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National Trust fruit scones

Ingredients

- 450g/1lb self-raising flour
- 115g/4oz/ 1/2 cup soft margarine
- 85g/3oz caster sugar
- 85g/3oz sultanas (omit for plain scones)
- 1 egg, beaten
- 200ml/7fl oz milk
- Strawberry jam and clotted cream to serve

Method

1. Preheat the oven to 400°F/200°C/gas mark 6. Add the flour and margarine to the bowl of an electric mixer and rub in the margarine until the mixture resembles fine crumbs. Stir in the sugar and sultanas.
2. Add the egg and gradually mix in 150ml/¼ pint of the milk to make a soft dough. Knead lightly on a floured surface then roll out thickly to a generous 2cm/¾ inch thickness, or two fingers.
3. Stamp out circles using a 7cm/2¾ inch fluted biscuit cutter and transfer the scones to a lightly oiled baking sheet.
4. Knead the trimmings and continue rolling and stamping until you have made eight scones.
5. Brush the top of the scones with a little of the remaining milk, then bake for 10–15 minutes until well risen and golden brown.
6. Serve warm, split and topped with jam and clotted cream.

From the blog www.theviewfromgreatisland.com

Instant Pot Clotted Cream Recipe

Instant Pot Clotted Cream Recipe ~ how to make authentic homemade clotted cream in the Instant Pot ~ spread on scones, it's a British tea time tradition!

Prep Time 10 hrs

Refrigerate 12 hrs

Servings: 1 pint

Equipment

- Instant Pot

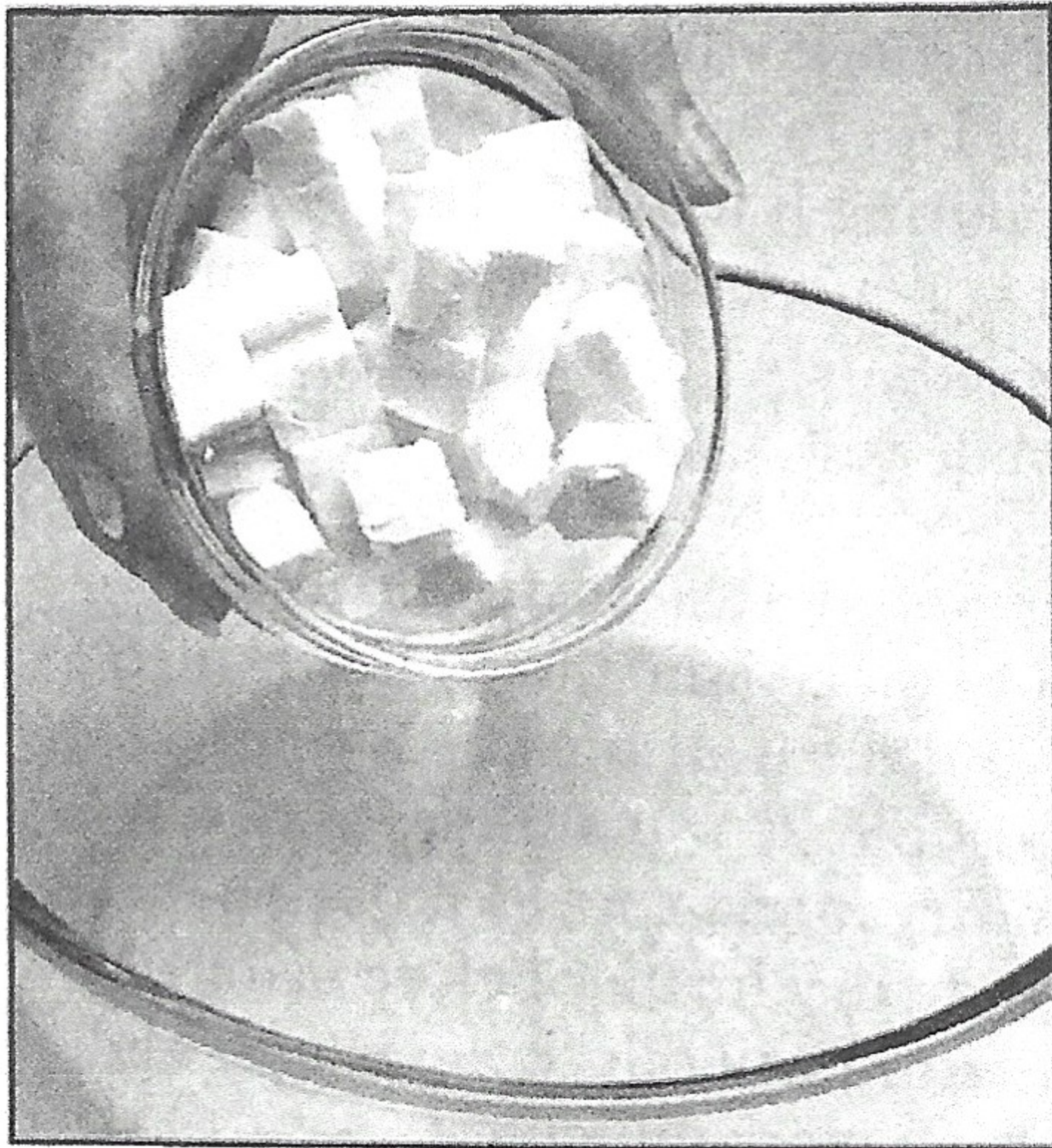
Ingredients

- 2 pints of non-ultra pasteurized heavy cream (make sure to find non-ultra pasteurized cream for this)

Instructions

1. Note: I like to plan to start my Instant Pot clotted cream in the morning, when I wake up. That way I can put it in the refrigerator before I go to bed and wake up to a finished product!
2. Pour the cream directly into the Instant Pot. Close the lid (no need to set the vent, we're not pressure cooking.) Press the YOGURT button and press until it says BOIL.
3. When the machine beeps, and has reached the boil stage, press the KEEP WARM button and let it go for 8-10 hours. I let mine go for 10 hours.
4. Turn the machine off and remove the pot. Let cool at room temperature without disturbing. Then refrigerate the pot, as is, for 12 hours.
5. Carefully scoop off the thickened layer of clotted cream, leaving the thin liquid behind. It's ok if you get some of the thinner liquid into your clotted cream, you can mix it in.
6. Spoon your cream into a glass jar. You can leave as is, or stir it together to make it creamier.
7. Enjoy within 2 weeks.
8. The leftover liquid can be used to make scones.

LEMON CURD

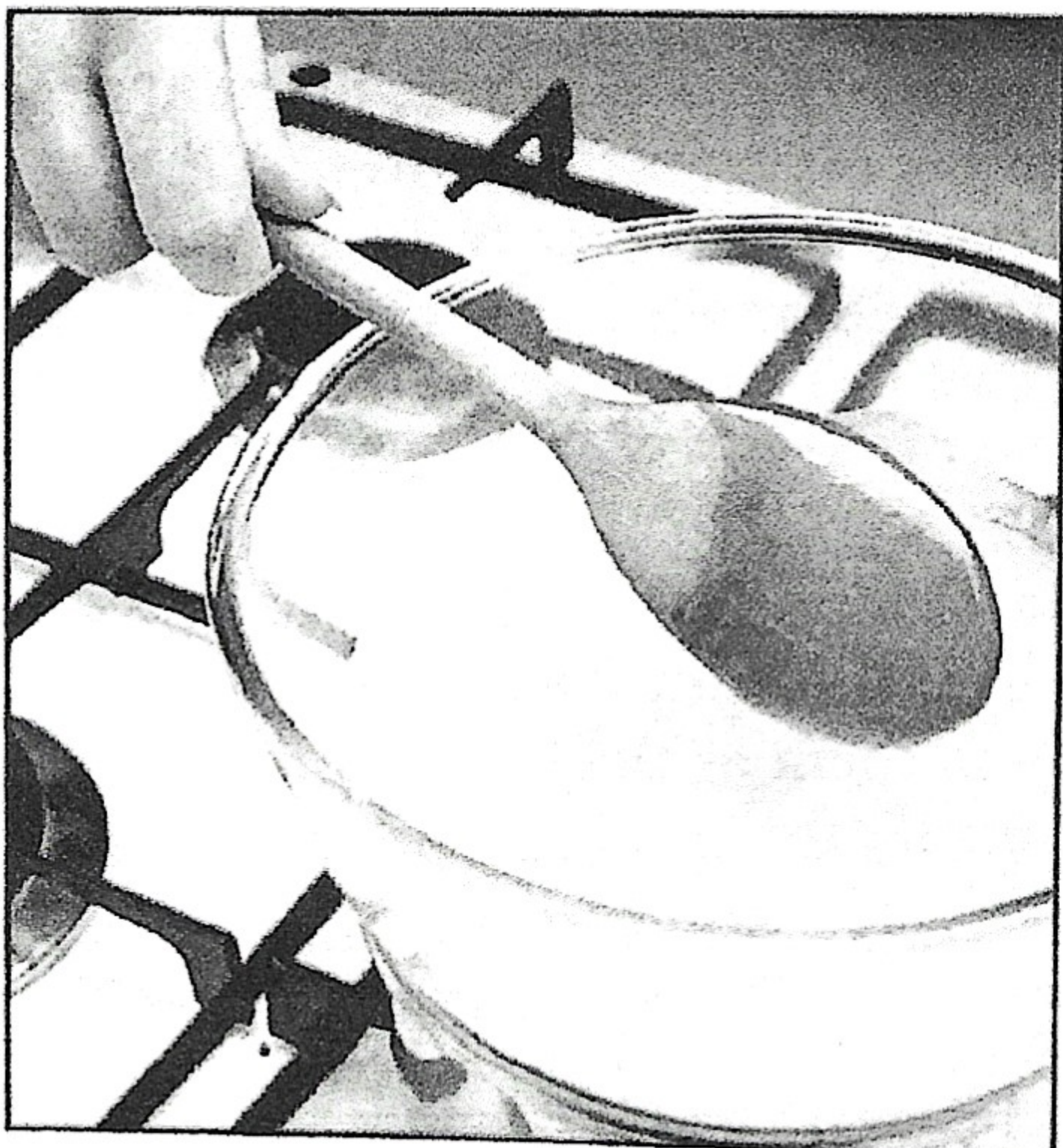


4 lemons
 1-3/4 cups sugar
 1-1/2 cups butter
 4 eggs, beaten

Into a heatproof bowl, finely grate zest of lemons. Squeeze lemons and pour juice into bowl. Stir in sugar. Cut butter into small pieces and add to other ingredients.



Set bowl over a saucepan one-quarter filled with simmering water and stir until butter has melted and sugar dissolved. Strain eggs into lemon mixture.



Cook gently, stirring frequently, 10 to 15 minutes, until mixture is thick and creamy. Pour into clean, warm jars and seal while hot. Keep in the refrigerator.

Makes about 1-1/2 pounds.

Variations: For Lime Curd, use limes instead of lemons.

For Lemon & Elderflower Curd, add 2 handfuls of elderberry flowers, well shaken and flowers removed from stems, after adding butter.

Strawberry jam

(Makes 6 lb/2.75 kg)

The way to keep strawberries whole in jam is to cover them with the sugar and leave them overnight. The sugar will then draw out the juices and firm the fruit.

4 lb slightly under-ripe dry strawberries (1.8 kg)

3 lb sugar (1.3 kg)

juice of 2 large lemons

1/2 oz butter (10 g)

A preserving pan with a lightly buttered base, and four small plates chilled in the ice-making compartment of the refrigerator.

Hull the strawberries and wipe with some damp kitchen paper, then layer them in the preserving pan, sprinkling them with the sugar as you go. Leave them like this overnight, by which time the sugar should have almost dissolved.

To make the jam, place the pan over a lowish heat just to melt the rest of the sugar and draw some of the juice out of the strawberries – don't stir too much, just shake the pan now and then to keep the fruit as whole as possible. When the sugar has completely dissolved, add the lemon juice, turn up the heat and as soon as the jam is really bubbling, time it for 8 minutes and then remove it from the heat. Spoon a little onto a chilled plate, allow it to cool, then push with your little finger: if it forms a crinkly skin, it's set. If not, boil it up for a further 3–4 minutes. Repeat the test, removing the pan from the heat three or four times if necessary until you have a set.

Then remove from the heat, stir in a small lump of butter to disperse any scum, and allow the jam to settle for 15 minutes before pouring it into dry clean jars (heated in a moderate oven for 5 minutes). Seal immediately with waxed discs and tie down while still warm. Label when cold.

Note Try not to wash strawberries or attempt to make jam after it has rained heavily and the fruit is wet – it must be as dry as possible. If you are forced to wash the fruit, dry it and spread it out on clean tea-cloths to dry further before using. Any extra moisture will dilute the pectin and make setting more difficult.

Loganberry jam

(Makes 5 lb/2.25 kg)

You can make this in any quantity, using 1 lb (450 g) of sugar for each pound of loganberries.

3 lb loganberries (1.3 kg), preferably under-ripe

3 lb granulated sugar (1.3 kg)

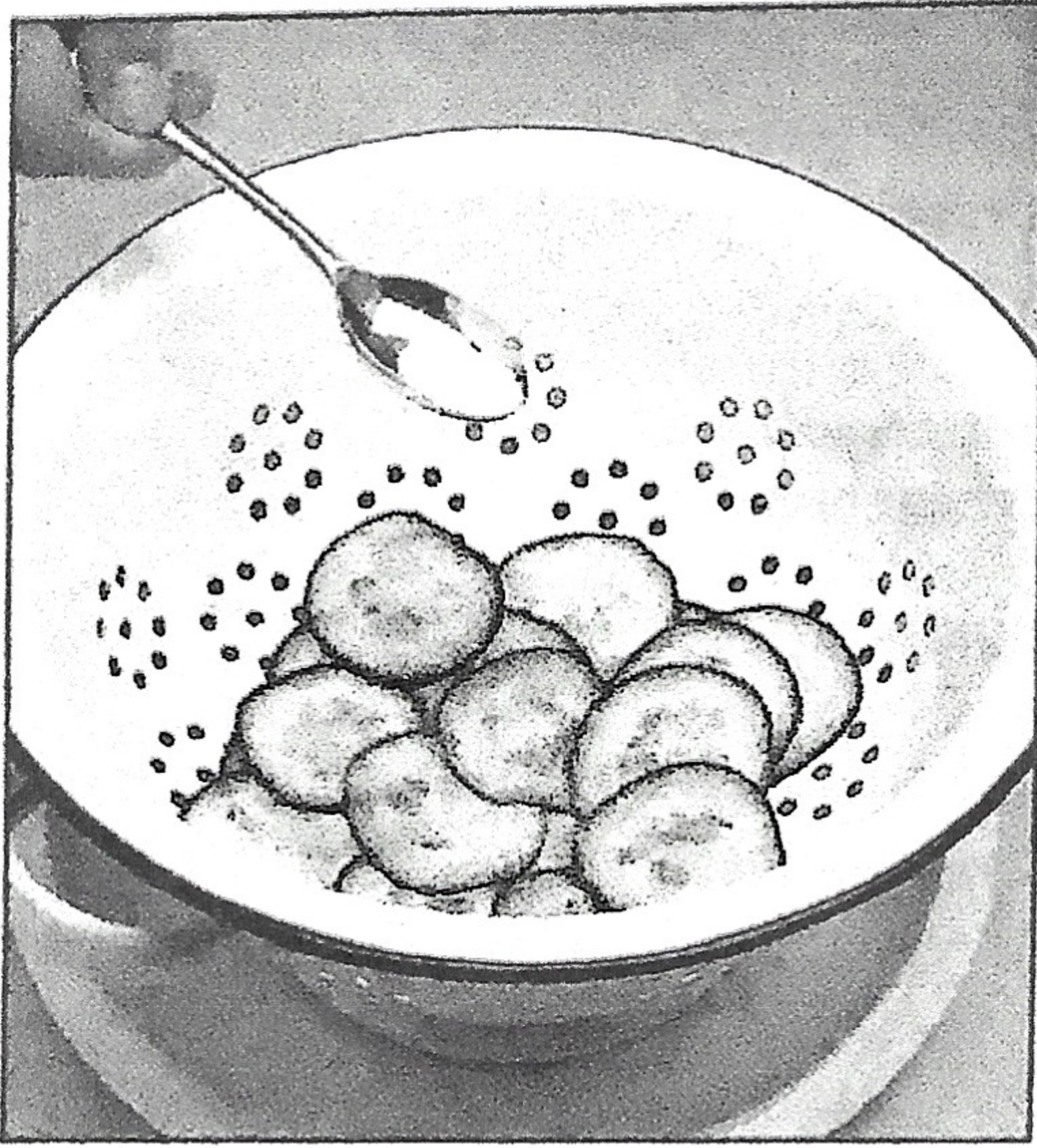
1/2 oz butter (10 g)

Pre-heat the oven to gas mark 4, 350°F (180°C).

Five 1 lb (450 g) jars, washed, dried and heated in the oven for 5 minutes, and four small plates in the freezer compartment of the fridge to get them really cold.

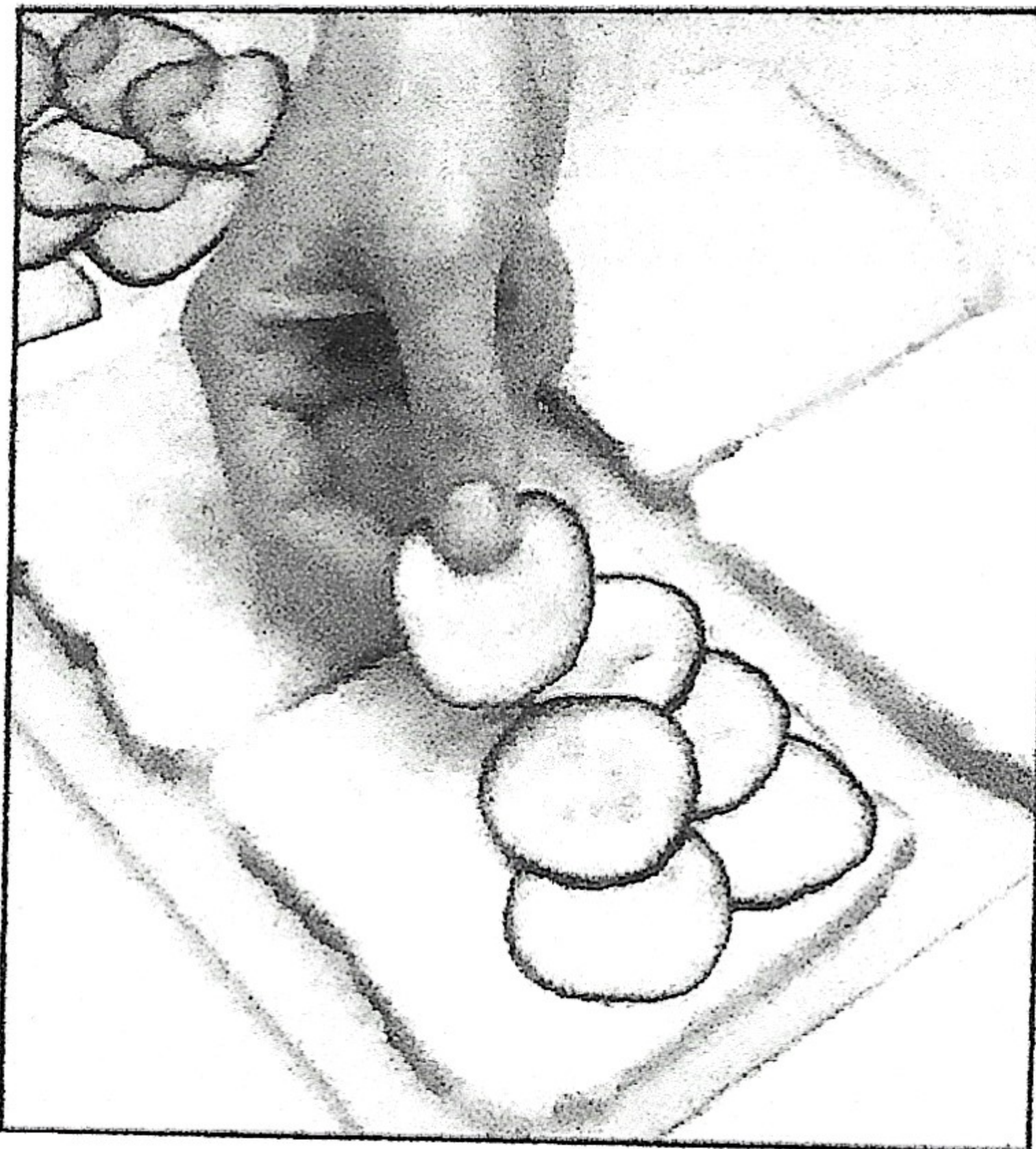
Pick over the fruit, discarding any stalks or leafy bits, then put them into a pan. Don't wash them as the heat from the cooking will purify them. Place the pan on a fairly low heat – don't stir at all, just leave it on the heat until the juices start to run.

— CUCUMBER & DILL HEARTS —



1/4 cucumber
 1/2 teaspoon wine vinegar
 1/2 teaspoon salt
 3 tablespoons butter, softened
 4 slices white bread whole wheat, aka 'granary'
 Pepper bread preferable
 1 teaspoon chopped fresh dill
TO GARNISH:
 Dill sprigs

With a knife, peel cucumber, then cut into paper-thin slices. Place in a colander and sprinkle with vinegar and salt. Leave 30 minutes.



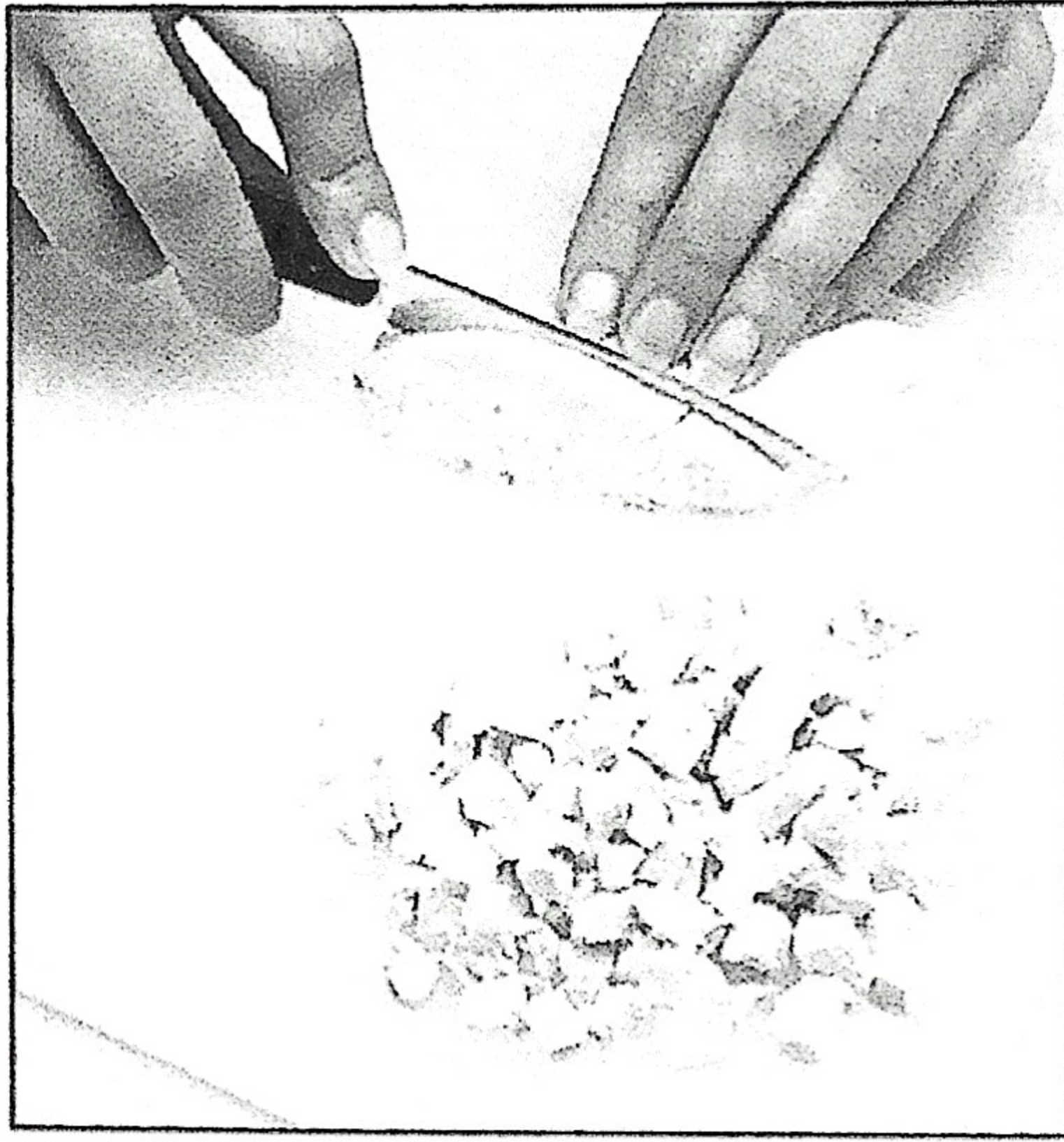
Pat cucumber slices dry on paper towels. Butter bread. Arrange cucumber slices on buttered sides of 2 bread slices. Season with pepper and scatter chopped dill over cucumber. Cover with remaining bread slices, buttered sides down, and press together.



Using a heart-shaped cookie cutter, cut out 4 heart shapes from each sandwich. Arrange on a serving plate and garnish with dill sprigs.

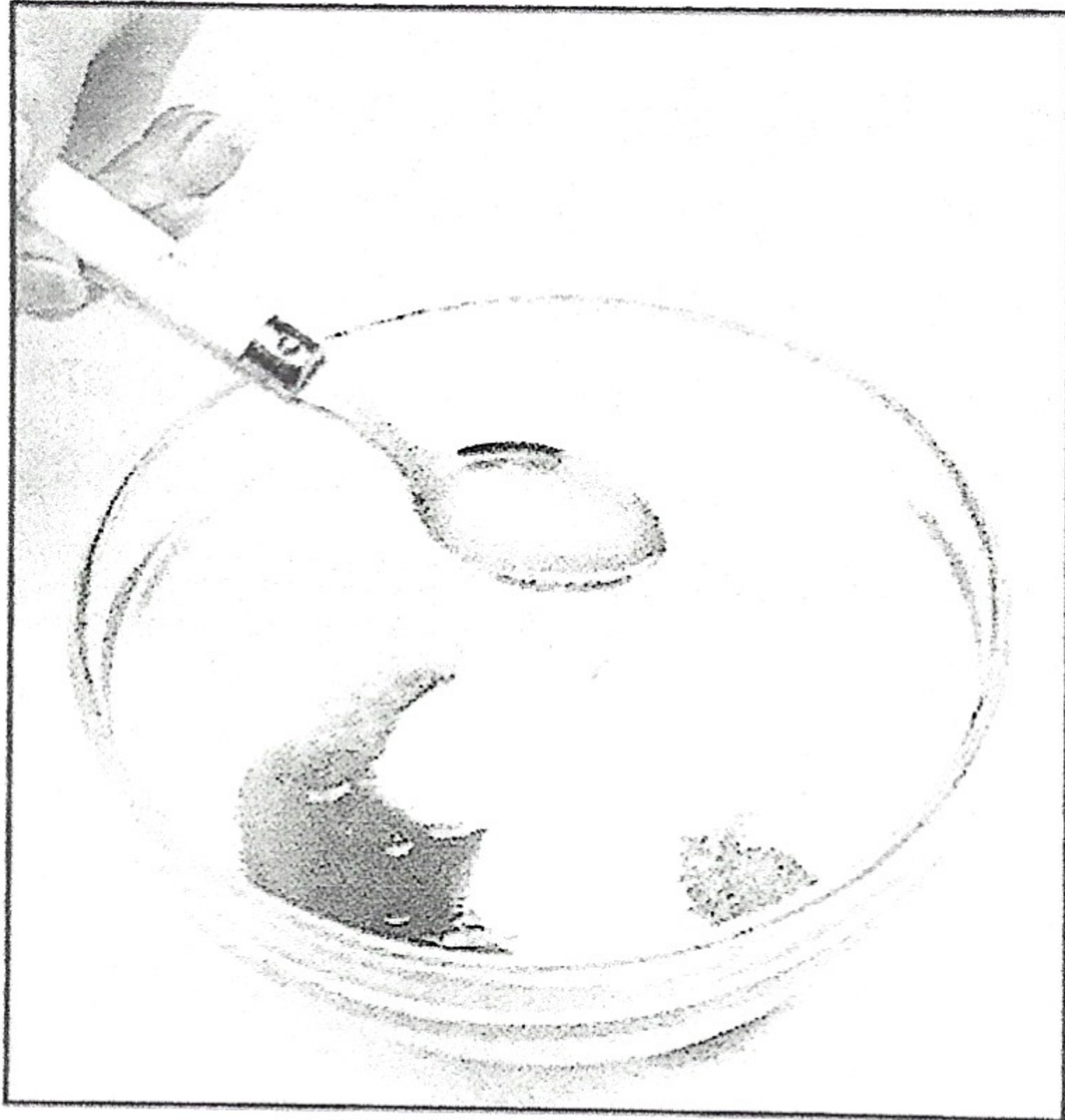
Makes 8.

— SPICY CHICKEN SANDWICHES —

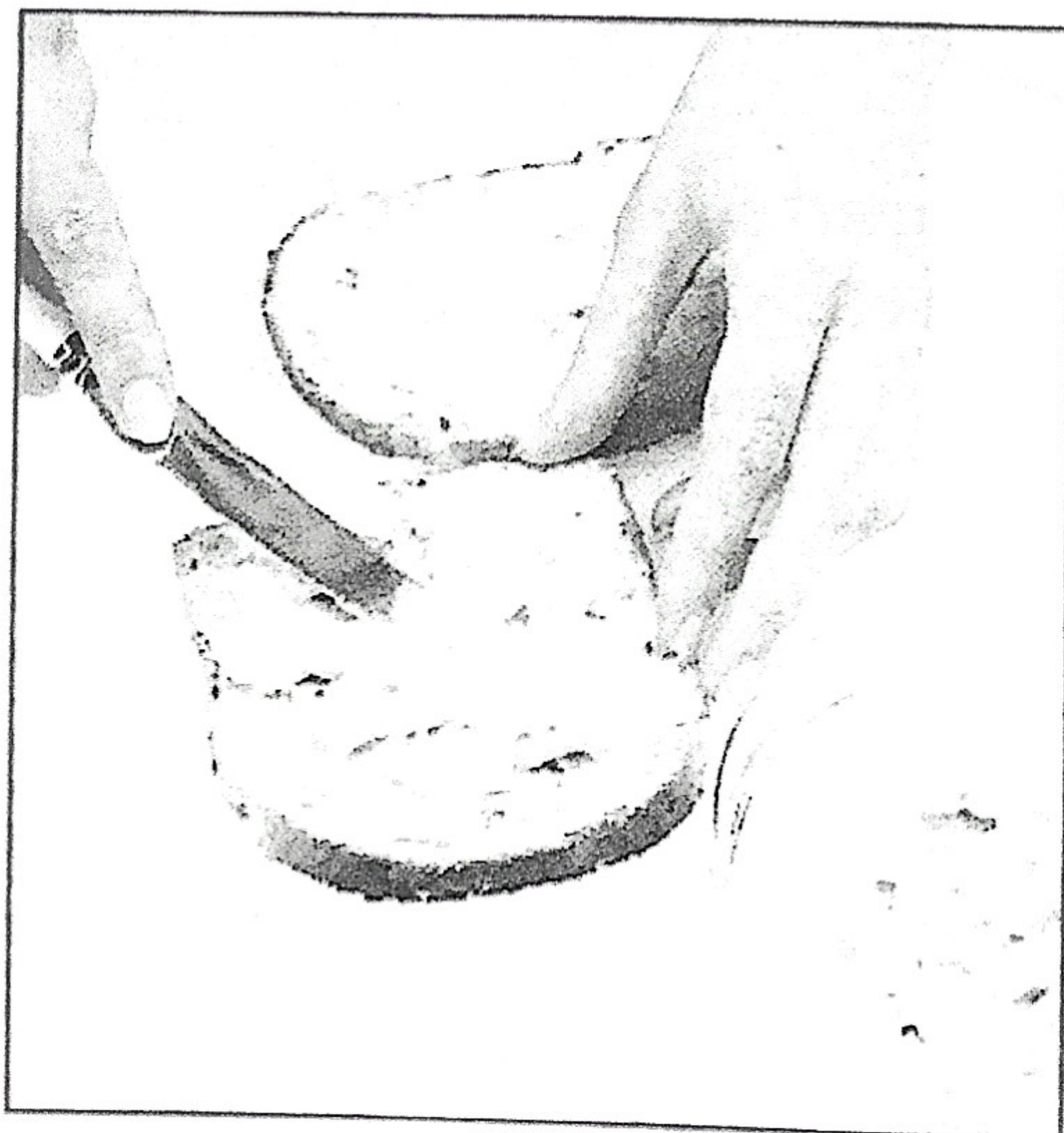


1/4 pound boneless cooked chicken
 2 teaspoons mango chutney
 2-1/2 tablespoons mayonnaise
 1/2 teaspoon curry powder
 1 teaspoon lime juice
 Salt
 3 tablespoons butter, softened
 4 slices whole-wheat bread
TO GARNISH:
 Lime twist and dill sprig

With a sharp knife, chop chicken into small pieces, then set aside.



With a sharp knife, chop up any large pieces of fruit in the chutney. In a bowl, combine chutney with mayonnaise, curry powder, lime juice and salt. Mix together well. Stir in chopped chicken.



Butter bread. Divide chicken mixture between buttered sides of 2 bread slices. Cover with remaining bread slices, buttered side down, and press together. Cut off crusts from bread. Cut each sandwich into 4 rectangles. Arrange on a serving plate, garnished with a lime twist and a dill sprig.

Makes 8.

because they must be cooked all through and still be fairly brown and crisp on the outside. Serve warm with lots of butter and perhaps some home-made jam.

Crumpets

(Makes about 12)

Although you can buy quite good crumpets, I do think they're fun to make – especially on a cold snowy day when everyone's housebound. Once upon a time you could buy special crumpet rings, but egg cooking rings will do equally well provided you grease them really thoroughly.

10 fl oz milk (275 ml)

2 fl oz water (55 ml)

1 teaspoon caster sugar

1 tablespoon dried yeast

8 oz strong plain flour (225 g)

1 teaspoon salt

butter, for greasing

A thick-based frying-pan and some egg cooking rings.

First of all heat the milk and water together in a small saucepan till they are hand-hot. Then pour into a jug, stir in the sugar and dried yeast and leave it in a warm place for 10–15 minutes till there is a good frothy head on it.

Meanwhile sift the flour and salt into a mixing bowl, make a well in the centre and, when the yeast mixture is frothy, pour it all in. Next use a wooden spoon to work the flour into the liquid gradually, and beat well at the end to make a perfectly smooth batter. Cover the basin with a tea-towel and leave to stand in a warm place for about 45 minutes – by which time the batter will have become light and frothy.

Then to cook the crumpets: grease the insides of the egg rings well, and grease the frying-pan as well before placing it over a medium heat. Arrange the rings in the frying-pan, and when the pan is hot spoon 1 tablespoon of the crumpet batter into each ring. Let them cook for 4 or 5 minutes: first tiny bubbles will appear on the surface and then, suddenly, they will burst leaving the traditional holes. Now take a spoon and fork, lift off the rings and turn the crumpets over. Cook the crumpets on the second side for about 1 minute only. Re-grease and reheat the rings and the pan before cooking the next batch of crumpets.

Serve crumpets while still warm, generously buttered. If you are making crumpets in advance then reheat them by toasting lightly on both sides before serving.

BISCUITS

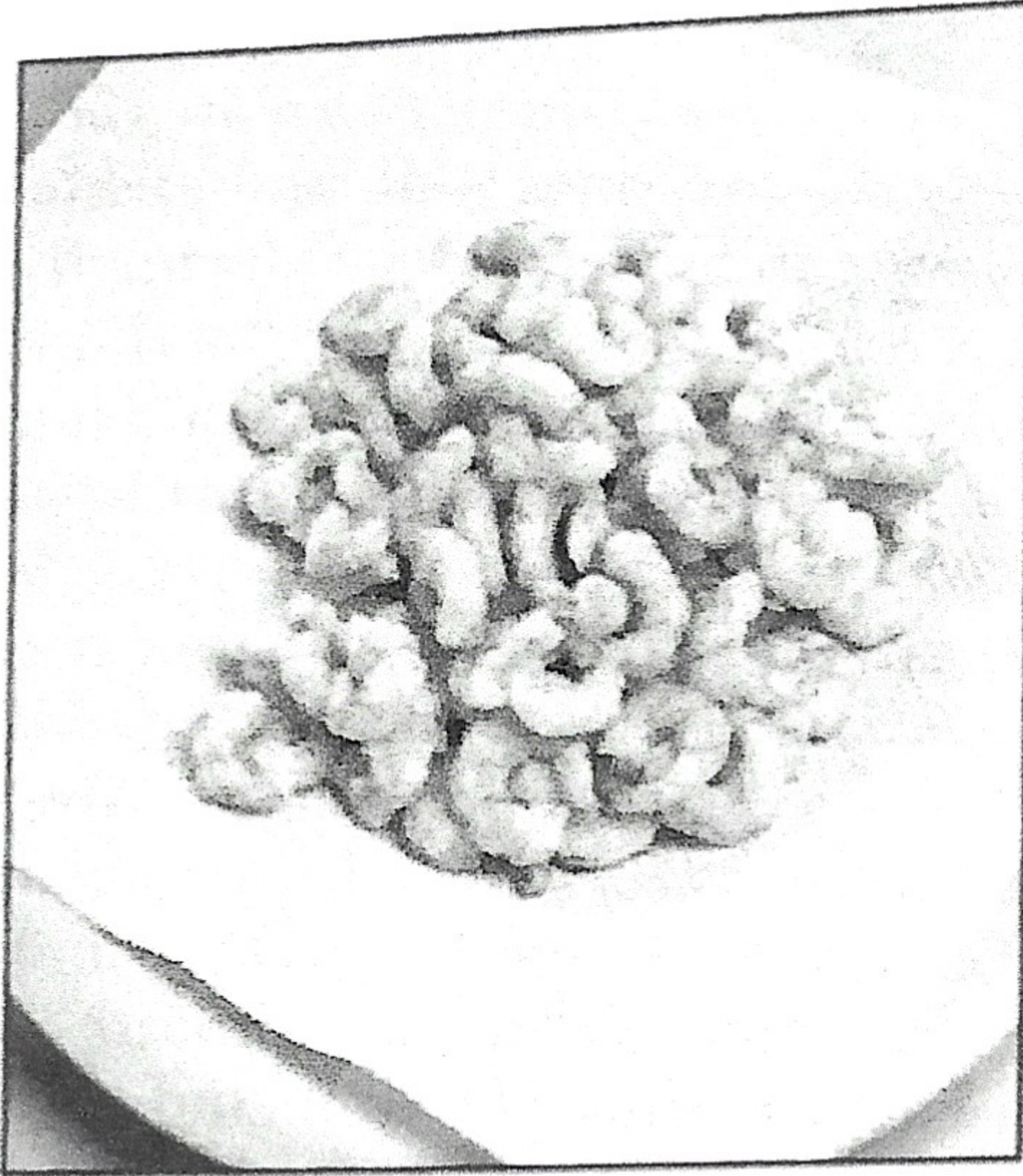
The origins of the biscuit are described in the word itself. 'Twice-cooked' it means in French, and that goes back to the days when bakers were in the habit of putting slices of newly-baked bread back into the cooking oven, so that they dried out completely. The result was something like a rusk, and was used as ships' biscuits for long voyages.

For a long time housewives continued to dry their biscuits with a second baking: the practice only died out at the beginning of the last century, but when it did the quality and variety of biscuits improved no end. There's almost no limit to the kind of biscuit that can be easily baked at home today. Here are some favourites using a range of basic biscuit ingredients.

SHORTBREADS

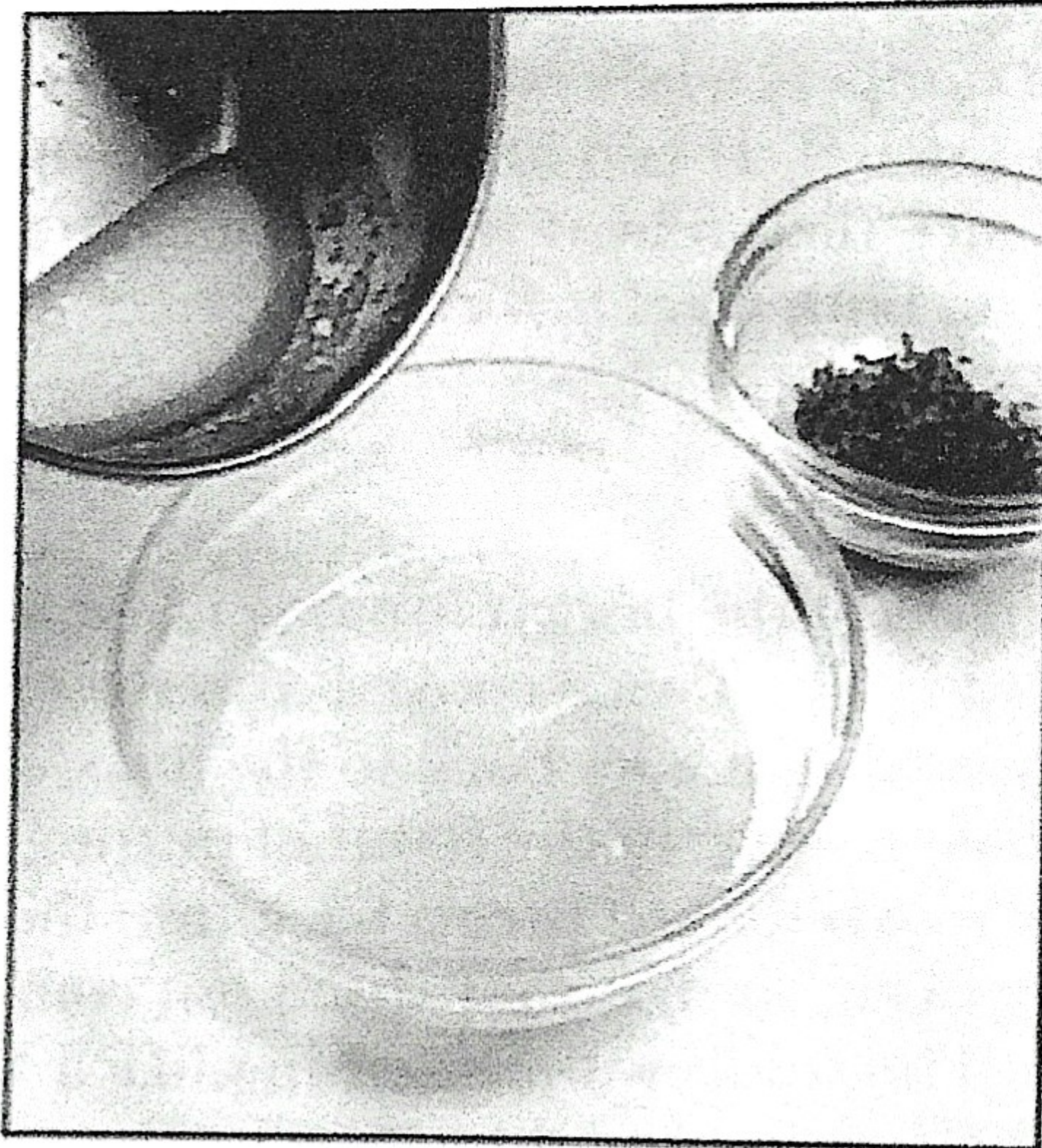
One thing that distinguishes the several 'rules' about making shortbread that have been handed down is their conflicting

POTTED SHRIMP

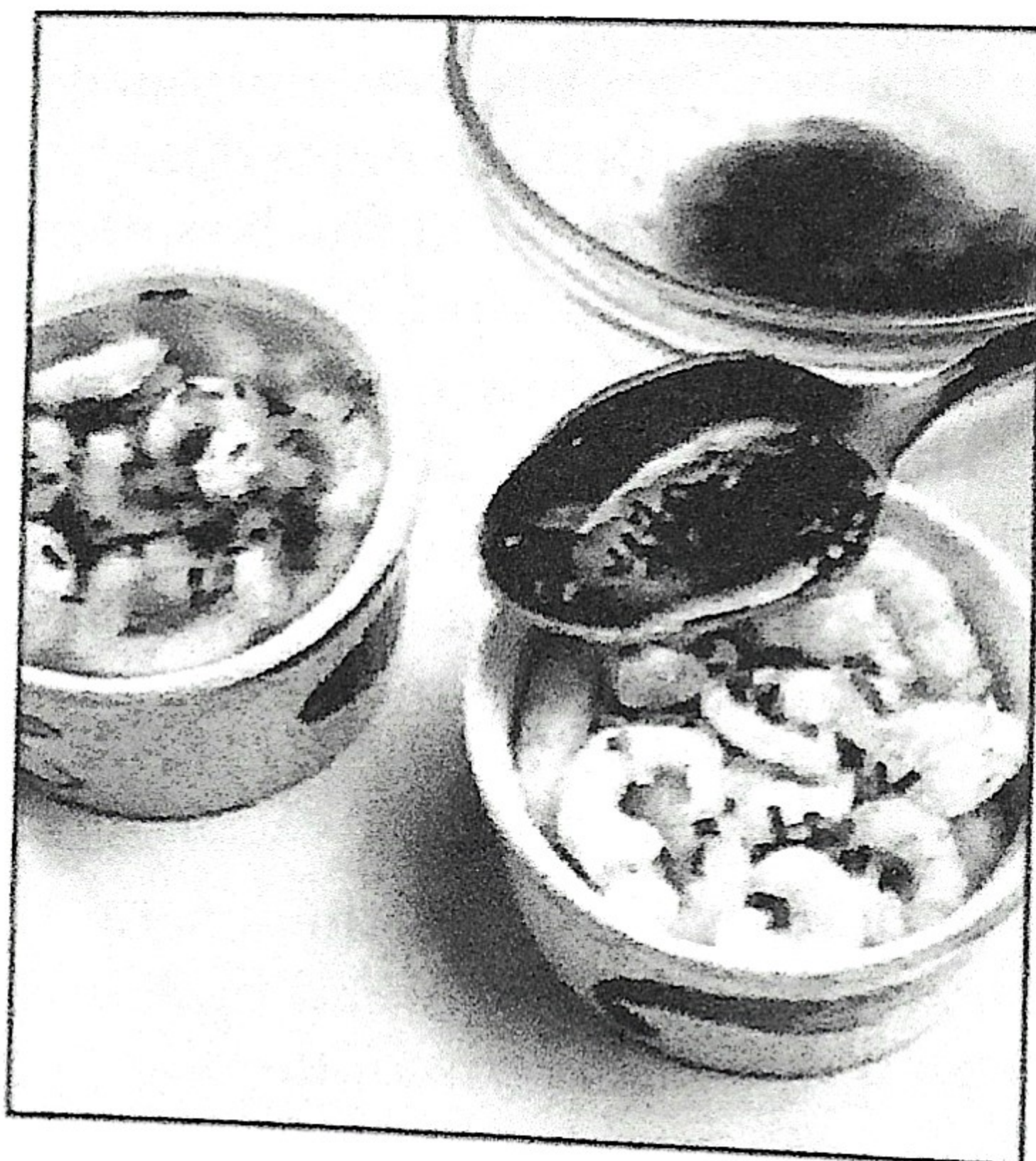


3/4 pound shelled cooked small shrimp
 Salt
 Red (cayenne) pepper, to taste
 1 teaspoon lemon juice
 1/2 teaspoon ground ginger
 3/4 cup butter
 1 tablespoon finely chopped fresh chives
TO GARNISH:
 Chives
TO SERVE:
 French bread or buttered toast

If using thawed, frozen shrimp, pat dry with paper towels.



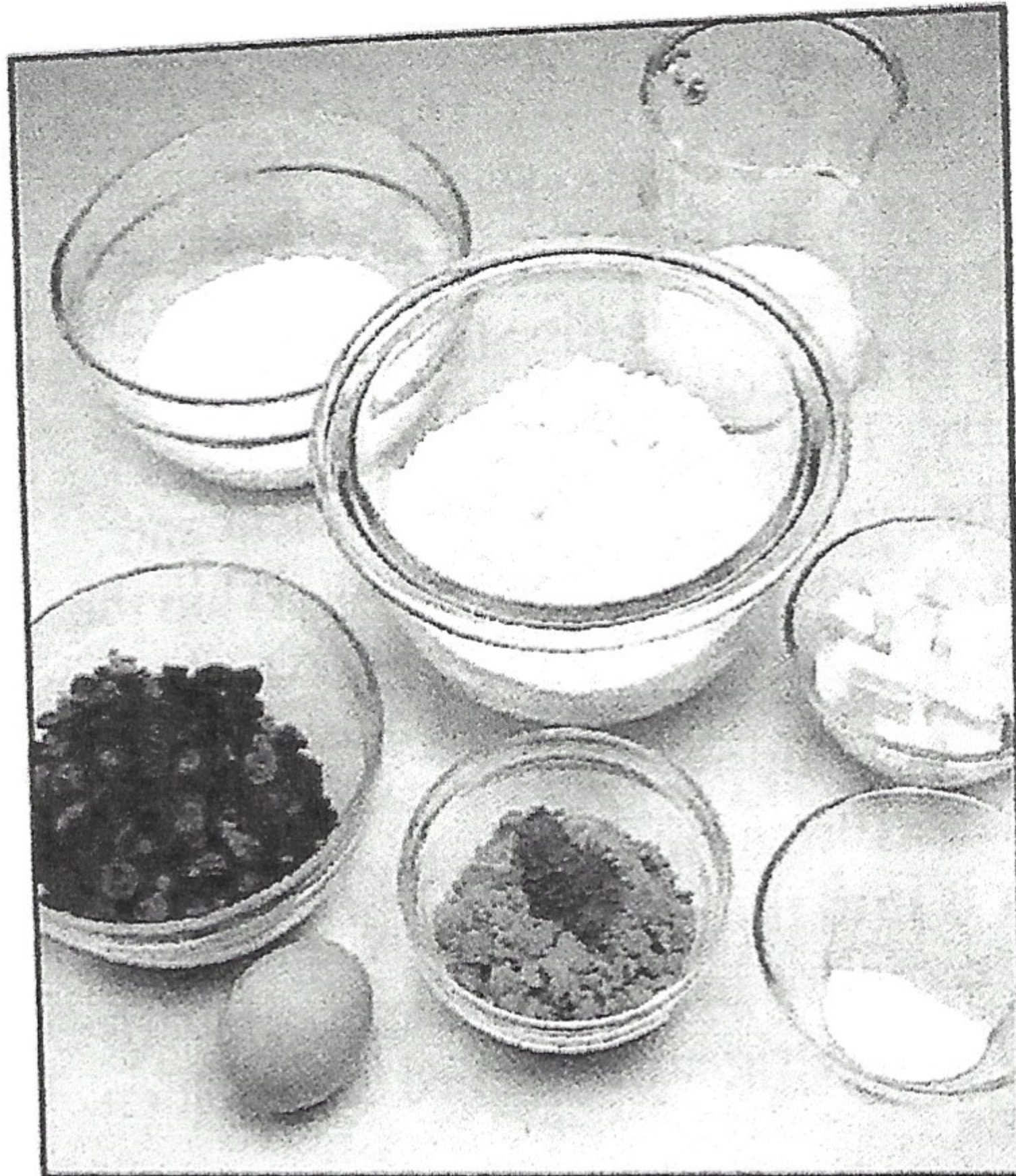
In a bowl, combine shrimp, salt, cayenne, lemon juice and ginger. Cover and refrigerate. In a saucepan, melt butter over very low heat. Pour the clear liquid into a bowl, leaving the milky residue in pan to be discarded. Stir chopped chives into clear liquid. Let stand 20 minutes.



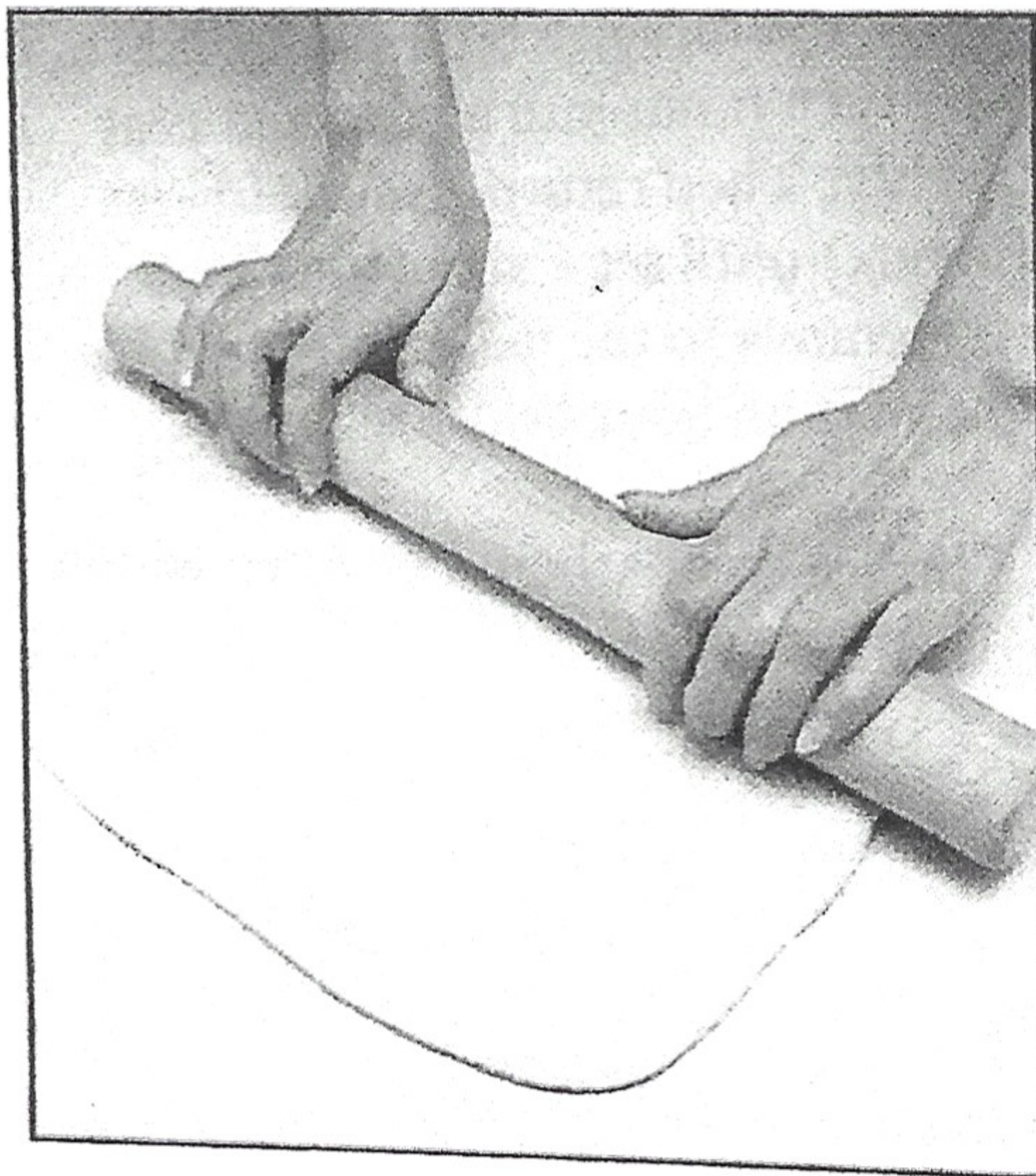
Divide shrimp among 6 small ramekin dishes. Spoon chive butter over, pressing shrimp down until covered with butter. Cover and refrigerate until firm. Garnish with chives, and serve with French bread or toast.

Makes 6 servings.

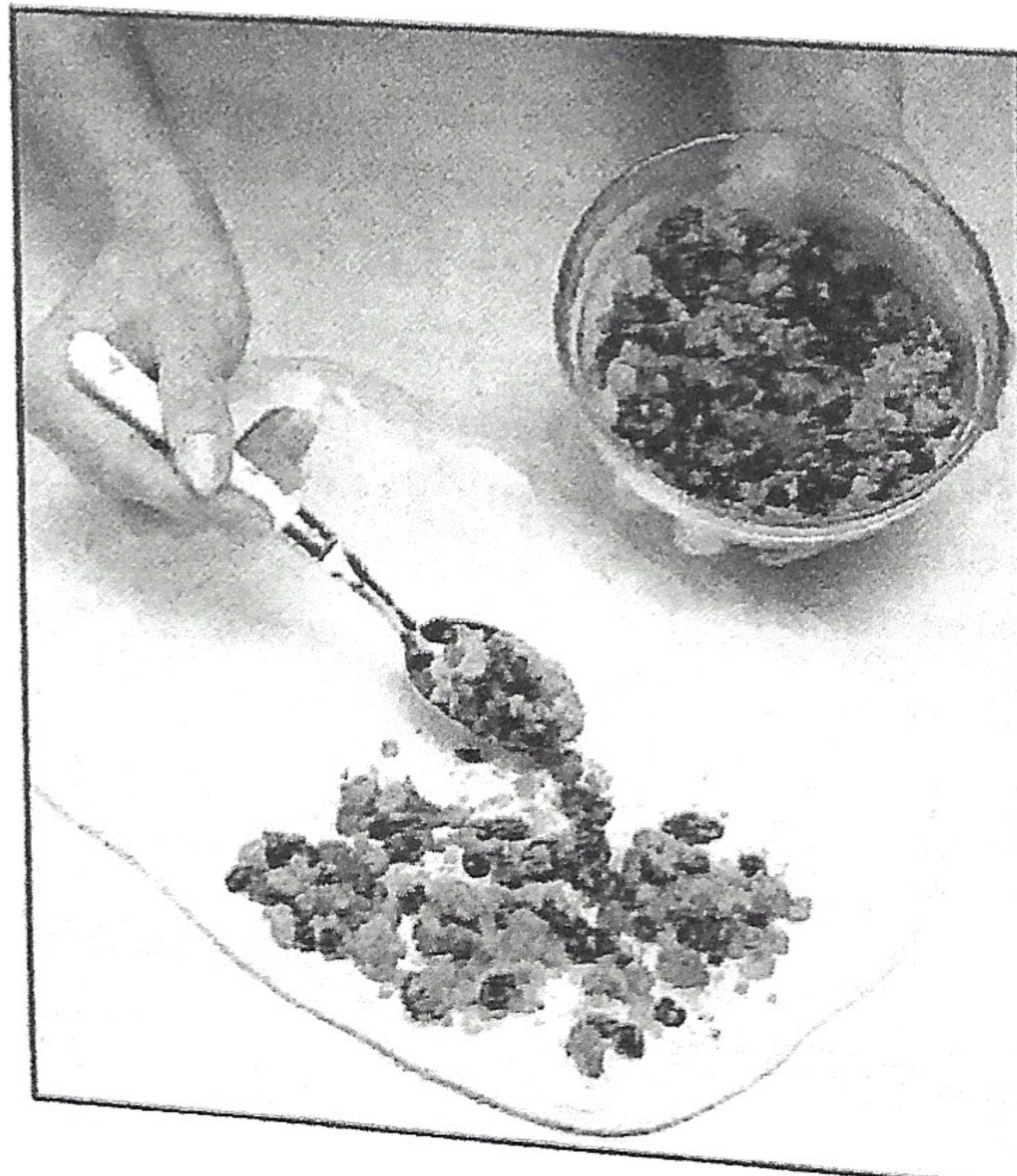
CHELSEA BUNS



2 cups bread flour
 2 teaspoons active dry yeast
 1 teaspoon sugar
 1/2 teaspoon salt
 2 tablespoons unsalted butter, chilled
 1/2 cup lukewarm milk (130F, 55C)
 1 egg, beaten
FILLING:
 1/4 cup unsalted butter, softened
 1/3 cup packed light brown sugar
 3/4 cup chopped mixed dried fruit
 1 teaspoon apple pie spice
TO FINISH:
 1/2 cup powdered sugar



Butter an 8-inch square cake pan. Into a bowl, sift flour. Stir in yeast, sugar and salt. Cut in butter. Make a well in center. Pour in milk and egg and beat vigorously to make a soft dough. On a floured surface, knead dough 5 to 10 minutes, until smooth. Put dough in an oiled bowl, cover and leave in a warm place about 1 hour, until doubled in bulk. Turn dough out onto a floured surface. Knead lightly. Roll out to a 12" x 9" rectangle.



Spread with butter, then sprinkle with brown sugar, fruit and spice. Roll up from a long side and cut into 9 pieces. Place in pan, cut sides up. Cover with oiled plastic wrap. Leave in a warm place 45 minutes, until almost doubled in bulk. Preheat oven to 375F (190C). Bake 30 minutes, until golden. Cool in pan 10 minutes, then turn out and transfer in one piece to a wire rack to cool. Mix powdered sugar with enough water to make a thin glaze. Brush over buns. Leave to cool.

Makes 9.

spreading the almonds out in a single layer. Leave the mixture to cool and become brittle, then using a palette knife, lift it off the baking tray onto a flat surface. Break it up with a few bashes from a rolling pin, then crush it fairly finely with the rolling pin.

Stir the crushed praline thoroughly into the ice cream about half an hour before serving. You can, if you like, make the praline at any time and store it wrapped in foil in the fridge.

Note If you are short of time, the praline is also good just sprinkled over ice cream.

Blackcurrant ice cream

(Serves 6-8 people)

I think blackcurrants make the very nicest ice cream, smooth, rich and velvety. However this same recipe works very well with loganberries, or even raspberries, if you prefer.

- 1 lb blackcurrants (450 g)
- 6 oz sugar (175 g)
- 5 fl oz water (150 ml)
- 10 fl oz double cream (275 ml)

A freezer-proof polythene box with a lid and a nylon sieve (a metal one can discolour the fruit).

There's no need to take the stalks off the blackcurrants; just pile them - about one-third of a pound (150 g) at a time - into the sieve set over a mixing bowl, and mash like mad with a wooden spoon until you have extracted all the pulp and only the stalks, pips and skins are left in the sieve.

Source #2

Loganberries or raspberries should be sieved in the same way.

Now place the sugar and water in a saucepan over a medium heat, stir until all the sugar crystals have dissolved, then let it come to the boil, and boil for 3 minutes exactly. Then remove from the heat and stir the syrup into the fruit pulp. Whip the cream until it *just* begins to thicken. Be careful not to overwhip - it mustn't be thick, just floppy. Fold the cream into the fruit mixture until thoroughly blended. Pour it into the polythene box, and freeze in a freezer or in the ice-making compartment of a refrigerator turned to its coldest setting.

As soon as the mixture begins to set (about 3 hours) turn it out into a bowl and beat thoroughly. Then return it to the freezer (in the box) until set - about another 3 hours. Remove to the main part of the fridge about an hour before serving.

Note This ice cream should be eaten within three weeks.

Black Forest gâteau

(Serves 6-8 people)

Poor old Black Forest gâteau has suffered a wave of popularity among catering suppliers and freezer centres. For this reason it's worth reminding ourselves of what it should taste like by making the real thing. This one is light and squidgy, as the recipe contains no flour.



6 large eggs
5 oz caster sugar (150 g)
2 oz sieved cocoa powder (50 g)

For the filling and topping:
10 fl oz double cream (275 ml)
1 level tablespoon caster sugar
1 lb tin (or jar) morello cherries (450 g)
1 or 2 tablespoons Kirsch (or rum)
2 oz plain chocolate (50 g)

Pre-heat the oven to gas mark 4, 350°F (180°C).

Two 8 inch (20 cm) sandwich tins, oiled with groundnut oil and the bases lined with greaseproof paper, also oiled.

Start off by separating the eggs and placing the whites in a clean grease-free bowl. Put the yolks in another bowl and whisk them with the caster sugar until they just begin to pale and thicken (be careful not to thicken them too much, though). Now fold in the sieved cocoa powder.

Next, with a clean whisk, beat the egg whites until stiff but not too dry. Stir a heaped tablespoon of the egg white into the chocolate mixture to loosen it up a little bit. Then, using a metal spoon, carefully and gently fold in the rest of the egg white (trying not to lose any air). Divide the mixture equally into the prepared sandwich tins and bake them near the centre of the oven for about 15–20 minutes. They won't appear to be cooked exactly, just set and slightly puffy, and when they're taken out of the oven they will shrink (but that's normal). Leave the cakes to cool in the tins, but turn them out while they're still faintly warm and strip off the base papers.

Now whip the cream with the tablespoon of caster sugar until it is a floppy, spread-

able consistency. Next empty the tin of cherries into a sieve set over a bowl and combine 2 tablespoons of the juice with the Kirsch or rum. Sprinkle this over the cake layers and, using a palette knife, spread about a third of the whipped cream over one cake.

Then slice the cherries and de-pip them (if they have any pips). Leave about a dozen whole ones for the decoration. Now arrange the sliced cherries all over the cake spread with cream. Next, carefully place the other cake on top and cover the entire cake with the remaining cream, again using a palette knife. Finish off by arranging the whole cherries around the edge, then grate the chocolate and sprinkle it all over.

YOGHURT

It's hard to believe that yoghurt – once a rather obscure substance to be found only in equally obscure health-food shops – has become the staple snack of the 1980s.

There appears to be no limit to the flavours of the month which turn up on the supermarket shelves; but it is just this that disappoints me about the many commercial brands. Despite all the invention which has been lavished on the sweetened flavoured varieties, they have failed to come up with a true *natural* yoghurt that bears much resemblance to what yoghurt should taste like. Let's look at the reasons for this.

WHAT IS YOGHURT?

It is a substance made from milk (whole, skimmed, evaporated or dried) which is

You must have had people ask you whether you have tried Nigella Lawson's Clementine Cake? It is one of those recipes that fans of Nigella always mention and is so incredibly easy to make, it never fails. It is also the perfect partner for some melted Maya Gold Chocolate, especially at Christmas time when clementines are at their best.

NIGELLA'S

CLEMANTINE CAKE

Preparation time: 15 minutes

Cooking time: 2 hours to cook the clementines, 1 hour to bake the cake

Use: 20cm (8in) springform cake tin

4-5 clementines, skin on, to weigh 375g (13 oz)
 melted butter for greasing
 6 large eggs
 225g (8oz) sugar
 250g (9oz) ground almonds
 1 heaped teaspoon baking powder
 100g (3½ oz) Maya Gold Chocolate,
 or other good-quality dark orange chocolate

Put the clementines into a saucepan, cover with cold water, bring to the boil and simmer for about 2 hours. Drain and set aside to cool. Then cut each clementine in half and remove the pips. Then pulp everything - skins, pith, and the fruit in a food-processor.

Preheat the oven to 190°C/375°F/gas mark 5. Butter and line the cake tin with greaseproof paper.

Beat the eggs. Add the sugar, almonds and baking powder. Mix well, add the pulped clementines, then stir together. Pour the mixture into the cake tin and bake for 1 hour or until a skewer inserted into the centre of the cake comes out clean. Cover the cake with foil or greaseproof paper after about 40 minutes to prevent the top from burning. Remove from the oven and immediately grate the chocolate over the top of the cake while still in the tin. Leave to cool completely. Remove from the tin and store in an airtight container.

HINT: Don't be tempted to serve this cake warm. It must only be eaten once it has cooled as the texture becomes moist and the flavours of the almonds and oranges have taken hold. It is best served the day after it is made.

STRAWBERRY ROULADE

6 eggs
 1 cup sugar
 2 teaspoons baking powder
 1-2/3 cups ground blanched almonds

FILLING:

2/3 cup cream cheese (5 ounces), softened
 2/3 cup whipping cream
 1/2 pound strawberries
 2 passion fruit

TODECORATE:

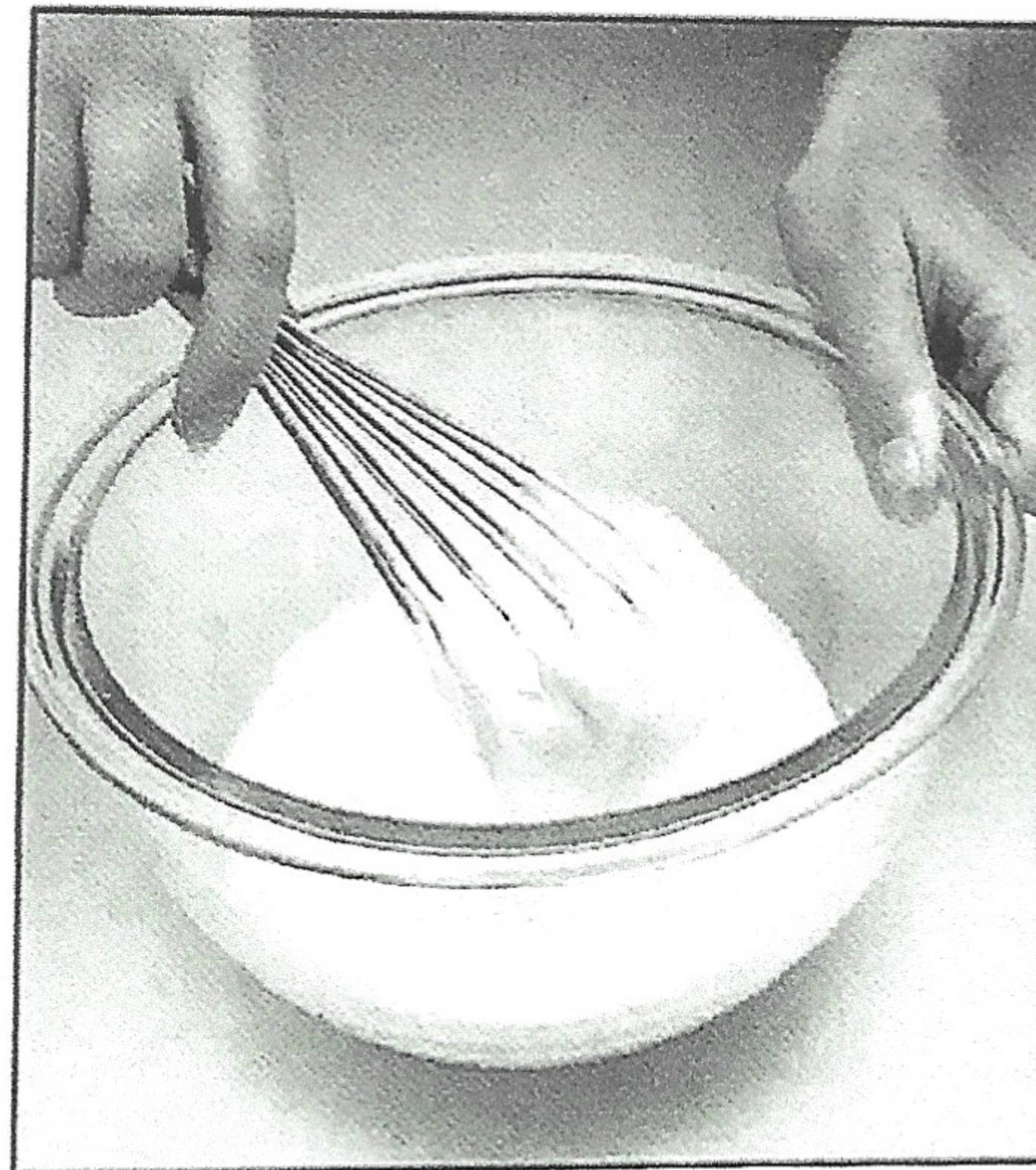
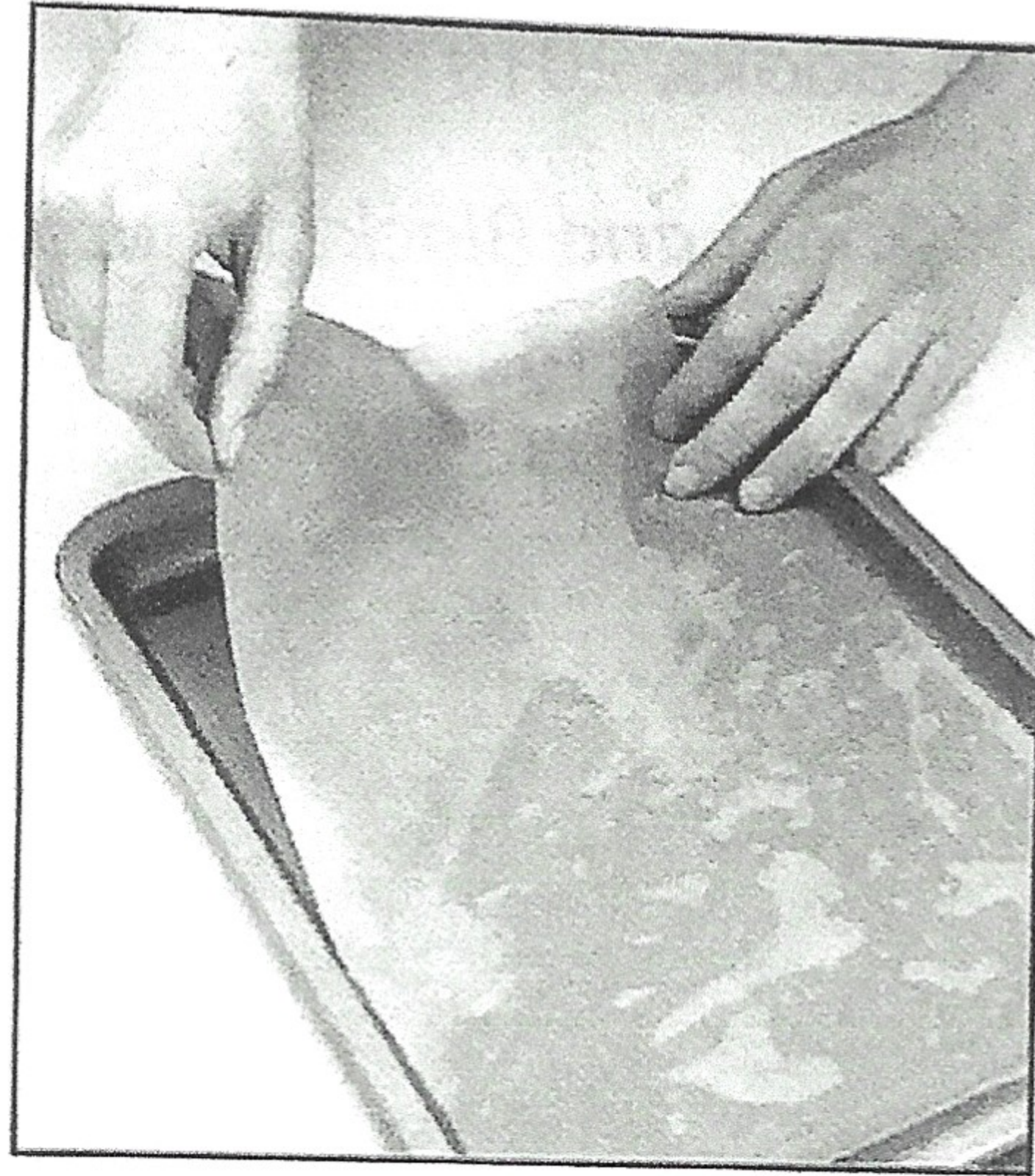
Powdered sugar
 A few whole strawberries

Preheat oven to 350F (175C). Grease a 15" x 10" jellyroll pan and line with waxed paper.

Separate eggs. In a bowl, beat whites until stiff but not dry. In another bowl, beat together egg yolks and sugar until pale and thick. Mix baking powder thoroughly into ground almonds. Stir gently into yolk mixture, without overmixing. Carefully fold in egg whites. Spread batter in pan. Bake 15 minutes, until firm. Cover with a towel and leave cake to cool in pan.

In a bowl, beat cream cheese and cream until soft peaks form. Reserve one-third. Mash half of the strawberries; chop remaining strawberries. Scoop out passion fruit flesh and stir into cream with mashed strawberries. Place a sheet of waxed paper on a flat surface; dust thickly with powdered sugar. Turn roulade out onto paper. Peel off lining paper. Spread cream over roulade; sprinkle with chopped strawberries. Roll up and pipe reserved cream on top. Decorate with reserved strawberries.

Makes 6 to 8 servings.



Source 1: *The Book of Afternoon Tea* by Lesley Mackley, HP Trade, 1992

Source 2: *Delia's Complete Illustrated Cookery Course* by Delia Smith, BBC Books, 2010

Source 3: *Green and Black's Chocolate Recipes* by Caroline Jeremy, Kyle Cathie Ltd., 2006