

RECIPES

from the notes of
Iren Jasko



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Hires Fog 2

6th edition

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Moist carrot cake

Ingredients

1 cup sunflower oil
225g (8 oz) brown sugar
2 eggs
175g (6 oz) self-raising flour
1 teaspoon bicarbonate of soda
2 teaspoons ground cinnamon
175g (6 oz) grated carrot
3 oz chopped walnut or pecan

Note:

instead of self-raising flour you can use plain flour (175g) with 2 teaspoons of baking powder

Topping:

3 oz icing sugar
lemon juice

Use 8" (20 cm) glass or plastic dish to mix together oil, brown sugar and eggs. Add flour, bicarbonate of soda and cinnamon. Add carrots, walnuts, mix well.

Bake in microwave for 25 minutes at setting 5 (medium setting).

For the icing mix icing sugar with lemon juice to make a nice topping. The cake can be decorated with half walnuts or pecans.

Chocolate sauce

Ingredients

- 2 tablespoons of sugar
- 2 tablespoons of cocoa
- 1/2 teaspoon of vanilla
- 2 tablespoons water
- 1 oz butter

Coleslaw with pine kernels

Ingredients

- 1/2 cabbage
- 2 carrots
- 1/2 onion (or spring onion)
- 1 tablespoon sultana
- 1 tablespoon pine kernels roasted
- 3 tablespoons mayonnaise
- 2 tablespoons vinegar
- 1 apple

Grate the cabbage and carrots, chop the onion. Mix with the other ingredients in a bowl.

Lentils with marjoram and feta cheese

Ingredients:

- 340 g lentils
- 1 carrot
- 1 bay leaf
- 1/2 small onion
- 2 medium red peppers
- 1 teaspoon chopped fresh mint

For the sauce

parsley
marjoram
coriander
225 g feta cheese
salt
pepper
lemon vinaigrette
1/2 teaspoon paprika or chili pepper
6-8 tablespoon oil

Slice the carrot, and onion, cook with the lentils and bay leaf for 20-25 minutes. Mix and cook the sauce? Add sauce.

Smoked salmon and cucumber terrine

Ingredients:

450 g smoked salmon
300 g cream cheese
2 lemons
1 long cucumber
green salad, pepper, garlic & herbs

Dampen and line a 750 ml tin with clingfilm, to overhang the tin. Using about a 1/3 of the salmon line the tin with overlapping slices of salmon. Make sure they overhang the tin along the long sides.

Put the rest of the salmon in a food mixer, with the grated zest of a lemon, some ground black pepper. Add the cream cheese with garlic and herbs. Mix until just

combined and smooth. Put a third of this mix into the tin, levelling the surface.

Trim the cucumber so it fits into the tin. Cut long thin strips of the outer layer of the cucumber. Make this the next layer in the tin. Add another third of the mix, then the rest of the cucumber, and finally, the rest of the mix. Wrap the overhanging pieces of salmon around the mix.

Wrap in clingfilm. Weigh down and chill overnight to firm up.

Turn the terrine onto a board and discard the clingfilm. Cut into slices with a sharp knife. Garnish each with a slice of (the second) lemon and salad leaves.

Easy fruit cake

Ingredients:

- 12 oz mixed fruit
- 4 oz sugar
- 4 oz margarine
- 1/4 pint of water
- 1 egg
- 8 oz self raising flour
- 2 tablespoons of (black) treacle

Put the fruit, sugar, butter (margarine) and water into a saucepan. Bring to boil, then simmer slowly for 20 minutes. Beat the egg, add to the saucepan, stir in flour and treacle. Bake in a greased 6" tin in a warm oven at 325 F (Gas Mark 3) for 1.30 hours.

Mrs James' sweet

Ingredients:

- 1 tin (10 oz) crushed pineapple
- 1 small tub of double cream
- 1 small tub of natural yoghurt
- 2 oz demerara (brown) sugar

Strain pineapple well and place in dish. Whip cream and combine with yoghurt. Place in dish over pineapple. Sprinkle with sugar. Chill overnight.

Dumplings

Ingredients:

- 100 g self raising flour
- 1 level teaspoon of salt
- 2 oz (50 g) shredded or finely chopped suet
- about 70 ml cold water

Sift together the flour and salt and add the suet. Mix lightly with the cold water to make a fairly soft dough. Divide into about 8 pieces, and with floured hand form into balls. Simmer for 15-20 minutes preferably in meat soup.

Devonshire scones

Ingredients:

- 1 lb self raising flour
- salt
- 4 oz (100 g) margarine
- 4 level tablespoons castor sugar

280 ml cold milk to mix

Filling:

strawberry or raspberry jam
Devonshire cream

Sift flour and salt into a basin. Rub in fat with finger tips. Add castor sugar. Mix to a soft, but not sticky, dough with the milk. Turn on to a lightly floured board, knead quickly, then roll out to 10 mm (just under 1/2") thickness. Stamp into rounds with a 2.5" (60-70 mm) cutter. Transfer to greased baking trays. Brush tops with beaten egg or milk. Bake at 450 F (gas mark 8) for 8-10 minutes. When cold split and fill with red jam and cream.

'Cup Of Tea' Cake

Ingredients:

1 cup sugar
2 cups mixed dried fruit
1/2 pint of tea
2 cups of self raising flour
1 egg

Strain the tea, mix with sugar and dried fruit. Soak overnight. Next morning stir in flour and egg and beat well. Pour into lined greased 2lb loaf tin. Bake in the centre of oven on Mark 4 (350 F, 180 C degrees) for an hour.

Jackie's fruity flapjack

Ingredients:

- 8 oz margarine
- 6 oz brown sugar
- 2 oz chopped cherries
- 1 oz mixed peel
- 7 oz oats
- 4 oz wholemeal flour

Line a 12" x 8" baking tin. Melt margarine in a saucepan, add brown sugar and stir together. Turn off the heat. Then add cherries, mixed peel, oats, and flour. Mix together thoroughly and transfer to the baking tin. Cook at 180 C degrees for 30 minutes.

Ring Cake (Kuglóf)

Ingredients:

- 300 g flour
- 70 g butter or margarine
- 3 egg yolks
- 300 ml milk
- 30 g sugar
- 50 g raisins/courrants
- 1 packet yeast (7 g dried)

Note:

Baked in ring shaped deep 'kuglóf' tin.

Mix sugar, yeast and 100 ml lukewarm milk. Allow mix to rise.

Cream the butter, add the egg yolks one by one. Then add the risen yeast, 20 g sugar, 200 ml lukewarm milk, raisins and, finally, the flour. Mix it thoroughly and beat it for a few minutes.

Grease and flour the tin and put in dough. It should be half filled. Allow to stand for about 1 hour (it will fill the tin). Bake in medium hot oven for about 45 minutes.

Turn it out immediately and sprinkle with vanilla sugar.

Lemon curd

Ingredients:

- 2 lemons (rind & juice)
- 3 eggs
- 50 g butter
- 250 g sugar

Heat the butter 1.5 mins in microwave on high setting. Beat the eggs. Add other ingredients to butter. Cook uncovered in microwave for 5 mins on high. Stir after 1 min.

Fish puffs

Ingredients:

- 125 g flour
- 1 tablesp. oil
- salt
- 2 stiffly-beaten egg whites

140 ml lukewarm water
250 g flaked cooked fish
1 tablespoon lemon juice
2 tablespoon chopped capers

Sift together the flour and salt and then mix to a thick batter with the oil and water. Add the fish, lemon juice and capers. Fold in the egg whites. Deep fry dessert spoonfuls of the mixture in oil.

Rice crispies

Ingredients:

4 oz butter
4 oz sugar
2 tablesp. honey
3 oz coconut
5 oz salted peanut
4 cups rice crispies

Heat butter, sugar and honey together till slightly brown. Cool slightly. Mix in coconut, peanut and rice crispies. Put in a tin. Cool and cut while still luke warm.

Zsóka's Beigli

Ingredients:

500 g flour
250 g margarine
2 eggs
200 ml soured cream
1 heaped tablespoon sugar
1 packet of yeast

salt

Mix the dry ingredients and rub in the margarine, add the liquid and the beaten eggs. Knead until smooth. Let it rise for an hour, then roll it out. Alternatively, the dough can be made the night before and kept in a cool place. This dough makes two beiglis.

Poppy seed filling:

300 g poppy seeds
300 g sugar
1 large grated cooking apple
the grated rind of a lemon
1 tablespoon of vanilla extract

Walnut filling:

300 g walnuts
4 crushed digestive biscuits
300 g sugar
1 large grated cooking apple
the grated rind of a lemon
1 tablespoon of vanilla extract

Mix the filling ingredients thoroughly and spread on the rolled out dough. Roll up the beigli and leave to stand for 30 minutes. Prick it and bake in a preheated oven at 200 degrees C (or at 180 degrees C if in a fan assisted oven) for 50 to 60 minutes. Halfway through the baking brush the beigli with beaten egg.

Guinnes Crumbs

Ingredients:

300 g breadcrumbs
200 g margarine
1 grated carrot
40 g chopped almonds
200 g brown sugar
rind of lemon
heaped teaspoon mixed spices
half teaspoon nutmeg
salt
200 g sultanas
200 g raisins
100 g peel
4 eggs
dark stout (Guinnes)

Soak spices, salt, sultanas, raisins, peel in broad cup.
Add rest and bake? ("Jó recept").

Delia's bishop's bread

Ingredients:

2 eggs
125 g (4 oz) castor sugar
125 g (4 oz) plain flour
1 teaspoon baking powder
a pinch of salt
375 g (12 oz) mixed glace fruit such as pineapple,
pears, peaches, apricots
125 g (4 oz) mixed red and green glace cherries

375 g (12 oz) raisins
500 g (1 lb) shelled whole nuts such as almonds,
brazils, pecans or walnuts
75 ml brandy, rum or orange liqueur
extra glace fruits to decorate

Preheat oven to 150 C (300 F/Gas 2). Grease 2 loaf tins of about 25 x 8 x 4 cm and line base and sides with non-stick baking paper or greased greaseproof paper. Beat eggs and sugar together in a small bowl. Sift flour, baking powder and salt into a large bowl. With kitchen scissors dipped in hot water, cut the mixed glace fruit to about the same size as the cherries. Add the chopped fruit, cherries and raisins to the dry ingredients and stir well to coat with flour, baking powder and salt.

Stir fruit mixture and nuts into egg mixture and mix together thoroughly. Turn mixture into the prepared tins, pushing well into corners. Bake for 75 minutes until firm to the touch when pressed with the fingers. Remove from oven and drizzle immediately with brandy, rum or liqueur. Cool in the tins, then wrap in foil and store in the fridge. When ready to serve, decorate top with extra glace fruits.

This is a firm favourite not just at Christmas time. Serves 12-14.

Martha's banana cake

Ingredients:

200 g self-raising flour
1/4 teaspoon bicarbonate of soda (NaHCO₃)

1/2 teaspoon salt
90 g margarine
180 g granulated sugar
2 eggs
500 g ripe bananas
120 g dried fruit or nuts

Cream the margarine with sugar. Add eggs one by one. Mix in other ingredients: bicarbonate, salt, then mashed bananas, fruit, nuts. Finally, add flour. Bake at 180 degrees C for 1 1/4 hours.

Instead of self-raising flour you can use ordinary flour and add 1 1/2 teaspoon of baking powder.

Lemon Curdy Pud

Ingredients:

40 g butter
90 g sugar (vanilla sugar is nice)
1 lemon
2 eggs
40 g self-raising flour
270 ml milk

Preheat oven to 200 C degrees. Squeeze the lemon, and grate the rind. Cream the butter, sugar and lemon in a bowl. Add the egg yolks and flour and beat in. Then add the milk and lemon juice and mix well.

Whisk the egg whites in a separate bowl until stiff then add the rest of the mixture. Mix it well but don't over-mix it. Pour into a buttered ovenproof dish, stand the

dish in a roasting tin about a third full of water. Bake in preheated oven until the top is set and spongy and has a golden colour (about 45 minutes).

Chocolate and Whole Orange Pudding

Ingredients:

- 85 g butter
- 55 g dark chocolate
- 170 g flour + baking powder
- 55 g cocoa powder
- 170 g caster sugar
- 2 eggs
- 2 tablespoons milk

Filling:

- 1 orange (pref. navel)
- 85 g butter
- 85 g (3 oz) caster sugar

Boil fast the whole orange for 10 minutes in water with lid on. Grease pudding basin (1.3 l size). Melt butter, chocolate (in microwave). Put flour, cocoa into bowl. Add melted mix, then sugar, eggs and milk. Mix well.

Put 2/3 of mix into basin. Make a well in the middle. Put into it the boiled and then pricked orange. Put the diced butter and sugar around the orange and cover with the remaining third of the mixture. Cover with foil and place into boiling water up to half way the basin. Steam for 2 hours. Serve with custard or cream.

Sweet potato & feta frittata

Ingredients:

150 g butternut squash
150 g sweet potato
4 eggs
½ small onion, or 1 clove garlic
½ red chili
60 g feta cheese
20 g hard cheese
50 ml yoghurt
1 tablespoon of olive oil
4-5 pinch parsley (or sage)
ground black pepper

Peel the squash and sweet potato; cut to 2 cm cubes then cook in microwave for 5-7 mins. Grate the hard cheese. Finely chop the onion, and the chili, cutting out the seeds.

Drain the squash and sweet potato, if required. Add the eggs, cheese, yoghurt, onion, chili and some black pepper. Mix together.

Heat oil in frying pan, pour in the frittata mixture. Scatter parsley or sage on top. Cook on medium flame until eggs are cooked.

Serve with slices of hard-crust bread e.g. ciabatta.

Seeded half-brown bread

Ingredients:

- 1 heaped teaspoon of dried yeast
- 250 g (10 oz) of strong white breadflour
- 150 g (6 oz) of strong wholemeal breadflour
- 2 heaped teaspoon of granulated sugar
- 2 heaped teaspoon of salt
- 2 tablespoons of olive oil
- up to 2 tablespoons of pumpkin or sunflower seed
- 300 ml (10 fl.oz) water

If you bake in a bread-maker, the order of ingredients is important. Put them in the machine as listed above: start with the yeast, then add flour, sugar, salt, oil, seeds and, finally, water. The amounts listed are for “medium size” loaf. For “large size” increase each amount by a quarter. For Panasonic machines use the “Dark” setting to get Hungarian style bread. You can add 1 or 2 spoonfuls of seed, or none at all. A mixture of pumpkin, sunflower and other seeds can be used.

Equivalent Measures & Conversions

Cookery recipes in English often contain a confusing array of measurement units. The following lists (taken mostly from the *Joy of Cooking*) may be used for converting between them.

Baking powder: 1 teaspoon =
= 0.25 teaspoon baking soda
+ 0.6 teaspoon cream of tartar

Butter: 1 stick
= 113 g
= 4 oz
= 8 tablespoons
= $\frac{1}{2}$ cup

Butter: 4 sticks
= 450 g
= 1 lb
= 2 cups

Butter: 1 cup
= 1 cup margarine

Chocolate: 1 square
= 28 g
= 1 oz

Chocolate: grated
= 28 g
= 1 oz
= 4 tablespoons

Chocolate: unsweetened 4 spoons
= 3 spoons cocoa + 1 spoon butter

Cocoa: 4 cups
= 450 g (1 lb)

Flour: cake flour: 450 g (1 lb)
= 4.75 cups
Flour: white all-purpose 450 g (1 lb)
= 4 cups
Gelatin for 1 pint liquid
= 1 envelope
= 7 g (¼ oz)
= 4 sheets 4" * 9"
= about 1 tablespoon
Honey: 1 cup
= 1.25 cups sugar + 0.25 cup liquid
Lard: 450 g (1 lb) = 2 cups
Oil: 450 g (1 lb) = 2 cups
Rice: 1 red spoon = 50 g
Sugar: granulated: 450 g (1 lb)
= 2 cups
Sugar: brown packed: 450 g (1 lb)
= 2.25 cups
Sugar: brown packed: 1 cup
= 1 cup granulated sugar
Sugar: icing (powdered): 450 g (1 lb)
= 3.5-4 cups
Yeast: compressed: 1 cake
= 17 g (0.6 oz)
= 1 pack active dry yeast
Yeast: active dry: 1 pack
= 1 tablespoon

Volume, weight and temperature conversions

British-Metric fluid volume

-	fl.oz	cups	pints	ml
1 fl.oz	1	1/10	1/20	28.4
1 cup	10	1	½	284
1 liter	35.2	3.52	1.76	1000

US-Metric fluid volume

-	fl.oz	cups	pints	ml
1 fl.oz	1	1/8	1/16	29.6
1 cup	8	1	½	236
1 liter	33.8	4.23	2.11	1000

US-Metric mass (weight)

-	oz	lb	g
1 oz	1	1/16	28.4
1 lb	16	1	454

Temperature conversions

-	Fahrenheit	Celsius	Gas Mark
Freezer	0	-17	
Soft ball	234	112	
Firm ball	244	117	
Hard ball	250	121	
Very low oven	250-275	121-13	1
Low oven	300-325	149-163	2-3
Moderate oven	350-375	177-190	4-5
Hot oven	400-425	204-218	6-7
Very hot oven	450-475	232-246	8-9
Extremely hot	500-525	260-274	10

Formula: $C = (F-32) * 5 / 9$

