat until all the egg is cooked.

Spoon the filling to one half of the omelet and gently flip the unfilled half over the top.

Sugar Free Flapjacks – [V]

This recipe uses ripe bananas as a substitute for sugar. Over ripe- brown bananas can be peeled and put in a zip lock bag in the freezer. Use them for recipes just like this! It is also dairy-free if you use margarine made from palm and rapeseed oil. You can also use different dried fruits such as cranberries or use spices such as cinnamon or ground ginger.

Makes 16 squares.

100g butter or dairy free margarine
3 tbsp honey
200g porridge oats
50g dried stoned dates, chopped
50g dried apricots, chopped
30g desiccated coconut
1 tsp vanilla essence
2 ripe bananas, mashed

Preheat the oven to 170C, 150C fan, Gas Mark 3. Grease a 20cm baking tin.

Gently melt the butter and honey either in a saucepan or in the microwave. Leave to cool.

In a large bowl, mix the oats, dates, apricots and coconut together. Add the vanilla and mashed bananas to the melted butter and honey. Pour into the dry ingredients and mix thoroughly.

Press the mixture firmly into the baking tin. Bake for 30 -35 minutes or until the top is golden brown and the mixture is coming away from the sides of the tin.

Remove from the oven and while it is still warm, use a knife to score where you will cut the squares. Leave in the tin to cool before cutting.

Tomato and pomegranate salad – [V]

A refreshing colourful salad packed with flavour.

Serves 2

50g red cherry tomatoes, cut into ½cm dice
50g yellow cherry tomatoes, cut into ½cm dice
50g tiger (or plum) tomatoes, cut into ½cm dice
1 medium vine tomato, cut into ½cm dice
¼ red pepper, cut into ½ cm dice
½ small red onion, finely diced
1 clove garlic, crushed
pinch ground allspice
1 tsp white wine vinegar
1 tbsp pomegranate molasses
20ml olive oil
¼ pomegranate, seeds removed
1 tbsp chopped oregano leaves, to garnish

In a large bowl, mix together the tomatoes, red pepper and onion and set aside.

In a small bowl whisk the garlic, allspice, vinegar, pomegranate molasses, olive oil, until well combined. Pour this over the tomatoes and gently mix.

Arrange the tomatoes and the juices on a large flat plate. Sprinkle over the pomegranate seeds and oregano

Sugar Free Spiced Oat Cookies – [V]

These cookies make an ideal snack or breakfast dish.

Makes 12 cookies

50g porridge oats
75g wholemeal flour
Pinch fine sea salt
½ tsp bicarbonate of soda
½ tsp ground mixed spice
75g margarine or unsalted butter
50g pear or apple purée

Preheat the oven to 190C/fan 170C/Gas 5 and grease and flour two baking sheets. Mix together the oats, flour, salt, bicarbonate of soda and mixed spice.

Cream the margarine in a bowl and beat in the pear or apple purée a little at time. Beat in the oat mixture.

Make about 12 walnut sized portions of the mixture and place on the baking sheets, leaving 5cm round between each one. Flatten them slightly with a fork.

Bake the biscuits for 15 minutes or until they are beginning to turn golden. Leave the biscuits on the baking trays until they are cool, golden and firm.

British Recipes from World War 2

Food shortages during the war meant that housewives had to be very creative and manage on very small portions. Many people dug up their lawns and grew their own vegetables. Our recipes have been modernised as the remit of our charity is to provide food that the children will eat at the end of the sessions and try at home. We have explained exactly what would have been available at the start of each recipe.

Potato and Bacon Omelet

Originally this recipe would have used lard or any fat other than butter. Oils were not commonly used for cooking in Britain until the early 1960s. It might also have used reconstituted dried eggs.

Serves 1

1 tbsp sunflower oil
1 bacon rasher, de-rinded and chopped
1 large potato, cooked, diced and sliced
Salt and freshly ground pepper

2 fresh eggs

Heat the oil in a frying or omelet pan. Add the bacon and potato. Cook for a few minutes.

Beat and season the eggs, pour into the pan and heat for about 30 seconds, then tilt the pan so the liquid egg runs to the sides. When set fold or roll away from the handle, halve and tip on to one or two plates.

Wartime Carrot Cake – [V]

The Ministry of Food gave out recipes for quite a lot of cakes during the period of rationing just to give people variety with their diet. This cake illustrates two points: that cakes were made with vinegar when one had no fresh or dried eggs; and also, that people often relied on carrots to give flavour, sweetness and texture in cakes and puddings.

Serves 4 6

225g self-raising flour
100g hard margarine
100g caster or soft brown sugar
50g sultanas
75g carrots, grated
1½ tbsp malt vinegar
6½ tbsp milk

Pre-heat the oven to 180C. Grease and flour an 18cm cake tin.

Sift the flour into a mixing bowl. Rub in the margarine and add the sugar, sultanas and carrots.

Mix the vinegar with the milk and add to the other ingredients to give a sticky consistency. Spoon into the cake tin and bake for 1 hour 10 mins until firm.

Monday Jug

It would take housewives most of the morning to do the laundry on Mondays as there were no automatic machines. Most families had a roast joint for their Sunday lunch and so this recipe was created as a way of using up the Sunday joint. The dumplings helped to fill you up when meat was in short supply.

Serves 4

600ml beef stock
4 carrots
Small bunch of herbs
Salt and shake of black pepper
175g cold joint meat cut into pieces
2 tbsp brown or Worcestershire sauce
1 level tbsp plain flour

For the dumplings:

175g plain flour
1 tsp baking powder
Pinch salt
1 tbsp chopped parsley
Water to bind.

Put half the stock into a saucepan and to the boil. Add the carrots, herbs and seasoning. Cook until nearly tender.

Add the meat with the brown sauce. When thoroughly hot blend the flour with the remaining water or stock, stir into the ingredients in the saucepan and continue to stir over a moderate heat until the gravy is thickened.

To make the dumplings, sift the flour, baking powder and salt into a mixing bowl, then add the parsley and enough water to make a soft dough. Drop spoonfuls into the hot liquid in the stew and cook briskly for 10 minutes or until the dumplings are well risen. Dish up and serve with potatoes, greens and a little home-made chutney.

Vegetable Goulash – [V]

This paprika flavoured dish was very popular during rationing. You could add meat if you wished or often it was made with whale meat. It also used bottled tomatoes as there were no imported ones at that time. Fruit had to be bottled as there would be none available from October to June until the British crop began again.

Serves 4 - 6

50g lard or dripping
3 large onions or leeks, chopped or thinly sliced
1-2 tbsp paprika
750ml vegetable stock

Salt and freshly ground pepper
2 tbsp chopped parsley
1 tsp chopped thyme
1 tsp chopped rosemary
450g jar bottled or tinned tomatoes with liquid
350g carrots, sliced
1 small turnip, cut into dice
1 small swede, cut into dice
500g potatoes, peeled. Thinly slice a quarter. Thickly slice the rest.
Chopped parsley to garnish

Heat the lard or dripping in a saucepan, add the onions or leeks and cook gently for 5 minutes. Stir in the paprika and cook for 1 minute over a low heat to improve the flavour. Pour in the stock and bring to the boil. Add a little seasoning, herbs and tomatoes. Heat for 2-3 minutes.

Add the carrots, turnip, parsnip, swede and the thinly sliced potatoes to the boiling liquid. Cover the pan and cook steadily for 15 minutes. Stir to encourage the potatoes to break up into the stew. Add the thicker potato slices and check that there is enough liquid. Cook for a further 15-20 minutes. Taste and adjust the seasoning. Garnish with parsley.

Fish Pie

Although fish pies had been made for generations, they achieved greater popularity in the late 1950s when a far more varied range of fish became available. During the 1940s the selection and quality was poor, and this continued into the early 1950s. The greater the selection of fish and flavouring the more interesting the pie becomes.

Serves 6

675g white fish or a mixture of white fish and smoked haddock
Salt and freshly ground white pepper
Sprig parsley
1 bay leaf
1 shallot or small onion, sliced
40g butter
40g plain flour
300ml milk
Little cream, optional
1 tbsp chopped parsley
Few drops anchovy essence

For the topping:
450g cooked and creamed potatoes
Little extra butter

Put the fish in a saucepan with sufficient cold water to just cover. Add the seasoning, herbs and shallot or onion. Bring to the boil and simmer gently until the fish is barely cooked. Leave until cool, then lift out the fish and flake. Retain the liquid.

Preheat the oven to 180C. Heat the butter in a saucepan and stir in the flour. Cook for one minute over a gently heat and stir well. Add the milk and stir briskly over the heat until the sauce thickens. Stir in the cream if using and the strained fish liquid to make a coating consistency. Add the parsley and fish.

Spoon into a 1.2 litre dish. Top with potato and dot this with a little butter. Bake for 35 minutes.

Note: You can add sliced hard-boiled eggs and peeled prawns to the fish and sauce. Also add a little grated cheese to the top of the potatoes before baking.

British Recipes from Victorian Times

Victorian food and what was eaten varied hugely at the time between the rich and the poor. Rich children ate extremely well whereas the poor had limited choices and availability. At the beginning of the Victorian Period people ate what was in season, available locally or had been pickled or preserved. With the advancements of the industrial revolution however and the invention of the railways and steam ships, food began to be sent across the country and imported from overseas. The choices then began to increase.

Refrigeration and the lack of it was still a problem which everyone in the Victorian era had to endure. Food was therefore bought locally and consumed within a small amount of time. The Victorian era consisted of local producers, much as we are urged to 'shop local' now. This was the only option within the Victorian era, and families would go to the local butcher for meat and the grocer for tea and coffee. Shopping at a number of small shops was normal.

Mulligatawny soup – [V]

This soup became popular when people returned from living in India during the time of the British Raj, as they had developed a taste for spices. This was a

time when England ruled India and many people went out to work for the Civil service and the army in India.

Serves 6-8

25g butter
1 tbsp sunflower oil
1 large onion, finely chopped
2 garlic cloves, chopped
2 medium carrots, cut into 1.5cm/ $\frac{5}{8}$ in cubes
2 celery sticks, thinly sliced
1 medium sweet potato, peeled, cut into 1.5cm/ $\frac{5}{8}$ in cubes
1 eating apple, peeled, quartered, cut into 1.5cm/ $\frac{5}{8}$ in cubes
1 tbsp medium curry powder
1 vegetable stock cube
1 litre/1 $\frac{3}{4}$ pints boiling water
1 tbsp tomato purée
1 tbsp mango chutney
100g/3 $\frac{1}{2}$ oz easy-cook long grain rice
100g/3 $\frac{1}{2}$ oz natural yoghurt
coriander or flat-leaf parsley, to garnish (optional)
salt and freshly ground black pepper

Melt the butter with the oil in a large saucepan and stir in the onion, garlic, carrots, celery and sweet potato. Cook over a medium heat for 10 minutes, stirring regularly until the vegetables are beginning to soften and brown lightly. Stir in the apple pieces and sprinkle over the curry powder. Cook for a further 2 minutes more, stirring as it cooks.

Crumble the stock cube into a measuring jug, and pour over the boiling water. Mix to combine. Pour into the pan, and stir in the tomato purée and mango chutney. Bring to the boil, then reduce the heat slightly and leave to simmer for 30 minutes, stirring occasionally. Cook until the vegetables are tender.

While the soup is simmering, half-fill a medium pan with water and bring to the boil. Add the rice and return to the boil. Cook for 10 minutes, or until the rice is tender. Drain the rice in a sieve and rinse under running water until cold.

When the soup is ready, cool the soup for a few minutes and blend with a stick blender or in a food processor until smooth before stirring in the cooled rice. If you want a more rustic texture to the soup, do not blend.

Add enough water to give a good consistency, (about 150-200ml/5 $\frac{1}{2}$ -7fl oz).

Heat the soup for 3–4 minutes until piping hot and check the seasoning, add salt and freshly ground black pepper to taste.

Ladle the soup into deep bowls and top each with a spoonful of natural yoghurt or soured cream. Garnish with sprigs of coriander or flat-leaf parsley if you like.

Soused Mackerel Salad Recipe

Mackerel are fish that are found plentifully in the waters around the south coast and are easy to catch. Sousing is a traditional method of curing or preserving the fish. In Victorian times lots of people grew the vegetables in their gardens, if they had one.

Serves 4

4 mackerel fillets
100ml white wine vinegar
300ml water
1 shallot, cut into rings
1 small carrot, sliced
2 bay leaves
6 peppercorns
180g mayonnaise
1 big green apple, peeled and cored
1 medium onion
2 medium potatoes, boiled
2 medium beetroot, boiled
2 medium pickled gherkins
2 eggs, hard-boiled
¼ tsp pepper
⅛ tsp salt

For the soured mackerel:-

Ensure there are no bones in the mackerel. Place the vinegar, water, shallot, carrot, bay leaves and peppercorns into a pan and bring to a simmer. Allow to simmer for 10 minutes to soften the vegetables.

Then carefully lay the mackerel onto the liquor. Return to a simmer, then turn off the heat. When ready to serve the salad, drain the fish and serve on top of the mixed salad ingredients.

Dice apple, potatoes, pickles, beetroot, onion, and eggs.

Mix all ingredients together with mayonnaise, salt and pepper.

Herring Salad

Herrings were a cheap source of protein and were plentiful in Victorian Britain. They were often preserved in vinegar. People could grow the vegetables in their gardens if they had one.

Serves 4

1x 450g jar sour herring fillets
180g mayonnaise
1 big green apple, peeled and cored
1 medium onion
2 medium potatoes, boiled
2 medium beetroot, boiled
2 medium pickled gherkins
2 eggs, hard-boiled
¼ tsp pepper
1/8 tsp salt

Dice apple, potatoes, pickles, beetroot, onion, sour herring fillets, and eggs. (Leave some herring strips for decoration.)

Mix all ingredients together with mayonnaise, salt and pepper.

Decorate the Herring salad with some herring strips.

Pan Haggerty – [V]

Pan Haggerty is a famous British food from Northumberland though it can be found across the whole of the north east. Pan Haggerty is a filling dish and wonderful with sausages, or any meat, and even delicious on its own. This Pan Haggerty recipe uses just potatoes, onions, carrots and cheese but sometimes is also made with a little bit of cabbage as well.

Serves 4

6 potatoes, peeled and thinly sliced
2 onions, peeled and thinly sliced
5 carrots peeled and sliced
500ml chicken stock

150g Cheddar cheese

Place a layer of potatoes in a pre-heated deep sided pan. Then add a layer of onions followed by a layer of carrots. Season a little. Repeat this and then finish with a layer of potatoes on the top.

Pour in the chicken stock so that all the ingredients are covered, then bring to the boil. Cover and reduce heat to a simmer. Cook for 15 -25 minutes until the potatoes and carrots are tender.

Put the grated cheddar cheese on the top and then grill. Spoon into bowls to serve.

Braised Oxtail with dumplings

This cut of meat is literally the tail of an ox and is from a range of meat called offal, which was and is very cheap to buy and yet full of nourishment. People in Victorian times used it when they could afford it, as even this was too expensive for poor people.

Serves 4-6

2 tbsp plain flour
2kg (approx.) oxtail pieces
4 tbsp sunflower oil
2 onions, chopped
3 carrots, in small chunks
2 celery sticks, in small chunks
2 garlic cloves, chopped
2 tbsp tomato purée
bay leaves and thyme sprigs, tied together
1 bottle red wine (or equivalent)

For the dumplings:

300g self-raising flour
150g beef suet
salt
cold water
chopped parsley

Heat oven to 180C.

Toss the oxtail in the flour until evenly coated. Heat the oil in a flameproof

casserole dish and brown the meat in batches. Remove from pan.

Once all meat is browned, add the vegetables and garlic and fry for 3-4 minutes until starting to brown. Stir in the tomato purée and the herbs.

Put the meat back in and then add the wine. Season, cover and braise for three hours until very tender.

To make the dumplings, sift the flour into a large bowl, then add the suet and a pinch of salt. Stir in the chopped parsley then add just enough water to form a stiff dough. Form into balls and place on the top of the simmering casserole. Cook for 15 - 20 minutes.

British Recipes from Tudor Times

By the reign of King Henry VIII, the price of fresh meat had fallen sufficiently so that when it was available, the average Tudor family could afford it. The century before, poorer families would have rarely enjoyed meat, eating a diet of stewed vegetables and pulses. But the norm for 'average' people in Tudor times was stored or preserved meat – the luxury of the court was fresh meat.

Tudor courtiers enjoyed a much wide variety of food, with freshly slaughtered, roasted meat every day and the luxury of being able to choose from a 'menu' of dishes. Courtiers were served a menu of dishes containing around 5000 calories a day!

Beef or Lamb Olives

This is an old Tudor recipe which would have used mutton instead of lamb. If you wish you can brush the olives with a little beaten egg just before the end of cooking. This was called endoring, and it was often done to give spit-roasted meat a golden colour.

Serves 4

4 thin slices of beef topside or lamb rump

1 large onion

6 hard-boiled egg yolks

1 tbsp shredded suet

2 tsp finely chopped parsley

A pinch of ground ginger

A pinch of powdered saffron

Salt

A little butter

Cider vinegar for sprinkling

A little ground ginger, cinnamon and black pepper, mixed for sprinkling.

Beat the meat thin and flat with a cutlet bat. Chop the onion finely with 4 egg yolks. Add the suet, parsley, ginger, saffron and salt to taste. Knead and squeeze until pasty, using the onion liquid to bind. If necessary, add a few drops of water or a little extra parsley.

Spread the stuffing on the meat slices and roll them up like small Swiss rolls. Secure with wooden toothpicks. Lay side by side in a greased baking tin, with the cut edges underneath. Dot with butter. Bake turning once at 350F (180C) for 35-40 minutes. Baste once or twice while cooking.

Lay olives on a warmed serving dish. Just before serving sprinkle with vinegar and spices, and garnish with the remaining egg yolks, crumbled.

Fried Whiting

“First flay them and wash them clean and seale them, that doon, lap them in floure and fry in butter and oyle. Then serve to them mince apples or onions and fry them”.

The above is the Tudor version of how to make this dish. Note the changes in spelling!

Serves 4 – 6

225g apples or onions, peeled and minced,
butter or oil for frying.

275ml white wine

15ml wine vinegar

1 tsp salt

¼ tsp pepper

¼ tsp ground mace

A pinch of ground cloves

450g-700g whiting fillets

Fry the apples or onions in a little butter or oil in a small saucepan until thoroughly cooked, but not browned. Stir in the wine, vinegar, salt, pepper and spices. Allow to cook for a few minutes, then keep hot ready to use.

Remove any skin from the fillets, dust them with flour, fry in butter or oil for a 5-10 minutes and serve with the sauce.

Serve with mixed vegetables.

Thick Pea Pottage – [V]

Pottage was eaten by everyone in Tudor times as it was nourishing and nutritious. It is thicker than our normal soup. Recipes varied and depended on what was available and in season. This recipe has been updated and uses frozen or canned peas (these would not have been available at that time!). Note once again the use of the popular spices of that time. This thick pottage can be used as quickly made and is a very substantial warming soup and is ideal for serving with fish dishes.

Serves 4

25g fresh breadcrumbs
1 egg yolk
1 tsp chopped parsley
1 tsp salt
½ tsp ground ginger
A pinch of saffron
275ml milk
350g cooked peas or a 525g can of peas.

Beat together the breadcrumbs, egg yolk, parsley, salt, ginger and saffron. Bring the milk almost to the boil, pour in the peas and the breadcrumb mixture. Bring to the boil over a low heat, stirring continuously.

Rabbit in Redcurrant sauce

Rabbit was very popular in Tudor times as they were very plentiful. Big estates had their own rabbit warrens. You can use chicken instead of rabbit if you prefer.

Serves 4

1 rabbit
1 onion, roughly chopped
herbs (parsley, thyme, rosemary)
25g butter
½ tsp cinnamon
½ tsp ginger
½ tsp nutmeg

Skin the rabbit and cut the meat into large pieces. Rub butter into the surface of the rabbit pieces. Chop or prepare the herbs.

Warm the cauldron by the fire and add a small amount of butter. Place the rabbit pieces around the bottom of the cauldron. Add the chopped onions and herbs.

Add some spices, a small spoonful of cinnamon, half a small spoonful of ginger and a small amount of nutmeg.

Cook for around 40 minutes

Vegetable Pottage – [V]

Another recipe for Pottage would be a root vegetable one. This was the staple diet of many poorer Tudor people, who would have this as their main meal with bread and cheese. Some recipes include oats.

Serves 4

1 onion
2 leeks
1 or 2 parsnips
2 carrots
1 pack baby spinach
spinach
1 tbsp chopped garden herbs (e.g. parsley, rosemary and thyme)
50g butter
570ml stock
seasoning (salt and peppercorns)

Peel the onion, roughly slice and chop. Top and tail the leeks, parsnip and carrots. Peel the outer skins and roughly chop. Roughly chop some spinach

Warm a pot by the fire. Add some butter and add the onions to the pot. Allow to soften for a few minutes, then add the chopped leeks and parsnips. Allow the vegetables to sweat for a few minutes then cover them with the stock.

Add the spinach. Allow to cook until the vegetables are ready, then add the garden herbs. Leave for a few minutes, add the seasoning (salt and peppercorns), then remove the pot from the hearth and serve.