

Celebration Recipe Book





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If you're stuck for ideas of what to bake for your Vintage Tea Party, we've got you covered with this collection of vintage recipes from our Archive. Inside you'll find lots of tasty treats, from cakes to biscuits and even some lesser-known recipes. Some of the methods may be unfamiliar, but stick with it!

Why not get your whole group together and each try one recipe? We hope you have a great time baking and running your Vintage Tea Party.

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Non-Cook Tiffin

Preparation time: 1 hour 10 minutes

Ingredients

- 4 tbsp. golden syrup
- 125g butter
- 250g digestive biscuits
- 3 tbsp. cocoa powder (heaped, good quality)
- 75g raisins (to make it extra chocolately swap for white chocolate chips)
- 250g plain chocolate (or dark chocolate)



Method

1. Pour the golden syrup into a non-metallic bowl with the butter and melt in the microwave on full power for about 1.5-2 minutes (you can also do this in a pan on the hob).
2. While the butter and syrup are melting, put the biscuits in a plastic bag, seal it and bash them up.
3. Add the cocoa, the raisins and then the biscuit to the melted butter and golden syrup.
4. Pour the mix into a tin and spread it evenly, flattening it down as you go.
5. You don't want them to crumble to a powder, the chunky bits are the best bits in the tiffin.
6. Melt the chocolate in the microwave for 2-3 minutes (it will depend on the power of your microwave) or melt it in a bowl sitting on (but not touching) a saucepan of barely simmering water.
7. Spread the melted chocolate evenly over the biscuit base and then simply put the dish in the fridge.
8. The cake will be set and ready to eat within 1 hour.

Welsh Cakes

Ingredients

- 8 oz. self-raising flour
- 3 oz. sugar
- Pinch of nutmeg
- 5 oz. margarine
- 1 egg
- Milk to mix
- Few currants



Method

1. Put flour and margarine into bowl and rub to fine crumbs.
2. Add sugar, currants and nutmeg.
3. Beat egg and some milk together and mix all to a stiff dough.
4. Turn out on to a floured table and roll to quarter-inch thickness, cut in rounds and place on a bakestone which has been heated.
5. Cook for 2 minutes then turn and cook other side. Place on plate and sprinkle with caster sugar. Will keep one week in a tin.



1950s Swiss Roll with a modern twist

From the WVS Bulletin August 1950

Prep time: 30-40 minutes

Cook time: 4-5 minutes, makes: 1 Swiss Roll

Ingredients

3 eggs

3 tbsp. golden syrup

3 tbsp. flour

½ tbsp. baking powder



Method

1. Separate the yolks from the egg whites. Beat the yolks with the lukewarm golden syrup for 10 minutes. Then fold in the stiffly beaten whites with the flour and baking powder a little at a time.
2. Prepare baking tin very carefully by greasing well and dusting evenly with flour - no superfluous flour. Spread the cake mixture thinly over the tin and bake in a hot oven for 4 to 5 minutes.
3. Have a damp cloth ready and spread a sheet of greaseproof paper sprinkled with caster sugar. Tip the cooked sponge cake on to this and roll up immediately - get the first turn by bending the sponge cake with the edge of the greaseproof paper. Then it will roll easily.
4. Allow the roll to cool.
5. Once cool, unroll and fill with warmed jam or cream, or fruit well puréed and thickened with a little arrowroot.
6. This can also be made into a Chocolate Swiss Roll Log. Use half the chocolate filling inside and the other half spread over the outside and fork the outside to make log-markings.
7. Decorate with crystallised flowers or nuts, or coloured icing (for the modern twist).

Peanut Brownies

20 portions



Ingredients

6 oz. self-raising flour

4 oz. butter

6 oz. caster sugar

2 tbsp. cocoa

1 egg

4 oz. toasted and skinned peanuts

Method

1. Melt butter in saucepan. Add sugar and cocoa. Mix well and allow to cool. Beat in the egg. Fold in the flour and nuts.
2. Using wet hands, roll into balls the size of a ping-pong ball. Place on an oiled baking tray and cook in the centre of a pre-heated oven 180°C/350°F/ Gas mark 4 for 15 minutes.



Gingerbread Queens

25 portions



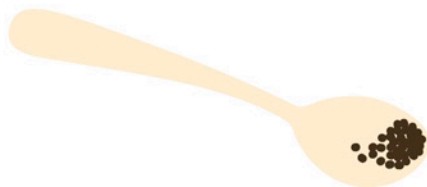
Ingredients

4 oz (125g) caster sugar
6 oz (180g) black treacle/golden syrup
1 ½ tsp each of cinnamon and ginger
3 tsp bicarbonate of soda
3 ½ oz (110g) butter or margarine
1 egg
1 lb 9 oz (720g) plain white flour
Small quantity of royal or glacé icing
with yellow colourant
Golden balls



Method

1. Warm syrup, spices and sugar together to blood heat. Add butter in pieces and when melted, add bicarbonate of soda.
2. Add this mixture quickly to the sifted flour in a bowl.
3. Add the egg beaten to a froth. Stir mixture well.
4. Knead on a lightly floured board. Form a ball and chill.
5. Roll out thinly and cut out shapes. Bake in a moderate oven for 10-15 minutes.
6. When cold, ice with royal or glacé icing. Place 3 golden balls on the crown.



Scottish Fancie Cookies

20 portions. Time: 8-10 minutes

Ingredients

- 1 egg, lightly beaten
- ½ cup sugar
- 1 tsp. melted butter
- 1 cup quick oats
- ½ cup grated coconut
- ½ tsp. salt
- ½ tsp. almond essence
- 3 or 4 tsp. chopped mixed nuts



Method

1. Combine the egg and sugar, add the butter and stir in the remainder of ingredients, excepting the chopped nuts. Mix well with a fork.
2. Drop by the teaspoonful on to a greased baking sheet or large shallow batter tin, 1 ½ inches apart.
3. Dip a fork into cold water and spread each ball to a round, flattening slightly.
4. Sprinkle with chopped nuts before putting in oven to bake.



Oatcake Fudgies

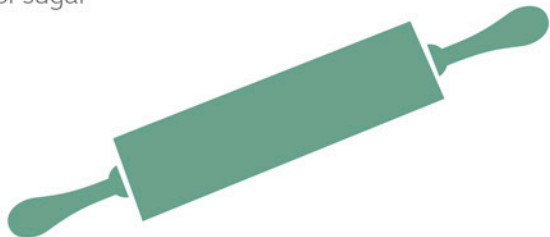
Ingredients

8 oz. margarine	4 oz. oats
8 oz. brown sugar	½ oz. oats for tin
2 tbsp. syrup	2 oz. sultanas
8 oz. self-raising flour	2 oz. cherries, chopped
1 tsp. salt	
1 ½ oz. cocoa	



Method

1. Grease a 4" x 6" tin/tray and sprinkle ½ oz. oats over the base.
2. Melt margarine in a saucepan over low heat. Add sugar and syrup. Add all the other ingredients to the mixture in the saucepan and stir well.
3. Turn the mixture into the greased tin and spread it out. Oats or sugar can be sprinkled on top if wished. Bake at 350°F/Gas mark 4 for 10-15 minutes (do not exceed this or it will set rock hard!). Cool in tin and turn onto a wire rack. When cold, slide it onto a board to cut into slices.
4. Serve as a cake or a pudding with custard.



Perkins

Ingredients

4 oz. flour

3 oz. caster sugar

3 oz. syrup

4 oz. oatmeal

2 oz. margarine

½ egg

½ tsp. cinnamon

½ tsp. mixed spice

½ tsp. ground ginger

¾ tsp. bicarbonate of soda



Method

1. Rub margarine into flour, add other ingredients and mix.
2. Turn on to a floured board, roll out, cut into rounds with cutter.
3. Bake in a moderate oven for about 15 minutes. Allow to cool.





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All recipes taken from 'Rescue a Recipe' (A collection of traditional and family recipes selected from entries to a competition. Sponsored by Hotlock, Food Conveyors Ltd) 1975.

WRVS Cookbook; favourite recipes from WRVS members and friends (A collection of members' recipes to celebrate the Golden Jubilee of the Patron of WRVS, Her Majesty Queen Elizabeth II. Illustrated by Penny O'Brien MBE) 2003.