

# HARPER FAMILY COOKBOOK



A Collection of Recipes,  
Photos, and Stories  
From the Harper Family



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A Collection of Recipes,  
Photos and Stories  
from The Harper Family



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# THE HARPER FAMILY

## A Brief History

The Kilkenny Militia was re-established on the 15th March 1803, due to the increasing threat of a French invasion of England by Napoleon via Ireland. Robert Harper (born 1769) son of Edward Harper, Aghavea, Co. Fermanagh was recruited to join. He married Elizabeth Duncan and they had a family of 7 sons and 2 daughters. He eventually settled in Coon, Co. Kilkenny in 1825, as a tenant farmer.

Six of their sons emigrated, leaving son Robert who married Mary Stone on the farm at Coon. They had a family of two sons and three daughters. The family in Coon were mainly self-sufficient. All cooking was done on the open fire. The bread pan used at Coon is still in the family, a treasured artifact. This family witnessed the Great Hunger (an Gorta Mór) from 1845 – 1849. It was a period of mass starvation and disease in Ireland during which 1 million people starved to death, and another million emigrated. The worst year being 1847 and is still remembered as Black 47.

Ireland was over dependent upon the potato to feed its population of 8 million, and when blight struck, the consequences were disastrous. The Harper potato crop in Coon also failed, but Aunt Bessie's (1868-1962) answer to a young boy's question regarding how the Harpers survived the famine was that they were fortunate to have a bag of Indian meal (maize) behind the door in Coon. Her parents would have had vivid memories of that time.

**"The family in Coon were mainly self-sufficient. All cooking was done on the open fire. The bread pan used at Coon is still in the family, a treasured artifact."**





**"Aunt Bessie's (1868-1962) answer to a young boy's question regarding how the Harpers survived the famine was that they were fortunate to have a bag of Indian meal (maize) behind the door in Coon."**

Harpers to farm at Cramer's Grove. The annuities of 19 pounds sterling were paid twice yearly for one hundred years until 1980 when Sam R. Harper (Victor's son) made the last payment on Cramer's Grove and became the first freeholder of the title.

As in previous generations, three sons of Edward namely Robert, John and William emigrated to Canada, leaving their youngest son Sam to inherit Cramer's Grove. Sam and his wife Mary Jane Leech had a family of ten; nine boys and one girl. Farms were bought for six sons who farmed extensively in close proximity to the city of Kilkenny. They were George and Tilly at Annamult, Bob and Sylvia at Cantwell's Court, Jack and Mabel at Ballyfoyle, Sam and Annie at Sandford's Court, Victor and Alice at New Orchard with Cramer's Grove and Leonard and Bertha at Balleven. Consequently the Harper family were anchored to the land of County Kilkenny. Fourth son Reverend William Harper married Elizabeth and lived in Belfast, and the only daughter Edith married Joe Poole and farmed at Ballybeg, Co. Wexford.

Written by Les Harper

Robert and Mary's eldest son Edward (25) eloped and married his sweetheart Margaret Bolton (23), in Tramore, Co. Waterford on 15th September 1862. Edward and Margaret rented Cramer's Grove in Kilkenny leaving brother Robert to inherit the farm in Coon. Edward and Margaret had thirteen children, eleven of which reached adulthood.

Cramer's Grove was a dairy farm in 1865 and the "white gold" of then was churned by hand, on the farm into butter, and then sold on the market. To date, the dairy tradition continues with the cream now producing the delicious Cramer's Grove ice-cream by Nigel and Carol, who are the fifth generation of

Harpers to farm at Cramer's Grove. The annuities of 19 pounds sterling were paid twice yearly for one hundred years until 1980 when Sam R. Harper (Victor's son) made the last payment on Cramer's Grove and became the first freeholder of the title.



# ALL ROADS LEAD TO THE KITCHEN

Harper gatherings have always been marked with one essential ingredient - delicious homemade food! Whatever the occasion, family members have always arrived with a stew or a salad, a dessert or a tray bake to contribute to a meal. The feeling of unity that has come from the sharing of food and of recipes is really quite special.

There's something particularly poignant about cooking a recipe that is time tested and well loved by the family. It reconnects us with past generations, brings back fond memories and reaffirms our place in the family. Many of the recipes you'll find in this book are old recipes, many of them biscuits, cakes and breads which have become family favourites and hold good memories of times spent with family around a table, cup of tea and freshly baked biscuit in hand.

At the original Coon farm house bread was baked in a bastible pot covered by glowing embers. The bread pan that was used at Coon is a treasured family artifact. Whilst the methods and the ingredients have changed over the years, many of the breads, the bracks, the bakes, are well loved and serve as a reminder of where we come from.

You will also find amongst the pages of this book, recipes that tell the story of how the Harper family have spread out, married and settled around the world. From Nova Scotian beef casserole, to Swedish 'Fika' ideas, you will be transported around the world as you cook your way through this book.

Harvest time has always been significant for the family, many being involved in farming. Often the chorus of an old hymn would have been sung in church at a harvest festival service, or around a table laden with freshly cooked food, instead of the usual prayer of thanks. Many reading this will likely know the old chorus; "All good gifts around us are sent from heaven above; then thank the Lord, O thank the Lord for all His love."

The goal of this book is to help our extended family preserve and enjoy the amazing food we have all come to love as a family. The book is filled with wonderful stories, pictures, and delicious time-tested recipes that will serve as a family legacy to be cherished for generations.

All roads lead to the kitchen when it comes to the Harper clan and this book will justifiably inspire you to delve into the past as well as the present to create delicious food to be enjoyed by the whole family.

Written by Gwyneth Munt (nee Harper)

Below is a list of family members pictured throughout this book. Where multiple photos exist on a single page, each photo is listed from top left to bottom right. A '/' indicates the next photo. In each photo individuals are listed top left to bottom right. To save space, surnames have been excluded unless they are other than Harper.

2 Valerie Ruco (nee Harper).

96 Hazel Harper.

7 Sam Harper.

110 Clifford Taylor, Ruth Taylor, David Alcorn, Gareth Alcorn, Ivan Alcorn, Mark Alcorn, Brian Alcorn, and friends.

8 Due to the age of these photos and the difficulty recognising all individuals in them we have decided to exclude listing the names.

10 Leonard, Victor, Alice, Sylvia, Elizabeth. / Mabel & Jack. / David Alcorn, Ivan Alcorn, George, Rosemary, Sam, Annie. / Isobel Harper. / Alan, Helen Shaw, Jean, Gillian Alcorn, Mark, Peter. / Sandy Moeller, Don McLeod, Edna McLeod, Henrietta Perry. / Jack Harper. / William, Ronald, Alice, Elizabeth, Victor, Stanley, Margaret Nichol. / Alice Harper. / George & Tilly. / Lorne Perry & Edna McLeod.

13 Leonard, Sam, Edith Poole, Bill, Victor. / Victor & Graham. / Alice & Colleen. / Bill, Jill Callanan, Sam. / Leonard Harper. / Gordon & Bertha. / Robert, Mabel, Edith Poole. / Alice, Shirely, Sam. / Edith Poole. / Alice & Victor.

23 Pollock Alcorn & Martha Alcorn.

26 Sam, Bill, George, Sam, Molly, Bob, Victor, Edith, Leonard, Albert.

42 Edna McLeod, Sandy Moeller, Henrietta Perry.

54 Clifford Taylor, Ruth Taylor, Alice, Elizabeth, Elaine, Victor, Stanley.

82 Garrett, Mark, David, Brian Alcorn.

137 Annie & Sam Harper.

152 John Bolton Harper.

154 Henrietta Perry.

160 Ruby Murray.

165 Julian Delves, Caroline Delves, Ruth Smyth, Ivan Alcorn, David Alcorn, Helen, Gillian Alcorn, Jean, Herbert.

179 Annie Harper (Kitchen in Sandford's Court).

184 Tilly Harper.

195 Tilly (red coat), Annie (glasses), Ina Farrar (talking to Annie), Bertha (green coat).

207 Victor & Alice Harper.

215 Rebecca Donnelly (nee Harper).

224 Bob, Sylvia, Adrian, Les, Niall, Mrs. O'Hanlanon.

227 Sandy Moeller.



# USING THIS BOOK

It has been such a pleasure and an honor to create this collection of recipes, personal photographs, and stories from far-flung family. You'll find within this book dishes that span cultures and time, united by our simple love of eating and being together.

In an attempt to maintain the individual voices of recipe contributors, we've left ingredients lists and cooking instructions more or less as submitted, only making changes where necessary for grammar or formatting. Please keep this in mind when it comes to all temperatures, weights, measurements, and ingredients.

As a family we are a global community, so names of certain ingredients may be colloquial to the recipe submitter. The same is true for systems of measurement, and conversion tables have been provided for your convenience.

Gluten Free GF

Dairy Free DF

We have added two symbols relating to common dietary sensitivities to help you navigate this book. Of course there may be hidden ingredients in listed sauces, like ketchup or mayonnaise, etc., so these symbols are advisory only.

*We hope you enjoy this fun and unique journey through the foods that have formed our histories and are shaping our futures!*

Written by Nigel and Kyria Smith

## DRY MEASUREMENTS

TSP	TBSP	CUP	FLUID OZ	G/LB
3 tsp	1 tbsp	1/16 cup	1/2 oz	14.3 g
6 tsp	2 tbsp	1/8 cup	1 oz	28.3 g
12tsp	4 tbsp	1/4 cup	2 oz	56.7 g
16tsp	5 tbsp + 1 tsp	1/3 cup	2 2/3 oz	75.6 g
24 tsp	8 tbsp	1/2 cup	4 oz	113.4 g
32 tsp	10 tbsp + 2 tsp	2/3 cup	5 1/3 oz	159 g
36 tsp	12 tbsp	3/4 cup	6 oz	.375 lbs
48 tsp	16 tbsp	1 cup	8 oz	1 lb

## WEIGHT

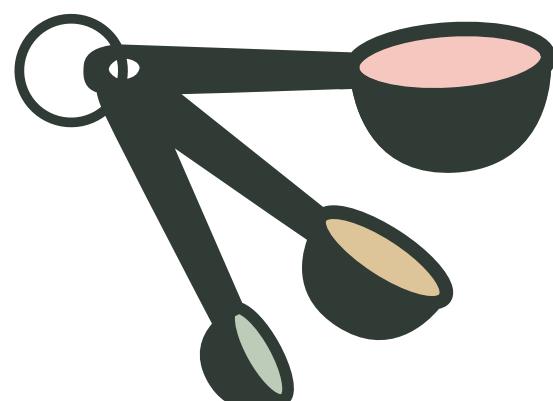
GRAMS	OUNCES
15 g	1/2 oz
28 g	1 oz
57 g	2 oz
85 g	3 oz
113 g	4 oz
141 g	5 oz
170 g	6 oz
198 g	7 oz
227 g	8 oz
255 g	9 oz
283 g	10 oz
312 g	11 oz
340 g	12 oz
369 g	13 oz
397 g	14 oz
425 g	15 oz
454 g	1 lb

## LIQUID MEASUREMENTS

MEASURE	FLUID OZ	TBSP	TSP	L/ML
1 gal	4 qt	256 tbsp	768 tsp	3.8 L
4 cup	1 qt	64 tbsp	192 tsp	.95 L
2 cup	1 pt	32 tbsp	96 tsp	470 ml
1 cup	8 oz	16 tbsp	48 tsp	237 ml
3/4 cup	6 oz	12 tbsp	36 tsp	177 ml
2/3 cup	5 1/3 oz	10 tbsp + 2 tsp	32 tsp	158 ml
1/2 cup	4 oz	8 tbsp	24 tsp	118 ml
1/3 cup	2 2/3 oz	5 tbsp + 1 tsp	16 tsp	79 ml
1/4 cup	2 oz	4 tbsp	12 tsp	59 ml
1/8 cup	1 oz	2 tbsp	6 tsp	30 ml
1/16 cup	1/2 oz	1 tbsp	3 tsp	15 ml

## OVEN TEMPERATURE

F	C
475	240
450	230
425	220
400	200
375	190
350	180
325	170
300	150
250	120





# BREAKFAST



# GORGEOUS GRANOLA

GF DF

1 cup pecans  
1 cup almonds  
½ cup walnuts  
2 cups oats  
2 cups pumpkin seeds  
½ cup linseed/flaxseed  
2-3 Tbs cinnamon  
1 Tbs vanilla essence  
3 Tbs coconut oil  
4 Tbs honey  
1 cup sultanas/raisins \*  
(optional)

Put pecans, walnuts and almonds in a food processor and pulse – (Pulse, don't blend or they will become flour – you still want to see pieces of nuts in there!) Transfer to a bowl and add oats, pumpkin seeds, linseed or flaxseed. Stir well.

In a saucepan, melt the coconut oil and then add honey, vanilla essence and cinnamon to the pan. When it has all melted to form a liquid, remove from the heat and pour over your granola. Stir thoroughly.

On a baking tray, pour the granola mix and spread evenly. Cook in the oven at 160 degrees C / Gas 4 for +30 minutes and keep checking and stirring so the top doesn't burn.

Remove granola from the oven, and add sultanas/raisins/dates \* - if adding.

Keep granola in an air tight container, and serve as and when you want it with a milk of your choice. I also added strawberries and blueberries here!

Recipe by Gillian Alcorn

*Note: \* dried fruit if not 'juice infused' can contain added sugar, vegetable oil and sulphur dioxide. For the cleanest option stick to fresh fruit instead.*

# BAKED OATMEAL

GF

1 cup sunflower oil  
1 cup brown sugar  
4 eggs, beaten  
6 cups oatmeal  
1 teaspoon baking powder  
2 cups milk  
3 handfuls raisins/nuts/seeds (optional)

Mix oil and sugar. Add eggs. Fold in oatmeal and baking powder. Add milk.

Bake in a lightly greased dish at 180 C for 35 – 45 minutes or until light brown in colour.

Add raisins / nuts / seeds as desired.

Recipe by Ronan Callanan

*'Another one of our staples growing up was baked oatmeal. There is nothing nicer on a cold winter morning than sitting down to devour it!'*

# BAKED OATMEAL

Delicious For Breakfast

GF

3 cups oatmeal (porridge oats)  
1 cup sugar (optional to reduce sugar quantity)  
2 teaspoons baking powder  
¼ teaspoon salt  
2 eggs  
½ cup oil  
1 cup milk (option to substitute dairy milk with almond, soya or rice milk)  
¼ cup dried fruit (optional)  
Chopped nuts

Oil dish or tin; I use an 8" round cake tin

Mix all ingredients together and bake for 45 minutes in a moderate oven. Serve with yoghurt and fresh fruit. I often use frozen raspberries.

Recipe by Joy Harper

*Tip: also good to use pine nuts and dried cranberries*

## JAN'S PANCAKES

8 oz soda bread mix

8 fluid oz butter milk

2 oz sugar

2 eggs

Mix soda bread mix & sugar together; beat eggs into milk & mix into dry ingredients until smooth; fry in butter on a hot pan. Serve with lemon and brown sugar.

Recipe by Jan Cromie

## GRANNY MARTHA'S PANCAKES

Makes 10 – 12 pancakes.

½ cup flour

3 ½ teaspoons baking powder

1 teaspoon salt

1 teaspoon sugar

1 ¼ cups milk

1 egg

3 tablespoons melted butter

Sieve flour, add all dry ingredients; and then add wet ingredients and mix. Don't over mix!

Recipe by Gareth & Caroline Alcorn

This recipe is originally by  
Granny Martha Alcorn from  
Limavady.



# APPLE SAUCE PANCAKES

GF

1 Cup oat flour  
1 tsp baking powder  
½ tsp baking soda  
½ tsp salt

1 Cup apple sauce  
2 eggs  
2 Tbsp melted butter

Combine all the dry ingredients. Combine all the wet ingredients. Mix both together until you have a moist batter. Add a little milk (oat, almond, or soy works fine if you want to keep it dairy free) if it feels too thick, or a little more oat flour if its too thin.

Fry in hot, lightly greased skillet.

Serve warm with butter, maple syrup and bacon!

Recipe by Nigel Smith

*Tip: Sometimes I add 1/2 tsp of cinnamon to the batter as it goes nicely with the apple.*

*On the farm we make apple sauce with sweeter apples and we don't have to add sugar to them. Bramley apples tend to be a bit tarter which doesn't work so well for these pancakes, as it leaves them slightly sour tasting.*

*You don't have to buy oat flour, just grind some oats in a food processor.*

*These store well and taste good cold as a little afternoon snack.*







SOUP



# BUTTERNUT SQUASH SOUP

GF

1 butternut squash,  
6 large carrots,  
1 large white onion,  
6 cloves of garlic,  
4 heaped tablespoons of  
McDonnell's instant curry  
powder,  
1.5 litres approx of chicken  
stock,  
400ml tin of full fat  
coconut milk,  
Salt and pepper to taste.

Peel and chop all the vegetables into chunks. Fry vegetables in a large saucepan with a little good quality oil for about 3 minutes.

Add curry powder and mix well to coat the veg. Add enough chicken stock to cover veg. Bring to the boil, reduce heat and cook for 20 to 25 minutes or until veg is very tender.

Blend until smooth and creamy in batches in a liquidiser.

Put back in the saucepan and add the coconut milk. Add salt and pepper to taste.

Serve with garlic bread or cheese scones.

Recipe by Patricia Harper

*Note: I use the Lidl or Aldi version of the instant curry powder and it works just as good.*

GF DF

## BUTTERNUT SQUASH SOUP

1 butternut squash  
1 tin coconut milk (400 ml)  
1 vegetable cube  
1 tablespoon mild curry powder

Peel, remove seeds and cube butternut squash. Place butternut squash in a pot with the base covered in water. Cook until tender and mash the butternut squash in the remaining water.

Place over a low heat and add coconut milk. Blend stock cube and curry powder and add in. Stir and gently heat – do not allow to boil.

Use a hand blender to puree.

Recipe by Jill Callanan

*'When Autumn starts to creep in and the leaves change colour, this is a recipe I reach for. This one first tickled my taste buds while at a lunch at Sonja Guenther's home - you know you have a good recipe when it has been given to you by a good cook!'*

GF

## CARROT & BACON SOUP

300g smoked bacon  
8-10 carrots  
4 medium sized potatoes  
Butter  
1.2L vegetable stock  
200ml of double or single cream  
1 large onion

Peel and chop the onion and put into a hot pan with a generous amount of butter. Cook until onions are soft.

Peel and chop the carrots and potatoes and place in the pan with the soft onions and butter.

Add the hot vegetable stock and 150g of uncooked bacon. Simmer until all the vegetables are soft and bacon is cooked.

Puree to your desired consistency, then add the cream.

Take the remaining 150g bacon and cut into chunks and place in a very hot pan to cook until crispy.

Add the bacon to the soup and enjoy!

Recipe by Janelle Harper

GF

## PARSNIP & APPLE SOUP

½ tablespoon olive oil  
1 tablespoon butter  
1 onion, finely chopped  
2 cloves garlic, finely chopped  
5 cm ginger, peeled & grated (optional)  
5 lbs parsnips, roughly chopped  
5 lbs cooking apples, peeled & roughly chopped  
500 mls vegetable stock  
200 mls milk  
Handful fresh coriander finely chopped

Heat the oil in a large saucepan; add onion and season. Cook for 2 – 3 minutes until softened, then add garlic and ginger and cook for 1 minute more. Add the parsnips and apples; stir often. Pour in the stock, bring to the boil and simmer for 20 minutes, until the parsnips are tender. Add milk. Top up with more hot water if needed.

Blend until smooth and season to taste. Serve with coriander sprinkled on top and bread on the side as you like.

Recipe by Gillian Alcorn

## MUSHROOM SOUP

¼ lb mushrooms  
¼ lb onion  
1 oz butter or margarine  
Salt & pepper  
1 bouquet garni  
2 pints stock or water  
2 oz butter or margarine  
2 oz flour  
½ pint milk  
A little cream

Chop mushrooms and onions, making sure onion is cut very finely. Melt butter and add vegetables; sweat together for 10 minutes. Add seasoning, the bouquet garni and stock. Simmer together for 45 – 60 minutes. Remove bouquet garni.

To thicken: melt the butter and stir in the flour. Gradually stir in the milk and add carefully to the soup. Stir until boiling, then cook for a few minutes longer. Just before serving stir in a little cream.

Recipe by Valerie Harper Ruco

# TOMATO & RED PEPPER SOUP

GF DF

8 red peppers, chopped into chunks

4 large tomatoes, chopped roughly

1 litre / 2 pints vegetable stock

2 tbsp rapeseed oil

2 medium onions, finely diced

2 garlic cloves, finely diced

4 tbsp /  $\frac{1}{2}$  can coconut milk

2 tsp dried mixed herbs

(oregano and thyme work best)

1 tsp red chilli flakes

Salt & black pepper to taste

Heat oil in a large pan. Add onions and cook until softened before adding garlic; cook for another minute or two.

Add chopped peppers and tomatoes, stirring well so it combines with onions and garlic. Pour in the stock, followed by the herbs and chilli flakes. Bring to the boil and then reduce heat so that soup simmers for about 25 – 30 minutes or until peppers and tomatoes become tender.

Use a hand-blender to puree the soup, then gently stir in the coconut milk to create a delicious creamy yet healthy soup.

Add salt and pepper to taste.

Recipe by Brian Alcorn

*Delicious served with fresh Irish brown bread (pg 199, 200), or a hearty seeded bread (pg 201) liberally slathered with butter.*





# POTATO SOUP

GF DF

1 tbsp olive oil  
2 tbsp butter  
12 medium potatoes or  
about 7 cups, peeled and  
cut into 3/4 inch cubes  
(use a creamy rather than  
floury potatoes)  
2 medium onions,  
chopped (about 1 cup)  
3 stalks of celery, chopped  
2 garlic cloves, crushed  
1 carrot, grated  
2 quarts or 8 cups of stock  
(we tend to use chicken  
stock)  
½ - 1 tsp salt  
black pepper to taste  
parsley (optional)  
2 bay leaves (optional)

Heat olive oil and butter in a large pot. Add onion, celery, garlic, carrot, salt and pepper, and herbs if using, and sauté for 10 minutes or until everything has softened.

Add potatoes and stock and bring to a boil, then reduce and simmer for 15 minutes or until potatoes are soft.

With a ladle, scoop out about 2 cups of soup, making sure about  $\frac{2}{3}$  of that is potato. Blend until smooth with an immersion blender or food processor, then return the puree to the soup, stirring to combine.

Season to taste and serve.

Recipe by Nigel and Kyria Smith

We really love this soup as it's so quick and easy and everything we need comes straight from our farm.

You can make it a little richer by swapping out half the stock for milk, or make it extra special by swapping out a cup of stock for heavy cream.

Try adding some bacon, using the fat to cook the onions at the start. Or add some sweetcorn and fish at the end for a seafood chowder, or some chorizo for a Spanish vibe! Kyria loves to squeeze some lemon on before eating.

# FISH CHOWDER

Serves 4

1 tbsp vegetable oil

1 large onion, diced

100g lean smoked bacon, diced

1 tbsp plain flour

1 fish stock cube, made up to 600 ml with hot water

225g potato, cut into bite size pieces

Generous pinch nutmeg

Generous pinch cayenne pepper

300 ml milk

600g fish pie mix (salmon, smoked haddock & white fish) cut into bite size pieces

4 tbsp single cream

Black pepper, freshly ground

Heat oil in a large saucepan on a moderate heat and fry bacon until crispy. Add onion and fry until starting to soften. Sprinkle in the flour, stir and cook for a couple of minutes more.

Pour in the fish stock, stir well; add potatoes and simmer until the potatoes are just cooked.

Add nutmeg, cayenne pepper, ground pepper; stir in the milk and bring to almost boiling.

Add fish pie mix, simmer gently until fish is just cooked. Add cream. Check and adjust seasoning.

Serve chowder in bowls, with a basket of crusty bread.

Recipe by Paul Hobday

*'I first experienced fish chowder on a trip to Canada in 1986, when visiting the Vancouver branch of the Ballyfoyle Harpers. I've been trying recipes and evolving them ever since, this is my favourite. The earthiness of the nutmeg and the heat of the cayenne pepper make a wonderful combination.'*

# HENRIETTA FRANCIS HARPER PERRY'S CLAM CHOWDER

(Actually I think this is her mother's recipe)

1 pint milk (whole milk is best)

2 tbsp onion, chopped

1 can minced clams including liquid

2 generous tbsp flour

1 cup carrots, diced

2 cups potatoes, diced

1 pint water (or bottle of clam nectar)

½ cup bacon, diced

Salt & pepper

Fry bacon until crisp. Remove from fat. Cook onion in the fat for a few minutes until transparent. If the bacon is too lean add a little butter to the fat. Add flour and stir until well blended. Add milk. Cook on a medium heat until milk mixture is somewhat thicker.

Add potatoes and carrots and the liquid they were cooked in, then clams and liquid. Cook for 10 minutes stirring frequently. Add bacon and season to taste.

Recipe by Sandy Moeller

*Tip: 'I like the vegetable all mashed up to make it quite thick, so I usually mash the carrots and potatoes in their liquid before I add them in. Also I sometimes use clam nectar instead of water to make it more 'clammy'. If you are lucky enough to live near an ocean, and can dig for your own clams, you get a really intense flavour.'*

# MEXICAN ROAST CHICKEN & TOMATO SOUP

GF

1.5 kg ripe tomatoes, halved vertically  
2 onions, cut into wedges  
1 medium chicken, jointed into pieces  
2 Tbs olive oil  
3 garlic cloves, roughly chopped  
3 red chillies, deseeded and roughly chopped  
1 Tbs coriander seeds, crushed  
1 x 400g can pinto or black beans, drained and rinsed  
Zest & juice of 1 lime  
4 Tbs chipotle paste  
3 corn tortillas, cut into triangles  
Large handful coriander, chopped  
2 avocados, chopped into bite sized pieces  
200 ml sour cream (optional)

Heat oven to 200 C / Gas 6. Put the tomatoes, cut side up, in a large roasting tin with the onions and top with chicken pieces. Season generously and drizzle over 1 tablespoon olive oil. Roast for 45 minutes or until chicken is crisp and tender and the tomatoes start to caramelise.

When chicken is ready, remove from oven to a plate and cover with foil. Use a slotted spoon to transfer tomato and onion to food processor and blitz until smooth. Reserve the cooking juices.

Heat remaining oil in a medium saucepan and fry garlic, chillies, and coriander seeds for a few minutes until just brown. Pull meat from chicken bones. Tear in chunks and mix with beans, lime zest and chipotle paste. Add 2/3 of chicken mix to garlic mix. Add soup and add enough cooking juices until you get a nice consistency.

Heat a few inches of oil in a small saucepan, then carefully shallow fry the tortilla pieces in batches until crisp. Dry on kitchen paper.

To serve, gently reheat the soup, season to taste and stir through coriander. Top with the reserved chicken mixture, avocados and lime juice. Serve with tortilla chips and soured cream as desired.

Recipe by Valerie Harper Ruco

# TACO SOUP

GF DF

1 pound of mince meat  
1 (425 g) can black beans, \*do not drain  
1 (425 g) can pinto beans, \*do not drain  
1 (425 g) can sweet corn, \*drained  
2 (425 g) cans diced tomatoes, \*do not drain  
½ tube of tomato paste  
1 finely chopped onion  
2-3 cloves finely chopped garlic  
(optional) 1 beef OXO cube  
1 (30 g) packet of taco seasoning, or make your own: (makes 8 ¼ tbsp)  
3 tbsp chili powder  
2 tbsp cumin  
1 tbsp onion powder  
2 tsp salt  
2 tsp paprika  
1 tsp garlic powder  
1 tsp dried oregano  
¼ tsp cayenne pepper

Brown ground beef in a large pot until thoroughly cooked. Drain excess grease, and add optional OXO cube.

Add beans, tomatoes, corn, tomato paste, onion, garlic, and taco seasoning (or 2 tbsp if using homemade) to pot. Stir to combine.

Bring to a simmer for 15-20 minutes.

Taste test and adjust season accordingly.

Serve soup warm with shredded cheese, finely slices spring onion, soured cream/natural yogurt, jalapeño etc.

Enjoy!

Recipe by Bethany Alcorn

You could easily make this recipe with shredded chicken, or as vegetarian if needed.

This recipe could be cooked in crock pot if desired in low heat for 3-6 hours depending on strength of device, or on warm setting for 8 hours if you're away all day.





SALAD



# BEETROOT SALAD

GF

Serves 6 – 8

360g pickled beetroot  
(drained)  
100g mayonnaise  
100g crème fraîche  
15g Dijon mustard  
1 small red onion  
300g red apple  
(sweet apples)  
3ml salt  
1ml freshly ground  
black pepper

Drain the pickled beetroot. Whisk mayonnaise, crème fraîche, mustard, salt and pepper in a large bowl until smooth.

Chop red onion into tiny pieces, then peel the apples and cut them into small cubes – mix both into mayonnaise mixture. Cut the beetroot into tiny pieces and mix into mayonnaise mixture as well.

Refrigerate for about two hours before serving and give a stir before placing on the table.

Recipe by Edith Harper

# LAYERED SALAD

GF

1 head lettuce, finely chopped  
1 ¼ cups green onions, finely chopped  
1 cup celery, finely chopped  
1 can sliced water chestnuts  
Frozen peas – enough to cover the dish (still frozen)  
2 cups mayonnaise  
1 tablespoon sugar, sprinkled  
¾ lb bacon, cooked until crisp, and crumbled  
3 hard-boiled eggs, sliced  
1 – 2 cups strong cheese, grated

In order written, place layers in a large salad bowl and keep in the fridge overnight.

Recipe by Kenneth & Rosemary Harper

*This recipe was given to us by our next door neighbours Denise & Sonny Sixkiller, when we lived in Seattle over thirty-five years ago. It has been a firm favourite with us since.*

# LAYERED OVERNIGHT SALAD

GF

½ iceberg lettuce, torn into bite sized pieces  
1 bunch scallions/spring onions, sliced  
1 tin water chestnuts, sliced  
12 oz frozen peas  
5 stalks celery, sliced  
1 cup mayonnaise  
1 cup sour cream  
1 teaspoon sugar  
¾ teaspoon salt  
½ cup grated parmesan cheese  
9 streaky bacon rashers, cooked crisp, cooled and crumbled  
3 hard-boiled eggs, chopped  
2 tomatoes, cut into wedges

Arrange lettuce, scallions, celery, chestnuts and peas in a large salad bowl.  
Blend the mayonnaise, sour cream, sugar and salt together and spreads over the salad mixture to the edge of the bowl.  
Sprinkle over the chopped egg, crumbled bacon and cheese.  
Cover and refrigerate overnight.  
Garnish with tomato wedges just before serving.

Recipe by Colleen Harper



# BLACK BEAN SALAD

GF DF

8 cups of black beans  
3 cups sweetcorn  
1 pint cherry tomatoes  
(or 1 box)  
2 sweet peppers, diced  
2 fresh jalapenos  
1 sweet onion, diced

Dressing:  
½ cup olive oil  
2 tbsp apple cider vinegar  
2 tbsp lime juice  
1 tsp salt  
1 tsp honey  
¼ - ½ tsp ground  
cayenne or chipotle  
2 - 3 garlic cloves, minced  
¼ - ½ cup cilantro,  
loosely chopped

Mix all the salad ingredients. Mix all the dressing ingredients and combine.

Recipe by Nigel and Kyria Smith

This salad goes really well with barbequed meat on a hot summer day.

We catered our own wedding and this was one of the salads. It's easy to multiply for a crowd and it keeps well, in fact it only gets better as all the flavors are left to mingle.

You could also add sliced avocado, but it won't keep well.

GF

## MIXED SALAD

Serves 4

2 tablespoons balsamic vinegar  
1 tablespoon honey  
1 tablespoon extra virgin olive oil  
Salt & freshly ground pepper to taste  
12 – 16 medium strawberries, hulled & sliced  
8 cups baby salad greens  
½ cup walnut halves  
125g goat's cheese

Combine vinegar, honey, olive oil and salt & pepper in a bowl. Add the strawberries and toss to combine. Cover and let the strawberries macerate for 20 minutes. Add the salad greens to the bowl and toss to combine with the strawberry mixtures. Divide salad among plates, ensuring some of the strawberries decorate the top of the salad. Divide and top each salad with nuggets of cheese and walnuts. Serve immediately.

Recipe by Kevin & Patricia Perry

GF

## BROCCOLI & APPLE SALAD

2 broccoli heads  
1 large carrot, grated or chopped very finely  
1 apple, cored & chopped  
½ small red onion  
½ cup pecans/walnuts, toasted (optional)  
½ cup raisins/cranberries (optional)

Dressing  
½ cup mayonnaise  
½ cup sour cream (I often use natural yoghurt instead)  
2 tablespoons lemon juice  
½ tablespoon sugar (optional)  
½ teaspoon sea salt  
1/8 teaspoon black pepper

Cut broccoli in florets and peel & core apple. Grate carrot; thinly slice red onion & chop apple. Put all chopped ingredients into a bowl along with toasted nuts.

To make dressing put all the ingredients into a bowl and mix thoroughly. Dress and toss the salad – enjoy!

Recipe by Althea Hatton

## PICKLED CUCUMBERS

GF DF

4 cucumbers, sliced  
1 red onion, very thinly sliced  
1 cup cider vinegar  
½ cup water  
½ cup sugar  
Salt & pepper to taste

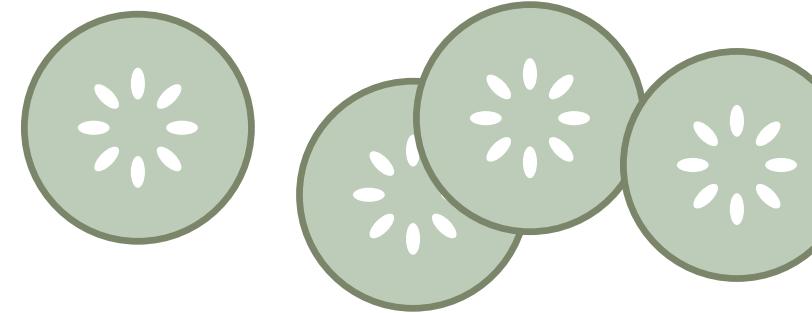
Combine cucumber and onion slices in a bowl.

Mix the sugar and vinegar together and pour over cucumbers.

Place in a tightly covered container in refrigerator and leave for at least 4 -5 hours or overnight before using.

Recipe by Jill Callanan

*'This recipe was given to me by my good friend Cathi Degloria – it's a great one for using up cucumbers when you have a bumper crop!'*







# MAIN COURSES



# ROYAL LAMB BHUNA

GF DF

5 large garlic cloves  
 1 inch piece peeled ginger  
 2 large tomatoes, quartered  
 7 tbsp ghee or butter  
 1 medium-large onion, chopped  
 1 lb diced lamb leg  
 1 tsp ground cumin  
 ¼-½ tsp cayenne powder, (or paprika powder for colour)  
 2 tsp ground coriander  
 2-4 small hot peppers  
 salt, to taste  
 handful chopped cilantro, leaves only

Whole Spices:  
 20 black peppercorns  
 2 bay leaves  
 5 whole cloves  
 2-3 cm piece cinnamon  
 4 green cardamom pods  
 2 black cardamom pods

Process the tomatoes, ginger, and garlic together in a blender until smooth.

Heat the oil in a large non-stick saucepan. Add the whole spices and onion and cook until the onion is well browned. Stir in the lamb, tomato mixture, ground spices, hot peppers (whole), and salt. Bring to the boil, then reduce the heat to low, cover, and cook, stirring occasionally for 15 - 20 minutes or until you have a little less than half the liquid left in the pan.

Increase the heat to high and bhuna, (see note below), stirring continuously for 6-8 minutes or until all the excess moisture has evaporated. Add a couple of splashes of water, bring to the boil, then reduce the heat to low again, cover, and cook for another 20 minutes or until the lamb is tender. Taste and adjust the seasoning. Add the lemon juice, if necessary. The sauce should cling to the meat. Stir in the chopped cilantro and serve.

Recipe by Nigel and Kyria Smith

The term 'bhuna' means to brown, which involves turning, almost folding, the meat in the pan along with the sauce over a high heat, really intensifying the flavor of the dish, leaving a rich, spicy sauce, thick enough to cling to the meat. It is most often eaten with Indian breads. Don't be put off by the long list of spices. It is a really easy dish to make!

# CHICKPEA, TOMATO & SPINACH CURRY

GF DF

Serves 4

1 onion, chopped  
2 garlic cloves, chopped  
¼ inch piece of ginger  
1 tin chopped tomatoes and juice  
½ tsp olive oil  
1 tsp ground cumin  
1 tsp turmeric  
2 tsp coriander  
2 tsp curry powder  
1 chilli, deseeded and chopped  
6 tbsp coconut cream/milk  
1 head cauliflower, broken into small florets  
400g tin chickpeas, drained  
100g baby spinach, washed and drained  
1 lemon, halved  
2 tbsp toasted sesame seeds  
2 tbsp mango chutney  
1 tbsp fresh coriander

Put onion, garlic, chilli and ginger into a food processor and whiz to a puree.

Heat the oil in a pan and cook the onion mix for a few minutes. Add the cumin, turmeric, coriander, curry powder and chilli and bubble together for 2 minutes, then add the coconut cream/milk and tin of tomatoes. Add cauliflower and cook for a further 5 minutes. Stir in the chickpeas and spinach and cook for about 5 minutes more.

Finally add the chutney and squeeze over the lemon juice and sprinkle over the coriander and sesame seed. Season to taste.

Serve with some boiled rice and naan bread.

Recipe by Rosemary Harper

# TRINIDADIAN ROTI

West Indian Style Curry

GF DF

Serves 4 – 6

500 g chicken on the bone (e.g. thighs)  
2 large potatoes, peeled & cubed  
1 large onion, roughly chopped  
2 cloves garlic, minced  
1 tbsp ginger, minced  
50 ml cooking oil  
1 x 250 g can chickpeas or soaked dried chickpeas  
½ tsp ground cinnamon  
½ tsp ground cardamom  
¼ tsp ground cloves  
½ tsp chilli powder  
2 tsp ground cumin  
2 tsp turmeric powder  
2 tsp ground coriander seeds  
2 tsp curry powder (eg Garam masala)  
1 tsp salt or to taste  
Chicken stock / stock cube  
200 ml coconut milk or yoghurt

Divide chicken into pieces. Heat oil in a large pan. Add spices except garam masala. Stir to a paste. Add onions and garlic; fry until soft. Add chicken and stir to coat in paste. Let the chicken get a nice surface. Add the potatoes; add salt. Add coconut milk/yoghurt and chicken stock and simmer for 15 minutes. Add the chickpeas and simmer for 10 minutes. Add garam masala to taste and add more coconut milk if too spicy. Salt to taste.

If needed, thicken with some cornflour (dissolved in cold water).

Let it stand off the heat for a few minutes before serving.

Recipe by Roger Harper

*'In September 2002 while doing our 'pre ship training' in Victory Height, Trinidad, when not spending our free time in the pool we were helping in the kitchen. The cook, Mrs Rampersad made an amazing chicken curry with 'bus up shut' which means you break up the flatbread as you bake it. It takes some special skill I haven't quite mastered so I go with the street food style wrapped in flatbread, but it can also be served with rice, naan bread and mango chutney.'*

# CHICKEN KORMA

GF

5 skinless & boneless chicken breasts, sliced into thin strips

3 tbsp sunflower oil

2 onions, thinly sliced

2 garlic cloves, crushed

Half red chilli, deseeded & finely chopped

2 tbsp medium curry powder

1 tsp ground cumin

10 green cardamom pods, crushed to remove the seeds

450 ml chicken stock

125g ground almonds

2 tbsp mango chutney

Juice of half a lemon

200g full fat natural yoghurt

Coriander leaves to garnish

Heat a deep pan and add 2 tbsp oil. Fry the chicken for 4 - 6 minutes until lightly golden. Remove and set aside. Add the remaining oil to pan with onions, garlic and chilli; fry over a medium - high heat for 10 minutes or until the onions are golden brown. Add spices and fry for another minute, stirring to coat the onions.

Stir in the stock, ground almonds and mango chutney, then bring to the boil and allow to bubble for 2 - 3 minutes. Return the chicken to the pan and stir in. Reduce the heat, cover with a lid and simmer for about 5 - 7 minutes. Stir in lemon juice and yoghurt, check the seasoning and serve with rice; garnish with coriander leaves.

Recipe by Elizabeth Harper





# CHICKEN CURRY

DF

500g boneless skinless chicken breast, cut into 2.5 cm cubes  
250g sweet potatoes, peeled & chopped  
175g carrot, sliced  
125g cooking apple, coarsely chopped  
100g onion, chopped  
1 clove garlic, crushed  
1 jalapeno pepper, finely chopped  
1 tsp instant chicken bouillon  
75 ml water  
200g coconut milk  
3 tbsp plain flour  
3 tbsp curry powder  
1 tsp cumin  
1 tsp salt

Place chicken, flour, curry powder, cumin and salt in a large plastic bag; shake to coat the chicken.

Place the sweet potato, apple, onion, garlic, pepper and chicken bouillon in the slow cooker. Top with chicken and pour the water over. Cover with lid and cook on low setting for 6 – 7 hours or on high setting for 3 – 3 ½ hours. After cooking cycle add the coconut milk and cook on high for a further 30 minutes.

Serve over hot cooked rice and add raisins and/or crushed peanuts to taste.

Recipe by Jill Callanan

*'If my slow cooker broke down I would head into town the same day to buy a new one. I love the convenience as well as the taste and tenderness of the finished dish – this is a dish I can prepare in the morning (when my son Ethan is occupying himself) and let it cook slowly to release the flavours. What did I do before my slow cooker?'*

# SPICY SESAME GINGER CHICKEN

GF DF

## Chicken Marinade:

chicken breast cut in strips  
1 tbsp tamari  
1 tbsp fresh grated ginger  
1 tsp sesame oil  
½ tsp black pepper  
1 tsp garlic powder  
white of one egg  
¼ cup corn starch

4 tbsp mirin  
1 tbsp peanut butter  
1 tbsp white miso  
2 tbsp fish sauce  
2 tbsp tamari  
2 tbsp honey  
1 tbsp sriracha  
1 tsp Korean chili flakes

Mix together all marinade ingredients, except the corn starch, and let it sit for at least 30 mins.

Meanwhile, start rice. Mix together all the sauce ingredients. Mix lemon juice and zest and set aside.

Heat oil in wok. Stir corn starch through chicken, then fry until golden brown. Do it in two batches if needed. Take out of wok and set aside.

Add more oil to the wok if needed. Fry garlic and ginger for a few seconds until fragrant. Add onion and carrot and fry for 2 minutes. Add broccoli and cook for a further 2 minutes. Return chicken to the pan and pour over sauce. Stir to heat through and coat. Once off the heat, add lemon juice/zest mixture.

Serve over rice topped with scallions and toasted sesame seeds.

Recipe by Nigel and Kyria Smith

# SPICY PORK NOODLES

GF DF

## Serves 4

Trim bok choy. Leave tops whole and thinly slice stems.  
Peel ginger and finely chop.  
Bring a large pot of salted water to a boil. Add noodles and cook according to package instructions. Drain and run under cool water; drain again.  
Heat 1 tbsp of oil in medium high skillet and cook pork until golden brown, about 10 minutes. Season with salt, 1 1/2 tbsp soy sauce and 1/2 tbsp rice wine vinegar. Use a slotted spoon to transfer meat to a bowl.  
Add remaining 1 tbsp oil to skillet. Stir in half the scallions, 3/4 of the ginger, the garlic and the hot pepper. Cook until fragrant, about 1 minute. Add bok choy stems and a pinch of salt. Cook until bok choy is almost tender, about 2 minutes. Toss in leaves and return pork to skillet.  
Toss noodles, remaining 1/4 cup soy sauce and 1 1/2 tbsp rice vinegar into the pan. Cook until just warmed through.  
Transfer to a large bowl and toss with remaining scallions, sesame seeds, sesame oil and herbs.  
In a small bowl, combine remaining ginger with just enough black vinegar to cover. Serve ginger mixture alongside noodles as a garnish.

Recipe by Nigel and Kyria Smith



# SWEET & SOUR CASSEROLE

DF

1 large onion, chopped  
10 fluid oz chicken stock  
1 teaspoon salt  
1 teaspoon oil  
1 can pineapple pieces  
1 red or green pepper,  
chopped  
2 lbs pork pieces  
3 cooking apples, peeled,  
cored & chopped  
2 tablespoons plain flour  
2 tablespoons chutney  
1 tablespoon vinegar  
1 tablespoon soy sauce  
1 tablespoon Worcester  
sauce  
2 tablespoons tomato  
puree

Preheat oven to 190 C / 375 F / Gas 4

Brown and seal the pork pieces in the oil. Place in a large greased casserole ovenproof dish. Add chopped vegetables; place cooking apples on top. Mix the flour, pineapple juice, sauces, salt and pepper with the chicken stock and pour over contents of dish.

Cover and cook for +- 2 hours.

Recipe by Joy Harper

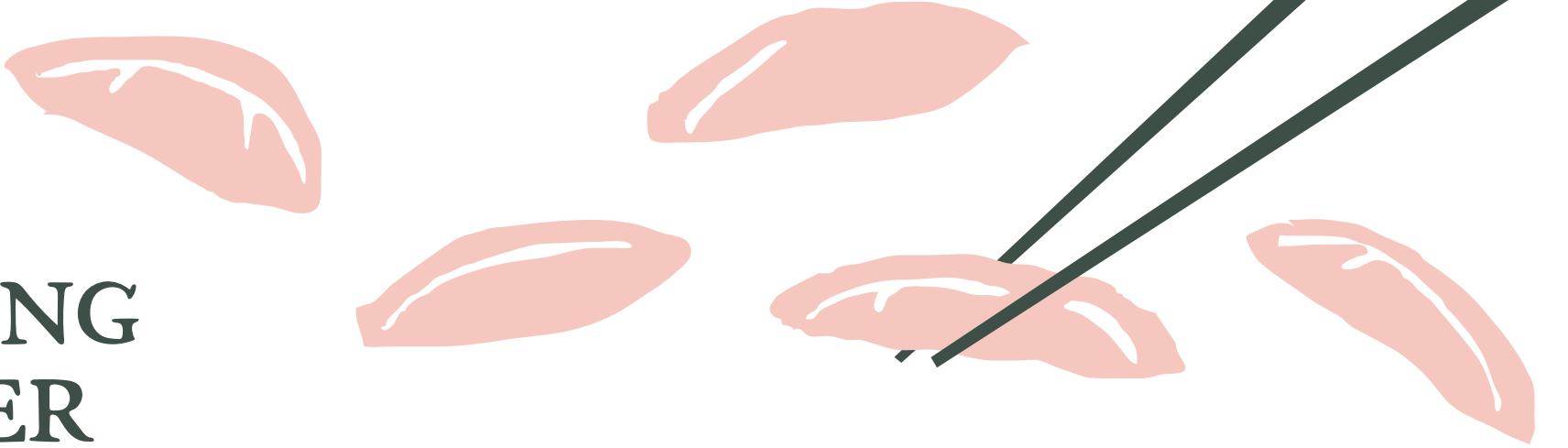


# PORK & CABBAGE DUMPLINGS

Dumplings are so juicy and flavoursome.

Growing up, I have always enjoyed a dumpling meal. When I was asked to make a dish from home in Ireland, dumplings are the first thing I wanted to share. Making dumplings for a big family is not an easy job. I am glad I had many hands to help. It was always fun when we were making dumplings in Ireland.

To make dumplings you need to make some wrappers and filling. I usually make the dough for the wrappers first and while it is resting, I would move on to the filling. Once the filling is done, you can start assembling them.



# DUMPLING WRAPPER

## With Pork & Cabbage Filling

DF

Wrappers:  
500g flour  
280g water  
¼ teaspoon salt

Filling:  
500g Pork mince  
500g Cabbage  
2 Spring onions  
2-3 slices Ginger  
3 tablespoon soy sauce  
3 tablespoon sesame oil  
½ teaspoon salt  
¼ teaspoon ground white pepper  
80ml water

Finely chop cabbage into 3mm size, mix salt and chopped cabbage in a bowl and leave it for 10 mins.

Finely chop spring onions and mince ginger, mix them into pork mince.

Mix water, soy sauce, sesame oil and white pepper in a cup then gradually mix it into pork mince until all liquid is absorbed.

Squeeze most of the water out of the cabbage then mix cabbage into the pork mix.

Put flour in a bowl then gradually add water and mix with a pair of chopsticks or spatula, until no more loose flour can be seen.

Combine and knead it with hands to form a ball with a rough surface then cover with a damp towel and rest it for 15 mins.

Knead it again until it has a smooth appearance then cover and rest it for 30 – 60 mins.

Roll the dough into a rope. Cut it into equal sizes about 15-20g. Press each piece with the palm of your hand. Use a rolling pin to flatten it into an 8cm diameter circle.

*Fresh made wrappers need to be used immediately to prevent them from drying out. It's best to make them with someone so one can roll the dough and the other person can wrap the dumplings straight away. If making by yourself, only roll out a few wrappers then assemble.*

### Assembling:

Put a piece of wrapper in your hand and place some filling in the middle. Fold it in half and seal the sides together by gently squeeze the wrapper. Place dumplings on a well-floured plate to stop them sticking to the plate. If not cooking straight away, freeze the dumplings on the plate until frozen then transfer them to a ziplocked bag.

### Cooking:

The easiest way to cook dumplings is to boil them. Use a big pot and bring water to boil. Add dumplings in once the water is boiling. Cook them for another minute once all the dumplings have come up to the surface.

To fry them in a pan, place dumplings in a non-stick frying pan with low heat. Mix a teaspoon of flour in a cup of water then pour it into the pan to 1/3 of dumpling height. Turn up the heat and put a lid on to create steam. Open the lid when most of the liquid has evaporated. Cook with the lid off until the bottom of dumplings turns golden brown.

Make a dipping sauce with some soy sauce, a dash of vinegar and few drops of sesame oil. You can also add some mince garlic, ginger and chopped chills to spice it up.

Dip the dumplings in the dipping sauce and Enjoy!

Recipe by Jingle Harper

# FRUITY LAMB TAGINE

Serves 6 – 8  
(suitable for freezing)

25g unsalted butter

1 medium onion, peeled & finely chopped

450g lean lamb, diced

1 tablespoon plain flour

2 medium carrots, peeled & sliced

1 x 400g can chopped tomatoes with herbs

200g dried apricots, chopped

50g sultanas

150 ml vegetable stock

Melt butter in large lidded saucepan; add onion & cook for 2 – 3 minutes. Coat lamb in flour and add to onion; cook for a further 3 – 4 minutes, stirring continuously, until the meat is browned all over.

Add carrots, tomatoes, dried fruit and stock; bring to the boil and cover and simmer very gently for about one hour or until the lamb is tender.

Serve with rice or couscous.

Recipe by Jill Callanan

*'There's only six weeks between my cousin Pip and I; as Pip and Martin celebrated the birth of their first child, I was at a very different stage in life as I returned to college to study theology. Pip and Martin kindly allowed me to stay with them as I attended classes in Dublin. Pip and I would pass each other in the night as she nursed Cian and I typed up essays. I have recipes that Pip gave me during that time - this is one of my favourites and has been made countless times since.'*

# MOROCCAN TAGINE

GF DF

Serves 6

2 red onions, chopped  
3 garlic cloves, chopped

1 inch root ginger, chopped  
100 ml lemon juice  
1 tbsp honey, cumin, paprika and turmeric  
1 tsp hot chilli powder  
1 tbsp olive oil

3 carrots, cut into chunks  
3 large parsnips, chunked  
3 red onions, chunked  
2 large potatoes, chunked  
4 leeks, chunked  
Large handful dried apricots  
400 ml vegetable stock  
1 tin chickpeas, drained  
1 tsp finely chopped mint

Preheat oven 220 C / Fan 200 C / Gas 7

Blitz onions, cloves, ginger, lemon juice, honey, cumin, paprika, turmeric and chilli powder to make a paste.

Heat oil in a large heatproof casserole and brown the vegetables. Add the paste and apricots. Pour in vegetable stock and cook in oven for 45 minutes. Add chick peas and stir. Reduce heat to 180 C / Fan 160 C / Gas 4 for another 45 minutes.

Recipe by Jan Cromie

# MOROCCAN LAMB WITH LENTILS

GF

600 g of diced lamb,  
2 cloves of garlic,  
1 tbsp of ground cumin,  
1 tbsp of ground coriander,  
1 tbsp of sweet paprika,  
1 large onion finely sliced,  
1 tbsp of ground cinnamon,  
50g of split red lentils,  
400g can of chopped tomatoes,  
1 tbsp of tomato ketchup,  
300 ml of passata,  
700 ml of chicken stock,  
150 g of dried apricots,  
salt and pepper to taste,  
Greek yoghurt and mint leaves to serve.

Preheat the oven to 180 degrees celsius.

Rub herbs and garlic on lamb. Fry in a cast iron casserole dish with a little oil to brown and remove.

Fry onions for 5 minutes until soft. Put in the rest of the ingredients except the mint and Greek yoghurt into the pot and bring to the boil. Cover and put in the oven for one hour.

Add salt and pepper to taste. Garnish with Greek yoghurt and mint. Serve with couscous and naan bread.

Recipe by Patricia Harper



# CHILLI CON CARNE

GF

Serves 5 - 6

2 medium sized onions

2 tbsp oil

2 - 3 cloves garlic, chopped

450g lean minced beef

2 - 3 level tsp chilli powder

1 - 2 level tsp ground

cumin (optional)

1 level tsp oregano (or  
mixed herbs)

1 tin chopped tomatoes

2 tsp tomato puree

150 ml water

1 beef stock cube

1 tbsp chutney

1 tin red kidney beans,  
drained

1 small green pepper  
(optional)

1 small yellow pepper  
(optional)

Salt & freshly ground black  
pepper

Fry the onions in the oil until soft and add in the garlic. Add in minced beef (in two lots) and fry, breaking up the lumps, until well browned all over. Tilt the pan to one side to allow the excess fat (if any) to run down and spoon off. Transfer meat to a saucepan.

To the saucepan, add all the remaining ingredients. Do note that the chilli powder is very hot, so don't be generous unless your family want it that way! Bring the saucepan to the boil, stirring frequently. Cover with a lid and simmer very gently for 30 – 40 minutes. Serve with rice, potatoes or tacos.

This is a great dish to make in advance and reheat.

Recipe by Ronan Callanan

*'One of my memories growing up is my Mum cooking a big pot of chilli con carne; usually it lasted three days and with each day the flavour became more fulsome than the day before.'*

# CHILLI CON BACON & BEER

Serves 6 - 8

Beef stock or stock cube  
1 can whole tomatoes  
1 kg course ground/  
minced beef

500 g thick cut belly bacon  
Cooking oil

3 large onions  
3 sweet paprika peppers –

not too hot  
500 ml dark beer/lager/ale

150g dark chocolate, grated  
(optional)

1 tsp ground cumin  
1 tbsp chilli powder

1 tbsp smoked paprika  
4 tbsp tomato puree

1 can kidney beans  
1 can black beans

1 can sweet corn

2 stalks celery

1 tbsp oregano

Salt & black pepper  
to taste

Grill/blacken the paprika peppers. Fry the bacon crispy or grill/bake in the oven. Chop and place on kitchen paper for later. Save the fat for later.

Brown the minced beef in some of the bacon fat and black pepper, little at a time, transferring to a large pot on low heat; if there is a lot of liquid pour it off and save for later. Chop the onion and celery and fry off until it is soft. Add to pot. Remove seeds from blackened skins if you like; roughly chop the peppers and set aside.

Add everything except the tomato puree, dark chocolate and blackened peppers. Use the liquid from the meat / stock to adjust the consistency. Let it simmer for 15 minutes. Add the tomato puree and blackened peppers. Salt and pepper to taste. If adding the chocolate, stir it in now. Simmer for 15 minutes or 30 minutes if you are not in a hurry!

Serving suggestions: Grated cheese, crème fraîche, yoghurt, sliced avocado, lime wedges, chopped spring onions, salt crackers, nachos, basmati rice.

Recipe by Roger Harper

# ONE POT BEEF CHILLI

Serves 4

2 tbsp olive oil  
1 large onion, finely chopped  
2 celery sticks, diced  
1 red pepper  
400g minced beef  
200g minced pork  
4 garlic cloves, finely chopped

1 tbsp oregano	50g dark chocolate
1 tbsp cumin	Salt & pepper
1 tsp chilli powder	
1 tsp cinnamon	Topping:
1 tsp ground coriander	200g tortilla chips
1 tbsp soft brown sugar	200g grated cheddar
1 x 400g can chopped tomatoes	cheese
2 x 400g can kidney beans, drained & rinsed	
400 ml beef stock	

Heat oil in flameproof casserole dish. Add onions, celery and red pepper. Cook over a low heat until onions have softened. Turn up heat and add meat. Break up with a wooden spoon and turn until browned. Reduce heat.

Add garlic, oregano, spices and sugar, also salt and pepper. Stir for a few minutes and then add tomatoes, beans and stock. Bring to the boil, cover; lower the heat and simmer for one hour, stirring regularly. Add chocolate and stir until it has melted. Cook for a further 15 minutes until sauce is thick and well reduced.

Add tortilla chips on top of chilli and scatter grated cheese over these. Grill or bake for at least 10 minutes until the cheese has melted. Serve immediately with sour cream and coriander leaves.

Recipe by Elizabeth Harper





# CHICKEN CRUNCH

Left over chicken OR 4 – 6 chicken pieces

Vegetables of your choice

1 large onion

1 tin condensed chicken soup

2 serving spoons mayonnaise

2 serving spoons lemon juice

1 chicken stock cube

2 teaspoons medium curry powder

2 – 4 slices bread

2 – 4 oz cheese

Preheat oven to 180 C

Chop and fry uncooked chicken. Chop onion; put chicken, onion and vegetables into a casserole dish. Mix soup, mayonnaise, lemon, stock cube and curry into a sauce and pour over chicken.

Mix together grated cheese and breadcrumbs and sprinkle on top. Cook for 30 – 45 minutes. Serve with either salad, baked potatoes or rice. (Baked potatoes can be cooked at the same time, scrubbed and pricked with a fork to stop them bursting) – enjoy!!

Recipe by Gillian Alcorn

*All-time favourite for Gillian's boys!!*

# HONEY MUSTARD CHICKEN

GF

1 whole chicken cut into pieces,  
1/4 cup of butter,  
1/2 cup of honey,  
1/4 cup of Dijon mustard,  
1/4 cup of whole grain mustard,  
1 heaped tablespoon of instant curry sauce powder.

Preheat the oven to 180 degrees Celsius.

Chop up the whole chicken into pieces, removing all the skin and place in a roasting tin.

Melt the butter in a small saucepan and take off the heat. Add mustard and curry powder to the melted butter and mix. Pour over the chicken and rub in until completely coated in the sauce.

Cover with tin foil and place in the oven for 1-hour. Remove tin foil and cook for another 15 minutes.

Serve with vegetables and roast potatoes.

Recipe by Patricia Harper

*Note: You can substitute the whole chicken for chicken pieces or chicken breast, just reduce cooking time appropriately. I use the Aldi or Lidl version of the instant curry sauce.*

# 5 MINUTE CHICKEN

4 skinless chicken breasts (thawed or frozen)

1 can undiluted tomato soup

1 can undiluted mushroom soup

1 medium chopped onion  
pepper  
garlic powder

Optional:

1 soup can of hot water  
1 soup can of minute rice

This takes 5 minutes to put together.

Turn on the oven to 350F.

Put skinless chicken breasts into bottom of a greased casserole dish. Sprinkle with pepper and garlic powder.

In bowl combine 1 can of undiluted tomato soup, 1 can of undiluted mushroom soup, and 1 medium chopped onion. Optionally, for an all in one meal, if you want, you can also add into this bowl 1 soup can of hot water and 1 soup can of minute rice. Pour soup mixture over the chicken, cover, and cook for 1½ hours if the chicken is frozen or 1 hour if it is thawed.

Recipe by Sandy Moeller

*'When my kids were growing up, I mastered putting a number of meals' recipes together that took a maximum of five minutes to assemble. This is one of them. One year, Wednesdays involved my two oldest going to church for confirmation classes after school; I'd pick up the third child from school, bring her home and put this together and into the oven to cook; then we'd head out for her swimming lesson. After swimming I'd pick the other two up, go home, eat supper and then take the middle and youngest to karate at one end of town, and the oldest to marching band at the other end of town (at the same time). I only had five minutes to assemble a meal in those days.'*

# CRAMERS GROVE QUICHE

## Pastry:

150 g plain flour  
75 g butter  
1 teaspoon baking powder  
5 tablespoons cold water

## Filling:

6 rashers  
1 leek, thinly sliced and sautéed in butter  
50 g cheddar cheese, grated  
3 eggs  
250 ml milk  
50 ml cream  
Pinch nutmeg  
Salt & pepper

## Preheat oven to 180 C

Lightly grease a 24cm/9 inch flan dish. Sieve the flour into a bowl. Rub in the butter until it resembles breadcrumbs. Add sufficient water to give a soft but not sticky dough. Lightly roll out the pastry on a floured board, and then roll it out and use to line the flan dish.

Spread the cheese, rashers and leek on the base. Beat the eggs, milk, cream, nutmeg, salt and pepper together and pour over the filling in the flan dish. Bake for about 30 minutes until filling is golden brown and set.

Recipe by Carol Harper

This was the recipe Carol was given to bake for her Junior Cert Home Economics exam. Still a family favourite all these years later!

# RED ONION & GOAT'S CHEESE TART

1 packet puff pastry  
1 quantity of red onion marmalade  
5 oz goat's cheese  
12 semi dried tomatoes  
6 – 8 basil leaves, finely chopped  
Egg wash, mixed with a little milk

## Red Onion Marmalade:

4 medium red onions, peeled and finely sliced  
5 oz dark brown sugar  
3 tablespoons red wine vinegar  
3 tablespoons red wine  
1 teaspoon oil

Preheat oven 180 C. Cook onions and oil over a very high heat. When they have softened add in dark sugar and stir. Add red wine and vinegar. Allow to boil and then simmer for 15 minutes. Stir to prevent sticking.

## Open Tart:

Roll out half the pastry. Place sundried tomatoes and basil on the pastry; spoon red onion marmalade over them and then place thin slices of goat's cheese on top. Season with salt and pepper. Cover with the other half of pastry. Paint with egg wash and cook for 20 minutes.

Recipe by Jill Callanan

'This recipe is a wonderful combination of sweet red onion marmalade and smooth goat's cheese. I have a vivid memory of eating this at my aunt Helen Stanley's home where I recall going back for two or three slices!'

# SPINACH & MINCE PIE

1 packet puff pastry  
400g mincemeat  
200g cream cheese  
200g spinach  
1 red pepper, chopped  
1 onion, chopped  
½ teaspoon salt  
½ teaspoon pepper  
1 teaspoon paprika  
1 small egg

Preheat oven to 200 C or the required temperature for pastry.

Brown the mince on a frying pan; once browned place in a large bowl. Soften pepper and onion on frying pan and then add to mince. Wilt spinach on a medium heat, then add to mince. Add cream cheese, salt, pepper and paprika and mix all together.

Grease a 10x8 inch dish and place pastry down. Pour mince mixture onto pastry and fold over the four corners to cover. Beat egg and paint the pastry with it.

Cook until golden on top or to pastry sheet requirements!

Recipe by Jill Callanan

'Many summers were spent attending camps. I learned early on that one should always get on well with the chef! So at the last camp I attended, I asked the Dutch chef for one of her family recipes and this is it; we have cooked it in a few different forms, but this is the one we keep going back to.'

# SCOTTY'S NEST EGG

2 – 3 thin slices Black Forest ham  
1 egg  
1 tablespoon cream (15ml)  
1 heated tablespoon grated Swiss cheese (25ml)  
Sprinkle dried basil

Preheat oven to 350 F / 180 C. Grease a large muffin tin. Line with ham and break egg over top. Add cream and sprinkle with cheese and basil.

Bake for 12 – 15 minutes. Serve on half a toasted English muffin.

Place water in any unused muffin cups to prevent damage.

Recipe by Kevin & Patricia Perry

GF

# MEAT LOAF

DF

1 lb mince  
1 lb sausage meat  
1 egg  
2 slices bread, crumbed  
1 onion, chopped  
1 tablespoon mixed herbs  
Salt & pepper to season

Preheat oven to 180 C

Mix all the ingredients in a large bowl; place on a baking tray in about a 2 inch slab.

Cover and cook in a preheated oven for +-30 minutes; remove cover and cook for a further 15 minutes or until browned and cooked through.

Recipe by Jill Callanan

*'I'm pretty sure many recipes have been passed around the Harper family and this recipe was given to me by Colleen Harper, since then it's been on our family menu. A nice alternative is to use a flavoured sausage.'*

# BARBEQUE SAUCE

GF DF

1 clove garlic  
1 small onion  
1 small green pepper  
1 oz butter  
2 tbsp vinegar  
3 tbsp brown sugar  
½ tsp dry mustard  
1 tbsp Worcester sauce  
3 tbsp tomato sauce  
¼ pint water

Chop onions and peppers and fry in butter. Blend with other ingredients until smooth and cook for 10 minutes. Serve with any barbequed meat.

Recipe by Valerie Harper Ruco



# BACON & CABBAGE GRATIN

GF

500g Smoked Lardon/  
Smoked Rashers/ Bacon  
Misshapes cut into  
small pieces  
½ Medium Sized head  
of cabbage  
1 kg potatoes  
500g Cheese (grated  
Cheddar and  
Mozzarella mix)  
1 litre of cream  
Black pepper

To cook use a large  
rectangular dish.

Preheat the oven to 180°C/350°F/Gas Mark 4.  
Prep the veg, Slice potatoes and cut cabbage into  
ribbons. Parboil potatoes- this makes cooking the dish  
faster. Sauté the Lardon/Bacon bits. Add the cabbage  
and pepper. Add the cream, reduce by half- check the  
seasoning, adjust as needed.

Assemble the dish, a layer of potatoes, a layer of bacon,  
cabbage and cream and so forth until the dish is full.  
Sprinkle the cheese mixture generously across the top.  
Cook for approx. 1 hr.

To make make healthier make a white sauce with low  
fat milk in place of cream.

Recipe by Ruth Smyth

*Inspired by the French Alpine dish Tartiflette  
and Isobel Harpers' take on Moussaka- this  
is my creation and I don't believe I have ever  
made the dish exactly the same.*



# POTATO GRATIN WITH CHILLIES & BACON

GF

1kg / 2 lb 3 oz potatoes  
2 red chillies  
2 onions  
2 tbsp butter  
Salt  
Freshly ground pepper  
Chilli powder  
100g / 3 ½ oz bacon  
150g / 5 oz grated cheese  
180g / 6 oz crème fraiche

Wash and peel potatoes and cut into slices. Trim and rinse the chillies, cut in two, deseed and finely chop them. Cut onions into rings.

Heat the butter in a frying pan and gently fry potatoes, chilli and onions. Season with salt, pepper and chilli powder.

Brush ovenproof dish with butter. Preheat oven to 180 C / 355 F / gas mark 4. Slice the bacon. Fill the dish with the fried potato mixture and spread the bacon on the top. Top with cheese and then brush with crème fraiche. Cook in the centre of the oven for +40 minutes.

Recipe by Valerie Harper Ruco

# POTATO GRATIN (Potatisgratang)

GF

1 onion  
600 g potatoes  
3 garlic cloves  
500 ml fresh cream  
½ cup crème fraiche  
½ cup shredded cheese  
Salt & pepper

Preheat oven to 180 C

Peel and slice potatoes and onions. Heat up butter in a medium sized saucepan; mix in onion and fry until they are tender.

Press the garlic cloves into the fresh cream and crème fraiche and mix it all into the saucepan. Add the potatoes into the mix and let it cook for about 10 minutes (keep stirring so it doesn't stick to the bottom of your saucepan).

Pour the entire mixture into an oven dish and bake on the middle shelf for about 30 minutes. Use something sharp to ensure your potatoes are cooked through. Spread the cheese on the potatoes and bake for another 5 minutes or so until golden colour on top.

Recipe by Edith Harper

*'One of our family favourites - we are delighted to share the recipe with our extended family.'*

# MOUSSAKA

1 medium onion  
1 – 2 cloves garlic  
2 oz butter/margarine  
¾ lb minced steak  
1 tablespoon chopped thyme and parsley  
Salt and pepper  
¾ lb tomatoes  
1 ½ lb potatoes  
3 oz grated cheese  
  
White sauce (pouring)  
½ oz butter/margarine  
½ oz flour  
½ pint milk  
Seasoning

Chop the onion and garlic and cook gently in melted butter. When soft and transparent, add the minced steak and stir until each particle is separate. Add the chopped herbs and seasoning. Skin and slice the tomatoes, or better still, remove the seeds and chop roughly. Add to the meat and cook together for another few minutes.  
  
Meanwhile, peel and slice the potatoes thinly and sprinkle with seasoning. Put a layer in the bottom of a well buttered baking dish, then a layer of meat and tomatoes and a sprinkling of cheese.

To make the white sauce melt butter in a small saucepan. Stir in the seasoned flour and cook together over a gentle heat for a few minutes. This forms a white roux. Withdraw the pan from the heat and stir in the milk by degrees. Return to the heat and stir until boiling point is reached. Simmer for 3 - 4 minutes so that the flour is thoroughly cooked.

Repeat the layers finishing with a covering of sliced potatoes and before adding the grated cheese pour on the white sauce, then finally add grated cheese on top.

Bake in a moderate oven for 2 – 2 ½ hours according to the depth of the mixture.

Moussaka is also frequently made using cooked minced mutton.

Recipe by Valerie Harper Ruco

# MARZETTI

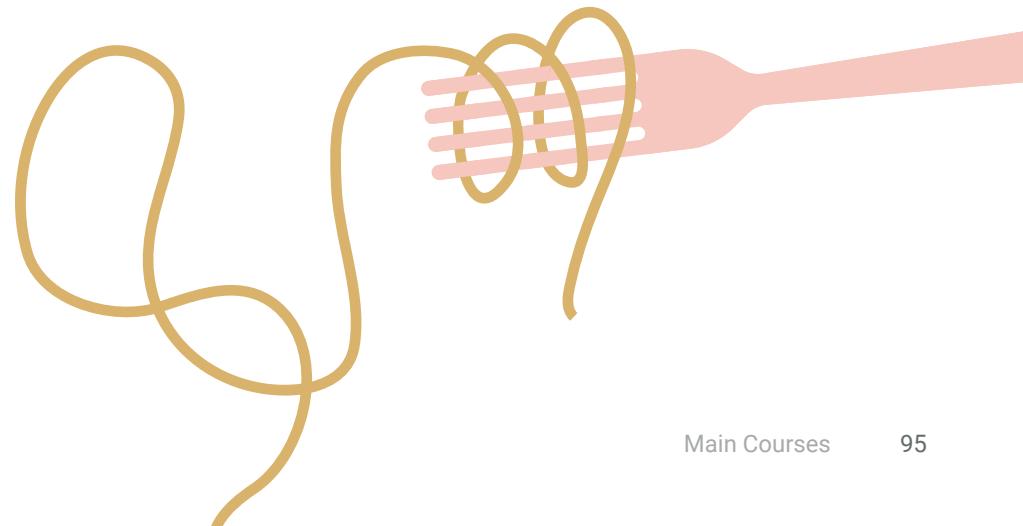
1 lb mince  
1 packet medium egg noodles  
1 tin Campbell's concentrated tomato soup  
1 tin Campbell's concentrated mushroom soup

Brown the mince. Cook the noodles according to packet instructions. When mince is browned, add in the two soups. Stir in and mix well.

Drain water from the noodles. Add noodles to mince and mix well. Place in an ovenproof dish and sprinkle grated cheese on top. Brown off cheese in oven. Serve with any vegetable.

Recipe by Jennifer Wilson

*This recipe was given to me by my aunt in Shetland. A nice alternative to lasagne.*





# NOVA SCOTIAN 'COURTSHIP' RECIPE (AKA 'AIRPLANE CRASH')

1 lb lean ground beef  
1 large onion  
2 cups dry macaroni  
1 can tomato soup  
1/4 teaspoon pepper  
1 clove chopped garlic  
3 - 4 cups breadcrumbs  
2 cups peas  
1 1/2 cups shredded cheese  
1 teaspoon salt  
Several squirts ketchup

Fry beef and onions. Boil pasta. Combine meat/onions, pasta, peas, tomato soup, ketchup and seasoning. Stir well. Put in a casserole dish. Sprinkle 3/4 of cheese on top. Put breadcrumbs on top and tap down. Sprinkle rest of cheese on top.

Bake in oven at 350 for 30 minutes. Broil (Grill) on high for 1 - 2 minutes to brown.

Recipe by Angus Telfer

*Recipe used to convince Hazel I could cook  
(and thus 'marriage material') - ENJOY!!*

# SOY & BUTTER PASTA

DF

Serves 4

350 g pasta  
(recipe calls for linguine or tagliatelle but we most often use spelt or whole wheat fusilli)

1 tablespoon olive oil  
1 large onion, halved & thinly sliced

200 g oyster or shiitake mushrooms  
1 small courgette

3 tablespoons soy sauce –  
(I prefer low salt)  
40 g butter

Cook the pasta in boiling salted water, 8 – 10 minutes. Drain, keeping about a cup of the cooking water.

Heat oil, fry onion and garlic for a couple of minutes, add mushrooms and cook for 5 minutes. Add spiralized courgette and cook for 1 minute. Add soy sauce and butter to mushroom and onion mixture and bring to bubbling. Add pasta and a tablespoon or two of the liquid. Mix well, add chives and season to taste.

Recipe by Jan Cromie

*(it's far from shiitake mushrooms we were reared! Portobello or Chestnut mushrooms work well too, or even field mushrooms)*

# ITALIAN STYLE STUFFED AUBERGINES

DF

Heat the oven to 220 C / 200 C fan / Gas 7.

Slice aubergines in half lengthways, leaving stem intact. Using a small knife, cut a border inside each aubergine about  $\frac{1}{2}$  - 1cm thick. Using a teaspoon, scoop out the aubergine flesh, so that you have 4 shells. Brush these with a little of the oil, season and place in a baking dish. Cover with foil and bake for 20 minutes. Chop the flesh and place to one side.

Meanwhile, add the remaining oil to a non-stick frying pain. Tip in the onion and cook until soft. Add the chopped aubergine flesh and cook through. Tip in the garlic and tomatoes and cook for 3 minutes more. Stir in the olives, basil, mozzarella and seasoning.

2 aubergines  
2 tablespoons olive oil, plus extra for drizzling  
1 large onion, finely chopped  
4 garlic cloves, finely chopped  
12 cherry tomatoes, halved  
50g pitted green olives, chopped  
Handful basil leaves, chopped  
125g ball vegetarian mozzarella, torn into bite-size pieces  
Handful fresh white breadcrumbs

When the aubergine shells are tender, remove from the oven and reduce heat to 200 C / 180 C fan / Gas 6. Pile stuffing into shells, sprinkle with breadcrumbs and drizzle with a little more oil. Bake for 15 – 20 minutes, until the cheese is gooey and the breadcrumbs are golden. Serve with a green salad.

Recipe by Valerie Harper Ruco



# ROAST CAULIFLOWER WITH PINE NUT RELISH

GF DF

1 head of cauliflower,  
cut into either slices  
or small florets

2 tablespoons olive oil  
½ teaspoon salt  
¼ teaspoon pepper

Pine Nut Relish:

¼ cup olive oil  
1 tablespoon lemon zest  
3 tablespoons lemon juice  
Pinch salt  
1 shallot, minced  
1 cup sliced red grapes  
(seedless is better)  
¼ cup parsley, chopped  
¼ cup pine nuts, toasted  
2 tablespoons currants

Preheat oven to 435 F.

Line baking tray with parchment paper.

Remove tough outer leaves from cauliflower, trim stem. Halve cauliflower lengthwise through stem, trim off rounded sides of each half to make two (1.14 inch thick 'steaks'). (If it breaks up you can just make even sized florets instead). Arrange cauliflower on prepared pan, brush with oil. Sprinkle with salt and pepper.

Roast, flipping halfway through, until tender and browned +-40 minutes.

Relish:

Meanwhile in a bowl whisk together oil, lemon zest and salt. Stir in shallot, grapes, parsley, pine nuts and currants. Serve over cauliflower steaks.

Recipe by Hazel Harper

# ROASTED ROOT VEGETABLE & CHEESE RISOTTO

GF

250g swede  
250g celeriac  
250g carrots  
2 red onions  
2 tbsp olive oil  
½ 15g pack fresh sage  
175g risotto rice  
150ml dry white wine  
500ml vegetable stock  
100g feta or sheep or  
goats cheese

Preheat the oven to 200C.

Peel the vegetables and cut into 12cm pieces, then cut the onions into wedges.

Place the vegetables in a large shallow casserole dish or roasting tin, pour over the oil and toss to coat evenly. Roughly chop half the sage and mix with the vegetables.

Place in the oven and cook for 45 mins, stirring twice during cooking. Then mix in the rice, wine and hot stock. Return to the oven and cook for a further 35 mins, stirring once half way through.

Stir half of the sheep cheese into the risotto and mix in, together with seasoning to taste. Crumble the rest of the sheep cheese over.

Recipe by Janelle Harper

# WILD RICE WITH MUSHROOMS

GF

Serves 6

1 ½ cups wild rice  
¼ cup butter  
¼ cup celery, finely  
chopped  
½ teaspoon dried crushed  
thyme  
2 tablespoons parsley,  
finely chopped  
3 cups chicken stock  
½ cup onion, finely  
chopped  
3 cups sliced mushrooms  
½ teaspoon dried crushed  
sage

Put wild rice and chicken stock in a heavy saucepan. Bring to boil, reduce heat and cover tightly. Cook over a low heat for 45 minutes - 1 hour (maybe even 1 ½ hours) until the liquid is absorbed and rice is split open and soft.

When ready to prepare the dish: Cook celery and onion in butter until soft in a large saucepan or wok. Add mushrooms, thyme and sage. Cook with lid on and stir periodically for 3 – 4 minutes. Add parsley and cooked rice to mushroom mixture. Toss lightly and warm through. Add salt and pepper to taste (I find I don't add any!).

Recipe by Sandy Moeller

*Tip: It's a good idea to do the rice early in the day because the timing on cooking wild rice thoroughly is variable, so that way you know you have plenty of time. Often people don't cook wild rice enough - the grains need to be split wide open.*

# LENTIL NUT LOAF

1 tbsp olive oil  
15 g butter  
1 large onion, finely chopped  
2 sticks celery, finely chopped  
2 garlic cloves, finely chopped  
200 g chestnut mushrooms, finely chopped  
1 red pepper, finely chopped  
1 large carrot, grated  
1 tsp oregano  
1 tsp smoked paprika  
100 g red lentils  
1 tbsp tomato puree  
300 ml vegetable stock  
100 g breadcrumbs  
150 g mixed nuts  
3 large eggs, lightly beaten  
100 g mature cheddar cheese, grated

Preheat oven to 180 C / Fan 160 C / Gas 4

Heat oil and butter and cook the onion for +- 5 minutes until it starts to soften. Add garlic and mushrooms and cook for another 10 minutes. Add red pepper and carrot, cook for another couple of minutes then add oregano and paprika and cook for 1 minute. Add lentils and tomato puree, stir well, then add stock and simmer over low heat for 20 – 25 minutes or until all the liquid is absorbed. Allow to cool, then stir in breadcrumbs, eggs, nuts and cheese. Salt and pepper to taste. Turn into a lined 1.5 L loaf tin, cover with foil and bake for 30 minutes. Remove foil and bake for a further 20 minutes.

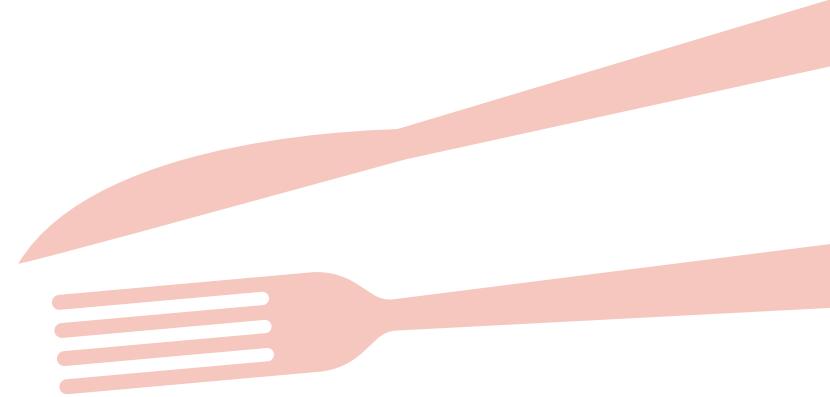
Recipe by Jan Cromie

# NUT LOAF

Streaky bacon to line tin (approximately 6 oz)  
1oz butter  
1 onion  
4oz peanuts – blitz  
1oz breadcrumbs  
6oz grated cheese  
1 tablespoon mango chutney (optional)  
1 egg  
1 large carrot, grated  
1/4 pint milk

Fry onion butter until it is soft. Mix ingredients together and spoon evenly into a greased tin. Bake at 180 C for 1 1/2 hours. Leave until completely cold before taking out of tin or slicing.

Recipe by Valerie Harper Ruco



# NUT BURGERS

GF DF

Serves 4

1 medium onion  
1 cup walnuts/pecans/  
almonds/cashews or other  
nuts – preferably raw  
1 cup (raw) rolled oats or  
cooked short-grain white  
or brown rice  
2 tablespoons ketchup/  
miso/tomato paste/nut  
butter or tahini  
1 teaspoon chilli powder –  
or any spice mix you like  
Salt & freshly ground  
black pepper  
1 egg  
2 tablespoons peanut  
oil, extra virgin olive oil or  
neutral oil, like grapeseed  
or corn

Grind onion in food processor. Add nuts and oats, and pulse to chop – but not too finely. Add remaining ingredients except oil. Process briefly – don't grind too finely. Add a little liquid – water/stock/soy sauce/wine/whatever you like – the mixture should be moist but not loose.

Let the mixture rest for a few minutes, then shape it into 4 burgers. (Burger mixture or shaped burgers can be covered tightly and refrigerated for up to a day; bring back to room temperature before cooking).

Put oil in a non-stick or well-seasoned cast iron skillet and turn to medium. When oil is hot, add burgers to skillet. Cook for about 5 minutes, undisturbed, until browned, then turn with a spatula. Lower heat a little and cook for 3 or 4 minutes more, until firm.

Serve on buns with mustard/ketchup/chutney or other toppings.

Recipe by Valerie Harper Ruco



# THAI SWEET POTATO BURGERS

GF DF

## Burgers:

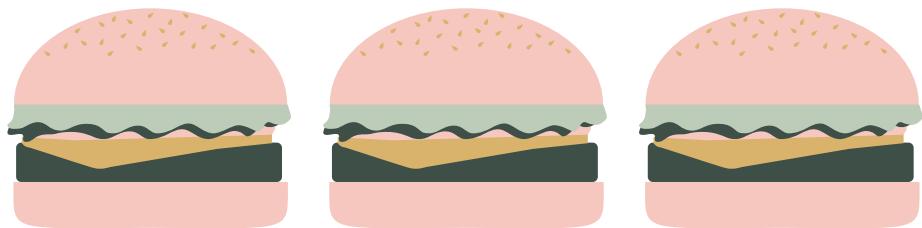
1 large sweet potato  
½ cup cilantro, finely chopped  
¼ cup fresh basil leaves, finely chopped  
3 large garlic cloves, minced  
2 teaspoons ginger, finely grated  
½ cup roasted & salted peanuts, finely chopped  
¾ cup gluten-free rolled oats, processed into a coarse flour  
1 (15 ounce) can chickpeas, drained and rinsed  
2 tablespoons ground flax + 3 tablespoons water, mixed in bowl  
½ tablespoon sesame seed oil  
1 tablespoon low-sodium tamari  
(Or coconut aminos for soy-free option)  
1 teaspoon fresh lime juice

1 teaspoon ground coriander  
1 teaspoon fine grain sea salt, or to taste  
Freshly ground black pepper, to taste

Peanut Sauce:  
1 garlic clove  
6 tablespoons smooth peanut butter (or almond or sunflower seed butter)  
2.5 tablespoons fresh lime juice  
2 tablespoons low-sodium tamari (or coconut aminos)  
1 - 2 tablespoons water, as needed  
½ tablespoon pure maple syrup (or other sweetener)  
1 teaspoon freshly grated ginger  
1/8 teaspoon cayenne pepper

Preheat oven to 350 F and line a large baking sheet with parchment paper.

Peel sweet potato and using a box grater with regular-sized grate holes, grate 1.5 cups of sweet potato. Place in a large bowl. I had about half of the sweet potato leftover, so I sliced it into 1cm rounds and placed it on the baking sheet. Drizzle with oil and toss to coat.



In a large bowl, stir together the grated sweet potato, cilantro, basil, garlic, ginger and chopped peanuts.

In a food processor, add the oats and process until finely chopped. You want the texture to be like a coarse flour. Stir the oat flour into the bowl with the vegetables. Now add the drained chickpeas into the processor and process until finely chopped. You want the mixture to be a cross between a coarse paste and finely chopped chickpeas, but don't completely puree the chickpeas. Stir the processed chickpeas into the bowl with vegetables and oat flour.

In a mug whisk together the ground flax and water. Let it sit for only 20 seconds or so, any longer and it will get too thick. Stir the flax mixture into the vegetable chickpea mixture until fully combined. Stir in the sesame oil, tamari, lime juice, coriander, salt and pepper – all to taste.

Shape the mixture into 6 – 8 patties, packing each patty tightly between your hands so it hold together well. Place each patty onto the prepared baking sheet along with the sweet potato rounds.

Bake for 20 minutes, then gently flip the patties and potato rounds and bake for another 15 – 17 minutes until golden on both sides. You might have to remove the sweet potato a little early – just keep an eye on them so they don't burn.

While the burgers are baking, prepare the peanut sauce. Add all sauce ingredients into a food processor and process until smooth. Adjust ingredients to taste if desired. The sauce will thicken as it sits.

After baking, place patties on a cooling rack for 10 minutes to cool slightly. Serve with toasted buns, or lettuce or whole grain wraps, tomato slices, roasted sweet potato, lettuce and the peanut sauce.

The peanut sauce will store in the fridge for at least a week. The burgers can be frozen (after baking and cooling) for a couple of weeks.

Recipe by Valerie Harper Ruco





# DESSERTS



# STICKY TOFFEE PUDDING

225g (8oz) chopped dates  
(use block dates from a specialty Indian/Chinese store)

300ml (10fl oz) tea  
110g (4oz) unsalted butter  
75g (3oz) Muscovado

sugar

3 eggs

225g (8oz) self-raising flour

1 tsp bread soda  
(bicarbonate of soda or baking soda)

1 tsp pure vanilla extract  
1 tsp Espresso coffee

Sticky Toffee Sauce:

220g (8oz) butter  
220g (8oz) dark soft brown, Muscovado sugar  
450 ml (16 fl oz) cream  
½ tsp pure vanilla extract  
A pinch of salt for good luck.

Preheat the oven to 180°C/350°F/Gas Mark 4.

Soak the dates in hot tea for 15 minutes, I blitz the mixture together in my Nutribullet. Grease the tins. Cream the butter and sugar until light and fluffy. Beat in the eggs fold in the sifted flour. Add sieved breadsoda, vanilla extract and coffee to the date and tea and stir this into the mixture.

Place in the oven and cook for 1 - 1½ hours or until a skewer comes out clean (If using individual tins, reduce cooking time).

To make the sauce:

Put the butter and sugar into a heavy-bottomed saucepan and melt gently on a low heat. Simmer for about 5 mins mix both together. Gradually stir in the cream and the vanilla. Put back on the heat and stir for a further 10 mins until the sauce is smooth.

Serve with Ice Cream and lashings of sauce.

Recipe by Ruth Smyth

*Note: To cook either use individual pudding tins or one large rectangular dish. To make dairy free swap butter for margarine and for the sauce replace cream with soya cream. I have also swapped out the flour for gluten free flour and the recipe worked, (the cake just doesn't keep as long.)*

## BERTHA'S CHOCOLATE PUDDING

Serves 5 - 6

4 oz breadcrumbs  
4 tablespoons drinking chocolate  
1 tablespoon instant coffee  
4 oz brown sugar  
450 mls whipped cream  
Chocolate Flake bar

Mix all the dry ingredients together. Place a layer of crumb mixture in the bottom of a serving bowl. Place a layer of cream on top and continue with layers finishing with whipped cream layer. Sprinkle Flake Bar on top and place in fridge overnight.

Enjoy a delicious dessert the next day!

Recipe by Bertha Harper

*'This recipe is from Auntie Bertha's cookbook - Mervyn, Elizabeth, Aimee & Peter have had it over the years in Balleven and always love it!'*

## CHOCOLATE UPSIDE DOWN PUDDING

1 cup plain flour  
2 teaspoons baking powder  
1/4 teaspoon salt  
3/4 cup sugar  
2 tablespoons cocoa powder  
1/2 cup milk  
1 oz melted margarine

Sauce:  
1 cup sugar  
1/4 cup coco powder  
2 cups hot water (not boiling).

Pudding Base:  
Mix all dry ingredients. Add in melted margarine and milk. Mix to a dough and spread evenly over base of deep casserole dish (about 4 inches).

Sauce:  
Sprinkle on top of dough mixture the well mixed sugar and cocoa powder. Then pour over 2 cups of hot (not boiling) water and cook for +45 minutes (maybe less if the dish is shallow).

Serve hot with vanilla ice-cream.

Recipe by Gillian Alcorn

## MISSISSIPPI MUD PIE

1 cup butter (or half butter half margarine)  
1/2 cup cocoa powder (for baking)  
2 cups sugar  
4 large eggs  
1 1/2 cups sifted flour  
1 teaspoon vanilla  
1/2 - 3/4 cup chopped walnuts  
Mini marshmallows (or regular size cut into quarters) – enough to cover the top after baking

Frosting:  
1/2 cup butter, softened  
Up to 6 tablespoons milk  
1/3 cup cocoa powder  
500g icing sugar  
1/4 cup nuts for the top – optional

Lightly grease a 9 x 13 pan and preheat oven to 180 C / 350 F. Cream the butter; add eggs one at a time beating well after each addition. Add sugar, flour, cocoa, vanilla and nuts. Mix well, Spread in the greased pan and bake for 45 minutes or less, until fork comes out clean (do NOT overbake!); as soon as cake is taken from the oven spread the marshmallows over the top.

Mix all the frosting ingredients together (except the nuts) starting with 4 tablespoons milk and add more as needed. Beat on low speed and then add nuts if using. Spread frosting on the warm cake, swirling through the melted marshmallows and sprinkle on remaining nuts if needed – yummy!!

Recipe by Des Harper

*'Greetings from Sheffield, England where we're now living, although this recipe comes from Memphis, Tennessee, USA where we were married back in 1976, with William Harper (New Orchard) as our best man. Memphis is in the 'mid-south' and on the Mississippi River where we used to enjoy taking our three kids when they were small to 'Mud Island' which is a recreation area by the river including a scale model (in concrete – not mud!) of the Mississippi River. Much tastier is the 'Mississippi Mud' made many times by Lynne, as I'm sure you folks will agree...'*



# HOT FUDGE PUDDING

1 cup plain flour  
2 teaspoons baking powder  
 $\frac{1}{4}$  teaspoon salt  
 $\frac{1}{4}$  cup white sugar  
2 tablespoons cocoa  
 $\frac{1}{2}$  cup of milk  
1 oz melted butter  
1 cup chopped nuts (optional)  
1 cup brown sugar  
 $\frac{1}{4}$  cup cocoa  
 $1 \frac{3}{4}$  cups hot water

Preheat oven to 180 C

Sift flour, baking powder, salt, sugar and cocoa together. Stir in milk and melted butter. Blend in chopped nuts. Spread in a 9 inch square baking dish. Pour hot water over the entire batter. Bake at 180 C for 40 minutes and serve with cream and or ice cream.

This is a self-saucing pudding – chocolate sauce on the bottom and cake on the top – yummy!

Recipe by Colleen Harper

*This recipe was given to Colleen by her Mum, Margaret Wilson.*

# COFFEE RING DESSERT

6 oz butter  
6 oz icing sugar  
6 oz self-raising flour  
3 eggs, lightly beaten

Decoration:  
½ pt double cream  
Few drops vanilla essence  
Walnut halves

Coffee Syrup:  
8 oz sugar  
¾ pt water  
1 - 2 tablespoons brandy  
or rum (optional)  
3 tablespoons coffee  
essence

Preheat oven to 190 C / 375 F/ Gas 5

Grease a round doughnut shaped baking tray. Cream butter and sugar until light and creamy. Gradually beat in eggs adding one tablespoon of flour with the last addition of egg. Fold in remaining flour. Turn into prepared tin and bake for 45 – 50 minutes.

To make the syrup dissolve the sugar in water over a low heat. Boil until syrupy; remove from heat, add brandy and coffee essence. Turn cake out onto a deep serving plate. Pour over the coffee syrup. Leave to soak for 12 hours.

Whip cream with a few drops of vanilla essence until stiff. Cover top and sides with cream and decorate with walnut halves. Enjoy!!

Recipe by Elaine Geary

# MALTESER CHEESECAKE

Base:  
300g malt biscuits  
150g butter

Filling:  
150g dark chocolate  
150g milk chocolate  
2 x 280g full-fat cream cheese  
100g Horlicks/Ovaltine  
75g icing sugar  
1 teaspoon vanilla essence  
300 ml cream

Blitz biscuits; melt butter & mix into biscuits. Line pie dish and chill for a few hours.

Melt chocolates in a bowl over simmering water. In a separate bowl mix cream cheese, Horlicks/Ovaltine, icing sugar and vanilla. Add melted chocolate and mix well. Finally add cream and mix again! Cover base and chill. Decorate with crushed Maltesers and whipped cream.

Recipe by Althea Hatton

# SEX IN A PAN

Serves 16 – 18

Base:

½ cup margarine (125 ml)

1 cup flour (250 ml)

¼ cup sugar (50ml)

Press into a 10 inch springform pan or 9 x 13 inch rectangular baking pan. Bake at 325 F / 150 C for 25 minutes. Cool completely.

First Layer:

2 x 8 oz (250g) packages of cream cheese at room temperature

½ cup (125 ml) icing sugar

500 ml Cool Whip (or any type of artificial whipped topping)

Beat together the cream cheese and icing sugar until smooth. Stir in Cool Whip. Spread onto cooled base.

Second Layer:

3 cups (750 ml) milk

1 package (113g) instant chocolate pudding mix

1 package (92g) vanilla instant pudding mix  
(Both are 4 portions size)

Measure milk into a bowl; add pudding mixes and beat until well blended (approximately 2 minutes). Spoon over cream cheese layer.

Third Layer:

250ml whipping cream, whipped  
Shaved chocolate to sprinkle over top, or  
chocolate wafers coarsely chopped.

Spread whipped cream over the second layer. Sprinkle with shaved chocolate or chocolate wafers.

Chill – best chilled for several hours or overnight if possible.

Recipe by Kevin & Patricia Perry

# TRIFLE

Sponge cake / trifle sponge / sponge fingers  
500g raspberries, fresh or frozen

500 ml cream (for custard)  
3 egg yolks  
1 teaspoon baking powder  
1 dessertspoon caster sugar  
125 ml cream (decoration)  
Sherry (optional)

Bring cream (500 ml) almost to the boil; set aside. In a separate bowl mix egg yolks, caster sugar and baking powder. Add cream to this mixture slowly and mix. Return to heat until almost at the boil. Take off.

Arrange sponge in a glass bowl. Pour a few tablespoons sherry over sponge if desired; cover sponge with raspberries, then pour custard over raspberries. Whip cream (125 ml) and cover the raspberries. Decorate with chocolate.

Recipe by Joy Harper

*Tip: I use chocolate Flake bar to decorate, or grate a chocolate bar into swirls. A traditional Christmas dessert that can be enjoyed anytime.*

# VELVET Caramel

1 tin caramel sweetened condensed milk (375g)

1 pint milk

3 level tablespoons

custard powder

1 teaspoon vanilla

Decoration suggestions:

Sliced bananas

Fresh cream

Meringues

Sprinkle with chocolate

shavings/sprinkles

Empty contents of tin into a saucepan and put it on a low heat; add  $\frac{3}{4}$  pint of milk. Blend the two milks together as you bring them to boiling point – stirring all the time.

In a bowl make a smooth paste with custard powder and remaining  $\frac{1}{4}$  pint of milk. Add this to the blended milks making a custard. Add the vanilla. Put in a bowl and allow to cool. When cold decorate.

Recipe by Ruth Taylor

*'This recipe was given to me by Mrs Gem Govan of the Faith Mission. She and her husband Ellis retired to Zimbabwe so we visited them a few times and they also visited us.'*

*Ruth's granddaughter insisted this recipe should be included as it has always been a winner!*



# CHOCOLATE MERINGUE ROULADE

GF

Serves 6 – 8

5 egg whites  
175g / 6 oz sugar  
5 ml / 1 level teaspoon cornflour

60 ml / 4 level tablespoons half-fat crème fraîche  
125g / 4 oz chocolate spread  
50g / 2 oz cooked vacuum packed chestnuts (optional)

Icing sugar and cocoa powder to dust  
Chocolate shavings to decorate

Half-fat crème fraîche to serve

Using non-stick baking parchment line in a 31.5 x 21.5cm Swiss roll tin.

With an electric whisk, whip egg whites in a large bowl until frothy, then whisk in the sugar. Stand the bowl over a pan of gently simmering water and whisk at high speed until very thick and shiny (about 4 – 5 minutes). Take off the heat & whisk in the cornflour.

Spoon the mixture into the prepared tin and level the surface. Bake at 100 C / 200 F for 1 hour or until just firm on the surface. Cool, uncovered for 1 hour.

Beat the crème fraîche into the chocolate spread. Roughly chop the chestnuts if using, and fold in. Lightly dust a sheet of baking parchment with icing sugar. Turn the meringue out on to the paper – upside down and carefully peel off the parchment. Make a shallow cut in the meringue about 2.5cm from the edge of the nearest short end. Spread the chocolate mixture over the meringue and roll it up as you would a Swiss roll, starting from the end with the cut.

Dust with a little more icing sugar and cocoa powder and sprinkle over the chocolate shavings. Serve with half-fat crème fraîche.

Recipe by Valerie Harper Ruco

*Tip: we don't bother with the chestnuts and we use Nutella as the chocolate spread. We also don't do the bit where they put the bowl over hot water!!*

# CHOCOLATE ALMOND MERINGUES

GF

Preheat oven to 100 C

Whisk egg whites until very stiff. Whisk in sugar, a little at a time and continue beating until mixture is thick and glossy. Mix almonds and grated chocolate and fold this carefully into meringue. Fill a piping bag with mixture and pipe meringues +- 2 inches apart onto a baking sheet. Bake meringues in preheated oven for +-1 hour or until meringues are crisp and dry but not coloured. Remove from oven and allow to cool.

Meringues:

3 egg whites  
6 oz caster sugar  
1 oz ground almonds  
1 oz grated chocolate

Cream:

½ pint double cream  
3 oz plain chocolate

When cold, sandwich together with chocolate cream - beat the cream until floppy, then beat in plain chocolate melted and cooled.

Recipe by Lydia Hatton

*This recipe given to Mum by Granny's sister Marina Campion, known to her nieces & nephews as Melee.*



# KEY LIME & LEMON PIE

## Base

50g oats  
200g digestive biscuits  
150g melted butter  
Pinch of salt

## Filling

5 egg yolks  
1 can condensed milk (397g)  
1 tablespoon lime & lemon zest  
 $\frac{1}{2}$  cup lime & lemon juice  
(about 3 limes & 1 lemon)

Preheat oven to 180 C.

Blend oats and biscuits in a blender, then mix it with melted butter. Put the mixture in an oven dish +-24cm in diameter; press down this mixture and up on the sides of the dish. Bake the base at the lowest position in the oven for about 12 minutes.

After base is finished baking change the oven setting to 150 C.

Whisk the egg yolks until smooth, add in the lime & lemon zest and the lime & lemon juice. Mix it well. Then add in the condensed milk and continue mixing until smooth. Pour the mixture evenly on to the baked base and bake in the middle position for about 11 – 12 minutes. After the pie is finished baking, let it cool before serving. It is best served +- 30 minutes to an hour in the fridge. Whipped cream goes perfectly with it.

Recipe by Edith Harper

*'Another family favourite in our family. It's a tweaked version of a key lime pie which my husband calls a 'cheese less cheesecake'!!'*

## APPLE FLUFF

Serves 6

750g cooking apples, peeled and cored, then quartered  
 3 tablespoons runny honey or sugar  
 100g natural / Greek yogurt  
 2 egg whites  
 2 tablespoons caster sugar  
 A little water

Cook the apples with just a trace of water in a saucepan or in the microwave. Puree with a blender or sieve or mash smoothly. Set aside to cool.

When cool, fold yogurt into apple mixture. Whisk egg whites until stiff, then beat in sugar. Fold into apple and yogurt mixture. Divide between six glasses and sprinkle with chocolate vermicelli or decorate with fresh apple slices.

Recipe by Joy Harper

GERMAN  
APPLE TART

Base:

4 oz margarine  
 4 oz caster sugar  
 8 oz self-raising flour  
 Pinch salt  
 1 large egg, beaten

Filling:

1 lb cooking apples, peeled & chopped  
 2 oz sultanas  
 2 oz mixed nuts  
 ½ teaspoon ground cinnamon  
 2 oz demerara sugar

Melt margarine and mix in caster sugar, egg, flour and salt. Put about  $\frac{2}{3}$  of the mixture into a greased pie dish. In a separate bowl mix chopped apples, sultanas, nuts and cinnamon. Scatter over the base and sprinkle with demerara sugar. Set the cake mixture on top and bake at 180 degrees C for 40 – 50 minutes.

Serve with fresh cream, ice cream or custard.

Recipe by Colleen Harper

UPSIDE DOWN  
APPLE PIE  
WITH PECANS

Pastry:

6 oz plain flour  
 3 oz butter  
 1  $\frac{1}{2}$  oz sugar  
 1 small egg + water to bind  
  
 ½ cup soft brown sugar  
 ¼ cup melted butter  
 1 cup pecans

3 large cooking apples  
 ¼ teaspoon cinnamon  
 1 cup sugar

Make the pastry and line the bottom of a deep 9" pie dish with parchment paper.

Combine brown sugar, melted butter and pecans and put into the parchment paper in the dish – rounded side of pecans down. Roll out  $\frac{1}{2}$  the pastry to fit sides and base of dish and put on top of pecan mix. Trim the edges.

Peel and slice apples and put in pastry. Add sugar and cinnamon.

Roll out remaining pastry for top and seal and trim edges.

Bake at 180 C for +-1 hour (until apples are soft)

Invert to a serving plate being careful of hot syrup and remove parchment paper.

Serve with fresh cream or ice cream.

Recipe by Isobel Harper

GF

## OAT CRUMBLE

Apples & blackberries  
Sugar to taste

Topping:  
150g butter  
2 large tablespoons golden syrup  
1 tablespoon sugar  
250g porridge oats

Melt butter and golden syrup; stir in sugar and when dissolved add in porridge oats. Spread over the fruit in an ovenproof dish.

Bake at 150 C for 45 minutes or until golden.

Delicious with fresh cream or yoghurt.

Recipe by Jean Harper

DF

## GRAN'S CRUMBLE

8 oz plain flour  
6 oz margarine  
4 oz sugar

Mix flour and sugar; rub in margarine until it is crumble. Spread over fruit and cook in oven preheated to 190 C until light golden colour.

Delicious over stewed apple, rhubarb or gooseberries.

Recipe by Althea Hatton

*Original recipe came from our Mum, Sylvia Harper. Just the smell of it cooking even now, brings me right back to Cantwell's Court.*



# CHRISTMAS APPLE CRUMBLE

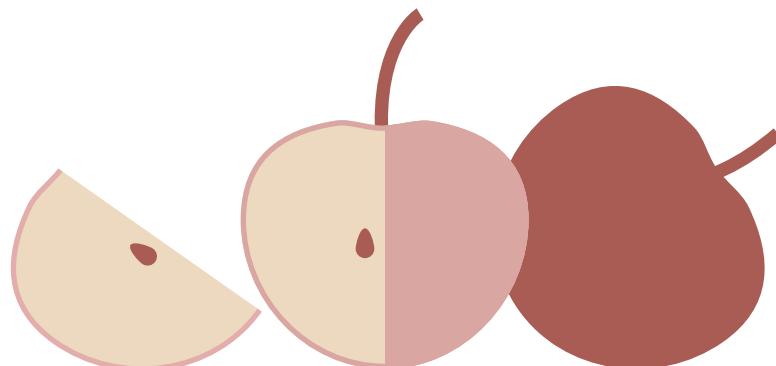
2 large cooking apples  
4 oz plain flour  
3 oz caster sugar  
3 oz ground almonds  
6 oz mincemeat (I usually use less – otherwise it's too rich)  
6 oz firm butter  
Sliced almonds to decorate

Preheat oven to 160 C

Peel & slice apples and place in the bottom of an ovenproof dish. Spoon the mincemeat on top. Mix the flour, sugar, ground almonds and chopped butter in a mixer and process (using pulse setting) until fine breadcrumb consistency. Cover the fruit with crumble topping and sprinkle almonds on top.

Bake for +-30 minutes, until top is golden.

Recipe by Althea Hatton



# SHALVAH FRUIT CRUMBLE

600g roughly chopped Bramley cooking apples  
50g caster sugar  
1 tablespoon water  
200g fresh or frozen raspberries  
75g butter, diced  
150g plain flour  
75g soft light brown sugar  
75g flaked almonds  
Icing sugar for dusting

Preheat oven to 180 C / Gas 4

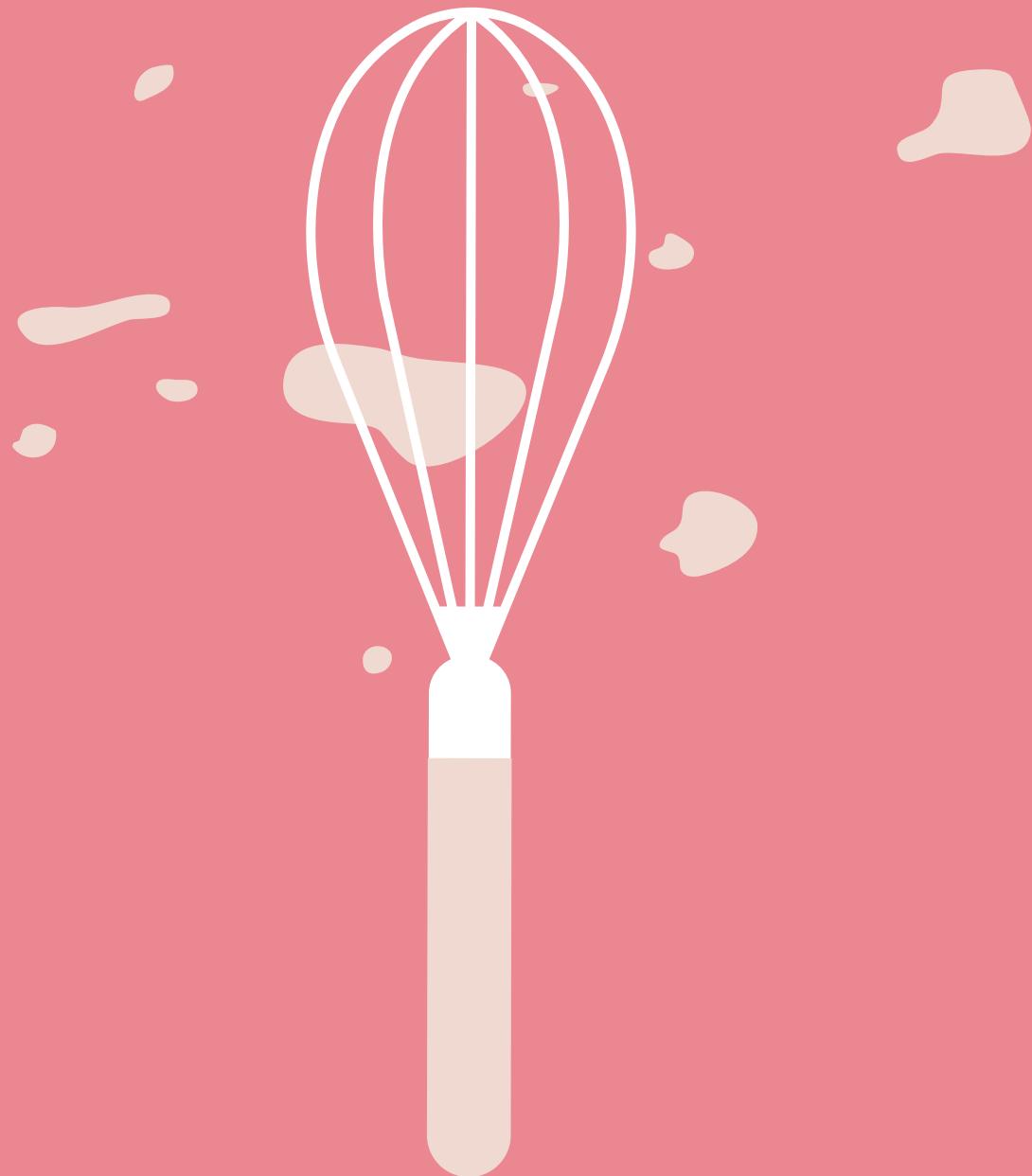
Lightly butter a 1 litre pie dish. Cook Bramley apples with caster sugar and the tablespoon water for 6 – 8 minutes until soft. Spoon into pie dish and scatter raspberries over.

Rub flour and butter together until it resembles very coarse breadcrumbs. Stir in brown sugar and flaked almonds. Scatter the topping over fruit mixture. Bake the crumble for 35 – 40 minutes until golden and bubbly.

Serve dusted with icing sugar and whipped cream, ice cream or custard. Enjoy!

Recipe by Elizabeth Harper





CAKES &  
BRACKS



# SANDWICH CAKE

Also Called One Minute Cake

1 teaspoon baking powder

2 tablespoons hot water

3 eggs

4 oz margarine

5 oz caster sugar

6 oz flour

Flavouring of choice

(eg. Cocoa / coffee / orange / lemon etc)

Option: use self-raising flour and leave out the baking powder!

Put all the ingredients in a bowl and beat for one minute.

Divide the mixture between two 7 inch sandwich tins and bake in a moderate oven for about 15 minutes.

When cooked, turn the cakes out onto a wire tray to cool.

Use jam or butter icing and sandwich cakes together.

Recipe by Rosemary Hobday

*This recipe is originally from Rosemary's Mum, Auntie Mabel.*

*'She made the chocolate version using cocoa flavouring and we all loved it. I still make it and have used various flavourings, cocoa, coffee, orange and lemon and it's very simple'.*

# LEMON & ELDERFLOWER CAKE

123g margarine  
175g caster sugar  
2 eggs

Zest of 1 lemon

175g self-raising flour

Pinch salt

4 tablespoons milk

Syrup:

Juice 1 lemon

1/4 cup elderflower cordial

1 tablespoon water

Glaze:

1 cup icing sugar

Elderflower cordial

(See elderflower cordial  
recipe pg 219)

Cream butter and sugar. Add eggs and lemon zest, beating well. Fold in flour and salt. Add milk. Spoon into a loaf tin and bake in oven at 180 C for 45 minutes.

For the syrup, put the lemon juice, elderflower and water in a bowl; stir. When cake is cooked, pierce with a skewer and add syrup. Let the cake cool in the tin.

For the glaze put icing sugar in a bowl, add elderflower cordial and stir in between additions. Spread glaze over the cake and decorate with lemon rind and elderflower.

Recipe by Gareth & Caroline Alcorn

# ELDERFLOWER & ALMOND CAKE

Serves 8 - 10

225g softened butter, plus extra for greasing

50g self-raising flour

1 level tsp baking powder

200g ground almonds

225g golden caster sugar

Finely grated zest of

1 lemon

4 medium eggs,

lightly beaten

For syrup & icing:

160ml undiluted elderflower cordial  
(use the sort that needs diluting about 1:10)

Juice of 1 lemon

1 tbsp golden caster sugar

150ml mascarpone

150ml double cream

A handful of chopped

pistachios

Preheat oven to 180 C.

Grease a 23 cm springform tin and line the base with baking parchment.

Mix together the flour, baking powder and almonds. Cream together the butter, sugar and lemon zest until fluffy. Gradually beat in the eggs, one at a time, making sure each one is incorporated before adding the next. Quickly beat in the almonds and flour, then spoon into the greased tin and smooth the top.

Bake for 40 – 45 minutes or until risen and golden.

While the cake is cooking, stir 100 ml of the cordial with the lemon juice and 1 tablespoon sugar. Remove the cake from the oven, then spike it all over and sprinkle the syrup over the surface, guiding the liquid towards the holes. Leave to cool in the tin, then remove.

Put the mascarpone in a bowl with the remaining cordial and whisk until smooth. Add the cream and whisk again to make a softly spreadable icing. Spread over the top of the cake and scatter with chopped pistachios / flaked almonds.

Recipe by Nial Harper

*Option: Just whip together cream with mascarpone & then whip in +60ml cordial for the topping!*



## PETER'S BISCUIT CAKE

1 tin condensed milk  
110g butter  
225g dark chocolate  
450g digestive biscuits

Line a loaf tin with 3 layers of cling film.

Gently heat condensed milk, butter and chocolate together. Stir carefully as it has a tendency to burn.

Add biscuits - put them in & mash up very roughly into chocolate mixture. Put mixture into prepared tin and refrigerate for 5 - 6 hours.

Cut with a sharp knife and serve. Enjoy!!

Recipe by Elizabeth Harper

*'This is a recipe I make over & over again. Peter is not keen on most cakes or desserts but has always loved this one, so I've made it for nearly all of his birthdays as well as lots of other occasions since he was a little boy...'*

# BEETROOT CHOCOLATE CAKE

## With Chocolate Mocha Frosting

180 g caster sugar  
140 g butter  
3 eggs  
180 g self-raising flour  
2 heaped teaspoons cocoa powder  
200 g vacuum packed beetroot, drained  
75 g milk chocolate

Preheat oven to 180 C

Use a blender to blend the beetroot into a puree. (It's important to cover the bowl/jug when blending as beetroot stains clothes. I use some kitchen roll and tear a hole in the middle for the stick blender).

Cream butter and sugar. Add eggs and beat. Mix flour and cocoa powder and add to wet ingredients. Beat to combine. Add pureed beetroot and beat to combine. Put chocolate in a bag and break it up into small pieces with a rolling pin. Add chocolate pieces to cake mixture. Stir. Divide between two lined sandwich tins and bake in preheated oven for 15 minutes. Allow to cool for a while and then run a knife around the edge of the cake to loosen it from the tin. Turn out onto a wire rack.

Recipe by Wendy English

*This is a really delicious moist chocolate beetroot muffins recipe that I have adapted to cake and found I could include extra beetroot to make it extra moist. The icing on the cake (literally) is a recipe my mother-in-law gave me and it's yummy and makes a great celebration cake.*

# CHOCOLATE MOCHA FROSTING

4 oz butter  
3 oz granulated sugar  
4 tablespoons milk  
1 tablespoon coffee essence (or half teaspoon instant coffee dissolved in 1 tablespoon water or 1 tablespoon espresso)  
8 oz icing sugar  
3 level dessertspoons cocoa

Melt butter, add sugar, dissolve over a gently heat and bring to boil. Add milk and coffee essence. Stir until bubbling. Remove from heat and let it cool slightly.

Sieve icing sugar and cocoa into a large bowl and gradually add the cooled liquid. Beat well until blended. Cover and leave until it forms a coating consistency. Use to cover cake.

Recipe by Wendy English

*If covering the entire cake including the sides then the recipe amount is fine; if only putting frosting in the middle and on top then the frosting recipe could be halved.*

# BLACK FOREST GATEAU

100g butter (at room temperature)

260g caster sugar

2 eggs

¼ tsp vanilla extract

45g cocoa powder

¾ tsp baking powder

¾ tsp bicarbonate of soda

Pinch of salt

170g plain flour

160 ml whole milk

Filling & decoration:

1 tin cherries pie filling /

black cherries in sauce

(500 ml)

500 ml whipped cream

Dark chocolate for

decoration

You will need three cake tins 20 cm in diameter, base lined with greaseproof paper

Preheat oven to 170 C / Gas 3. Cream butter and sugar until light & fluffy. Add eggs one at a time, mixing well and scraping any unmixed ingredients from the side of the bowl with a rubber spatula after each addition. Turn the mixer speed to low and beat in vanilla extract, cocoa powder and baking powder, bicarbonate of soda and salt. Add half the flour, then all the milk and finish with remaining flour. Mix well until everything is well combined.

Pour a third of the mixture into each of the prepared cake tins and smooth over with a palette knife. Bake in preheated oven for 20 minutes or until wooden skewer comes out clean. Leave to cool in tins before turning out onto cooling rack to cool completely.

When cooled, place the first layer of cake on a serving tray; pipe a circle of whipped cream on top edge. Fill the inside of the circle with half the cherries. Pipe a thin layer of cream on top of the cherries. Put the next layer of cake on top and repeat. Put the last layer of cake on top. Use the remaining whipped cream to cover sides and top. Decorate with chocolate.

To make chocolate decorations melt some dark chocolate in a water bath. Using a palette knife spread the chocolate over a greaseproof paper as long and wide as you need. Do a few extra as they might break. Keep them cool / refrigerated until decorating the cake.

Recipe by Hanna Harper

# AUNT LOIS'S COFFEE CAKE

1 cup sour cream (light is fine)

½ cup soft butter

2 eggs, well beaten

1 ½ cups all purpose flour

2 tsp baking powder

1 tsp baking soda

1 cup white sugar

1 tsp vanilla

Topping:

¼ cup brown sugar

1 tsp cinnamon

2 tbsp chopped nuts

Chop into this mixture a small amount of butter so it is damp crumbly.

Combine sour cream and soda in a medium sized bowl. The chemical reaction makes this 'grow' so do NOT use a small bowl like a soup bowl!

In another bowl blend butter and sugar thoroughly. Add vanilla and eggs. Add SIFTED dry ingredients alternately with the sour cream mixture. Spread half the batter in a greased and floured 8 x 8 pan. Sprinkle the batter with half of the topping mix. Cover the rest of the batter and top with remainder of the topping.

Bake at 350 F for 45 minutes.

Good warm or cold.

Excellent for freezing.

Recipe by Sandy Moeller

*'I got this recipe from my grandmother Henrietta Harper Perry. She got the recipe from her niece Lois Fraser Spinks (Elsie's daughter). This is a scrumptious small cake that seems to take every bowl in the kitchen to prepare!'*

# STICKY GINGER FIG(DATE) CAKE

1  $\frac{1}{3}$  cups chopped figs (or dates)

1  $\frac{1}{3}$  cups boiling water

1 tsp baking soda

1  $\frac{1}{3}$  cup butter, softened

$\frac{2}{3}$  cup brown sugar

1 cup all-purpose flour

$\frac{1}{4}$  cup minced

crystallized ginger

2 large eggs

2 tsp baking powder

Cinnamon brandy sauce:

$\frac{1}{2}$  cup butter, cut up

$\frac{1}{2}$  cup whipping cream

2 tbsp brandy

(I have used cognac when we didn't have brandy!)

$\frac{1}{2}$  cup brown sugar

$\frac{1}{2}$  tsp ground cinnamon

Place figs / dates in a medium bowl. Sprinkle with baking soda. Pour boiling water over top. Let stand for 10 minutes. Process (with liquid) in blender or food processor until almost smooth.

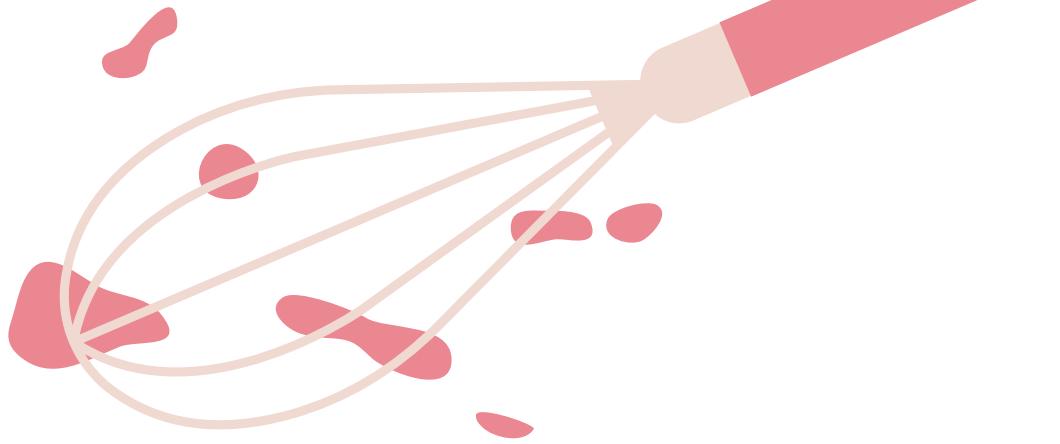
Cream butter and brown sugar in a large bowl. Add eggs one at a time beating well with each addition. Combine flour, baking powder and ginger in a small bowl. Add to butter mixture. Stir well (by hand). Add fig/date mixture. Spread batter evenly in pan. Bake at 350 F for about 50 minutes until wooden pick inserted in centre of cake comes out clean. Let stand in pan for 10 minutes before removing springform pan sides and putting on a wire rack to cool.

To make the cinnamon brandy sauce – heat and stir all five ingredients in medium saucepan on medium until boiling. Boil for about 5 minutes without stirring until slightly thickened. Let stand for 5 minutes. Makes 1 cup sauce. Drizzle over individual servings of warm cake.

I like the cake better warm than room temperature. I put it in the oven on warm, or utilize the remaining heat left in the oven from what had been in there while cooking the meal, to warm it a bit while we eat supper.

Recipe by Sandy Moeller

"August 2019 – I have since made the cake with the figs and I prefer the dates!"



Hi. I am part of the John Bolton Harper line, living in Alberta, Canada. John Bolton's eldest child was Henrietta (Hettie). Her eldest child was Edna. I am Edna's only child.

I culled through my recipe book, and this has taken me a while to submit to you, because I had to make them all in order to take photos. I have made some clarification edits, but you will notice in my recipes, there are a lot of editorial basic type of comments. This is because a bunch of years ago, I decided to transfer all my recipes from splattered cards and tattered pieces of paper to electronic form. I printed them all out on 8.5 x 5.5 paper, got it all laminated and gave copies to each of my kids and step-kids for Christmas. With the lamination I can spill tomato sauce whenever I want, and just wipe it off. The basic editorial comments were aimed mostly at my daughters, who avoided learning in the kitchen from me at all costs. My son had a better grasp of cooking and baking than they did. So I sprinkled the recipes with how-to's and where to find things. Some of those comments are in some of these recipes. Some were really needed, as my mother's recipes, in particular tended to just have the list of ingredients, with no other information.

I hope you get lots of submissions. I plan to come to Ireland for the reunion, and am looking forward meeting many of you.

very sincerely yours

Your distant cousin Sandy



152 Harper Family Cookbook



Cakes and Bracks 153

# LOW CARB CARROT CAKE

1 ½ cups almond flour  
1 cup shredded coconut  
1 tsp baking powder  
½ tsp baking soda  
Pinch salt  
½ tsp cinnamon powder  
½ tsp ground ginger  
3 eggs  
¼ cup xylitol  
1 ½ cups grated carrot  
¼ cup sultanas (optional as this will add carbs to the cake!)

Preheat oven to 180 C

Mix the almond flour, coconut, baking powder, baking soda, cinnamon and ginger in a bowl.

In a separate bowl mix the eggs and xylitol until frothy. Stir into the flour mix and fold in the carrot. Pour the batter into a loaf tin lined with parchment paper. Bake for 30 – 40 minutes until a toothpick or skewer inserted in the centre of loaf, comes out clean. This may take longer, depending on the size of the eggs!

Let it cool in the loaf tin.

Slice and spread with butter – enjoy!

Recipe by Harry Smith

*'This year I have successfully been on a 50gms low carb diet to reverse Type II Diabetes, and have found this carrot cake simple and easy to bake - an enjoyable option for low carb cake lovers'.*

# BANANA BREAD

4 oz butter  
3 ½ oz sugar  
2 eggs  
3 bananas, mashed  
9 oz flour  
½ teaspoon bread soda  
½ teaspoon baking powder  
½ teaspoon salt

Preheat oven to 180 C

Cream butter and sugar; beat in eggs. Mix flour, bread soda, baking powder and salt in a bowl. Add alternately mashed bananas and dry ingredients to butter, sugar and egg mixture until well combined.

Bake in oven for +45 minutes; cover if necessary towards end if browning!

Recipe by Jill Callanan

*'Many years ago I attended an Amish wedding in Ohio and I will never forget the amazing food at the reception – it was home cooking at its best. The Miller family, who I was staying with, gave me an Amish cookbook which this recipe is from – I proudly have it on my shelf over twenty years on.'*



# PINEAPPLE FRUIT CAKE

¾ lb mixed fruit  
4 oz margarine  
8 oz sugar  
1 teaspoon mixed spice  
1 teaspoon bread soda  
13 ½ oz crushed pineapple  
8 oz self-raising flour  
Pinch salt  
2 beaten eggs

Preheat oven to 180 C.  
Boil first six ingredients for 3 minutes. Let mixture cool.  
Add flour, salt and beaten eggs. Beat well. Cook for 1 ½ - 2 hours.

Recipe by Douglas Harper

*One of my lasting good and cheerful memories of my mum was, always being busy in the kitchen: baking bread, scones, cakes and sometimes late into the evening with biscuits such as coconut kisses - when the aga was at its coolest. The apron usually only came off around midnight!!*

*We, along with many visitors enjoyed the freshly made food with a cuppa tea around our old farmhouse kitchen table. She so enjoyed chatting and didn't want to miss anything!!*

## TEA BRACK

12 oz raisins  
2 oz cherries  
1 cup sugar  
1 teaspoon mixed spice  
1 cup hot tea  
2 cups self-raising flour  
1 egg, lightly beaten

Mix fruit, sugar, mixed spice and tea together.

When cool, add flour and then the egg. Mix well and pour into a lined loaf tin.

Cook at 160 degrees C for 1 hour.

Recipe by Gwyneth Munt

*'This recipe has been all over the world. It's one that we grew up seeing Mum make for various family events regularly and is still a firm favourite in our house today.'*

## HEALTHY TEA BRACK

1 lb mixed fruit  
9 oz self-raising flour  
6 oz cane demerara sugar  
1 oz margarine  
½ teaspoon allspice  
¼ teaspoon cinnamon  
12 tablespoons herbal tea

Soak the fruit in tea overnight.

Preheat oven to 180 C / 375 F / Gas 4.

Add all other ingredients and mix well. Place in a greased / lined 2 lb loaf tin and bake for +1 hour.

Recipe by Joy Harper

*Tip: add chopped walnuts*

## ALL BRAN BRACK

2 cups All Bran cereal  
2 cups mixed fruit  
2 cups brown sugar  
2 cups cold milk  
2 cups self-raising flour  
1 pinch salt

Mix first 4 ingredients and steep together overnight.

In the morning add 2 cups self-raising flour and 1 pinch of salt. Mix well.

Preheat oven to 180 C

Pour into a lined loaf tin and bake for 50 – 60 minutes. It should be firm to the touch – test with a needle/skewer.

Let it cool slightly. Remove from tin and place on a rack to cool.

Slice and smother with butter!

Recipe by Dorothy Smith

*'One of my Mum's favourites – enjoyed by many.'*

## BARN BRACK

1 mug wheat bran  
1 mug plain flour  
½ mug sugar  
1 mug sultanas  
1 rounded teaspoon bicarbonate of soda  
Enough milk to make it sloppy

Mix all ingredients.

Bake in the middle shelf at 150 C for 1 hour 15 minutes approximately.

Recipe by Jean Harper

*Especially delicious with raw milk and if you still have some after a few days it tastes great toasted*



# PLUM PUDDING

10 ozs raisins  
10 ozs sultanas  
3 ozs peel  
3 ozs cherries  
4 ozs grated apple  
4 ozs grated carrot  
6 ozs flour  
8 ozs butter  
8 ozs soft brown sugar  
5 eggs  
1 tablespoon golden syrup  
2 teaspoons cinnamon  
2 teaspoons nutmeg  
14 ozs breadcrumbs  
1 lemon (grated rind & juice)  
1 teaspoon bread soda dissolved in lemon juice or water  
½ pint stout  
½ glass whiskey

Mix all dry ingredients together; add grated apple & carrot and mix again. Whisk eggs and add them with other liquids and stir thoroughly.

Fill into greased pudding bowls. Cover with a round of greaseproof paper pressed down on top of the pudding. Put a large round of greaseproof paper over the top of the bowl, tying it firmly around the rim.

Place in a covered saucepan half full of boiling water and simmer for 4 hours.

On Christmas Day steam pudding for a further hour or microwave as per appropriate settings.

Serve with whipped or pouring cream and/or brandy butter.

Recipe by Joy Harper

*'This recipe was given to me by my grandmother, Ruby Murray - photo attached.'*

# CHRISTMAS CAKE/UNA'S FRUITCAKE

480g butter  
480g brown sugar  
625g plain flour  
10 large eggs  
100g flaked almonds  
100g ground almonds  
100g cherries  
100g mixed peel  
560g raisins  
560g sultanas  
sherry

Soak raisins and sultanas in a few tablespoons of sherry. Mix, cover and place in a cool place for 24 – 48 hours (stirring from time to time).

Cream butter & sugar. Add eggs one by one with the flour to the sugar butter mixture and mix well. Add ground and flaked almonds. Fold in soaked fruit and mixed peel. Fold in cherries (halved, washed in cold water and sprinkled with flour).

Place in a well-greased and lined tin(s); this amount makes an 11" cake or may be divided into smaller tins.

Bake at 160 C (fan) or 170 C oven.

Recipe by Elizabeth Harper

*Tip: this recipe was given to Elizabeth by her friend Una; the cake is crumbly if fresh so best if made a few months in advance and stored, well wrapped in a cool dark place.*

# RICH FRUIT CAKE

850g mixed dried fruit and candied peel (I use mainly sultanas and Lidl's mixed dried fruit which has peel in it)

50g glacé cherries, rinsed and cut in half.

3 tablespoons brandy

Grated rind of 1 lemon

Grated rind of 1 orange

225g plain flour

Quarter teaspoon freshly grated nutmeg

Half teaspoon ground mixed spice

225g butter (I use salted and leave out the half

teaspoon salt Delia suggests)

225g brown sugar

4 large room temperature eggs

2oz almonds chopped

1 dessert spoon black treacle

The night before (or a few days earlier) put all the dried fruit in a bowl with the brandy, cover and leave to soak.

Preheat oven to 140 degrees Celsius. Grease and line an 8" round tin with two layers of grease proof paper.

Sift flour, salt (if using) and spices into a large bowl. In a separate bowl cream the butter and sugar until it is "light and fluffy". Beat the eggs and add to the butter and sugar a tablespoon at a time, beating well as you go. I add a heaped teaspoon of flour occasionally to help avoid curdling.

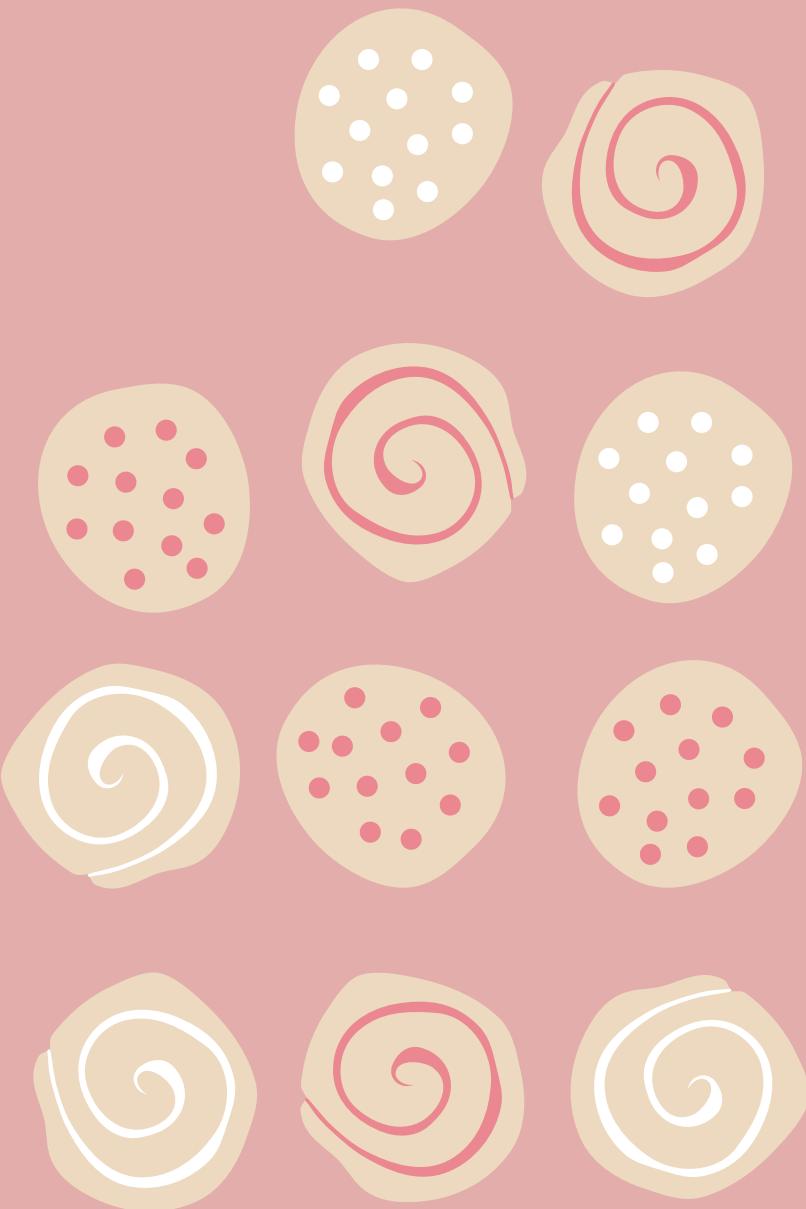
Gently fold in the rest of the flour with a spoon. Add fruit, grated rind, almonds and treacle. Mix well and spoon into prepared tin. Cover with a double layer of grease proof paper with a hole cut in the middle to allow steam escape. Wrap the tin with a double layer of brown paper tied with string and bake for 4 - 4½ hours on the lower shelf in the oven. Use a skewer to check it is cooked and allow to cool in tin.

Store wrapped in grease proof paper in an airtight tin. Adding a few spoons of brandy over the bottom of the cake for a couple of days gives extra richness to the taste.

I finish it with ready made marzipan and ready to roll white icing.

Recipe by Wendy English





# BISCUITS TRAY BAKES & CUP CAKES



# AIMEE'S LEMON DRIZZLE CUPCAKES

## With Mascarpone Filling

Makes 12 cupcakes

125 ml plain yoghurt  
125 ml vegetable oil  
175g self-raising flour  
175g castor sugar  
3 eggs  
1 lemon (or orange)  
4 drops vanilla essence  
Pinch salt

Lemon Drizzle:  
Juice of 1 lemon  
1 tbsp sugar

Mascarpone Frosting:  
225g mascarpone  
113g icing sugar  
240 ml double cream

Preheat oven to 170C / Gas4

Prepare cupcake tins. Zest lemon using small or medium holes on grater. Brush zest from grater with pastry brush. Stir all ingredients together with a wooden spoon. Fill cupcake tins  $\frac{2}{3}$  full.

Bake for 15 minutes or until just brown. When cooked they should spring back when pressed in centre.

Boil the lemon juice and sugar for one minute and then drizzle over the still warm cupcakes.

For the frosting, whip all three ingredients together until thick. Using a piping bag, pipe onto cupcakes. Decorate with lemon zest. Enjoy!

Recipe by Elizabeth Harper

*'Aimee made these for her Junior Cert HE Practical Exam. She practiced making them many times before the exam. We loved them initially but eventually got a bit tired of them! She also made them for her Grandma Bertha's 80th birthday and they were a big hit with Grandma which is very high praise as Grandma has very discerning taste....'*

# CHOCOLATE BROWNIES

200g butter  
375g caster sugar  
4 eggs  
80g cocoa powder  
100g self-raising flour  
200g chocolate chunks

Preheat oven to 180 C

Melt butter on a low heat. Add sugar and stir until well combined. When cooled add eggs one at a time (being careful not to add too early – if the mixture is too hot the eggs will scramble!!)

Sieve cocoa and flour into a large bowl. Add butter mixture and stir until well combined. Then stir in chocolate chunks. Pour into a baking tin 20 x 30 cm lined with greaseproof paper.

Bake for 30 minutes. Brownies continue to harden as they cool so they should be firm but a knife inserted in the middle will come out with some crumbs on it.

Recipe by Jill Callanan

*'My husband Ronan gets full credit for getting this recipe. When we attended a family camp in Castledaly, Ronan decided to sign himself up for the baking classes and we have been savouring the chocolate goodness within these brownies since!'*

# JASON & SAM'S BUTTERSCOTCH SAUCE

GF

115 g butter (at room temperature)  
220 g dark brown sugar  
250 ml double cream  
1 tablespoon vanilla  
1 teaspoon salt

Melt butter in a saucepan over a medium heat. Add sugar, cream and salt. Whisk until blended. Bring to the boil then reduce heat slightly and gently boil for 5 minutes. Remove from heat and stir in vanilla.

Stores in the fridge for up to one month.

Recipe by Jason & Sam Harper

*This is the boy's favourite sauce poured over Cramers Grove ice cream!*

*This may seem like the wrong place to include this recipe but we think it would go perfectly with the chocolate brownies, warm and gooey, fresh out of the oven!*

# TIFFIN

100g butter / hard margarine (NOT low fat as it won't set)

25g soft brown sugar

3 tbsp cocoa

4 tbsp golden syrup

225g crushed digestive biscuits

150g raisins

(or other dried fruit)

225g milk/plain chocolate

Put first 4 ingredients in bowl or pan and microwave or heat on hob for a couple of minutes to melt.

Then add the next two ingredients, mix well and press into a 20cm square greased tin.

Melt chocolate and pour on top, smooth over. Mark into squares and chill in fridge for an hour or so before cutting.

Recipe by Gwyneth Munt

*Loves to make them with her daughter Bethany.*

# EDNA FRANCES PERRY McLEOD'S NANAIMO BARS

Base:

½ cup marg / butter

5 tablespoons cocoa

2 cups graham wafer crumbs

1 cup medium coconut

¼ cup granulated sugar

1 teaspoon vanilla

1 egg

½ cup chopped walnuts

Centre:

¼ cup marg / butter

3 tablespoons milk

3 tablespoons lemon pie filling powder

2 cups icing sugar, sifted

Topping:

4 oz semi-sweet chocolate

1 tablespoon butter

Put softened butter, sugar, cocoa and egg in double boiler. Stir well and cook until mixture resembles custard (fat seems to separate). Combine wafers, coconut and nuts and add to first mixture. Pack evenly in 9 inch square pan and spread with following icing.

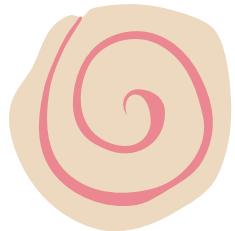
For the centre cream ¼ cup marg / butter. Add milk which has been combined with lemon pie filling powder. Blend in the sifted icing sugar. Spread over the first mixture. Chill for 15 minutes to harden somewhat. (The normal Nanaimo bar recipe calls for vanilla custard filling or vanilla pudding powder rather than lemon pie filling – I prefer the lemon).

For the topping melt the semi-sweet chocolate with butter and spread over the icing. Cut into bars when set. You should get +- 36 small squares. This is rich!

Recipe by Sandy Moeller

*'This is my Mum's recipe. Nanaimo bars are very popular here originating in the city of Nanaimo on Vancouver Island in British Columbia. Mum's version is slightly different than the norm, and I prefer it, as it doesn't taste quite as sickly sweet.'*





## CHOCOLATE CHIP COOKIES

450g / 1 lb margarine  
450g / 1 lb sugar  
1 teaspp vanilla essence  
1 egg  
3 tablsp golden syrup  
1 tablsp boiling water

Cream the margarine and sugar together. Then mix in the other wet ingredients.

1 ½ lbs plain flour  
1 lb / 4 cups porridge oats  
1 teaspp salt  
2 level teaspp bicarbonate of soda (sieved)  
6 oz chocolate chips

Mix the dry ingredients together and then mix into the wet ingredients. Mix well into cookie dough. Roll into small balls and cook on a baking tray at 180 C until golden brown. Cool on a cooling tray and enjoy!

Recipe by Isobel Harper

## RAISIN DROPS

1 lb margarine  
1 lb sugar  
1 tablespoon golden syrup  
1 ¾ lb self-raising flour  
1 level teaspoon bread soda (sieved)  
1 handful raisins

Cream the margarine and sugar together. Mix in the syrup. Mix the dry ingredients together and then mix into the rest. Roll into small balls and place on a baking tray. Cook at 180 C until golden brown.

Recipe by Isobel Harper

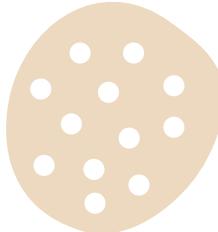
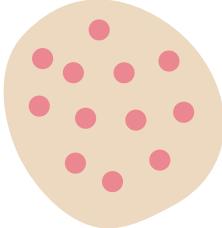


## GINGER BISCUITS

500g / 1 lb margarine  
500g / 1 lb sugar  
1 dessert spoon golden syrup  
1 dessert spoon treacle  
800g / 1 ¾ lb self-raising flour  
1 level teaspoon bread soda (sieved)  
4 heaped teaspoons ground ginger

Cream the margarine and sugar together. Mix in the syrup and treacle. Mix the dry ingredients together and then mix into the rest. Roll into small balls and place on a baking tray. Cook at 180 C until brown.

Recipe by Isobel Harper



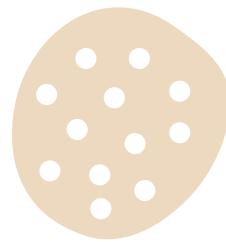
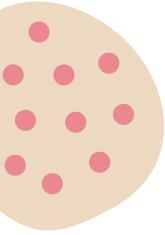
## FLAKEMEAL SHORTBREAD

575g / 20 oz porridge oats  
275g / 10 oz plain flour  
450g / 1 lb margarine  
4 pinches bicarbonate of soda  
225g / 8 oz sugar

Rub the margarine and dry ingredients together until the mixture is well stuck together. Roll out to about 1 cm thick and cut with a scone cutter. Place on a baking tray and cook at 180 C until a light golden colour.

Recipe by Isobel Harper





## FLAKEMEAL SYRUP

250g margarine  
1 tablespoon golden syrup  
1 teaspoon water  
2 small mugs self-raising flour  
1 mug porridge oats  
 $\frac{3}{4}$  mug sugar  
1 level teaspoon bread soda (sieved)

Melt the margarine. Add in the syrup and water. Mix the dry ingredients well and then add into the wet mixture. Mix well. Roll into balls by squeezing small amounts of dough together. Try to do this quickly which the mixture is still warm and place in to an oven heated to 180 C. Cook until golden brown.

Recipe by Isobel Harper

## ROUNDY-O COOKIES

12 oz plain flour  
8 oz white sugar  
8 oz margarine  
1 egg (beaten)  
Raspberry jam

Preheat oven to 170 C

Mix flour and sugar and rub in the margarine. Bind together with the beaten egg. Roll out into a rectangle about  $\frac{1}{4}$  inch thick. Spread raspberry jam over the dough and roll up the long edge into a long roll. Put the roll into the freezer, or fridge, to firm up for about an hour.

Grease baking sheets very very well; the jam sticks otherwise and therefore difficult to remove after baking. Cut slices from the roll about  $\frac{1}{4}$  inch thick and lay them an inch apart on the baking sheet. Bake for 8-10 minutes until golden brown. Cool on a wire cooling rack.

Recipe by Colleen Harper

This recipe was given to Colleen by Auntie Annie in Sandfords Court when she called to visit; Auntie Annie was making these cookies at the time – they are very popular!



# FLAKEMEAL SQUARES

4 oz brown sugar  
12 oz porridge oats  
8 oz margarine  
2 tbsp golden syrup  
4 oz plain flour

Preheat oven to 190 C

Gently melt margarine with syrup – just until barely melted; stir in sugar. Then stir in flour and finally mix in the porridge oats. Spread evenly & press down in a Swiss roll tin and bake until golden brown – be careful not to overcook. When just out of oven and cooling spread with a thin layer of melted milk chocolate. Cut into squares while still warm.

Recipe by Althea Hatton

*Another of Sylvia Harper's recipes*



# CHEWY FLAPJACKS

220 g butter  
80 g sugar  
(I use brown sugar)  
4 tbsp golden syrup  
350 g porridge oats  
100 g sultanas / raisins  
(optional)

If you want to make them vegan replace butter with 220 g coconut oil and 1 tablespoon water.

Melt butter (or coconut oil & water), sugar and golden syrup together in a saucepan until sugar has dissolved. Add oats and dried fruit if using. Mix until coated. Press into a greased tin and flatten well with a spoon to ensure the mixture stays together when baked.

Bake for 10 minutes at 180 C until golden on top. (My oven is hot so 6 minutes is often enough... I like them pale and very chewy!)

Allow to cool and cut into squares. Enjoy.

Recipe by Wendy English

*This is my go-to recipe anytime I need to bring tray bake. I usually have ingredients on hand, they are very quick to make and they are seriously tasty. They are very popular at La Leche meetings and I now make them every time I attend as when I don't bring them people express disappointment!*



# FUDGY OATMEAL BARS

2 cups packed brown sugar  
1 cup/225g margarine or butter

1 tsp vanilla  
2 eggs

2 ½ cups plain flour  
1 tsp baking soda  
½ tsp salt  
3 cups porridge oats

2 tbsp margarine/butter  
1 can (14oz) sweetened condensed milk

12 oz / 340g chocolate  
(I usually use Lidl dark chocolate. One could probably use cooking chocolate; making it richer because of the milk. However I would avoid milk chocolate.)

1 cup nuts (optional)  
1 tsp vanilla  
½ tsp salt

Mix together the first four ingredients then add the next four.

Reserve 1/3 of mixture. Press remaining mix into a greased tin (15 ½ x 10 ½ x 1")

Heat the remaining ingredients over a low heat, stirring constantly, until chocolate is melted.

Spread on top of oatmeal mix. Drop reserved oat mix by teaspoonfuls onto chocolate mix.

Bake for 25 – 30 minutes at 350F / 180C until golden brown.

Cut into bars while still warm. Makes about 70 bars 2 x 1 inch.

Recipe by Colleen Harper

I usually use two smaller tins. The oat mix is huge and ends up very deep. The last time I made this I actually did the chocolate mix by 1/2 times to give more of a filling. Experiment!



# ANZAC BISCUITS

2 cups flakemeal  
(porridge oats)  
1 cup plain flour  
¾ cup sugar  
4 oz / ¼ lb margarine  
or butter  
1 large serving spoon  
golden syrup  
1 level teaspoon  
bicarbonate of soda  
2 dessertspoons boiling  
water

Oven temperature: 350 F / 180 C / Gas 4 - 5

Mix dry ingredients together in a large bowl – except bicarbonate of soda. Melt the butter and syrup in a saucepan to a simmering heat. Mix boiling water with bicarbonate of soda in a cup and then add it to the syrup and butter. As this will bubble up, pour quickly over the dry ingredients. Mix well with a spoon and roll into balls +- 1inch in diameter and place well apart on well-greased baking tray (they spread out into flat biscuits). Bake for 15 minutes.

Recipe by Gillian Alcorn.

*In the 60s, my mother Tilly got this recipe from a Mrs Ryan who lived in Annamult House. They were Australian and her husband was a medical doctor in the Army (Anzac stands for Australian New Zealand Army Corp). She had lots of children maybe eleven, but I think only four or so came to live there. She would come every morning with an enamel bucket and we measured out the fresh unpasteurised milk with a pint measure!*

*These biscuits were such a success with the family – I think the recipe went first to Auntie Annie and then got passed around the clan!*

## COCONUT COOKIES

8 oz margarine  
8 oz sugar  
1 packet coconut (250g)  
8 oz flour  
1 – 2 eggs

Melt margarine, add sugar, coconut and flour and then egg/eggs. Bake in a moderate oven until golden colour!

Recipe by Albert & Margaret Harper

Originally Auntie Annie's recipe  
(her handwriting)

Coconut cookies  
8 oz margarine  
8 oz sugar  
1 packet coconut (250g)  
8 oz flour  
1 – 2 eggs  
Melt margarine then  
add coconut & flour and  
bake in a moderate oven  
until golden colour!

## COCONUT TRAY BAKES

Line a Swiss roll tray with your favourite pastry base and spread with jam.

Cover with coconut mixture which consists of:

8 oz coconut  
8 oz sugar  
3 eggs

Bake in a moderate oven 350 F for 25 minutes.

Let cool and cut into squares.

Recipe by Albert & Margaret Harper

Originally Auntie Annie's recipe

GF

## GLUTEN FREE PEANUT BUTTER COOKIES

1 cup peanut butter  
½ cup sugar  
1 egg

Preheat oven to 170 C

Mix until well blended. Roll into about 24 balls and place on an ungreased baking tray. Flatten and bake for 15 minutes until lightly browned.

Recipe by Helen Shaw

GF DF

## NO BAKE GLUTEN FREE PEANUT BUTTER BALLS

Makes 24

½ Cup honey or maple syrup  
½ Cup peanut butter  
2 tbsp coconut oil (or butter)  
½ tsp vanilla extract  
2 Cup uncooked rolled oats  
pinch of salt

Combine honey, peanut butter, and oil in a bowl and mix well. Then mix in vanilla, oats, and salt until blended. Shape into small balls.

They are best frozen for at least an hour.

Recipe by Nigel & Kyria Smith

This is the basic recipe, seldom followed! We often throw in other ingredients, like chocolate chips or raisins. Or we grind the oats for a cookie dough texture. You can also swap out some of the oats for dessicated coconut. Or for one of our favorite variations, add a tablespoon or two of cocoa powder.



# PERFECT FOR FIKA

elevenses \ afternoon tea



In Sweden fika is not just a tradition, it's an institution. The practice of taking a break with a beverage and snack is widely accepted as central to Swedish life. While the beverage is usually coffee, tea and juice are becoming more acceptable. The important part is something to eat, a pastry, cake or biscuit.

# JAMAICAN EASTER BUN

Serves 12 – 16.

250g all-purpose flour  
3 teaspoons baking powder  
Pinch of salt  
1 teaspoon cardamom  
1 teaspoon cinnamon  
 $\frac{1}{2}$  teaspoon ginger  
 $\frac{1}{2}$  teaspoon coriander  
 $\frac{1}{4}$  teaspoon clove  
 $\frac{1}{4}$  teaspoon nutmeg  
 $\frac{1}{4}$  teaspoon black pepper  
1/8 teaspoon aniseed  
50 g brown cane sugar

50 g Muscovado brown sugar  
85 g honey  
75 g dark molasses / treacle  
1 teaspoon vanilla extract  
250 ml Guinness  
100 ml warm milk  
50g butter  
100 ml candied orange peel (more Dutch)  
100 ml candied ginger, chopped into small batons (more Dutch)  
100 ml raisins (optional, more Jamaican)  
1 egg (optional, more Jamaican)  
1 teaspoon browning (if you like it darker)

Preheat oven to 150 C and line a loaf tin. Mix flour, baking powder and salt in a bowl. Melt butter and warm Guinness with spices and fruit. Let cool before adding dry ingredients (preferably soak fruit, ground spices in Guinness overnight).

In a separate bowl mix brown sugar, honey, molasses, vanilla extract and warm milk until everything is mixed well. Combine wet and dry ingredients and mix until it is a smooth batter. Pour into prepared loaf tin and place in preheated oven. Bake for 80 minutes, or until the skewer comes out clean. Cover the top with aluminium foil if/ when it gets too dark. Leave to cool for 5 minutes in the tin, then take it out and leave to cool completely on a wire rack. Alternatively leave to cool completely in the tin, or wrapped in foil, to get a soft instead of crispy outside.

Recipe by Roger Harper

'Perfect for 'fika', elevenses / afternoon tea, a sweet, moist and spicy cake served with butter and cheese (red cheddar recommended).'

This recipe is very flexible, increase or decrease spicing depending on what you have and the strength you like; add or subtract dried fruits depending on what you have or the influence you are looking for.

'In 2003 I spent Easter with a mission team in Accompong, Jamaica with the maroon people. The Caretaker/gardener of the school we stayed in taught me a lot about what different plants are good for and especially that ginger is good for the stomach. At Easter in Jamaica they eat 'bun and cheese', like in Ireland we eat hot cross buns. This is Roger's version which adopts some inspiration from Dutch 'gemberkoek / ontbijtkoek and Swedish 'mjuk ingefärskaka'.'

'Between 2002 and 2005 I worked as an engineer with OM's ship Logos 2 as it travelled through the Caribbean, Latin America and West Africa. I met my Swedish wife on board and moved to Sweden in 2006; with work I've travelled quite a bit in Europe and America. I've always loved food and have been keen to pick up inspirations especially with a global perspective.'

(In Sweden metric and decilitre (dl) are standard volume measure but Roger has changed to millilitre as more universally understood.)



# CHOCOLATE BALLS

(makes +20 balls)

2 tbsp of pearl/nib sugar  
(you can substitute coconut flakes or sprinkles)

100g butter

1 tbsp cocoa powder

4 tbsp granulated sugar

300 – 400 ml rolled oats

1 tbsp water (you can substitute cold strong coffee)

Wash your hands!

Pour the pearl sugar into a wide bowl or small tray. Add the rest of ingredients to mixing bowl and mix thoroughly by hand or with a mixer.

Roll into small balls and roll the balls lightly in the pearl sugar.

Enjoy!

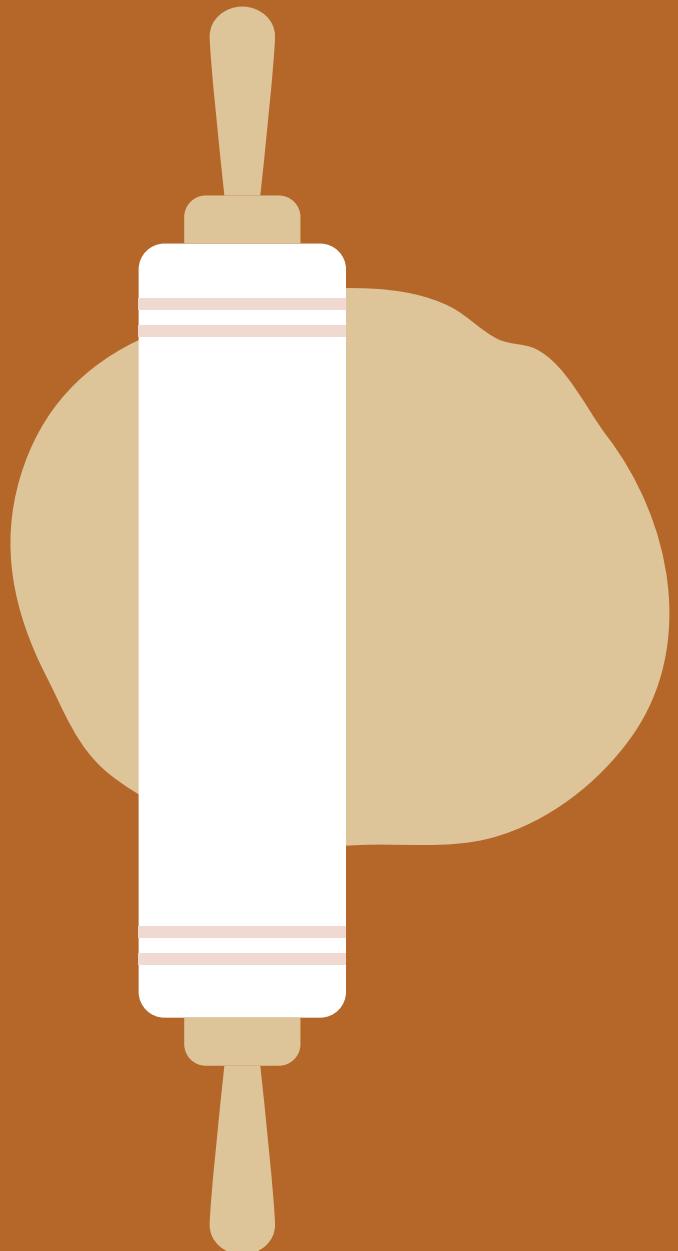
Recipe by Sean Harper

*This Swedish classic is from a cookbook Hanna had as a kid and we still use for our kids. Perfect for 'Fika'*

GF







BREADS  
SCONES &  
MUFFINS



# BROWN SODA BREAD

½ tin or 275 g plain flour (sieved)  
½ + tin or 300 g coarse wholemeal flour (Howard's Extra Course)  
¾ teaspoon salt  
1 ¾ teaspoon bread soda (sieved)  
500 ml +- buttermilk

Preheat oven to 210 C / 190 C fan

Mix the dry ingredients in a mixing bowl, then make a well in the centre and gradually add the buttermilk, drawing in the dry ingredients from the sides of the bowl. Mix until a soft dough forms, adding more buttermilk if necessary. Put into a floured/greased tin and level it and score in a few places.

Bake in a preheated oven for 15 – 20 minutes, then reduce the oven temperature to 180 C / 160 C fan and bake for a further 15 – 20 minutes until loaf sounds hollow when tapped on the base.

Recipe by Lilia Harper

*'I got this recipe from my mother-in-law Alice Harper (Victor's wife), New Orchard, Kilkenny in 1972. Alice made this bread all her life (15th February 1919 – 16th September 2016). She made it in the Aga up to 1979 and then big batches in the electric cooker (to save electricity). She measured the flour/wholemeal in a marmalade tin and I use the same tin that she gave me years ago!!'*

# BROWN BREAD (1lb Loaf)

1 mug plain flour  
¾ mug brown flour  
¼ mug bran  
½ tsp salt  
1 level tsp bread soda  
8 fluid oz buttermilk  
(or ordinary milk with ½  
capful vinegar)

Mix dry ingredients together; add buttermilk and put into a greased tin.

Cook at 200 C until golden brown.

Recipe by Isobel Harper



# MULTI SEED BROWN BREAD

12 oz / 350g coarse wholemeal flour  
(Odlums or Howards)  
2 oz / 50g plain flour  
2 oz / 50g porridge oats  
Pinch salt  
2 level tsp bread soda  
2 large eggs  
1 dessertspoon sunflower oil  
18 fluid oz / 500 ml buttermilk  
3 tbsp mixed seeds  
(pumpkin, sesame, poppy, sunflower)

Preheat oven to 170 C / Gas 3

Put flours, sieved bread soda, salt and porridge oats into a large bowl and mix well. In a separate bowl beat the eggs together with the oil and add into the dry mixture. Next, mix in the buttermilk and get the mixture to a 'sloppy' consistency. Add two tablespoons of multi seed mixture to the bread.

Pour into a greased 2 lb loaf tin and smooth the top with a wet spoon. Sprinkle the remaining seeds on top of the bread and bake for one hour. After an hour has elapsed remove the bread from the tin and return to the oven for a further 20 minutes. Remove from the oven and allow the bread to cool down on wire rack.

Recipe by Joy Harper

# COURGETTE BREAD

DF

1 ¼ cups flour  
1 cup porridge oats  
½ teaspoon salt  
1 teaspoon baking soda  
1 teaspoon baking powder  
2 eggs  
1 cup sugar  
1 cup oil  
2 teaspoons vanilla extract  
2 cups shredded courgette  
½ cup apple sauce

Combine flour, porridge, salt, baking soda and baking powder.  
In another bowl beat eggs and sugar. Add apple sauce, oil, vanilla and courgette. Stir until evenly combined.  
Add the dry ingredients to the bowl and stir.  
Pour into a greased pan and bake at 175 C for 30 minutes.

Recipe by Gareth & Caroline Alcorn



# SUGARBREAD

## Frisian Sukerbole

DF

¾ kg / 4 ½ cups all-purpose white flour  
35g yeast / 2 packets of 8g quick rise yeast  
½ litre water  
500g sugar lumps  
Cinnamon  
1 teaspoon salt

Preheat oven to 400 F  
Mix flour, yeast, salt and water to make a sticky dough. Knead the dough for 8 – 10 minutes. Place in a large bowl, cover with a cloth and allow to rise in a warm, draft free place for about an hour or until it has doubled in size.

Press down the dough, put on the sugar lumps and a good sprinkle of cinnamon. Fold the dough to incorporate the sugar lumps evenly in the dough. Place in a tin that has been greased and sprinkled with flour or lined with parchment paper (may make two loaves).

Cook for 25 – 30 minutes. Allow to cool and serve sliced with butter – enjoy this delicious bread!!

Recipe by Albert & Margaret Harper



# CORN BREAD

GF

1 cup corn meal  
(We use blue corn meal, which we grind from our own blue corn. Polenta may work but is not tested.)

1 cup oat flour  
(grind oats in food processor)  
1 tsp salt  
3 tsp baking powder

2 eggs, beaten  
1 tsp vanilla  
1 cup milk  
(We often use goat milk from our farm, but cow milk or dairy free milk works too.)  
½ stick (½ cup, or 4 tbsp) butter, melted  
¼ cup maple syrup

Preheat oven to 400 F

Mix together dry ingredients. Mix together wet ingredients, except for the butter. Combine the two and then slowly stir in the melted butter, so that it doesn't scramble the eggs.

Pour into 9x9 pyrex, cake tin, or deep sided cast iron skillet.

Bake for 20 - 25 minutes in middle of the oven, or until cocktail stick comes out clean.

Best eaten while still warm with butter and lots of maple syrup or honey.

Recipe by Nigel and Kyria Smith.

*This recipe comes from Sharon Osterhouse, Kyria's mom. Over the years she has tweaked this recipe to make it gluten free, yet keep it moist. Everyone who comes to the farm comments on how this is the best corn bread they have ever had.*

*To make it healthier, soak the two flours overnight with the milk and a rounded tsp of yogurt and add the rest of the ingredients in the morning.*

# CINNAMON SCONES

(Granny Alice Harper's scones with a twist)

1 lb plain flour  
1 tsp bread soda  
2 tsp cream of tartar  
(Granny's secret addition!)  
½ pint milk –  
approximately  
Pinch salt  
2 oz caster sugar  
(optional)  
4 oz butter

Topping (our twist!):  
2 tbsp milk  
5 tbsp granulated sugar  
2 - 3 tbsp cinnamon

Preheat oven to 220 C

Sieve flour, bread soda, cream of tartar and salt into a bowl. Rub in butter until it resembles breadcrumbs. Add sugar. Add sufficient milk to make a soft dough – not too wet. Turn onto a floured board and gently knead to remove any cracks.

Roll out lightly to 1 inch in thickness. Cut into scones with a cutter dipped in flour.

Mix the sugar and cinnamon topping in a small bowl. Brush the top of the scone with a little milk and dip in a bowl of cinnamon topping mixture. Place on a floured preheated baking sheet. Bake in preheated oven for 6 minutes; reduce temperature to 190 C and turn tray. Bake for another 8 minutes.

Cool on a wire tray.

Recipe by Nigel & Carol Harper

Nigel's Mum, Lilia gave us Granny Alice Harper's scone recipe. She thinks that the cream of tartar makes all the difference! We like to add a cinnamon sugar topping to the scones!



## SCONES

1 lb / 500g self-raising flour  
1 heaped teaspoon baking powder  
2 oz / 50g sugar  
4 oz / 125g margarine  
Handful of raisins  
1 egg  
Milk to bind

Mix margarine into flour, add other dry ingredients; add egg and then milk slowly until the mixture comes together in a soft dough.

Roll out, cut and cook at 210 C for 15 minutes.

Recipe by Isobel Harper

## CHEESE SCONES

½ lb / 1 cup plain flour  
1 heaped teaspoon baking powder  
2 oz / ¼ cup margarine  
2 oz / ¼ cup grated cheese  
Seasoning – salt, pepper, mustard  
1 egg  
Milk to bind

Mix margarine into flour, add other dry ingredients. Add egg and then milk slowly until the mixture comes together in a soft dough.

Roll out, cut and cook at 210 C for 15 minutes.

Recipe by Isobel Harper



# SPINACH & CHEESE MUFFINS

Makes 10 – 12

½ red onion  
6 oz self-raising flour  
1 ½ tsp baking powder  
1 tsp paprika  
1 egg  
4 fluid oz milk  
4 ½ oz grated cheese  
2 oz spinach

Preheat oven to 160 C.

Fry onion in a little oil or butter.

In a bowl mix all the dry ingredients; add egg, milk and cheese and the onion and stir well.

Put into muffin tray and bake for 20 minutes (or more if necessary)

Recipe by Helen Shaw



# MONTH LONG BRAN MUFFINS

3 cups sugar  
3 tablespoons baking soda  
2 cups dark raisins (Thompson's)  
2 cups wheat bran  
1 litre buttermilk  
1 tablespoon vanilla  
1 cup soft butter  
2 cups boiling water  
4 eggs  
2 cups bran flakes cereal  
5 cups flour  
1 tablespoon salt (optional)

In a medium bowl put raisins, bran flakes and pour the boiling water over them. Mix together.

In a VERY large mixing bowl cream butter, sugar and vanilla. Mix in the eggs and then the buttermilk. Add dry ingredients. Then fold in raisin/bran mixture. This fits into a 4 litre ice cream bucket, but totally fills it to the brim. Recently I bought a 5 litre storage container which holds it easier.

Store in fridge a full 24 hours before baking. Keep covered. Stir before using each time. Bake as many as desired at a time. Batter will keep a month in the fridge. Makes about 3 ½ dozen.

Preheat oven to 400 F; bake for 20 minutes in greased muffin tins.

It is important that the oven is preheated to full temperature before muffins go in.

Recipe by Sandy Moeller

*'This is a delicious recipe. The bran muffins are light not heavy like most bran muffins. They are so good, you don't feel like you're eating something that is good for you. The mix keeps up to a month in the fridge. My friend, who gave me this recipe, used to make the whole batch up and freeze the cooked muffins, but I prefer to cook 6-12 at a time and enjoy the fresh baked taste, texture and baking smells each time.'*



# SQUASH MUFFINS

GF

1 1/4 cup maple syrup  
(or 2 cups sugar)  
(Sometimes we add a  
little molasses)  
1 stick + 2 tbsp butter  
(or scant 2/3 cup)  
4 eggs, beaten  
3 cups squash/pumpkin  
(cooked and mashed)  
3 cups oat flour  
(Grind oats in food  
processor)  
2 tsp baking soda  
1/2 tsp baking powder  
1 1/2 tsp salt  
1 tsp cinnamon  
1 tsp ginger  
1 tsp nutmeg  
1 tsp ground cloves  
1 cup raisins  
1 cup walnuts, chopped  
zest of 1 orange, grated  
1/2 cup dried apricots,  
chopped (optional)  
1/2 cup coconut (optional)

Preheat oven to 350F. Grease a muffin tin or line with liners. You may need two tins or use the same tin for two batches as this recipe makes about 24 muffins.

In a large bowl mix maple syrup, butter, eggs and squash. Beat well.

In a separate bowl mix together the oat flour, baking soda, baking powder, salt, cinnamon, nutmeg, and cloves.

Add dry ingredients to squash mixture. Fold in raisins, nuts, orange zest and apricots/coconut if using.

Pour into muffin tins. Bake for 27 minutes, or until done.

Recipe by Nigel and Kyria Smith.

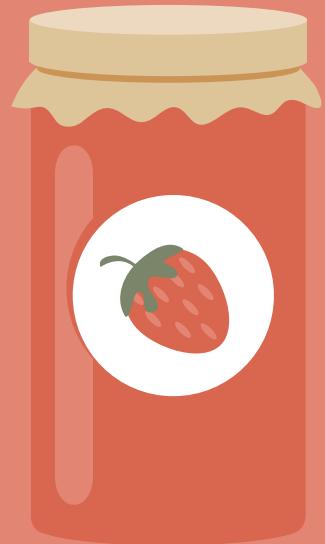
*This is a recipe from Sharon Osterhouse, Kyria's mom. As usual she has changed this recipe over the years, making it gluten free and adding some extra special ingredients. It is so moist and full of flavor.*

*This recipe is a family favorite and is often pulled out when we have guests or have a crowd to feed.*

*These keep really well and can be frozen.*



# PRESERVES





GF DF

## ELDERFLOWER CORDIAL

2.5 litres water  
2.5 kg sugar  
+40 heads of elderflower  
2 lemons  
80g citric acid

Make a syrup of water and sugar; bring to the boil. Add lemons and citric acid. Add elderflower heads and cover pan for 24 hours.

Ladle syrup into a bowl covered by a tea towel / muslin cloth to gather the flower head bits. Pour cordial into sterilized bottles. Use diluted with water for drinks, or in cakes (see recipes for lemon and elderflower cake, pg 142)

Recipe by Gareth & Caroline Alcorn

*Main ingredients foraged from the farm and hedges of Nore Valley Park (home place of George & Tilly Harper).*

GF DF

## ROSEHIP SYRUP

1 kg rosehips  
500g granulated sugar  
1.25 litres water

Chop rosehips in food processor. Transfer to saucepan, add water and simmer for 15 minutes.

When cold strain through muslin cloth into a bowl. For every 500ml of rosehip juice, add 325g sugar. Heat slowly, stirring in sugar; boil and rid of scum. Decant immediately.

Dilute with water for a drink.

Recipe by Gareth & Caroline Alcorn



GF DF

## ZUCCHINI JAM

6 cups zucchini, finely peeled and grated  
(I use dark green kind because it has the least taste)

6 cups sugar  
1 x 14 oz can crushed pineapple  
1 small can frozen lemonade  
2 tablespoons lemon juice  
2 small boxes Jello

Boil mixture for 25 minutes. Then stir in Jello – original recipe called for apricot jello, but I can't find that anymore. I've made it with orange and with peach jello.

Bottle into hot sterilized jars. Seal the lids. Then process in water bath canner (10 minutes for sea level, 12 minutes for me at 3000 ft above sea level). I find that once jars are completely cooled, I get a complete set if I put the jars in the fridge overnight.

Recipe by Sandy Moeller

*Tip: I use fine grater of food processor. This jam has a texture like marmalade, but doesn't taste like marmalade!*

GF DF

## CRAB APPLE JELLY

2.7 kg crab apples  
2.7 litres water  
2 unwaxed lemons – thinly pared rind  
450g sugar for every 600ml of juice

Cut apples in half, put in water with lemon rind and cook until reduced to pulp. Strain through muslin cloth.

Add the juice to the saucepan. Bring to the boil, add the sugar. Stir over a gentle heat until the sugar is dissolved. Increase the heat and boil rapidly without stirring for about 8–10 minutes. Skim and test to see if setting point has been reached by placing a teaspoonful on a cold plate, pushing it gently with your finger (if the jelly wrinkles, it is ready). Pot immediately into clean, sterilized jars.

Good as a jam on bread or with pork! Can also add mint, rosehip syrup or chillies for added flavour!

Recipe by Gareth & Caroline Alcorn

GF DF

## PEAR CHUTNEY (The Journey Man)

2 kg pear  
1 kg onion (6 large onions)  
500 ml cider vinegar  
500g brown sugar  
1 teaspoon ground cardamom pods  
4 teaspoons chilli flakes  
2 teaspoons cumin  
1 teaspoon ground cloves  
1 teaspoon cinnamon  
½ teaspoon nutmeg  
2 teaspoons salt  
Lemon juice  
2 cloves garlic  
½ root ginger

Put all in a saucepan and simmer until soft. Store in sterilised jars.

Recipe by Gareth & Caroline Alcorn

*Good in sandwiches, as a side for steak dishes or with cheese and cold meats.*

GF DF

## RED TOMATO & APPLE CHUTNEY

2 lbs tomatoes  
2 lbs onions  
2 lbs cooking apples  
½ lb sultanas (optional)  
1 ½ lb sugar  
1 pint malt vinegar  
1 oz pickling spice (if not premixed, use whole mustard grains, coriander seeds, chilli flakes and black peppercorns)  
Salt & pepper

Cut a cross on the bottom of each tomato and put them in a saucepan of boiling water for +1 minute to loosen the skins. Peel the tomatoes and slice them. Chop the onions and put in a bowl with tomatoes and cover with sugar. Leave to stand for 24 hours or overnight (until the sugar is liquid). Slice the apples. Put all the ingredients into a saucepan. The spices should be tied in a muslin and the string tied to your saucepan handle for easy removal later. Boil gently until soft and pulpy (+1 hour). Remove the spice. Sterilize about 8 jars (depends on size of jar!) in a hot oven. Pour the chutney into the sterilized jars and put on lids to seal.

Recipe by Valerie Harper Ruco



# THANK YOU

"Let's make a family cookbook", and with that simple suggestion, it all began. Little did I realise the hours of work, so many different people would put in to making it a reality.

What you are currently holding in your hands, would not be in existence without Nigel Smith's (Instagram: @wolfandbear.co) dedication and talent. He spent hours designing and putting this cookbook together.

Althea Hatton compiled and organised the recipes and stories that were collected. Proof reading many as she went, sometimes emailing people back to check measurements or even writing the cooking instructions from scratch.

I asked for advice on photographing the food for the cookbook from Cynthia Wong (Instagram: @thetravellingfoodpoet), food photographer and friend. She kindly offered to come down to our pre-reunion event in Kilkenny to photograph the dishes. With Patricia Harper by her side, she spent hours in a spare bedroom in Robert and Colleen Harper's home taking photos. Meanwhile, everyone who contributed dishes sampled the food and chatted, in true Harper style, over a leisurely Sunday afternoon.

The beautifully worded introduction was written by Gwin Munt, and Les Harper grounded the book in family and Irish History. With in put from Sam Harper too.

The trained eyes of Audrey Shaw, Brian Alcorn, and Althea Hatton all proof read the cookbook before printing. Graham Harper's digital and web knowledge was key in setting up a point of sale.

Last, but most certainly not least, this project would not have been possible without everyone who sent in their favourite family recipes, photos, and personal stories.

A heartfelt thank you, to you all for making this family keepsake so treasured, and for helping to preserve and keep alive the family tradition of hospitality.

Jill Callanan (nee Harper)



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COVER DESIGN AND BOOK DESIGN

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## **"All roads lead to the kitchen when it comes to the Harper clan"**

The Harper Family Cookbook is a collection of recipes contributed and curated by members of the family. Packed with 140 recipes, the book contains a wide variety of dishes, from savoury stews to delicious desserts. You'll find old recipes for biscuits, cakes, and breads which hold good memories of times spent with family around a table – cup of tea and freshly baked biscuit in hand.

The goal of this book is to help our extended family preserve and enjoy the amazing food we've all come to love. Along with wonderful stories and pictures, these time-tested recipes will serve as a family legacy to be cherished for generations.

