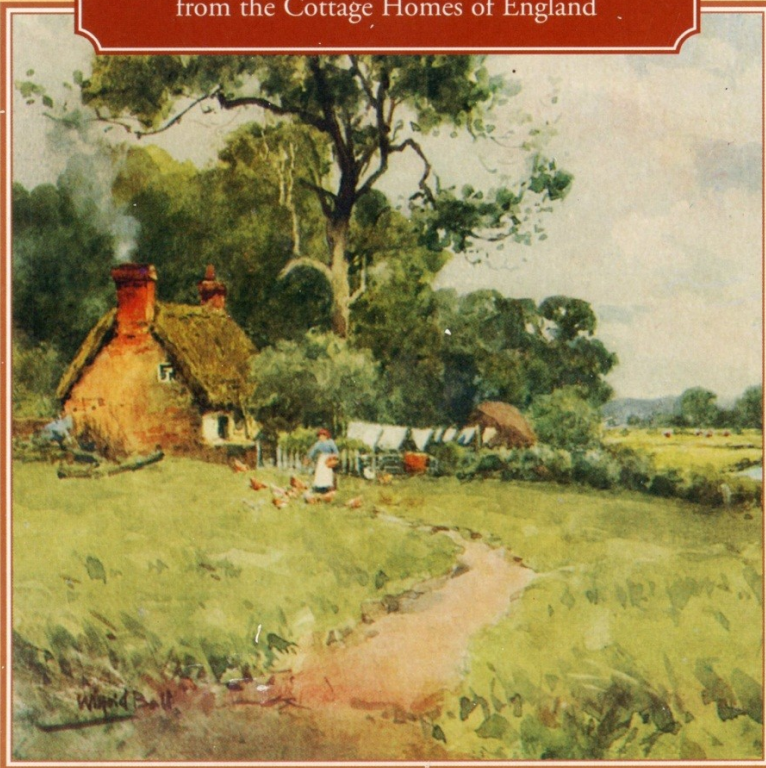


English Country Fare

A TASTE OF
HAMPSHIRE
and WILTSHIRE

Traditional Local Recipes
from the Cottage Homes of England



English Country Fare

A TASTE OF
HAMPSHIRE
with the Isle of Wight and
WILTSHIRE

A Selection of Traditional Local Recipes



Compiled by
Dorothy Baldock

With drawings by Arthur B. Connor
and Nelly Erichson


SALMON



THE LYMINGTON RIVER
by Wilfrid Ball R.E.

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Hampshire Haslet

Haslet comes from the Old French word for entrails, but basically refers to the fact that all the ingredients are very finely minced.

8 oz. stale white bread, cubed	1 medium onion, peeled and chopped
Milk or water for soaking	1 teaspoon fresh chopped sage
2 lb. lean pork, coarsely minced	Salt and black pepper

Soak the bread in sufficient milk or water to cover and, when soft, squeeze out the excess moisture. Set the oven to 375°F or Mark 5. Mix together the bread, pork, onion, sage and seasoning. Put through a fine mincer. Lightly grease a 2½–3 lb. loaf tin. Put the mixture into the tin and press down firmly and evenly. Bake for 1½–2 hours, covering the top with foil if it browns too quickly. Allow to cool slightly in the tin, then turn out and allow to cool completely. Serve cold, sliced, with salad and boiled potatoes. Serves 4–6

Raisin Cake

An Isle of Wight luncheon cake. Luncheon cakes were developed in the 19th century to bridge the gap between breakfast and dinner. They were traditionally served with a glass of wine and fresh fruit.

1 lb. plain flour	Grated rind of half a lemon or half an orange
2 teaspoons baking powder	12 oz. raisins
6 oz. butter	2 eggs
8 oz. granulated sugar	7½ fl. oz. milk

Set oven to 325°F or Mark 3. Sift the flour and baking powder together into a bowl, then rub in the butter until the mixture resembles fine breadcrumbs. Stir in the sugar, rind and raisins. Beat the eggs and milk together and stir into the mixture, which should be fairly stiff. Turn into a greased and lined 8-inch round cake tin and bake for 1¼–1½ hours, covering the top with foil if it appears to be browning too quickly. Cool in the tin for 10 minutes, then turn out on to a wire rack.



THE DEANERY, WINCHESTER

Bean and Bacon Soup

A warming Hampshire winter broth.

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| 12 oz. dried haricot beans,
soaked overnight in cold
water | 2 sticks celery, washed,
trimmed and finely
chopped |
| A little cooking oil | 1 medium carrot, peeled
and finely sliced |
| 12 oz. streaky bacon,
de-rinded and finely
chopped | 1 bay leaf |
| 1 large onion, peeled and
chopped | Salt and black pepper |
| 2½-3 pints chicken stock | Pinch of ground cloves |
| Chopped parsley to garnish | 1 lb. tomatoes, peeled
and chopped |

Drain the haricot beans and rinse well in cold water. Heat the cooking oil in a frying-pan and fry the bacon until lightly browned. Remove with a slotted spoon and place in a large saucepan. Fry the

onion until soft in the remaining oil, then add to the saucepan. Add the stock, celery, carrot, haricot beans, bay leaf, seasoning and spice. Bring to the boil, then cover and simmer for 1-1½ hours. Then stir in the tomatoes and simmer gently for a further 30-40 minutes until the haricot beans are very tender. Remove the bay leaf and serve, garnished with chopped parsley and accompanied by granary bread. Serves 4-6.

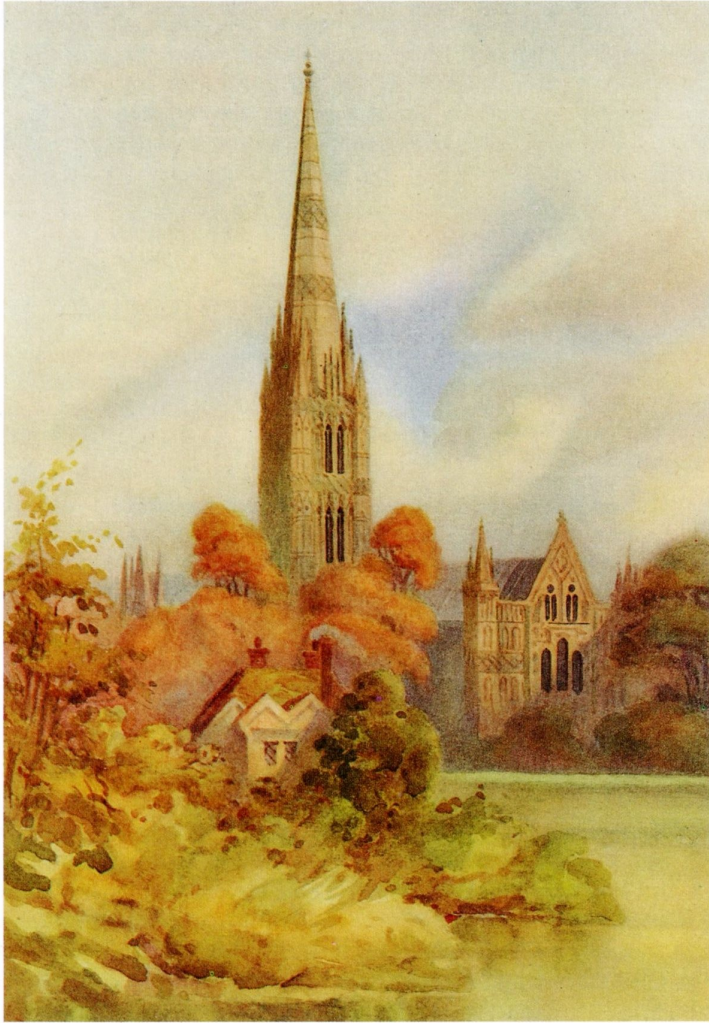
If preferred tinned tomatoes can be substituted for the fresh ones.

Isle of Wight Doughnuts

Originally doughnuts were made with pieces of dough left over after a breadmaking session and fried to produce quick cakes. These spicy doughnuts have a filling of currants rather than the usual red jam.

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| 2 lb. strong white flour | ½ pint milk |
| Pinch of salt | ½ oz. dried yeast |
| 2 oz. butter or lard | 1½ to 2 oz. currants |
| 4 oz. caster sugar | 1 tablespoon sugar |
| 1 teaspoon allspice | ¼ teaspoon cinnamon |
| Pinch of ground cloves | Caster sugar mixed with a
little ground cinnamon |
| Pinch of ground nutmeg | Oil for frying |

Sift the flour and salt together, then rub in the butter or lard until the mixture resembles fine breadcrumbs. Stir in the sugar and spices. Warm the milk, sprinkle over the yeast and leave until frothy. Add to the flour and stir to form a firm dough. Turn out on to a lightly floured surface and knead until smooth – about 10 minutes. Form into a ball, place in a clean bowl, cover with a clean tea-cloth, and leave in a warm place for 1½ hours to rise. Then knock back and knead on a lightly floured surface. Form into balls about the size of a small apple. Mix the currants, sugar and cinnamon together, make a small hole in each doughnut and insert a few currants, then close up the hole. Leave the doughnuts in a warm place for 10 minutes. Heat the oil and deep-fry the doughnuts in small batches, turning once, until golden. Drain well on kitchen paper, then toss in the cinnamon and caster sugar.



SALISBURY CATHEDRAL
by Dorothy Brown

Wiltshire Market Day Dinner

On market days, inns and eating houses would offer a hearty, economically-priced menu, known as a 'farmer's ordinary' and casseroles such as this were a popular part of them.

4 pork chops, trimmed and cut in half if very large	Salt and black pepper
2 pig's kidneys, skinned, cored and sliced	1 lb. potatoes, peeled and sliced
2 large onions, peeled and sliced	½ pint pork stock
1 large apple, peeled, cored and sliced	¼ pint dry cider – optional
1 teaspoon fresh, chopped sage	A 'walnut' of butter
	Chopped fresh parsley for garnish

Set oven to 325°F or Mark 3. Place the chops in a deep casserole and top with layers of sliced kidney, onion and apple. Sprinkle the sage over and season well. Cover with an overlapping layer of potatoes, then pour in the stock and the cider, if desired. Cover and cook for 2 hours. Remove the lid, dot the potatoes with butter, return to the oven and allow to brown slightly for a further 20–30 minutes. Serve garnished with parsley. Serves 4.

Hampshire Drops

Little biscuits sandwiched together with raspberry jam.

4 oz. butter or margarine	4 oz. cornflour
4 oz. sugar	Pinch of salt
1 egg, beaten	Jam – preferably raspberry
4 oz. self-raising flour	Sifted icing sugar

Set oven to 375°F or Mark 5. In a bowl, cream the butter or margarine together with the sugar until very light and fluffy and beat in a little of the egg. Sift the flour, cornflour and salt together, then add alternately with the remainder of the egg to the creamed mixture, beating well between each addition. Fold in any remaining flour. Place heaped teaspoons of the mixture on to lightly greased baking sheets, allowing room for spreading, and bake for about 10 minutes until golden. Cool on a wire rack, then sandwich the drops together with jam and dust the tops lightly with sifted icing sugar.

Hampshire Cod

A whole cod stuffed with breadcrumbs, suet and herbs.

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| 2 lb. cod, cleaned and the head, tail and fins removed | 1 teaspoon fresh, chopped thyme |
| 3 oz. fresh white breadcrumbs | Grated rind of a small lemon |
| 1½ oz. shredded suet | Salt and black pepper |
| 1 shallot or half a small onion, peeled and finely chopped | Pinch of ground nutmeg |
| 1 dessertspoon fresh, chopped parsley | 1 egg, beaten |
| | 1-1½ oz. butter |

Set oven to 350°F or Mark 4. Wipe the cod, inside and out with a piece of kitchen paper. Mix together the breadcrumbs, suet, shallot or onion, herbs, lemon rind, seasoning and nutmeg and bind with the beaten egg, to form a firm mixture. Use this to stuff the cod. Place the cod in a well greased ovenproof dish and dot with butter. Bake for 40-45 minutes, basting occasionally with any juices and covering with a piece of kitchen foil if the cod appears to be browning too quickly. Serve, cut into slices and accompanied by boiled potatoes, peas and a parsley or butter sauce. Serves 4-6.

If preferred a haddock can replace the cod, or the fish can be cut into thick cutlets and the stuffing spread on top of them for cooking.

A Solid Syllabub

A Victorian dessert recipe from the Isle of Wight.

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| ½ pint medium sherry | 1 pint double cream |
| 4 oz. sugar | A little grated nutmeg |
| The rind and juice of a lemon | |

Pour the sherry into a bowl. Grate the lemon rind finely and add to the sherry. In a separate bowl pour the lemon juice over the sugar and stir well. Add to the sherry and continue to stir until the sugar has dissolved. Whip the cream until it stands up in soft peaks and fold into the sherry mixture. Spoon into 4 sundae glasses and then sprinkle the tops lightly with nutmeg. Serves 4.



STONEHENGE

Marlborough Cake

A light sponge cake flavoured with caraway seeds.

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| 4 eggs | 6 oz. plain flour |
| ½ lb. caster sugar | 1 oz. caraway seeds |
| A little sifted icing sugar | |

Set oven to 425°F or Mark 7. Place the eggs and sugar in a warm bowl set over a saucepan of hot water, and whisk until the mixture is creamy, and thick enough for the whisk to leave a trail when drawn across the surface. Remove the bowl from the heat. Sift the flour and fold half into the mixture, together with half the caraway seeds, using a metal spoon and combining well. Fold in the remainder of the flour and caraway seeds and spoon the mixture into a greased and floured 8-9 inch round cake tin. Bake for 10 minutes, or until the mixture is well risen and springy to the touch. Cool in the tin for 5 minutes, then turn out on to a wire rack. When cold, dredge the top with sifted icing sugar.



THE NEEDLES, ISLE OF WIGHT
by A. Heaton Cooper

Osborne Pudding

Osborne was one of the favourite residences of Queen Victoria and the Prince Consort. This is a chilled, luxury version of Bread and Butter Pudding, of which the Queen was extremely fond.

3 thin slices of brown bread, very lightly buttered and the crusts removed	2½ to 3 fl. oz. double cream 4 egg yolks 1½ oz. sugar
Orange marmalade ½ pint milk	1 dessertspoon medium sherry ½ pint whipped cream
Glacé cherries and angelica 'leaves' for decoration	

Spread the bread with marmalade and cut into tiny pieces. Heat the milk and cream together in a saucepan. Whisk the egg yolks with the sugar and pour over the milk mixture. Blend well and strain. Pour into a double saucepan and cook, stirring, until thickened. Allow to cool slightly, then fold in the brown bread, sherry and cream. Turn into a serving bowl and chill well before serving decorated with glacé cherries and angelica 'leaves' and accompanied by pouring cream. Serves 4.

Hampshire Roll

Not really a roll at all, but a layered pudding.

4 oz. sugar	Grated rind of half a lemon
4 oz. butter, softened	3 cooking apples, peeled, cored and sliced
2 eggs, beaten	3 tablespoons apricot jam
4 oz. plain flour	A little sifted icing sugar
Pinch of salt	

Set oven to 350°F or Mark 4. In a bowl cream the sugar and butter together until light and fluffy, then add the eggs, a little at a time. Sift the flour and salt together and fold into the mixture, then stir in the lemon rind. Spoon half the mixture into a well buttered 2 pint pie dish and smooth over. Arrange the apple slices on top and spread with the apricot jam. Cover with the remaining mixture and smooth over. Bake for 30–40 minutes until golden brown. Serve hot, dusted with icing sugar and accompanied by cream, custard or apricot jam sauce. Serves 4.

Wiltshire Savoury Teabread

A harvest snack containing chopped bacon, onion and parsley.

2 oz. streaky bacon, de-rinded and finely chopped	Salt and black pepper
1 onion, peeled and finely chopped	1 oz. butter or margarine
2 sticks celery, wiped, trimmed and finely chopped	1 egg, beaten
8 oz. self-raising flour	$\frac{3}{4}$ pint milk
Pinch of English mustard powder	1 tablespoon chopped fresh parsley
	1 teaspoon chopped fresh thyme, sage and chives, mixed

Set oven at 350°F or Mark 4. Fry the bacon in its own fat for 2 minutes then add the onion and celery and fry until soft. Allow to cool. Sift together the flour and seasonings, then rub in the butter or margarine until the mixture resembles fine breadcrumbs. Stir in the bacon mixture, then add the egg and milk and combine well. Stir in the herbs and turn the mixture into a well-buttered 1 lb. loaf tin or a well buttered 6-inch cake tin. Bake for 1 hour until the teabread is well risen and golden brown. Turn out of the tin and serve, hot or cold, sliced with butter – either on its own or as an accompaniment to soup, cold meats or cheese.

Originally dripping would have replaced the butter or margarine.

Watercress Flan

Hampshire is well-known for its watercress which grows in the county's chalk streams.

8 oz. shortcrust pastry	Salt and black pepper
1 onion, peeled and finely sliced	A few drops Worcestershire sauce
2 oz. butter	2 eggs
2 bunches watercress, trimmed and chopped	$\frac{1}{4}$ pint milk
	5 fl. oz. single cream

Watercress sprigs for garnish

Set oven to 400°F or Mark 6. Roll out the pastry on a lightly floured



LACOCK ABBEY FROM THE AVON

surface and use to line a lightly greased 8 inch flan dish. Bake blind for 10 minutes. Fry the onions in the butter in a frying pan until soft, but not coloured, then stir in the watercress. Cook, stirring lightly, for 3 minutes. Add the seasoning and Worcestershire sauce and transfer the mixture to the flan case, spreading out evenly. Beat the eggs, milk and cream lightly together and pour over the mixture. Reduce oven temperature to 375°F or Mark 5 and bake the flan for 25–30 minutes or until set and golden. Serve hot or cold, garnished with the reserved watercress sprigs. Serves 4–6.

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