

SUMMER RECIPES WITH LYN CRAM

From the CWA

A fruit cake is always handy to keep in the cupboard. They keep well, stay fresh and if anyone comes over, it's lovely to put a piece of fruit cake on the table.

All rich fruit cakes need time to 'mature', the secret is to soak the fruit for a minimum of two days, preferably at least a week. Alcohol (port, sherry or brandy) helps the cake to keep fresh. Once the cake is cool, store at room temperature wrapped securely in baking paper and foil.

White Christmas

My mother or grandmother did all the cooking at Christmas time but from my teens I was trusted enough to make White Christmas. As my grandmother and mother aged and my cousins' tiny tots came to visit, I replaced the nuts with small bits of glace ginger or dried apricots — no choking then.

Elizabeth Heath

1 cup rice bubbles
1 cup powdered milk
1 cup mixed fruit (comprising of sultanas, raisins, cherries and nuts (chopped almonds))
1 cup coconut
¾ cup icing sugar
170 grams (6oz) melted cophia
1 teaspoon vanilla
½ teaspoon salt

Mix all the ingredients together. Grease dish and press mixture into it. Put in the refrigerator to set.

When cold, cut into cubes, store in the fridge.

Christmas Rocky Road

1 packet of white chocolate melts
1 cup of white marshmallows, chopped
1 cup dessicated coconut
1 cup macadamia nuts, chopped
Melt chocolate and then add other ingredients.
Smooth into a lamington tin and refrigerate.



Rich Fruit Cake

225g (1 ½ cups) sultanas
255g (1 ½ cups) currants
255g (1 ½ cups) chopped raisins
80g (⅓ cup) chopped red glace cherries
120g (¾ cup) mixed peel
110g (⅔ cup) blanched almonds, chopped
80ml (⅓ cup) sherry or brandy
250 (1 ⅔ cups) plain flour
50g (⅓ cup) self raising flour
¼ teaspoon ground nutmeg
½ teaspoon ground cloves
½ teaspoon ground ginger
250g butter, softened
245g (1 ⅓ cups) lightly packed brown sugar
½ teaspoon lemon essence or finely grated lemon zest
½ teaspoon vanilla essence
½ teaspoon almond essence
4 large eggs



Mix together all the fruit and nuts and sprinkle with sherry or brandy. Cover and leave for at least 1 hour, preferably overnight. (The longer the better.) Preheat oven to 160C (315F/Gas 2-3). Grease a deep 20cm (8in) round cake tin and line base and sides with two layers of brown paper and then a layer of baking paper.

Sift together the flours and spices. Cream butter, sugar and essence. Add eggs one at a time, beating well after each egg.

Alternately add fruit and flour mixtures. Mix thoroughly — the mixture should be stiff enough to support a wooden spoon.

Place mixture into the prepared tin, smooth the surface and bake for about 3 ½ to 4 hours.

Allow cake to cool in the tin.

Light Fruit Cake

450g (3 cups) plain flour
1 teaspoon baking powder
250g butter, softened
220g (1 cup) caster sugar
4 large eggs
1 teaspoon vanilla essence
Pinch of salt
370g (2 cups) mixed dried fruit
Preheat oven to 160C (315F/Gas 2-3). Grease and line a deep 20cm (8in) round cake tin.
Sift together flour and baking powder. Combine butter, sugar, eggs, vanilla and salt in a large bowl and beat until creamy.
Add mixed fruit and flour mixture and stir to combine.
Place mixture in prepared tin and smooth the surface.
Bake for 1 ¾ hours or until cooked when tested with a skewer.
Allow cake to cool in the tin.

Boiled Fruit Pudding

255g (1 ½ cups) sultanas, chopped
260g (1 ⅔ cups) mixed peel
255g (1 ½ cups) raisins, chopped
115g (¾ cup) currants
100ml (3 ½ fl oz) dark rum
250g butter, softened
245g (1 ⅓ cups) lightly packed brown sugar
5 eggs
150g (1 cup) plain flour
1 teaspoon mixed spice
½ teaspoon ground nutmeg
½ teaspoon bicarbonate of soda
Pinch of salt
120g (2 cups) lightly packed fresh soft white breadcrumbs

Prepare Pudding Cloth — Boil calico cloth for 30 minutes, wring out and rub with flour. A cloth which has been used a number of times is more pliable.

Combine all the fruit in a bowl and stir through the rum.

In a large bowl, cream the butter and sugar.

Add eggs one at a time, beating well after each addition.

Stir in prepared fruit and rum.

Add sifted dry ingredients together with the breadcrumbs. Mix well.

Place prepared cloth inside a large colander.

Pour the mixture into the cloth and fasten securely with string, allowing extra string for a handle.

Place pudding into a saucepan of



rapidly boiling water and boil steadily for 4 ½ hours.

Top up with boiling water as necessary.

Remove pudding and hold over the saucepan to allow any water to drain off.

Hang the pudding for a few days until the cloth is dry. Then wrap in plastic bag and place in refrigerator.

Christmas Eve — remove pudding from fridge. Christmas Day — boil for another hour.

Cut string, turn pudding onto plate and let stand for 15 minutes.

Merry Berry Pudding

2 punnets of Strawberries
3 punnets of Raspberries
1 punnet Blueberries
1 cup caster sugar
1 cup orange juice
Zest of orange
1 loaf stale white bread (crusts removed and sliced)
50 ml Cointreau
½ tablespoon of gelatine (optional — if planning to eat within 24 hours)

Wash and hull the strawberries. Place the sugar, orange juice and zest into a saucepan bring to simmering point.

Add the strawberries, blueberries and 2 punnets of raspberries.

Stir gently taking care not to crush the berries.

(Place gelatine in a bowl and stir in 3 tablespoons of cold water. When firm microwave on high for 10-30 seconds, until it is hot and liquid).

Stir the Cointreau (and gelatine if using) into the berry mixture, then turn off the heat.

Strain the berries and reserve the liquid.

Puree the 3rd punnet of raspberries with a small amount of the berry liquid.

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Line a 2litre pudding bowl with plastic wrap.

Dip the slices of bread into the raspberry puree, then use the bread to line the pudding bowl.

Half fill the bread lined bowl with half of the drained fruit and pour over some of the berry juice.

Cover the top of the fruit with slices of bread, dipped in the raspberry puree.

Add the remaining fruit on top and final slices of bread and more liquid.

Cover the surface with plastic wrap.

Place a piece of cardboard to cover the bowl and weight it down lightly with a medium size can of food.

Tip onto a serving platter, dust with icing sugar and serve with dollop of thick cream.

From Rebecca Soames

I found a good recipe for welsh toffee 'taffy' that 'Blue Nan', Faith Soames, used to make on Christmas Eve as a child. This was a Welsh tradition following carolling that evening.

Welsh taffy (toffee)

You need a large heavy saucepan and a baking tray greased with butter.

650g soft brown sugar
110g salted butter
the juice of half a lemon
75ml water

Dissolve the sugar in the water, over a low heat.

Next, add the lemon and the butter.

Boil these together for about 15 minutes or until a small piece dropped into a cup of cold water hardens.

Tip from the pan onto the buttered tray and work it back and forth with a palette knife until cool enough to handle. Make into a long sausage shape.

Once taffy is cool, use well buttered hands to pull and roll into golden sausages. Either form these into shapes or cut into bite size pieces.

Leave to completely cool and store in an airtight container lined with grease-proof paper for up to one month.

From Wynlen House

This is a dish we served at an "appertivo" we held for local eateries to showcase fresh seasonal produce and what spectacular dishes it creates..

Celeriac and Cabbage Slaw

Celeriac is a root vegetable that many people don't know about and have never cooked. This is a great shame because it is just a wonderful vegetable with a mild, sweet celery-like flavour. It is often steamed then mashed, or roasted. It can be made into a perfect soufflé.

In this recipe it is used raw. Wash and peel about 200g of celeriac. Wynlen House Village farm is one of the few celeriac growers in our region so do ask them when it will be on-stall in Braidwood.

Wash and finely dice a small cabbage - it doesn't matter what kind although a red cabbage or a sugarloaf would be ideal. Add a few spring onions, parsley is always great, and perhaps a little chilli.

Your ratio is about ¼ celeriac to ¾ cabbage. But if you have more celeriac do use it because it will be delicious anyway. Get a good quality egg mayonnaise or make you own. Toss all the ingredients in the mayonnaise until just coated. It is important not to have a mixture sloppy with mayo. Spare the mayo and save the dish should be your motto. We need the vegetables to dominate the flavour and texture of the salad. Put in a pretty bowl and chill for at least 30 minutes. Serve chilled. ■

Christmas church services around Braidwood

St Bede's Catholic Church:	St Andrew's Anglican Church:	Uniting Church:
Christmas services: Saturday night 6pm - 23rd December Sunday night 6pm - Christmas Eve	Christmas Eve 24th December: 9 am Sung Eucharist, Braidwood 6pm Family Carols and Christmas Pageant, Braidwood Christmas Day 25th 7.30 am Majors Creek 9.30 am Braidwood	Christmas Eve Service 10 am Sunday 24 December 2017 Araluen Service - Joint Uniting & Anglican Service 7pm Thursday 21 December 2017
Please note there is no service on Sunday morning 24th or on Christmas Day		