



Woodgreen Community Shop Locals' Food!



A collection of favourite recipes from our staff, volunteers, customers and suppliers.
And nearly all the ingredients available in the shop!



Props required for Photography re 'Recipe Book'

Nuts - Almonds
Ginger Biscuits
Eggs
Onions both brown and red
Carrots
Mushrooms
Fresh Herbs (Thyme, Basil, Parsley, Dill, Oregano)
Digestive Biscuits
Marsh Mallows (Pink and white - Good quality, not like before!)
Small block cheese (good wedge shape)
Simple cheese grater
Red & White wine (small cooking bottles)
Spinach (nice pretty leaves, hand-picked)
Sponge fingers
Apricot Jam
Small Leeks (not trimmed)
White breadcrumbs
Small characterful loaf
Spring Onions

Head chef and taster

Barry's shopping list

GIVEN TO ME SOME
HAVE USED IF A NUMBER
DINNER PARTIES AND
ALWAYS RELIABLE
COMMENTS FROM RECIPIENTS.
BE FROZEN WITH NO



Recipe N

From the kitchen

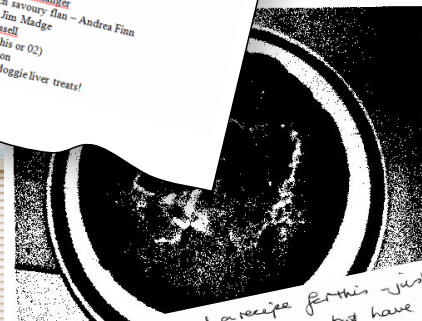
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INGREDIENTS

1 kg potatoes
250g cheese

List of recipes sent via Dropbox
Stressful topped cake - Ann Simmons - recipe from her mother that she still makes.
Also from Ann a small recipe:
Quick & easy cholate filling for sponge cake
25g soft butter
25g of cocoa
175g golden syrup
Method: Beat all ingredients together until smooth. This gives a good filling for a 7"
(18cm) cake
001 Farmhouse Sultana cake - Cas Pybus I think but will check.
02 Canadian apple cake - Tricia Mims.
03 Bake bean pie - Barbara Cunningham
04 Grandma's oat cakes - Ann Shepley
05 Party pie - Barbara Orchard
06 Story to go with party pie
07 Traditional cornish pasty - Ron Treviskis
08 Info for party
09 Leek & cheese gratin -
10 Spring cheesy bread pudding - Loosehanger
11 Egg, cheese, onion and spinach savoury flan - Andrea Finn
12 Hot smoked trout tagiatelle - Jan Madge
13 Turkey cacciatore - David Russell
14 Lentil Lasagne - Tricia Mims (this or 02)
15 Venison casserole - Janet Dawson
I have a recipe of mine to send and one for doggie liver treats!

First draft!



I have never used a recipe for this - just always
made it up as I went along but have put the
recipe together after a few 'try outs' - Enjoy.

The team at Barry's



Foreword

By Sue Allpress



This recipe book is a celebration of all that is good about Woodgreen and its community shop. It is above all a tribute to all the shareholders, grant providers, builders, architects, management team (past and present) and, most important of all, the staff and customers, without whom the rescue of the old shop and the building of the new shop, and consequently the production of this recipe book, would not have been possible.

With some of the grant money earmarked for Local Food Projects, Julie Bottone and I volunteered to collect recipes from village residents and local food suppliers - all the better if they came with some family history or background. Just about all of the ingredients can be found in the shop and, in cooking these delicious recipes, you will be supporting both the shop and its many excellent local suppliers. An excellent cause if ever there was one!

Having no previous experience of such a venture, it soon became clear that we needed someone to coordinate matters, and David Mussell proved to be the man for this. Two other key members of the team were also quickly recruited: Steve Morris who had the task of actually producing the book layout, and Barry Bullough, our photographer. Steve is a technical author and illustrator whose considerable computer skills and authorship have put together the tangible end product you see here. Barry is a food photographer, now retired but who has worked with Delia Smith among others, and whose fabulous photography you have almost certainly seen in all sorts of cookery books and magazines.

With David and Steve organising and coordinating the process, Julie and I first cooked a batch of recipes, which were delivered to Barry's studio. We soon learned that it was not enough to cook tasty food: it had to look perfect on the plate. The plaintive cry of "What am I meant to do with that?" was heard when an unpromising looking dish was placed before Barry. However, with consummate skill and much patience he was always able to produce the perfect picture. Literally hundreds of photos were taken and many hours spent poring over them to select the best picture for each recipe. Steve compiled the photographs and various ingredients into this book: another labour of love involving many drafts and hours slaving over a hot computer. Julie, David and I chased up all the story lines, personal biographies, and family snaps, helped at this point by Bill Shepley who took some of the photos of contributors, as the book gradually emerged in final shape.

The upside of all this is that we can vouch for all the recipes as being worthy of our book and its contributors, since we have not only cooked them but have tasted them too. It has been quite a project for our team but we have all had a lot of fun, not least the tasting sessions afterwards.

Finally, our sincere thanks go out to all our contributors and everyone who has had a hand in helping us. It all took longer than we expected but we very much hope that you think it was worth the wait.

Introducing...

The Team

Sue Allpress: I became interested in producing a shop recipe book because I have always enjoyed cooking and have a cookery book collection to rival the local library! Julie and I spent time looking at other locally-produced cookery books and then decided how we would like it to look, and badgered people to submit recipes, photos and stories. We wanted the book to be easy to use, reflect the community and the local food ethos of the shop. As well as this, I juggled the remaining grant money to help towards the cost of producing the book. It was a challenge cooking the recipes and taking part in the photo shoots as I was in the throes of major kitchen alterations and had two interfering dogs to cope with, but I did enjoy it."

Julie Bottone: "I very much wanted to be involved in this project, a little light relief away from the shop - I thought! I have so enjoyed being part of the team that has put this book together. My bit was to cook some of the recipes and make them "look the part". After a few rejections from the team, I think I got it right! We have had such fun and have learnt so much about food photography, presentation and cooking skills along the way."

Barry Bullough: "Having worked on food photography and still life for numerous recipe books and magazines in a career of Advertising Photography, I was delighted to be asked to contribute towards this book. I can only take credit, or otherwise, for the food shots. It was good to be part of a happy and talented village team."

Steve Morris: "I'm a freelance technical writer and illustrator and, I must confess, there have been times over the last year when I've let work hamper my efforts to produce this recipe book. Ron invited me to an initial meeting about the project back in October 2013. If I'd known what I was getting myself into, I might have left the country! Barry's name was mentioned at the meeting and, when he became ensnared, the book suddenly demanded the highest professional approach. We could no longer get away with just stapling a few crumpled pieces of paper together in time for Christmas. Joking aside, it's been a lot of fun and we've had a lot of laughs along the way; I look forward to producing Volume 2! No, seriously, I do. Honest."

David Mussell: "As a Committee member, and a keen but very much novice cook, I thought it would be fun to help with the recipe book. Not having any particular skills to offer I decided to play to my strengths, which mostly boiled down to lots of shopping and, best of all, tasting the end products after they had been cooked and photographed. I also had a part in managing the overall process which is probably why we are a year late. My excuse is that sometimes it has been a bit like pushing fog through a keyhole with a fork! Seriously it has been a lot of fun and I am in awe of the other members of the team and the skills and commitment they have shown."



The team at a photo shoot (l to r): Barry Bullough, David Mussell, Julie Bottone, Sue Allpress and, behind the camera, Steve Morris.



Steve, labouring at the recipe book coal face.

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By Contributor...



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Peasant Girl with Veil

contributed by **Sue Allpress**

Sue moved to Woodgreen in 1996. After retiring from the NHS, she became Parish Clerk - and served for almost 10 years! She was a founder member of Woodgreen Community Shop Association and has been Company Secretary since its inception. Sue also volunteers in the shop, takes an active part in Woodgreen WI, and has recently been co-opted onto the Parish Council.

"This is a recipe that was given to me by my cousin. I used to spend holidays with her and her family in London from the age of 11 years. I loved this pudding and continued to make it for my family. This is a very adaptable recipe, it is great when you have a glut of cooking apples and a stale loaf and you can use what you have available in the way of sugar and bread."



Peasant Girl with Veil

7

Ingredients

Serves 6-8

1½ lb	<i>Cooking apples, peeled, cored and sliced</i>
1 tsp	<i>Lemon juice</i>
3 tbsp	<i>Caster sugar</i>
3 tbsp	<i>Water</i>
4 thick slices	<i>Brown bread</i>
3 tbsp	<i>Brown sugar</i>
1 tsp	<i>Ground cinnamon</i>
5 tbsp	<i>Butter</i>
300 ml	<i>Whipping cream</i>
	<i>Nuts and/or grated chocolate to decorate</i>

Method

1. Cook the apples with lemon juice, sugar and water until soft and allow to cool.
2. Make breadcrumbs from the bread (remove crusts first).
3. Melt the butter and add the breadcrumbs and fry until brown and crisp.
4. Sprinkle on the sugar and cinnamon and mix well.
5. When everything is cold, layer the apples and crumbs, preferably in a glass dish.
6. Cover the dish and chill for at least an hour.
7. Before serving, pour the softly whipped cream on top and decorate as desired.



Pan Fried Pheasant with Celeriac and Parsnip Rosti

contributed by **Eunice Anton**

Eunice has lived in Woodgreen for about 17 years. Cooking has always been a passion and because of her husband's hobbies - shooting and fishing - she has learned the joys of game cooking.

"I have been cooking game for a number of years; it is quick to cook, low in fat and inexpensive. Prue Coats has been my inspiration and my most used cookery book is her 'Poacher's Cookbook'.

Pigeon Breasts are my favourite and cook in under 5 minutes."

Just before Christmas, Eunice lent me her signed copy of "The Poacher's Cookbook". Unfortunately, someone left it on the sofa and it was later presented to me bedraggled, muddy and creased: wet, muddy Golden Retrievers had sat on it! My heart sank. Anyway, we ordered another copy and, through the publisher, managed to get it signed by Prue Coats. I then felt able to own up to Eunice and return the book. The upside is that I now have a dog-eared copy!

Sue Allpress



Pan Fried Pheasant

with Celeriac and Parsnip Rosti

9

Ingredients

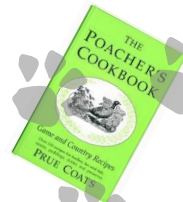
- 1** Pheasant, divided into two legs and two breasts
- 1** Celeriac, peeled and quartered
- 500 g** Parsnips, peeled and halved
- ½ bunch** Spring onions, finely sliced
- 1 tbsp** Plain flour, heaped
- 1** Egg, large
- 5 tbsp** Oil
- 4** Shallots, finely sliced
- 2 cloves** Garlic, crushed
- 250 ml** Dry cider
- Knob of butter**
- 3 tbsp** Soured cream, or crème fraîche
- Handful of flat leaf parsley, chopped**

Serves 2-4



Method

1. Cook celeriac and parsnip in boiling salted water for 3 to 4 minutes, drain, pat dry and allow to cool.
2. Coarsely grate into a bowl.
3. Mix in spring onions, flour and egg. Season and set aside.
4. Heat 2 tbsp oil, season pheasant pieces and add to the pan with shallots, cook 4 to 5 minutes until golden brown and cooked through.
5. Add garlic and cook for 1 minute. Remove from pan and keep warm covered loosely with foil.
6. Heat a little of the remaining oil in a clean pan and fry spoonfuls of rosti mixture over a medium heat for 4 to 5 minutes turning halfway until golden brown and crisp. Add more oil if needed.
7. Make the sauce: add the cider to the pheasant pan and bubble over a medium high heat until reduced by half, stirring to deglaze the pan. Stir in the butter, soured cream and parsley.



Ginger Parfait

contributed by **Julie Bottone**

Julie Bottone: *"I am putting this recipe forward on behalf of Merryl Corby who used to run the old village shop. She would serve this at dinner parties and many of us enjoyed this dessert. So much so that before she and Brian left the village to return to their roots in Yorkshire she gave many of us cookery lessons, making all the nice things we had enjoyed at their house!"*



Ginger Parfait

11

Ingredients

5 oz	<i>Ginger nut biscuits</i>
½ oz	<i>Melted butter</i>
2	<i>Large eggs</i>
6 oz	<i>Golden caster sugar</i>
1 tsp	<i>Ground ginger</i>
568 ml	<i>Double cream</i>

Serves 8-10



Method

1. Whizz the biscuits in a food processor for 10 seconds or bash in a plastic bag until the biscuits are crumbs. Grease a 2lb loaf tin with half the melted butter until it is coated.
2. Line the tin with cling film and brush the remaining butter on the cling film. Spoon 3 tbsp of the biscuit crumbs into the tin and tip the tin around to coat. Put the tin in the freezer whilst preparing the rest.
3. Place the eggs, sugar and ginger in a large bowl and whisk until mixture is thick and resembles mousse. Whisk the double cream in a separate bowl until thick but don't overwhip. Fold the cream into the egg mix until completely folded in.
4. Put 3 tbsp of the biscuit crumbs aside and fold the remaining crumbs into the mixture. Pour the mixture into the tin and sprinkle the remaining crumbs on top and even out. Cover the tin with cling film and freeze for a minimum of 6 hours.
5. Tip out and serve in slices. This is fab served with some ginger liqueur if you have it or maybe some ginger sauce.

*If you really like ginger then
add some chopped stem
ginger [Opies] to the recipe.
Makes it even more yummy!*

Julie Bottone

Pot Roast

contributed by **Helen Clark - Home Farm, Hale**

Home Farm produces mature beef from a herd of White Park cattle. Traditionally matured for 28 days, it is beautifully marbled with lines of fat running through each piece. This delicious beef will remind you of how beef used to taste.

"White Park cattle are a very old breed of beef cattle, kept in Britain for more than 2000 years but which are now rare. They are closely descended from Britain's original wild white cattle that were enclosed in parks by the nobility during the middle ages."

<http://www.whiteparkcattlesociety.ltd.uk/>



Pot Roast

13

Ingredients

3 lb *Brisket or other slow roast rolled joint*
Dripping
Onions, carrots, swede and celery
Mushrooms (grilled)
Hot stock or beef cube
Thyme, bayleaf

1 tbsp *Flour and butter mixed to a paste*

Serves 4-6

This was delicious. It made a lot of gravy, some of which I saved to use as stock later. A good, no fuss dish for a crowd.

Sue Allpress

We hope that this recipe will encourage you to use and enjoy the cheaper cuts of meat.

Helen Clark

Method

1. Sear the meat all over in hot dripping in a casserole dish on the hob. Transfer to a plate when browned well.
2. Add veg to pot and part cook.
3. Put meat and veg into casserole and add liquid, herbs and a little salt and pepper.
4. Cook over heat until simmering, then put in preheated oven (Gas mark 4/140°C) for approximately 3 hours.

Serve with red cabbage and mashed potato.



Fifteens

contributed by **Nikki Coots**

Nikki is the shop's postmistress and owner of **Nikki's Little Cake Company**. The shop stocks many of her wonderful cakes.

"This is a much loved treat, well known throughout Northern Ireland. It is a simple no cook recipe that doesn't even involve weighing the ingredients, so it is perfect for children to make. It is aptly named from the quantities of the ingredients making it a very easy recipe to remember."

"I have found making and tasting the recipe for this book incredibly nostalgic and have been transported back to my childhood. Happy Days!"



Fifteens

15

Ingredients

- 15 Large marshmallows
- 15 Glacé cherries
- 15 Digestive biscuits
- 150 ml Condensed milk
- Handful of dessicated coconut for rolling

Method

1. Cut the mallows into quarters and halve the cherries.
2. Crush the biscuits, leaving some small pieces in the crumb (use a blender or food bag with rolling pin).
3. Place mallows, cherries and biscuits in a bowl and thoroughly mix in the condensed milk.
4. This needs to be really well combined and all the biscuit crumbs incorporated. Now for the messy bit....
5. Tip the contents of the bowl on to a board.
6. Press and roll the mix to form a thick sausage shape approximately 10" in length.
7. Spread out a length of cling film and scatter the coconut over it.
8. Place the sausage shape on it and roll so that the coconut sticks to all sides.
9. Roll the cling film tightly around it so that it holds its shape and place in the fridge to set. Now for the hard bit.....
10. Wait for at least one hour - or longer if possible!
11. Once firm, remove and slice (into 15 pieces if you like). Eat and enjoy.



Baked Beans Pie

contributed by **Barbara Cunningham**

Barbara has lived in Woodgreen for many years and worked in the village shop for over 40 years, seeing many changes. She loves spending time in her garden and tries to grow everything from seed. About 2 years ago, she started growing herbs to sell in the shop and they have proved very popular. Her other love is cricket and, with husband Roger, goes to watch Hampshire play whenever possible.

"My recipe for Baked Beans Pie came from my mother in law who used to make it for all the children and grandchildren. They now make it for their children. It was always known as our "Saturday Meal". Tasty, filling and a cheap meal to make for hungry youngsters."



Baked Beans Pie

17

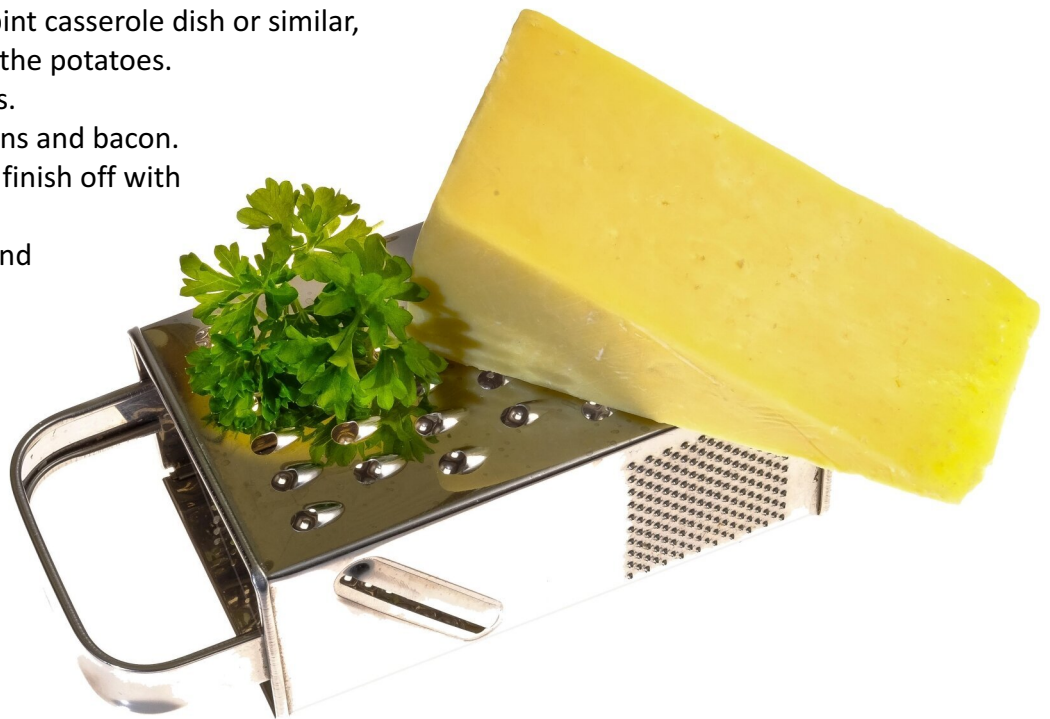
Ingredients

Serves 4-6

- 1½ kg Potatoes
- 250 g Cheese
- 1 Medium onion
- 6 slices Bacon
- 2 tins Baked beans
- 6 Chipolata sausages (optional)
- 2 Tomatoes (sliced)

Method

1. Boil and mash the potatoes. Season to taste.
2. Slice the onion and chop the bacon; fry for two minutes.
3. Preheat the oven to 180°C.
4. Grate the cheese.
5. Spread the base of a 4-pint casserole dish or similar, with about one-third of the potatoes.
6. Add a tin of baked beans.
7. Cover with half the onions and bacon.
8. Repeat the layering and finish off with another layer of potato.
9. Cover with the cheese and tomato slices.
10. Bake for 45 minutes approximately or until contents are bubbling.



Venison Casserole

contributed by **Janet Dawson**

Janet has been a resident of the New Forest for many years, living in a number of places, culminating in Woodgreen. She married a man who loves his food and who was very brave, because she struggled to boil an egg! Janet soon realised that if you can read a recipe you can cook and she now has a very happy husband!

"I am not sure where this recipe comes from originally, and I probably make small changes to it every time I cook it. It is that flexible. I have now cooked it countless times as it is a great favourite of family and friends. On a cold, crisp winter's day it is particularly good with dumplings."



Venison Casserole

19

Ingredients

Serves 4-6

- 1** *Onion, chopped*
Olive oil
- 250 g** *Streaky bacon, chopped (or lardons)*
- 4** *Large mushrooms, chopped*
- 1.5 kg** *Venison chunks*
- 3 tbsp** *Plain flour, seasoned with salt and pepper*
- 1 tbsp** *Juniper berries, crushed*
- 1 tbsp** *Coriander seeds, crushed*
- 1 tbsp** *Redcurrant jelly*
- 2 tbsp** *Chopped herbs (rosemary, thyme, etc)*
- 2 tbsp** *Tomato ketchup*
- 1 bottle** *Red wine*
- 800 ml** *Beef stock or beef consomme*

Method

1. Fry the onion in some olive oil until it becomes soft.
2. Add the bacon (lardons) and cook for about 5 minutes more.
3. Transfer to a casserole dish (with a lid).
4. Roll the meat in the seasoned flour and fry in the same pan until brown all over.
5. Transfer to the casserole and add all the remaining ingredients.
6. Cover and leave to marinate for at least 12 hours.
7. Heat the oven to 180°C and cook for at least 1½ hours.



Serve but don't mention "Bambi" if serving to children or those of a sensitive nature.
Freezes well. A great winter warmer!

Spinach Savoury Flan

contributed by **Andrea Finn**

Andrea, an artist living in Woodgreen, led the team that first saved the old shop and then coordinated the efforts and fund raising to build the new community shop. She was awarded the British Empire Medal in the Queen's Jubilee Honours List in 2013 for her efforts. Andrea has also served on the committee of the Hale and Woodgreen Horticultural Society in a number of roles and is currently Deputy Chairwoman.

"I developed this recipe to satisfy the hunger of the growing number of vegetarians among family and friends, basing it on an existing recipe and gradually perfecting it. I realised how good it was when all the carnivores started eating it before the veggies could get to it."



Spinach Savoury Flan

21

Ingredients

Serves 6-8

- 200 g** Cheddar cheese (and some extra to top the flan)
- 200 g** Feta, Cheshire or other crumbly white cheese
- 4** Eggs
- 200 g** Spinach (frozen or fresh)
- 1** Medium onion
- 220 ml** Milk
- 1 tsp** Dried tarragon

Pastry to line a 9" (22.5 cm) flan tin or dish



Method

1. Beat the eggs, milk, tarragon, grated cheddar, crumbled white cheese and season to taste with salt and pepper to taste.
2. Slice the onion into smallish pieces and fry in some olive oil until transparent and just turning golden.
3. The spinach needs to be as dry as possible or it will affect the mix. If using frozen spinach, add directly to the onions still frozen and cook together until all the water has disappeared. If using fresh spinach, cook in boiling water, then drain as well as possible, chop and then dry off by frying with the onions.
4. Leave to cool down for a bit and add to the other ingredients.
5. Blind bake the pastry case for 10-15 minutes and then uncovered so that the bottom is just brown. Keep an eye on the edges so they do not burn.
6. Pour in the mixture, top with some grated cheese.
7. Bake in the oven at 180°C for about 35 minutes. The filling should be set to the touch and golden brown.

Iced Coffee Gateau (or Hamble Sludge Pile Cake)

contributed by **Jenny Galliford**

Jenny is one of those villagers who can always be relied on to help organise a Jubilee Party, Flower Festival or provide a recipe. She hopes you enjoy this dessert as much as she enjoys contributing to village life.

"This is one of my dear Mum's recipes, she lived on the Hamble, and on more than one occasion Mum got the gâteau out of the freezer much too early and it melted so it became known as Hamble Sludge Pile Cake!"

"It's great for parties. It can be made in advance and left in the freezer for quite some time. I have left it in the freezer for at least a month."



Iced Coffee Gateau

23

Ingredients

- 2 tbsp** *Apricot jam (sieved)*
- 1 pkt** *Sponge fingers*
- 3** *Eggs, separated*
- 3 tbsp** *Strong coffee (Camp Essence)*
- 1 tbsp** *Sherry or milk*
- 6 tbsp** *Icing sugar (sieved)*
- 5 fl oz** *Double cream*

Serves 4-6



Method

1. Warm jam gently and brush around the sides of a 6" loose base cake tin.
2. Cut biscuits to $\frac{3}{4}$ length and put the cut pieces to one side.
3. Stand biscuits closely together around the inside of the tin, outside outermost.
4. Chop the remaining biscuit pieces and reserve.
5. Beat egg yolks, coffee and sherry (or milk) together then fold in the reserved biscuit crumbs.
6. Whisk the egg whites until stiff.
7. Gradually whisk in the icing sugar.
8. Fold into the egg yolk mixture.
9. Lightly whip the cream and fold into the coffee mixture.
10. Pour into the tin and freeze until firm, about 4 hours.

To serve: leave the tin to stand at room temperature for 5 minutes, turn out and serve straight away.

Leek and Cheese Gratin

contributed by **Julia Harding**

"When I was asked to provide samples of vegetables from our walled garden in Hale for the Woodgreen Shop 'tasting evening' a few years ago, I decided to make them into dishes. My recipe is very simple and is really a 'posh' variation of leeks and cheese sauce. It's great as a side dish but you can make extra and serve with a baked potato for a complete meal. In the walled garden, which Alan, myself and our helpers are slowly restoring, we are growing a wide range of vegetables. I love to bring back seeds from our holidays in Italy to see what will thrive here too - with quite good success because it's so very warm inside the garden walls. We use the produce for ourselves and sell some of the excess in the shop. It's hard work as most of my efforts are in the evenings and at weekends but, nevertheless, it's rewarding when you can pick everything for a complete meal."



Leek & Cheese Gratin

25

Ingredients

Serves 4

The Gratin

1 lb	<i>Leeks, washed & trimmed</i>
½ oz	<i>Butter</i>
3 oz	<i>Cheddar cheese, grated</i>
½ tsp	<i>Paprika</i>
2 oz	<i>White breadcrumbs</i>

The Sauce

½ oz	<i>Butter</i>
1 oz	<i>Plain flour</i>
½ tsp	<i>Mustard powder</i>
½ pint	<i>Milk plus any reserved liquid from cooking the leeks</i>

Method

1. Cut the leeks into 1 cm slices, add to saucepan with butter and a little water. Cook gently with lid on for ten minutes, stirring occasionally so they don't stick. Add more water if necessary.
2. Drain liquid off and reserve for the sauce. Place leeks in a shallow buttered serving dish.
3. Melt butter in the same saucepan; add flour, mustard powder and seasoning and cook for one minute. Gradually add the milk and reserved liquid stirring all the time. Bring to the boil until thickened. Check seasoning.
4. Add half the grated cheese and stir in.
5. Pour sauce over the leeks and sprinkle with the breadcrumbs, remaining cheese and paprika.
6. Place in oven at 180°C to cook through; when bubbling and beginning to brown, it's ready!

We made this in ramekins and it would be nice as a starter - but equally it can be made in one large dish and served alongside a main meal.

Julie Bottone



Spring Cheesey Bread Pudding

contributed by **Loosehanger Cheeses**

Loosehanger Cheeses have been making their delicious handmade cheese since 2002, developing their first recipes in their kitchen at home. Since then, they've expanded their business and now produce an extensive range of award-winning cheeses.

"Loosehanger handmade a range of cheeses from both Ayrshire cow's milk and goat's milk from the Willowbrook goats. The pure Ayrshire cow's milk is sourced from a closed herd, owned and managed by the Ody family, at Upper Wootton, Basingstoke. The cows graze on the herb-rich Hampshire Downs and are fed farm-grown cereals."



Spring Cheesey Bread Pudding

27

Ingredients

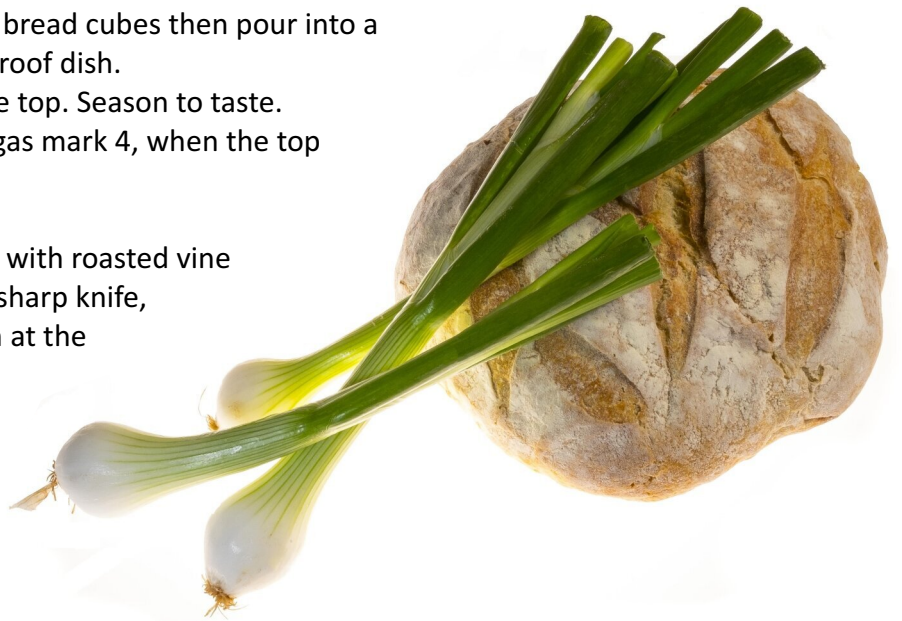
Serves 4-6

12 oz/340 g	<i>Old bread (could be plain, tomato or olive)</i>
6 oz/170 g	<i>Loosehanger chilli & nettle cheese (grated)</i>
3	<i>Eggs</i>
1	<i>Leek</i>
4	<i>Spring onions (thinly sliced)</i>
1	<i>Apple (finely chopped)</i>
¾ pt/430 ml	<i>Milk</i>

Method

1. Cut the bread into 1 cm cubes, put into a mixing bowl and pour over the milk. Leave to soak for 15 minutes.
2. In a second bowl, lightly beat the eggs, then fold in the leeks and onions.
3. Sprinkle the grated cheese (keeping some back for the topping) and chopped apple over the bread cubes and stir in.
4. Fold the egg mixture into the soaked bread cubes then pour into a shallow, lightly greased, 2 litre ovenproof dish.
5. Sprinkle the reserved cheese over the top. Season to taste.
6. Bake for about 30 minutes at 180°C/gas mark 4, when the top should be crisp and golden.

Delicious on its own, it can also be served with roasted vine tomatoes. Just prick the tomatoes with a sharp knife, drizzle with a little oil and pop in the oven at the same time as the pudding.



Hot Smoked Trout Tagliatelle

contributed by Jim Madge

Jim helped form the committee which worked to save the old village shop and build the new community shop. He served as treasurer for 4 years and is now the treasurer of the Hale and Woodgreen Horticultural Society.

"My recipe was inspired by the excellent smoked trout available in our shop and produced by the New Forest Smokery and Trout Farm. Local food at its best. I made up the recipe myself and perfected it with Andrea's help and by seeking gastronomic feedback from family and friends."



Hot Smoked Trout Tagliatelle

29

Ingredients

Serves 2

- 1** Hot smoked trout
- 2 tbsp** Extra virgin olive oil, plus a little more for drizzling
- 2** Shallots (finely sliced)
- 2** Cloves of garlic (finely sliced)
- 1 tsp** Fennel seeds (crushed in a pestle and mortar)
Dill or parsley (handful), roughly chopped
- 1** Glass dry white wine
- 100 ml** Double or single cream
- 200 g** Dry tagliatelle (good quality)
Salt and freshly ground pepper



Method

1. Fry the shallots gently in the oil until soft but not coloured.
2. Add the garlic and fennel seeds and fry for a few more minutes, again without colouring.
3. Remove all the flesh from the trout leaving it in bite-sized pieces.
4. Add the fish to the shallot and garlic mixture, pour in the wine and reduce until there is not much liquid left.
5. Add half the herbs, cover and put to one side.
6. Put on a large pan of water. When it has boiled add a good amount of salt.
7. Cook the pasta according to the instructions, until al dente.
8. Drain, reserving a little of the cooking liquid.
9. Add the cream to the fish mixture and re-heat, making sure it doesn't boil.
10. Add the remaining herbs.
11. To the drained pasta, add a little of the reserved cooking liquid, a few good twists of pepper and a drizzle of oil. Toss well.
12. Finally, add the fish mixture, ensuring that the fish doesn't break up too much.

Serve with a green salad, including, if possible, some sliced fennel bulb. You could use smoked trout as well, adding it very late in the process so that it is just warm, not cooked. Or, instead of the hot smoked fish, you could use smoked salmon.

Roast Pork Chops with Fennel

contributed by **Jack McNulty**

“As a farm animal, most pigs have a pretty tough time in their short lives. We love the variety of porcine products but were less happy about the intensive way in which the majority of pigs are raised. It seemed a natural choice that we should raise our own, that are free to root about and behave naturally. When the time comes for them to fulfil their destiny, we make it as stress-free as we can.

The loin of the pig is a versatile cut, and chops make a great evening meal. We love the combination of flavours, textures and colours that this recipe creates.”



Roast Pork Chops with Fennel

31

Ingredients

2	Potatoes, cut into wedges
1	Red pepper, cut into wedges
1	Fennel, cut into wedges
	A few thyme sprigs
4	Unpeeled and crushed garlic cloves
2	Pork chops
1 tbsp	Tomato paste
300 ml	Chicken stock

Serves 2

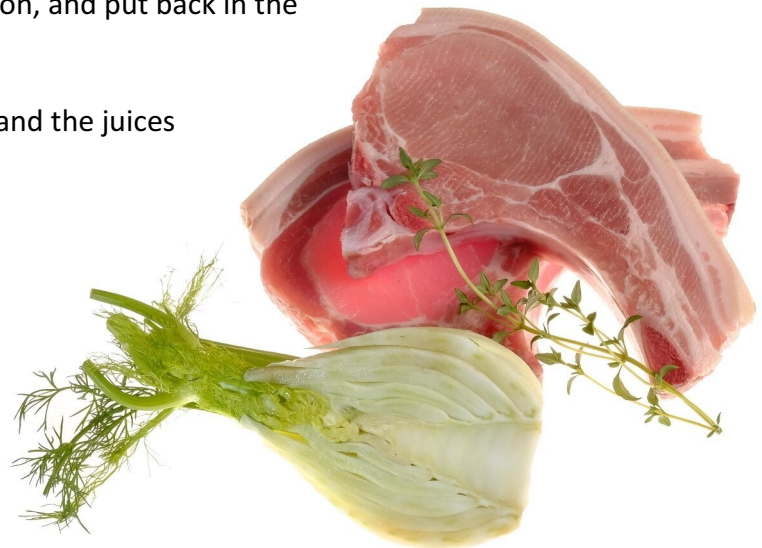
For a bit of crackling...

If you are lucky enough to get skin on the chops then cut skin off and put in the oven from the start to make crackling.

Method

1. Heat the oven to 200°C/Gas mark 6.
2. Put the potato wedges, fennel, peppers, thyme and garlic in a roasting tray.
3. Mix the tomato paste and stock and pour into the tray.
4. Cover with foil and put in the oven for 30 minutes.
5. Take the tray out of the oven and increase the temperature to 220°C/Gas mark 7.
6. Put the chops between the vegetables. Season, and put back in the oven for 15-20 minutes.

Serve the chops with the vegetables on the side and the juices drizzled over.



Canadian Apple Cake

contributed by **Tricia Minns**

Tricia moved to Woodgreen after a successful career working mainly overseas. She is a long time stalwart of the Hale and Woodgreen Horticultural Society and has occupied most of the important offices.

"This recipe is dedicated to my mother who only learned rudimentary cooking at the age of 60. It was given to her when she lived in New Zealand. This cake is a family favourite but none of us can make it as well as she did. She always complained that we ate too fast but was secretly pleased she could excel at something none of us could emulate! We keep trying! It was even used in the Home Produce section of the Woodgreen Annual Flower Show, but sadly, after she had passed on. She would surely have won."



Canadian Apple Cake

33

Ingredients

Serves 6

2	<i>Cooking apples (medium)</i>
½ tsp	<i>Ground cinnamon</i>
85 g (3 oz)	<i>Butter</i>
185 g (6½ oz)	<i>Caster sugar</i>
1	<i>Egg</i>
200 g (7 oz)	<i>Plain flour</i>
1 tsp	<i>Baking powder</i>
1 tsp	<i>Mixed spice</i>
1 tsp	<i>Ground cinnamon</i>



Method

1. Peel and chop the apples.
2. Stew with a little water and ½ tsp of ground cinnamon. Set aside to cool.
3. Grease a round 8" springform or loose-bottom tin.
4. Beat the butter and sugar together until light. Add the beaten egg.
5. Add sifted flour and baking powder. Mix to a soft dough with your hands.
6. Push half the mixture into the tin.
7. Cover with the cooked apple.
8. Cover with the remaining mixture. Don't worry if this is uneven, it will flatten during cooking.
9. Bake at 160°C for about 30 minutes until golden brown.
10. Cool for a few minutes before carefully turning out the cake onto a wire rack.
11. Sprinkle the top with a little caster sugar.

Can be used as a dessert served with cream or custard, or as a cake.

When I made this I was concerned that it didn't rise much. I spoke to Tricia who said that it doesn't rise much and is more like a biscuit.

Sue Allpress

Turkey Cacciatora

contributed by **David Mussell**

David has lived in Woodgreen since retiring. He serves on the shop committee and can be seen volunteering behind the till when needed. He is also chairman of the Hale and Woodgreen Horticultural Society.

"My wife and I stumbled across this recipe when we were first married (1970) and wondered what to do with all that leftover turkey as we cooked our first Christmas dinner. Delicious! I like it in a bowl and eaten with a spoon while watching "The Great Escape".., again.

It works equally well with leftover chicken for the rest of the year and I wish I had a £ for every time we cooked it since then. If you double up the sauce mix you can freeze half for another day. You will probably have some frozen turkey to go with it!"



Turkey Cacciatora

35

Ingredients

Serves 2

- Leftover turkey*
- 1** *Onion, chopped*
- 1** *Carrot, thinly sliced*
- 1** *Garlic clove, chopped*
- 1** *Bay leaf*
- 4/500 ml** *Good quality tomato juice*
- Basil*
- Allspice (dried)*
- Flour*
- Red wine*
- Frozen peas*
- Salt and pepper*



Method

1. Fry the onion, carrot, garlic and bay leaf in some oil for about 10 minutes.
2. Add the tomato juice and simmer for 20 minutes.
3. Add salt and pepper to taste.
4. Chop up your leftover turkey into bite-sized pieces and coat in flour seasoned with a pinch or two of basil and allspice.
5. Fry coated meat in a little more oil for 3-4 minutes to cook off the flour.
6. Pour sauce over the turkey, add a glug or two of red wine and a handful of frozen peas.
7. Simmer for another 10 minutes.

Serve with rice or macaroni.

Party Pie

contributed by **Barbara Orchard**

Barbara, and husband Reg, came to Woodgreen some 9 years ago but have recently moved to Fordingbridge. She loves Bernese Mountain dogs, cooking and gardening. She also enjoys travelling and has been to many places including USA, New Zealand, Sweden and Norway.

"This recipe was given to me some years ago and I have used it a number of times both at dinner parties and larger events. It is always reliable and receives good comments from recipients. Leftovers (if any) can be frozen with no ill-effect. I'm sure you will be pleased with it."



Party Pie

37

Ingredients

1 knob	<i>Butter</i>
2 tbsp	<i>Olive oil</i>
2 oz	<i>Mushrooms (sliced)</i>
1 lb 2 oz	<i>Sausage meat</i>
1	<i>Lemon (grated zest only)</i>
3 oz	<i>Dried apricots (chopped)</i>
4 oz	<i>Fresh white breadcrumbs</i>
2 oz	<i>Chestnuts (chopped)</i>
2 tsp	<i>Chopped thyme (1 tsp if using dried thyme)</i>
4 oz	<i>Cranberries (fresh or frozen)</i>
1 lb 2 oz	<i>Skinless, boneless chicken breasts</i>
1	<i>Pack of readymade shortcrust pastry</i>
	<i>Salt and pepper, beaten egg to glaze</i>

Serves 8-10



Method

1. Heat oven to 190°C.
2. Heat butter and half the oil in a frying pan; fry the mushrooms and leave to cool.
3. Tip the sausage meat, lemon zest, breadcrumbs, apricots, chestnuts and thyme into a bowl.
4. Add mushrooms and cranberries and mix adding lots of pepper and a little salt.
5. Cut each chicken breast into three fillets lengthwise and season all over with pepper and salt.
6. Heat remaining oil in frying pan and fry chicken fillets until browned - about 6-8 minutes.
7. Roll out 2/3rds of the pastry and line a loose-bottomed tin.
8. Press in half the mixture and spread level.
9. Add chicken fillets in one layer. Add the rest of the mixture. Press down lightly.
10. Brush the pastry edges with beaten egg.
11. Roll out the remaining pastry. Cover the pie, pinch the edges and trim.
12. Brush the top with beaten egg. Roll out trimmings and make leaf shapes. Decorate pie and brush again with egg.
13. Set the tin on a baking sheet and bake for 50-60 minutes.
14. Cool in the tin for 15 minutes.
15. Remove the pie from the tin and leave to cool.

TIP: Make sure the pie is filled evenly so that there are no gaps when it is cut.

Julie Bottone

Eve's Pudding

contributed by **Freda Parker**

Freda has lived in Woodgreen for all of her 86 years and is a long term resident of Hall House. Leaving school at 14, she married at 21 and has 7 children of her own, 15 grandchildren and 8 great-grandchildren. Luckily, she has a village shop next door which has an excellent selection of birthday cards! Freda now dedicates much of her time to knitting for several charities including the Trussell Trust and the RNLI. She is also partial to jigsaws.

"My mum, Lucy Gilbert, used to make this for us all, 10 children in our family! She made this a lot because we had lots of apples in our garden and she would cook it on the kitchen range. Such happy days and lovely smells always coming from the kitchen."



Eve's Pudding

39

Ingredients

- 4** *Cooking apples*
- 4 tbsp** *Granulated sugar*
- ½** *Lemon, finely grated*
- 2 oz** *Butter*
- 2 oz** *Castor sugar*
- 1** *Large egg*
- 1 tbsp** *Milk*
- 3 oz** *Self-raising flour*
- Icing sugar for dusting and custard to serve*

Serves 6-8

Method

1. Butter a 1½ pint pie dish.
2. Put sliced apple in the pie dish.
3. Sprinkle with granulated sugar, lemon rind and 1 tbsp of cold water.
4. Cream butter and sugar until light and fluffy.
5. Add egg and milk and fold in flour.
6. Spread mixture over apples and smooth over level.
7. Bake 35-40 minutes until golden on top in oven 190°C or gas mark 5.

TIP: Make up double the sponge mix to make a deeper pud. Such an easy recipe and so tasty!

Julie Bottone



Farmhouse Sultana Cake

contributed by **Cas Pybus**

Cas has been in Woodgreen for 18 years and for some of that time has worked as a secretary at Salisbury Hospital. She loves gardening and sewing, and cooking for her large family (who often descend on her!). Now her husband Bill has retired, they enjoy escaping in their camper van and often take off at a moment's notice to go off around the country.

"This is a Good Housekeeping recipe which I have been making for my family for more than 30 years. All the ingredients can be purchased at the Shop!"



Farmhouse Sultana Cake

41

Ingredients

225 g (8 oz)	<i>Plain flour</i>
225 g (8 oz)	<i>Wholemeal flour</i>
2 tsp	<i>Mixed spice</i>
1 tsp	<i>Bicarbonate of soda</i>
175 g (6 oz)	<i>Butter</i>
225 g (8 oz)	<i>Soft dark brown sugar</i>
225 g (8 oz)	<i>Sultanas (or other dried fruit)</i>
1	<i>Egg</i>
300 ml (½ pt)	<i>Milk</i>
10	<i>Sugar cubes</i>

Serves 10-12



Method

1. Grease and line a 20.5 cm (8 in) square cake tin.
2. Sift the flours, spice and bicarb into a mixing bowl.
3. Rub in the butter until the mixture resembles fine breadcrumbs.
4. Stir in the sugar and sultanas.
5. Make a well in the centre of the dry ingredients and add the egg and milk. Beat gently until well mixed and of a soft dropping consistency, adding more milk if necessary.
6. Turn into the prepared tin.
7. Roughly crush the sugar cubes with the end of a rolling pin and scatter over the cake.
8. Bake at 170°C (Mark 3) for about 1 hour 40 minutes. This recipe predates fan ovens so reduce the temperature if you use a fan oven. Test with a fine skewer: if it emerges without any traces of moist cake mixture, the cake is done!
9. Turn out and cool on a wire rack.

Spanish Chicken

contributed by **Tom Sheldon**

Tom has lived in Woodgreen since 1984 but was born in New Zealand and spent his formative years (up to the age of 13) in Hong Kong. He has recently become a chicken fancier and his cockerel can be heard most mornings - if he's in the mood. Tom also loves growing and entering vegetables into the Hale & Woodgreen Horticultural Show and won with his gone-to-seed lettuce in 2014.

"You may like to think that this recipe is inspired by a romantic encounter I had in Spain during my youth. I wish! The only thing at all Spanish that may have influenced my life was the story of 'Ferdinand the Bull' (who would rather smell flowers than fight in bullfights) because bees don't agree with me either!"



Spanish Chicken

43

Ingredients

2 tbsp	<i>Olive oil</i>
8	<i>Skinless chicken thigh fillets</i>
1	<i>Red onion (medium) thinly sliced</i>
1	<i>Clove garlic (crushed)</i>
2	<i>Large peppers (red and yellow), sliced</i>
400 g tin	<i>Chopped tomatoes</i>
150 ml	<i>White wine</i>
1 tbsp	<i>Paprika</i>
100 g	<i>Chorizo, sliced</i>
25 g	<i>Black, pitted olives, halved</i>
	<i>Salt and pepper to season</i>

Serves 4



Method

1. Add oil to a fry pan and add sliced onion and crushed garlic. Fry till lightly brown and softened. Set aside in a casserole dish.
2. Now fry the peppers until also lightly browned and softened and add to onions in casserole.
3. Halve the chicken thigh fillets and fry until golden. Add to casserole.
4. Add the tomatoes, wine, paprika, sliced chorizo, and halved olives to the casserole and season.
5. Place casserole in oven at 180°C for 45 minutes
6. Serve with rice.

Buen Apetito!

Lentil Lasagne

contributed by **Ann Shepley**

Ann, originally from the north west of England, came to Woodgreen with her family in 1988. Having recently retired from a career in the NHS working in doctors' surgeries, Ann now devotes time to bee keeping, world wide travel and administering the Woodgreen Village Trust as company secretary.

"My son, at the age of two, asked why we had to kill animals to eat them - he refused to eat meat from then on. This sent me on a quest to find vegetarian meals he would eat. This is now a family favourite."



Lentil Lasagne

45

Ingredients

9 oz	<i>Split red lentils</i>
1	<i>Onion, chopped</i>
1	<i>Small green pepper, chopped</i>
1	<i>Bay leaf</i>
3/4 pt	<i>Red wine</i>
	<i>Oregano, thyme, basil</i>
1 pt	<i>Cheese sauce</i>
3 tbsp	<i>Oil</i>
2 cloves	<i>Garlic</i>
1x14 oz tin	<i>Chopped tomatoes</i>
14 fl oz	<i>Veg stock</i>
2 tbsp	<i>Tomato ketchup</i>
4 oz	<i>Dried lasagne</i>
2 oz	<i>Cheese (grated)</i>

Very tasty, might be easier if lentils cooked and allowed to cool before assembling. Cheese sauce was made from 1 pint of milk, 3 ozs flour, 3 ozs butter and cheese to taste.

Sue Allpress

Serves 4-6

Method

1. Heat oven to 200°C (gas mark 5).
2. Add onions to hot oil and cook gently for 10 minutes.
3. Add garlic, lentils, pepper, tomatoes, bay leaf, stock, wine and bring to boil.
4. Simmer until lentils are soft (about 45 minutes).
5. Remove bay leaf and add tomato ketchup and season.
6. Make cheese sauce.
7. Layer in lentil mixture, then lasagne, then cheese sauce and finish with a cheese layer.
8. Put in oven for 45 minutes. After 40 minutes, take out and sprinkle grated cheese on top.

Serve with a green salad and garlic bread.



Grandma's Oat Cakes

contributed by **Bill Shepley**

Bill worked in advertising and documentary photography before becoming a lecturer and manager of a large art and design department in a college. In 2003, he was appointed one of Her Majesty's Inspectors of training and skills and retired in 2011. Other than photography and multi-media, his other passions are travel and aviation. He has lived in Woodgreen for almost 25 years.

"My mother, Connie Shepley, lived for most of her life in Macclesfield. Her family knew her to be a wonderful cook, making exquisite pastry and sponge cakes. At times, finances were stretched and her oat cakes provided a simple, wholesome and delicious family favourite. She passed away at the age of 94, but her personal recipe book still provides a wealth of ideas."



Grandma's Oat Cakes

47

Ingredients

8 oz	<i>Plain flour</i>
8 oz	<i>Fine or medium oatmeal</i>
1 tsp	<i>Sugar</i>
$\frac{3}{4}$ pt	<i>Milk</i>
1 tsp	<i>Salt</i>
$\frac{1}{2}$ tsp	<i>Corn or vegetable oil</i>
2 x 7 g	<i>Sachets of dried yeast</i>
$\frac{3}{4}$ pt	<i>Water</i>

Serves 4-6

Method

1. Warm milk to blood heat.
2. Mix flour, yeast, sugar and salt.
3. Gently whisk in the warm milk, water and oil.
4. Cover the bowl with a tea towel and put in a warm place for an hour.
5. Stir the mixture.
6. Heat a small omelette pan with a small amount of oil.
7. Add about three tablespoons of the mixture, swirl around the pan (as making pancakes) and cook until the surface dries and tiny bubbles pop.
8. Turn over and cook the other side.
9. Serve with maple syrup, jam or syrup (or bacon).

These freeze well. Place individual pancakes between greaseproof paper and freeze.
Can be taken out and warmed through from frozen.



Apple Chutney

contributed by **Ann Simmons**

Ann and her family came to the New Forest in 1975 and ran Breamore Stores for four years. The family moved to Woodgreen in 1980. After retiring, Ann gradually got involved in many Woodgreen activities: she now volunteers at the village shop, and is treasurer of the Preschool. She also helps to produce the Parish Magazine and is an active member of the WI.

This recipe for Apple Chutney was a favourite of my mother. It's a great way to use up a glut of apples.



Apple Chutney

49

Ingredients

2 kg	<i>Cooking apples (after peeling and coring)</i>
1 kg	<i>Onions</i>
200 ml	<i>Vinegar</i>
1 kg	<i>Soft brown sugar</i>
50 g	<i>Pickling spice (in net)</i>
500 g	<i>Sultanas</i>
25 g	<i>Salt</i>

When we made this, we thought it looked better if the fruit was roughly chopped rather than finely processed.

Julie Bottone

Method

1. Chop the apples and onions (you can use a food processor).
2. Put all the ingredients in a large pan.
3. Bring to the boil and simmer for one hour.
4. Put in jars.



Beef Upside Down Pudding

contributed by **Doreen Simpson**

Doreen and her husband moved to Woodgreen in 1986 when her husband retired. They had spent holidays in Woodgreen and visited her sister in law who lived here at the time. Doreen has been very active in the WI and has served on the committee for many years. Her scones, which she has made for many WI cream teas, are legendary.

"I can't quite remember where I found this recipe. It was a popular family recipe which I used to make for the family before I came to Woodgreen. I now make it for my grandchildren."



Beef Upside Down Pudding

51

Ingredients

Serves 4

Beef filling

- 1** Large onion
- 1 lb** Minced beef
- 1 can** Condensed tomato soup
- ½ tsp** Celery salt
- Salt and pepper to taste

Scone topping

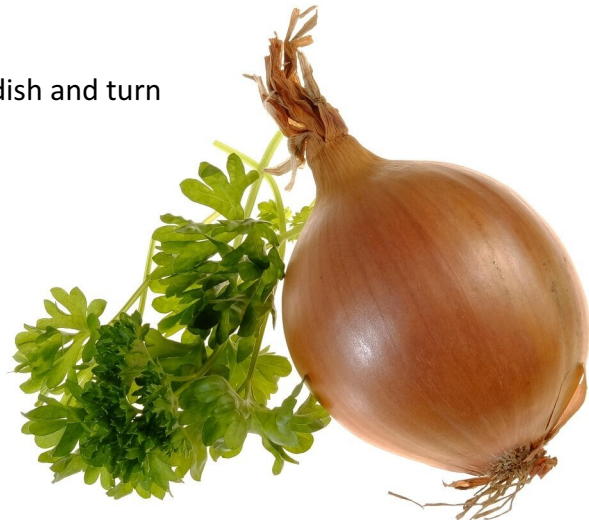
- 8 oz** Self-raising flour
- 1½ oz** Butter or margarine
- 1½ tbsp** Caster sugar
- 5 fl oz** Milk

Method

1. Chop the onion finely.
2. Saute onion gently but do not brown.
3. Add meat and when sealed add soup. The mixture should not be runny.
4. Cook until meat is soft.
5. Place in dish.
6. Cover with a scone topping right to the edge of the dish, not too thickly otherwise it will be sticky in the middle.
7. Place in oven at 200°C for 30 minutes.
8. Remove from the oven. Place a plate on top of the dish and turn upside down [Bingo!].
9. Slice into quarters.

This is a very tasty dish and would be great with some fresh green veg.

Julie Bottone



Boston Baked Beans

contributed by **Alex “Tat” Tattersall**

Alex (known to one and all as “Tat”) has been cooking since he was 6, and it all started with a rhubarb crumble! He is a builder and his two great passions are rugby and food. He has a 2-year old son who loves to help daddy cook and stands on a stool next to him in the kitchen, making cakes.

“The Boston bean recipe came from my brother. I hope you enjoy it!”



Boston Baked Beans

53

Ingredients

350 g	<i>Haricot beans</i>
450 g	<i>Belly pork (skinned)</i>
2	<i>Large onions, peeled and sliced</i>
2 tsp	<i>Salt</i>
	<i>Black pepper</i>
1 ½ tsp	<i>Mustard</i>
2 tbsp	<i>Wine vinegar</i>
8	<i>Whole cloves</i>
1 tbsp	<i>Tomato puree</i>

Serves 4-6

When raw, this looked very unpromising and pale but cooked overnight in my slow cooker it transformed into a golden, tasty dish. Tat says you can use any combination of beans or lentils, tinned or dried. If you use dried beans they need soaking first. Very quick to prepare.

Sue Allpress

Method

1. Place all ingredients into a casserole dish.
2. Cover with water and place in an oven at 150°C for 7 hours. Alternatively, use a slow cooker!



Pineapple Cake

contributed by **Pam Taylor**

Pam has lived in Woodgreen since marrying Gordon in 1960; they farmed here in a family partnership. Pam has also worked in the Pharmacy in Downton until recently, doing the books. She has been a member of Woodgreen WI, serving on the committee, for more years than she can remember.

"This recipe was given to me by a family friend a long time ago. It's a good alternative to a usual fruit cake and is an easy, straightforward recipe. Unlike other boiled fruit cakes, it uses tinned pineapple which makes it very moist."



Pineapple Cake

55

Ingredients

2	<i>Eggs</i>
12 oz	<i>Mixed fruit</i>
4 oz	<i>Butter or margarine</i>
8 oz	<i>Brown or granulated sugar</i>
1 tsp	<i>Mixed spice</i>
1 tsp	<i>Bicarbonate of soda</i>
225 g tin	<i>Crushed pineapple</i>
8-10 oz	<i>Self-raising flour</i>

Serves 6-8



Method

1. Put fruit, marg or butter, sugar and pineapple in large saucepan.
2. Bring to the boil stirring all the time.
3. Boil for 3 minutes and then leave to cool.
4. Add lightly beaten eggs, pinch of salt, flour and bicarb.
5. Mix well and put in cake tin (I use a liner).
6. Bake for 1-1½ hours on the middle shelf at 325°F/160°C.



I made two of these, one as per recipe, the other using up a variety of dried fruits that I had in my cupboard. I wrapped the second one in tin foil and put it in a bag ready to take to the photo shoot. I then made the mistake of placing the bag on the floor while I went to the loo.

As I came down the stairs several minutes later, I saw one of my golden retrievers with her head in the bag. She is a very fast worker as she had carefully unwrapped and eaten 3/4 of it. I did try an untouched corner and it was very good. What a good job I had made two!

Sue Allpress

Venison Steak Au Poivre

contributed by Phil & Sue Thompson, Hale Pig 'n' Poultry

"Phil & Sue have kept chickens for over ten years starting with six egg-laying hybrid Warrens on their allotment. As anyone who keeps chickens will know, they can be addictive and soon they progressed and before they knew it they had bought an incubator and heat lamp and were hatching their own chicks. Day-old meat birds came next with Phil's 40+ years experience in the butchery trade proving invaluable when the day came to prepare them for the table."

"They soon outgrew their 4 allotments and, 5 years ago, acquired a 6-acre small holding. This provided the opportunity for more chickens (200+ to date) and some pigs. They started with Gloucester Old Spot weaners, then British Lop and finally Saddlebacks before settling on two Gloucester Old Spot sows that produced numerous weaners over the years. Their business has evolved over the years and today they consider themselves privileged to be producing so much of their own and customers' foods in such a beautiful corner of the world."



Venison Steak Au Poivre

57

Ingredients

8	Boneless venison loin steaks
6 tbsp	Whole black peppercorns
2-3 tbsp	Vegetable oil
¼ cup	Cognac or brandy
4 tbsp	Butter
2 tbsp	Minced shallot
½ cup	Whipping cream

Serves 8



Quite a lot of pepper, I would suggest reducing it to your taste. This amount is quite fiery. Very tasty sauce.

Sue Allpress

Method

1. Coarsely crush the peppercorns with the bottom of a heavy pan. Press pepper on both sides of steaks.
2. Heat the oil in a heavy pan over a medium heat. Add the steaks and sauté for 3-4 mins each side. Remove the steaks to a platter and cover loosely with foil to keep warm. Pour off remaining oil, add 2 tablespoons of butter to the pan and cook shallots briefly.
3. Add the Cognac or brandy and ignite with a long handled match. The alcohol will burn out quickly.
4. Add the stock and reduce over a high heat, scraping any brown bits from the bottom of the pan.
5. Add the cream and reduce until sauce is thick enough to coat a spoon.
6. Remove the pan from the heat and swirl in the remaining 2 tablespoons of butter and season with salt if desired.
7. Pour the sauce over the steaks and serve.

Serve with red cabbage and mashed potato.



Hale Pig & Poultry's venison is sourced from two sites in the New Forest (Lyndhurst and Brockenhurst). Roe, Fallow and Sika are the usual species hunted by the local deer larders. The deer come with full traceability. Steaks, loins, racks, haunches, burgers, sausages and chorizo are all produced.

Cornish Pasty

contributed by **Ron Trevaskis**

Ron moved permanently to Woodgreen on retiring in 2005. Initially a volunteer for the old community shop, he could be seen weekly, in partnership with Reg Orchard, undertaking the cash and carry 'run' in the shop's 'Postman Pat' van. Ronnie & Reggie's fame in the art of retail procurement soon led to them being voted onto the shop committee. Ron was the committee's representative throughout the new shop building project and took over as chair of the committee in 2012.



"My cousin Jean has always made the best pasties I've ever tasted. It was on contacting her for the recipe that I learnt it had been handed down through generations of her husband's family. The 'Tubbs' of Lerryn, on the River Fowey. It is said that Kenneth Grahame's 'Wind in the Willows' was in part inspired by his many visits to the Lerryn area. He probably sat on the riverbank eating one of these pasties whilst forming these famous tales!"

Alternative (if not traditional!) Pastry

15 oz Plain flour
6 oz Trex vegetable fat
Pinch of salt
Water to mix to stiff dough
(avoid overwetting this pastry)

I tend to use this pastry now as it has less fat and is very easy to work with. It makes a crisp pastry crust which holds together well and does not need to be chilled before use.



"This is probably the originator of the recipe - Great Granny Tubb coming down the steps of the old store in Lerryn around 1896!!

Probably going home to make some pasties!"



Cornish Pasty

59

Ingredients

Serves 4

Pastry

- 16 oz** Plain flour
- 4 oz** Margarine
- 4 oz** Lard or Cookeen
- Pinch of salt
- Egg yolk for finishing

The Filling

- 16 oz** Good quality steak, skirt, braising steak or rump cut into very small pieces
- 16 oz** Finely diced potato
- 16 oz** Finely diced swede
- 2** Large onions, again finely diced
- Salt and freshly ground black pepper
- Knobs of butter

Method

1. Rub the fat into the flour lightly - too heavily rubbed in will make the pastry hard to manage.
2. Add scant water to mix until it forms a ball of dough - should not be sticky!
3. Wrap and keep in the fridge for an hour at least.
4. Prepare the filling: finely dice the meat, potato, swede and onion. Keep separate!
5. Roll out the pastry into four rounds about the size of a dessert plate.
6. Divide the potato between the four rounds¹, leaving enough pastry around the edges for crimping.
7. Do the same with the swede and then the meat.
8. Put the finely diced onion on the top, covering the meat. Add seasoning to taste.
9. Add two or three small knobs of butter on the top; this makes good gravy in the pasty!
10. Damp around the edges of the pastry rounds so that they will stick together when crimping.
11. Draw up the pastry over the filling so that the two edges meet together over the top, covering the filling².
12. Press together and then make little twists in the pastry edge (crimp) starting at one side and working across so that they are well sealed.
13. Brush with egg yolk and cook for an hour at 180°C (fan oven: 160°C) or gas mark 4. If they are browning too quickly, turn down the oven to 170°C (fan oven: 150°C) or gas mark 3.

1. Although I have given quantities, you will need to judge the amount of filling; enough to nicely fill the pasty but leaving enough pastry edge to be able to seal it afterwards.

2. A traditional Cornish pasty is D-shaped and crimped along the curve (side-crimped); it must also be made in Cornwall!

French Raspberry Tart

contributed by **Anne Wanstall**

Anne has recently moved to Woodgreen after marrying Bob, who was already a resident. More importantly, she has inherited a garden with her own raspberry canes!

"I first tasted this dish at a 'shared supper' where each person brings along a different dish. Everyone wanted this particularly delicious recipe, not least me. I cook it when I have guests as it is really easy to make, especially if you use a pre-made pastry flan case. It tastes delicious either warm from the oven, or cold, and you can also make it from blueberries, red-currants or black-currants."



French Raspberry Tart

61

Ingredients

Serves 4-6

250 g	Shortcrust pastry (fresh or ready made or a ready made sweet pastry flan)
300 g	Raspberries (fresh or frozen)
200 ml	Crème fraîche
3 tbsp	Brown sugar
2	Eggs

Method

1. Preheat oven to 190°C/ Gas mark 5.
2. Roll out pastry to line a 23 cm flan tin. Prick the base & bake blind for 10 minutes.
3. Beat together the crème fraîche, eggs & 2 tablespoons of sugar.
4. Place the raspberries in the pastry case & pour over the cream mixture.
5. Sprinkle the remaining sugar on top.
6. Bake for 20 – 30 minutes until golden brown on top.



Steamed Chocolate Cake

contributed by **Julia Wilkie**

"This recipe was given to me by my mother who had it given to her by her Aunt. I don't think it is so much a war-time recipe as it uses sugar but more something which one could leave on the range to steam - or in my mother's case - and my own - a Rayburn. My mum gave the recipe to several of her friends as all the children loved it and wanted their mums to make it!

Many, many years later my mum's best friend's daughter, Susan, contacted my mum. In one of her letters, recalling old times, she enquired about the cake recipe. Mum sent it to her in the USA where she lived. Recently, she came to visit with her sister for afternoon tea and I made the cake. Susan has recently compiled a book of recipes from England in aid of Breast Cancer Research in the US (both Susan and her mum had Breast Cancer). Mum's recipe for the chocolate cake features in the book, together with a picture of me which she had taken on a previous visit. Fame at last! I am waiting for a copy of the book to be delivered!"



Steamed Chocolate Cake

63

Ingredients

Serves 6

1 cup	Milk
2 tbsp	Syrup
2 oz	Margarine
1 cup	Self-raising flour
1.5 tbsp	Sugar
2 tbsp	Cocoa
1 tsp	Bicarbonate of soda
1 dsp	Vinegar

Method

1. Put the milk, syrup and margarine in a saucepan.
2. Put the remaining ingredients in a bowl.
3. Heat the saucepan until the margarine has melted.
4. Add the hot margarine, milk and syrup mixture to the bowl and mix well.
5. Add the vinegar and mix well.
6. Pour into a well-greased tin and steam for 1½ hours.
7. Serve and enjoy!



Chocolate Slab Cake

contributed by **Eileen Young**

Eileen was born in Redlynch but has lived in Woodgreen for over 50 years and is a member of Woodgreen WI. On leaving school, she worked as a nanny for a few years and then went to work at the Hale Nurseries, packing flowers. Here she met her husband, Tony. Working with flowers led to a love of gardening and flower arranging which she has done for many years, winning a few prizes along the way! Eileen and Tony love to spend time at their caravan in Swanage.

"This recipe was on the back of a packet of porridge oats in the '60s. I made it at least once a week until my sons got married. They loved it!"



Chocolate Slab Cake

65

Ingredients

The Cake

8 oz	Margarine
8 oz	Plain flour
6 oz	Porridge oats
6 oz	Sugar
4 tbsp	Cocoa

The Icing

8 oz	Icing sugar
4 tsp	Cocoa
4 dsp	Orange squash

Serves 6-8

If you would like a thicker icing then simply increase quantities, adding orange squash slowly so the icing doesn't go too runny.

Julie Bottone

Method

1. Grease and line an 11 in x 7 in shallow tin.
2. Melt the margarine in a saucepan on a low heat.
3. Add the flour, oats, sugar and cocoa. Mix well.
4. Press the mixture into the tin.
5. Bake at 180°C for 25 minutes.
5. Mix the icing ingredients together.
6. Spread the icing over the cake while it is still hot.



Glossary

By David Mussell

A number of technical terms have been used in the production of this book and it may help our readers and others who wish to have a go at such a book if we explain them:

The Production Team: a loose bunch of people who vaguely knew each other and who occasionally met up in the street or shop and then took the opportunity of discussing what to do next.

The Grant funding: some spare coins found down the back of Jim Madge's sofa when Andrea was spring cleaning. At the last count a four figure sum: £6 17s 4d.

The Family Recipes: a pile of dog-eared pieces of paper, with the recipes written in fading pencil, partially obscured by gravy stains and floury finger prints (probably grandma's).

Photographic Studio: Barry's conservatory with supporting equipment supplied by his friend, Heath Robinson.

Technical Equipment: with thanks to Breamore Museum for the loan of the Brownie 127, Amstrad Computer and to BT for the continuing dial-up connection (well, some of the time).

The Target Programme: books to be available for Christmas 2013.., oops, correction, 2014.

Cornish Pasty: The Cornish pasty was awarded Protected Geographical Indication (PGI) status by the EU in 2011. This means that only Cornish pasties made in Cornwall and following the traditional recipe can legally be called 'Cornish pasties' (see www.cornishpastyassociation.co.uk for more details). Ron has contributed a genuine Cornish recipe that is more than a century old. However, to avoid arrest and prosecution, please don't call them "Cornish Pasties" - unless you relocate to Cornwall to do the cooking and seal the pastry using side-crimping.

FW: Cornish Pasty

From: **Ron Trevaskis**
Sent: 11 February 2013 13:08:31
To: Julie Bottone
1 attachment
Cornish Pasty.docx (15.8 KB)

Hi Julie,

From my cousin Jean in Cornwall. Acknowledged as one of the finest pasty makers around. This recipe has been handed down through generations of the Tubb family in Lerryn, Nr St Austell. Jean's husband is Robert Tubb and he and his family are so Cornish they have tin in their veins.

Ron x

Date: Mon, 11 Feb 2013 12:24:17 +0000
Subject: Re: Cornish Pasty
From: Jean Tubb
To: Ron Trevaskis

Hi Cuz,

This is it...tell me if it's OK. I've used oz but will convert it if you like. I always use pastry with Trex vegetable fat now, as it never comes apart...but it wouldn't have been used by the wreckers & miners, so I've listed the original recipe. Rob's Mum used to use a sort of flaky pastry which is also good, but more complicated to describe...so I didn't! As for the fish heads...nuff said! Thinking about it, you could change the "bloss" margarine" to "butter", as they wouldn't have had margarine would they...in fact, they were pretty poor, so would probably have used just lard!

love
Jean XX

On Sat, Feb 9, 2013 at 12:32 PM, Ron Trevaskis wrote:

Hi Jean,

Our Community Shop is now starting a recipe book. The idea being that villagers submit their favourite recipe, often handed down over generations! Watch this space. I've been asked if I have a cornish recipe handed down from the smugglers and wreckers. That's not a nice thing to ask is it? I think that your famous cornish pasty recipe could well have been handed down from the Mothers & Wives of tin miners. Well that's what I'll tell them anyway.

On 25/08/2014 14:51, Ron Trevaskis wrote:

Hi Steve & All

Looking really good. Re the pasty recipe. Need to qualify why the picture is top crimped but the recipe shows side crimping, which is traditional. I can add to that part of the recipe by explaining that although side crimped is seen as the traditional method - folding the pastry up to the middle and top crimping as per photo is often preferred.

R x

From: Ron Trevaskis
Subject: RE: Cornish pasties
Date: 30 August 2014 10:04:46 BST
To: Sue Allpress

I like top crimped myself so that is fine by me. Just change the wording to read "draw up the pastry over the filling so that the two edges meet together over the top, covering the filling. Press together and then make little twists in the pastry edge (crimp) starting at one side and working across so that they are well sealed." we could add somewhere to keep the Traditionalists happy 'not the traditional side crimp method but often a preferred alternative.'

R x

> Subject: Cornish pasties
> From: [sue.allpress](mailto:sue.allpress@bt.com)
> Date: Sat, 30 Aug 2014 07:55:02 +0100
> To: [rontrevaskis](mailto:rontrevaskis@bt.com)

> Oh dear, I must have misunderstood about the crimping. I thought you wanted top crimped Ron and that we were going to change the wording! What do you want us to do?
> Love
> Sue

Hi Steve,

Don't know if you can enhance this?

> Date: Sat, 21 Sep 2013 19:19:44 +0100
> Subject: a picture for you

>

>

>

> Hi Cuz,

>

> This is probably the originator of the recipe - Great Granny Tubb
> coming down the steps of the old store in Lerryn around 1896!!
> Probably going home to make some pasties!

> love, Cuz

>

> You have been sent 1 picture

On 08/10/2013 15:24, Ron Trevaskis wrote:
Hi Steve,

Here's an updated version of the recipe. How to get it into the drop box I have not a clue!



On 19/10/2013 11:37, Ron Trevaskis wrote:

Dear Steve,

Sorry to be a pain in the pasties but here is the final version. I asked my Cousin to show crimping around the edge rather than top as it is accepted as being more 'traditional'.

Ron

On 19/10/2013 18:14, Steve Morris wrote:
Hi Ron,

Here's an updated, amended and rearranged pasty recipe for your consideration. Let's hope I don't have to rework all of them like this!

I'd like a few words of introduction from you at the top of the left page.
I hope you like it!

Thanks,

Steve

On 21/10/2013 21:41, Steve Morris wrote:

Hi Julie,

Keep 'em coming; I don't care how they get here!
I redid the pasty page as well (not sure Ron likes it).

See what you think.

Steve

Come and visit us!

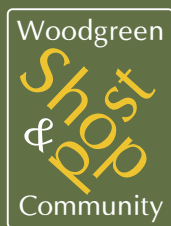
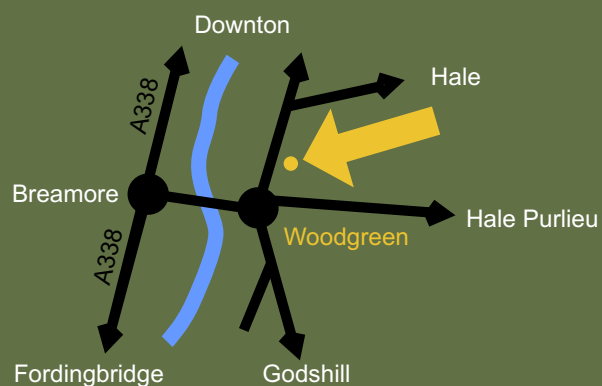
Woodgreen Community Shop is on Hale Road just along from Woodgreen Village Hall and the "Horse and Groom" pub.

The shop is open:

Mon-Fri: 6.30 - 17.30

Sat: 6.30 - 17.00

Sun: 6.30 - 11.00



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