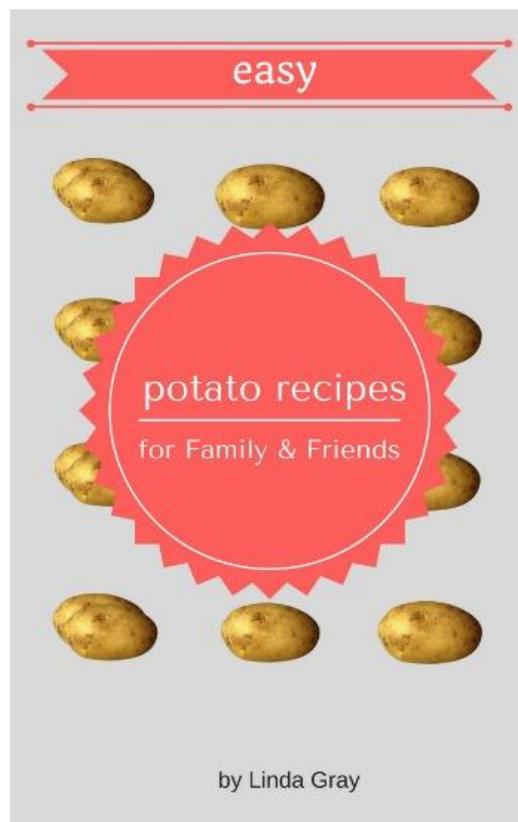


# EGG RECIPES for Family & Friends

Before we dive into the best boiled egg and soldiers :-)  
download this fabulous FREE copy of potato recipes  
(pdf)



Eggs and potatoes are nourishing and inexpensive and they work so well together. These recipes are perfect for feeding a hungry family or a bunch of friends who turned up unexpectedly!

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## Contents

[Introduction](#)  
[How to boil an egg](#)  
[Boiled Egg Recipes](#)  
[Sandwiches](#)  
[Egg salad](#)  
[Pasta Bake](#)  
[Egg Curry](#)  
[Scotch Eggs](#)  
[Pickled Eggs](#)  
[Stuffed Eggs](#)  
[Poached Eggs](#)  
[Eggs Benedict](#)  
[Eggs Florentine](#)  
[Scrambled eggs](#)  
[Eggy Bread \(or French toast\)](#)  
[Omelettes and variations](#)  
[All Day Breakfast Omelette](#)  
[Spanish Omelette](#)  
[Asparagus Omelette](#)  
[Toasted Egg Sandwich](#)  
[Quiche](#)  
[Short-crust Pastry](#)  
[Quiche Variations](#)  
[Yorkshire pudding](#)  
[Egg Fried Rice](#)  
[Cakes and Desserts](#)  
[Pancakes](#)  
[Lemon Meringue Pie](#)  
[Victoria Sponge Cake](#)  
[Custard Tart](#)

## Introduction

If you're thinking of keeping a few laying hens and have the time and space to do so, go for it. Feeding a growing family requires a good source of protein. The humble hen delivers!

1 egg has about 90% of the daily required amount of vitamin B12 and eggs are rich in other minerals and vitamins. They contain significant amounts of:

Vitamin A  
Vitamin B2  
Vitamin D  
Iodine  
Selenium  
Protein

and tons of other good for you things!

This book has over 30 egg recipe ideas, including breakfasts, main meals and desserts. Starting with boiled eggs and drifting into other fascinating egg delights, including my favourite afternoon Victoria Sponge Cake recipe!

## How to Boil an Egg

There are a number of different 'traditional' ways of boiling an egg. Some recipes say put the eggs in boiling water although this will probably cause the eggs to crack unless you carefully prick one end of the egg with a pin. Personally I don't want to spend time finding pins and probably burning my fingers when placing eggs in boiling water so, this is how I've done it for more than 40 years....



### You need:

- A saucepan. (large enough to accommodate the eggs in one layer but not too big for them to rattle around)
- Eggs
- Cold water
- A slotted spoon
- Egg cup/s
- Plates and spoons

### Method:

1. Place eggs in pan and pour cold water over to about 1-2cm above them.
2. Put the pan on the heat and bring to the boil.
3. When the water starts to boil, turn down the heat so that they are simmering gently rather than boiling rapidly.

4. Put on a timer or watch the clock closely. If you want your eggs to be hard boiled, allow to simmer for 5-6 minutes. Very large eggs may take up to 8 minutes to hard boil. For soft boiled eggs, simmer for 3-5 minutes.

5. Remove the eggs from the pan with a slotted spoon and drain them on kitchen paper before popping into the egg cups.

To ensure the white of the egg is set, simmer for 4 minutes for medium eggs. There are many different sizes and varieties of eggs, so a little trial and error may be necessary.

To find the optimum cooking time for your particular choice of eggs, start by simmering for 5 minutes. This should definitely set the white so the egg will be edible. Then adjust next time if you need to.

If you have very fresh eggs (less than 5 days old) allow an extra minute or two of cooking time.



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### **And Soldiers...**

Soldiers are fingers of buttered bread served with a soft boiled egg. A comfort zone if ever there was one! Slices of bread could be lightly toasted if preferred, then butter and slice into fingers that fit snugly into your egg yolk.

## **Boiled Egg Recipes**

Hard-boiled eggs can be eaten in a number of different ways. If you aren't eating your egg straight from the pan, run cold water over them as soon as they have finished cooking. Allow to cool and store in the fridge until you're ready to use them.

Gently run water over the eggs while peeling to wash off any bits of shell. Dry on kitchen paper.

## **Boiled Egg Sandwiches**

Boiled eggs are a great sandwich filler. Simply peel, slice and sandwich between 2 slices of buttered bread. Or try these ideas:

### **Egg Mayo:**

1. Boil, cool and peel eggs, then place into a fairly large bowl.
2. Chop finely and stir in a light mayonnaise or natural yoghurt if preferred.
3. Spread over buttered bread and serve as open sandwiches or cover with another slice and cut into triangles for afternoon tea.

### **Egg Salad Sandwich:**

1. Wash and dry lettuce and cress or watercress if preferred. Shred as finely as possible. Iceberg style lettuce can be grated if it's crisp and solid enough.
2. Prepare bread and butter. Spread with egg mayo (above) or slices of boiled eggs.
3. Top with salad and another slice of bread. Push down gently and cut into squares or triangles.

With either a sliced boiled egg filling or an egg mayo filling you could add any of the following:

- sliced ham
- grilled bacon
- finely chopped spring onions - a personal favourite!
- sliced tomatoes
- a little grated hard cheese

- feta cheese and sliced olives
- smoked salmon

or any other preferred sandwich filling.



Try filling a short French loaf with ham, sliced tomatoes and/or salad, sliced boiled egg and mayonnaise. Delicious!

## **Egg Salad**

1. Boil eggs, allowing 1-2 per person. Cool and peel. Make up an egg mayonnaise filling by chopping eggs finely and mixing with a light mayonnaise.
2. Prepare green salad. Rinse and dry a selection of salad leaves, baby spinach leaves and watercress. Arrange on plates leaving a space in the centre.
3. Pile the egg mayonnaise onto the centre of the plate and garnish with a little chopped cress or parsley.
4. Serve with a side salad of sliced tomatoes with basil dressing. Or sprinkle finely chopped basil leaves over sliced tomatoes and leave to marinate in the fridge for about 30 minutes before serving.

# Pasta Bake

This was one of my 'economy' dishes mid-week!

## Ingredients:

Eggs

Pasta

White sauce (recipe below)

## Method:

1. Boil eggs. Cool, peel and cut in half lengthways. Set aside.
2. Put pasta shells or other shapes in to a large pan and cover with water. Bring to the boil and then simmer until just cooked (al dente) - somewhere between 5 and 15 minutes depending on the size and shape. Check the packet for time recommendations.
3. Preheat oven to Gas mark 5 (375F, 190C)
4. When pasta is cooked, drain well and pour into an ovenproof dish.
5. Gently stir in the egg halves.
6. Then very carefully fold in a white sauce.
7. Put into a preheated oven for about 15-20 minutes to heat right through before serving.

## Variations:

- thinly slice courgettes, onions or peppers (or any combination) and fry gently for a minute or two before adding to pasta and eggs.

- Fry bacon pieces and drain well. Add to pasta and eggs.
- Tomatoes: Fresh organic tomatoes cut in halves or quarters combine well with boiled eggs. Mix into pasta and add a few chopped fresh basil leaves if you have them.

**NB:** Make sure pasta bake is piping hot right through if you are re-heating meat.

The dish can be heated without sauce, but be careful it doesn't burn or dry out too much.

**Tip:** Another very quick cheat: Cook pasta and eggs and any veggies you are using at the same time then combine still hot ingredients in a dish that will sit under the grill. Sprinkle grated cheese on top and brown off under the grill for a few minutes. Serve immediately.

## **How to make a basic white sauce**

### **Ingredients:**

About half a pint of milk (300mls)  
5 level teaspoons of corn-flour  
knob of butter  
seasoning (salt and pepper as preferred)

### **Method:**

There are a couple of ways to make a white sauce. This way is like making custard and tends to be easier to keep the lumps out!

1. Measure corn-flour into a fairly large bowl and stir in a little of the milk. Stir until you have a smooth paste.

2. Put the rest of the milk on to boil. When boiling, remove from heat and very slowly pour onto the flour mixture, stirring carefully all the time to prevent lumps forming.

4. Then pour the mix back into the pan and put back on the heat.

5. Keep heat low and bring gently to the boil, stirring all the time. Simmer for 2 or 3 minutes, still stirring to get a glossy finish.

## **Variations on the white sauce**

### **Cheese:**

When sauce is cooked, quickly stir in grated cheese. Keep stirring until cheese has melted.

**Quick Cheat Tip:** Buy a packet of dried mushroom soup and add half the water stated in the instructions. This will make a sauce rather than a soup. Stir into the pasta and enjoy!

## **Egg Curry**

1. Boil eggs, peel and cut in half lengthways. Place into a serving dish flat side down.
2. Make or buy a curry sauce and pour over the eggs.
3. Serve immediately with cooked rice.

## Scotch Eggs



### Ingredients:

Boiled eggs

4oz (100g.) sausage meat or vegetarian equivalent - per egg.

A little flour

1 beaten egg

Breadcrumbs or chopped mixed nuts

Oil for frying

### Method:

1. Hard boil eggs. Cool slightly and peel.
2. Dip each egg in flour.
3. Roll sausage meat or vegetarian equivalent around each egg. Smooth out any cracks.
4. Dip in beaten egg then coat in breadcrumbs or mixed finely chopped nuts.
5. Deep fry until meat is cooked. Don't have the oil too hot or the outside will brown before the meat is cooked. Should take about 8-10 minutes
6. Drain and serve hot or cold with a green salad.

# Pickled Eggs

## Ingredients:

Boiled Eggs  
Pickling Vinegar  
Sterilized jars

## Method:

1. Hard boil eggs, peel and set aside.
2. Prepare pickling vinegar; some pickling vinegars don't need heating. But if you are using regular vinegar and spices, you should boil them together for about 15-20 minutes so that the spices flavour the vinegar.
3. Allow to cool slightly. Pour a little vinegar into jars and then place the eggs in carefully to avoid breaking them.
4. Pour the rest of the vinegar over to cover eggs.
5. Cover with airtight and vinegar proof lids and store out of direct light for about 6 weeks before using.

# Stuffed Eggs

## Ingredients:

6 hard-boiled eggs

4oz. (100g) soft liver pate (or tuna or vegetarian equivalent)

Sliced olives to garnish

Salt and pepper (optional)

## Method:

1. Cut eggs in half lengthways and carefully scoop out the yolk into a bowl.
2. Mix well with pate or tuna. Blend if you have a blender. Season with a little salt and pepper if required.
3. Spoon or pipe mixture back into the egg whites and garnish with sliced olives.

# Poached Eggs

If you've never poached an egg in the traditional way, this is how...

## Ingredients:

1-2 eggs per person

Vinegar

## Method:

1. Two thirds fill a medium sized pan with water and pour in about 1 tablespoon of vinegar.
2. Bring to the boil
3. Crack an egg into a small cup and then gently place it in the boiling water. Do this slowly to avoid splashing.
4. Allow water to come up to boiling point again, then reduce heat and simmer for a few minutes until the white of the egg is totally set.
5. Remove from the pan with a slotted spoon and drain carefully on kitchen paper. Serve on hot buttered toast.

**Tip:** Cook one or two eggs at a time, rather than overfilling the pan.

Poached eggs can also be served with gammon steaks and smoked salmon.

# Eggs Benedict

Eggs Benedict are really just poached eggs with a Hollandaise Sauce. Make the sauce in advance if you can and gently warm up while you cook the eggs.

## Ingredients:

4 eggs

4 slices of bread

4 thin slices of ham

About 250ml (0.25pt) Hollandaise sauce (recipe below)

Parsley sprigs (or finely chopped) to garnish

## Method:

1. Toast bread on both sides
2. Poach eggs (recipe above) and warm up sauce
3. Top toast with a slice of ham. Carefully place hot poached egg on top and pour over sauce.
4. Garnish with parsley

## Hollandaise Sauce

### Ingredients:

30ml (2 tablespoons) white wine vinegar

15ml (1 tablespoon) water

2 egg yolks

8oz (200g.) softened unsalted butter

Salt and white pepper

### Method:

1. Put the water and vinegar into a saucepan and bring to the boil. Boil gently until reduced by about half. Leave to cool.
2. Put the egg yolks and cooled vinegar liquid into either a double saucepan or a bowl over a pan of gently simmering water. Whisk until light and fluffy.
3. Gradually add the butter, a little at a time. Whisk well after each addition, so that the sauce absorbs each piece of butter. The mixture should be the same consistency as mayonnaise.
4. Season with a little salt and pepper. Add a little more butter if the sauce is too sharp. It should be served warm rather than hot.

This recipe makes about 300mls (0.5pt)

# Eggs Florentine

You can use boiled eggs for this recipe if you prefer.

## Ingredients:

2lbs (900g.) fresh spinach leaves

4 eggs

Seasoning

Cheese sauce (recipe below)

## Method:

1. Lightly boil or steam spinach leaves. Drain well and place in the bottom of an ovenproof dish.
2. Poach (or lightly boil) eggs and place on top of spinach leaves.
3. Pour cheese sauce over eggs and spinach. Sprinkle a little grated cheese on top if preferred and place until a moderate grill for a few minutes until golden brown on top.

## Cheese Sauce

### Ingredients:

1oz. (25g) flour

1oz. (25g) butter

2oz. (50g) finely grated hard cheese

0.5pt (300ml) milk

A little powdered mustard

Seasoning

## **Method:**

1. Melt butter in a pan over a low heat and then stir in the flour. Stir over a low heat for a few seconds.
2. Remove from heat and very slowly stir in the milk. The most important thing here is to add milk slowly and stir after each addition to avoid lumps forming.
3. Return to the heat and bring to the boil. Stir every few seconds or continuously if you can.
4. Reduce heat and simmer for 2-3 minutes, stirring continuously to prevent lumps forming.
5. Remove from heat, season and stir in the grated cheese. Keep stirring until cheese has melted. Use as required.

# Scrambled Eggs

Try scrambled eggs the traditional way - that means unplugging the microwave!

## Ingredients:

Eggs (allow 1-2 eggs per person)

A little milk

Knob of butter

## Method:

1. Beat eggs in a bowl and add a little milk. Stir well.
2. Melt a knob of butter in a medium saucepan then pour in the egg mixture.
3. Cook over a very low heat, stirring all the time with a wooden spoon.
4. When mixture begins to thicken, remove from heat and stir. Mixture should continue to cook for a minute or two after you take it off the heat, so try not to over-cook. It's easy to see when the eggs are ready.
5. Serve on hot buttered toast.

## Variation:

A little grated cheese or crumbled feta and a teaspoon of readymade mustard can be added before cooking. Blend ingredients together well.

## **Eggy Bread (French Toast)**

Eggy Bread is a classic children's favourite, but the young at heart love it too! This recipe will serve four. Bread can be cut in half before dipping if preferred. It's sometimes easier to handle and fits in the pan easier.

### **Ingredients:**

4 slices of bread  
2 eggs  
4 fl oz (120mls) milk  
A little olive oil

### **Method:**

1. Beat the eggs and milk in a bowl
2. Heat a little oil in a frying pan.
3. Dip the bread into the egg mixture to coat all over both sides.
4. Fry the coated bread in the heated oil for about 2 minutes on each side. Serve hot.

### **Variation:**

A little finely grated cheese can be added to the mixture before dipping.

# Omelettes

Omelettes can be a simple snack or a dinner party delight!



## Basic omelette

### Ingredients:

1-2 eggs per person  
Oil for frying.

### Method:

1. Beat eggs well until bubbly and pour into heated oil in a frying pan.
2. Cook over a low heat for a few minutes, then turn over and cook the other side.
3. Turn out and serve immediately.

## Variations

### Herby Omelette

Mix in some freshly chopped herbs before cooking. Coriander gives the omelette a mild spicy flavour.

## **Mushroom Omelette**

Slice mushrooms and gently cook for a minute or two before adding eggs to the pan

## **Cheese & Onion**

Gently fry finely chopped onion or shallots before adding eggs. Sprinkle grated cheese to taste over eggs.

# All Day Breakfast Omelette

## Ingredients:

1-2 Eggs  
1 small onion  
A tomato  
Few button mushrooms

## Method:

1. Finely chop the onion, tomato and mushrooms
2. Fry in a little oil until cooked but not burnt.
3. Beat eggs in a bowl or jug and pour over the vegetables.
4. Cook for a few minutes over a gentle heat.
5. Attempt to turn it over! If it falls apart, just push it all together again. Nobody will notice. Cook for a minute or two on this side then serve immediately.

Serve with grilled bacon and/or sausages.

**Tip:** Bacon can be added to the omelette by cutting cooked rashers in pieces and frying lightly before pouring the eggs, or use ready chopped bacon pieces. Make sure they are cooked right through before adding eggs.

**NB:** When re-heating meat, make sure it's piping hot right through before serving.

## Spanish Omelette

This is a basic Spanish omelette recipe (to serve 4 people) but you can add other vegetables if you prefer, such as chopped red peppers, tomatoes, mushrooms, peas and spinach.

Peppers, tomatoes and mushrooms can be added raw, but peas and spinach should be cooked beforehand.

### Ingredients:

2 fairly large potatoes, peeled and cut into small cubes  
2 fairly large onions, peeled and chopped  
6 eggs, lightly beaten  
Salt and pepper (optional)  
A little olive oil for frying

### Method:

1. Heat a little oil in a medium frying pan. Add potatoes, onions and seasoning (and any other vegetables you are using).
2. Fry gently, stirring to prevent sticking, until the vegetables are cooked and golden brown. Probably about 10-15 minutes.
3. Drain off any excess oil if necessary and quickly stir in the beaten eggs. Cook for about 5 minutes. Shake the pan gently to avoid sticking.
4. Either turn the whole omelette to cook on the other side or place pan under a pre-heated grill for a few minutes so that the eggs are set.

Serve hot with a green salad.

# Asparagus Omelette

## Ingredients:

1-2 eggs per person

2-4 asparagus spears per omelette

Grated cheese or crumbled feta cheese to taste

A little sunflower or olive oil

## Method:

1. Steam asparagus spears gently until cooked but not too soft. Cut half the asparagus into short lengths and keep the other spears warm.
2. Beat eggs well and stir in the cheese.
3. Heat a little oil in a frying pan and pour in the egg mixture. Add the pieces of cut asparagus and cook gently for a couple of minutes.
4. Turn omelette over and cook for a further few minutes until egg is set.
5. Fold omelette in half and serve on a warmed plate with remaining whole asparagus spears on top. Serve hot.

## **Toasted egg sandwich**

Although this is technically a sandwich, the filling is really just an omelette.

### **Ingredients:**

1 egg and 2 slices of bread per serving.

### **Method:**

1. Heat a little oil in a frying pan.
2. Beat egg until bubbly and pour carefully into hot oil.
3. Cook gently for a few minutes until set on one side then turn over and cook for another few minutes.
4. While egg is cooking, or before if you have a slow toaster, toast two slices of bread.
5. Lightly butter toast and sandwich together with the cooked egg.

# Quiche



There are many different variations of quiche. This is the basic recipe and below you will find lots more ideas you can use, depending on what's in the fridge.

## Ingredients:

6oz. (175g) short-crust pastry (approx.) - recipe below  
3-4 oz. (75-100g) grated cheese  
2 beaten eggs  
150ml (5 fl oz) milk or single cream  
Seasoning to taste

## Method:

1. Pre-heat oven to Gas Mark 6 (400F, 200C)
2. Roll out prepared pastry on a lightly floured board and line a 8inch (20cm) flan ring or tin. Place on a baking sheet. Using a ring helps to cook the pastry right through and is easier to remove after cooking.
3. Bake blind in a pre-heated oven for 10-15 minutes until pastry is set. (NB: To bake blind, cover pastry with a sheet of greaseproof paper and add a layer of dried beans - this helps to stop the pastry rising too much at this stage of cooking)
4. Sprinkle the grated cheese over the pastry base.

5. Beat the eggs, milk or cream and seasoning together and pour into the pastry case.

6. Bake in the oven for about 30 minutes until well risen and golden brown.

Serve hot or cold.

Optional Extra: Slice tomatoes and top the cooked quiche with them. Grill under a moderate grill for a few minutes to heat the tomato slices.

## Short-crust Pastry Recipe

Although you can buy readymade pastry, it's sometimes fun to make your own. This recipe uses 8oz (200g.) flour so you may have a little left over to make a couple of apple turnovers after making the quiche recipe above.

### Ingredients:

8oz. (200g) plain flour

4oz. (100g) butter or block margarine, chilled and cut into small pieces.

(NB: Traditional short-crust pastry was made with 2oz. butter and 2oz. lard but we don't tend to use lard these days)

Pinch of salt

Cold water

### Method:

1. Put flour, salt and fat into a bowl. Using both hands, gently rub the fat into the flour using your fingertips, until the mixture resembles breadcrumbs.
2. If the mixture feels too sticky, add a little more flour.
3. Sprinkle 45-60mls (3-4 tablespoons) cold water over the mixture as evenly as possible.
4. Using a palette or round bladed knife, stir the mixture until it begins to clump together.
5. Using your hands, collect together into a ball of dough. It shouldn't be sticky or too dry that it crumbles. Knead lightly for a few seconds so that it's smooth and firm. Don't handle too much though.

6. To roll out, put dough onto a lightly floured board. Lightly flour the rolling pin and roll evenly in one direction only until it's about one eighth of an inch (0.3cm) thick. Use as required.

NB: If you use wholemeal flour, you may need a little more water to mix.

## **Quiche Variations**

### **Quiche Lorraine:**

Quiche Lorraine is simply a quiche with bacon. Cook the bacon first, cut into fairly small pieces and spread over the pastry case before you pour into the eggs.

### **Leek Quiche:**

Slice prepared leeks and par boil for a few minutes. Drain well and place on pastry case before pouring the eggs

### **Cheese & Onion:**

Slice onions and fry gently in a little water or oil. Drain and place on pastry case then sprinkle grated cheese or crumbled feta cheese to taste before pouring in the eggs.

# Yorkshire Pudding



This is a traditional Yorkshire pudding recipe and will be enough for 12 small Yorkshires. Cook in a patty tin.

## Ingredients:

2oz. (50g.) plain flour

1 egg

0.25 pt. (150ml) milk or milk and water mixed

A pinch of salt

## Method:

1. Preheat oven to Gas Mark 7 (425F, 220C)
2. Put flour in a bowl and mix in the pinch of salt. Make a well in the centre of the flour.
3. Break in the egg and add half the milk. Stir well then beat until smooth.
4. Mix in the rest of the milk and beat well until bubbles appear on top.
5. Put a tiny drop of oil in each scoop of the patty tin/s and heat in the oven for a minute or two. Remove from oven and divide batter mixture equally between each patty scoop.

6. Bake in the oven for 10-15 minutes until well risen and golden brown. Check after 10 minutes.

Serve hot with a roast dinner.

# Egg Fried Rice

A great way to add extra taste to rice.

## **Ingredients:**

Cooked rice

1-2 eggs, depending on how much rice you are serving.

A little olive oil for frying

## **Method:**

1. Beat the eggs in a bowl
2. Heat the oil in a frying pan and pour in the beaten eggs. Cook gently on both sides and remove from the pan. Place on a plate or board and cut into small pieces.
3. Fluff up the rice with a fork and add to the pan. You may need a little more oil. If so, heat the oil gently before adding rice.
4. Stir well. Add pieces of omelette and stir gently over a low heat until piping hot right through.

## **CAKES AND DESSERTS**

Eggs are so versatile. Not only are they great for breakfast, lunch and dinner, they are also used in many desserts and cakes. The recipe for Victoria sponge cake is traditional and irresistible! There are a fair few steps to take to get it right but they're all numbered so following the steps should result in a perfect cake – and there are plenty of variations to choose from

# Pancakes



Pancakes are made from the same mixture as Yorkshire Puddings - recipe above. When mixture is ready, leave to sit for about 30 minutes before cooking.

Heat a little oil in a frying pan or on a griddle pan and pour on a little batter mix. Using a fish or palette knife, loosen edges and turn when cooked on one side. They only take a couple of minutes to cook.

If you're really ambitious try tossing the pancake up in the air and catching it to cook on the second side.

Serve with a little sugar and lemon juice, or for a real indulgence, chocolate spread and whipped cream. Naughty but very nice!

# Lemon Meringue Pie

## Ingredients

6oz. (150-175g) short-crust pastry (see quiche recipe for pastry method)

Finely grated rind and juice of 2 lemons

4oz. (100g) sugar (preferably sugar)

5 level tablespoons (75ml) corn-flour

2 eggs, separated

3oz. (75g) caster sugar

## Method:

1. On a lightly floured board, roll out pastry to fit an 8inch (20.5cm) flan dish. Line the dish and refrigerate for about 30 minutes.
2. Bake blind in a preheated oven (Gas mark 6, 400F, 200C) for about 10-15 minutes. To bake blind, lay a piece of greaseproof paper over the pastry and pour dried beans over the paper. This prevents the pastry from rising.
3. Remove from the oven. Remove beans and paper and bake for a further 5 minutes until pastry is set.
4. Put the lemon rind, juice and granulated sugar in a saucepan with about 0.5 pint (300mls) water. Heat through gently until the sugar has dissolved.
5. Mix the corn-flour to a smooth paste with 6 tablespoons (90mls) water. Stir into the saucepan with the lemon mix and blend well. Gently bring to the boil, stirring all the time then cook for a further minute.

6. Remove from the heat and allow to cool slightly. Beat in the egg yolks one at a time. Then pour mixture into the pastry case. Level off.

7. Whisk the egg whites until stiff. Then whisk half the caster sugar into the egg whites, until sugar is completely mixed. Then gently fold in the other half of the caster sugar.

8. Spoon the meringue mixture over the lemon filling and smooth over. Make sure the filling is covered but don't let the meringue overlap the edge of the pastry case.

9. Flick the meringue up into peaks with a knife and bake in the oven (Gas mark 2, 300F, 150C) for about 35 minutes.

10. Remove from the oven and carefully remove from the flan dish. It may be easier to use a flan ring rather than a dish.

Serve hot or cold with cream.

# Victoria Sponge Cake



Victoria sponge cakes were a staple part of girls' (only) domestic science lessons. I made this cake so many times, I eventually got it right without a food processor or electric mixer of any kind. However, it takes ages to beat each addition into the mixture, so if you have a hand electric mixer, use that to speed things up a bit.

The modern way of making a cake at home is to put all ingredients into a food processor and whiz it until it's blended well. This recipe explains the traditional way of making a Victoria Sponge Cake

There seems to be an awful lot of collecting bowls and weighing things but it all comes together nicely and the bowls that are finished with can be quickly rinsed and dried as you go along, or engage a willing helper to clear up after you!

## **Ingredients:**

175g (6oz) self-raising flour

1 teaspoon of baking powder. This will help the sponge rise more.

3 eggs

175g. (6oz) caster sugar. (Unrefined if possible, but not brown)

175g. (6oz) softened butter or alternative

A little extra butter, or a light spray oil, for greasing tins

### Filling:

175g. (6oz) icing sugar  
75g. (3oz) softened butter  
A few drops of vanilla essence  
1 or 2 tablespoons milk, if needed  
3 or 4 tablespoons jam

### Topping:

A little caster or icing sugar to dredge.

### Tools needed:

A regular oven – not a microwave  
Large mixing bowl  
Bowl for flour  
Small bowl for testing eggs  
Jug or deep bowl for beating eggs  
Kitchen scales  
Sieve  
2 round cake tins -18cm (7inches)  
Wooden spoon  
Fork or hand-whisk  
Large metal spoon for adding flour and sugar to scales or mixture  
Teaspoon for measuring baking powder  
Wire cooling tray  
Greaseproof paper, pen/pencil and scissors

### Method:

1. Pre-heat a regular oven to Gas mark 5 (375F, 190C,). Adjust if you have a fan oven.
2. Lightly grease tins by rubbing a little butter over all inside surfaces, or use a light spray oil. Place tin upright on

greaseproof paper and draw round it. Cut 2 circles and place one in each tin.

3. Collect all ingredients and tools together.

4. Break eggs into a small bowl to check for freshness, and to remove any stray bits of eggshell. Add to jug.

5. Beat the checked eggs well using a fork or hand whisk. Set aside

6. Weigh out sugar and pour into the large mixing bowl. Set aside.

7. Weigh flour and sieve into a bowl - not the mixing bowl.

8. Weigh softened butter (or alternative) and put into the large mixing bowl with the sugar.

9. With a wooden spoon, cream the butter and sugar together until almost white and fluffy. You may want to whisk this electrically!

10. Add a very small amount of beaten egg to the mixture – about a large spoonful and beat well until the egg is completely blended into the mixture.

11. Repeat step 10 lots of times until all the egg is added. Don't rush this bit.

12. Add the baking powder to flour and stir well.

13. Then add about a quarter of the flour to the cake mixture and 'fold' in. Use a large metal spoon and gently fold the mixture until the flour has been absorbed. Don't beat at this stage as you can beat the air out of the mix.

14. Repeat step 13 until all flour is mixed in... et voila! The mixture is ready.

15. Spoon equal amounts into 2 prepared cake tins, level gently and press the back of a wooden spoon gently in the centre of each to create a small indentation. This will help avoid the cake rising to a peak in the middle! Then put into the middle of a pre-heated oven for about 20 minutes until they are well-risen and firm to the touch. Cakes generally start to shrink away from the sides of the tin when cooked. You can test the cake by inserting a fine skewer into the centre. If it comes out clean, it's done.

16. Remove tins from the oven and leave to stand on a wire tray to cool for a minute or two. Remove cakes carefully from tins and allow to cool completely on the wire tray.

While the cake is cooling, whiz round the kitchen and wash up all the paraphernalia. Then prepare the filling for your sponge cake.

### **Fillings and finishing:**

1. Prepare butter icing: weigh softened butter and place in a medium sized bowl. Cream butter well with a wooden spoon. Keep stirring till light and creamy.

2. Add sieved icing sugar a little at a time, and beat with a wooden spoon after each addition.

3. Beat until smooth and creamy. Stir in a little milk if too dry.

4. Add a few drops of vanilla essence and beat well.

5. Gently warm jam in a small saucepan for a minute or two if it's not soft enough to spread.

When the sponges are completely cold, spread jam over one and

butter icing over the other. Carefully spread out the fillings, then sandwich the sponges together. Line up and gently press down. Don't push too hard or the cream will squidge out!

To finish, put a little icing or caster sugar in a sieve. Tap your hand gently on the side of the sieve over the cake. The sugar will fall through like light snow.

To serve: Place cake on a paper doily on a plate and arrange on your cake tray.

NB: Instead of jam, cut strawberries in half if you have them, and place on top of the butter-cream when sandwiching the cakes together.

## **Cake Variations**

The Victoria sponge cake is so adaptable; there are many different tastes and temptations you could try.

### **Chocolate:**

Weigh flour, then remove 3 tablespoons and replace with 3 tablespoons of cocoa powder.

### **Coffee:**

Add a couple of teaspoons of coffee essence to the mixture before you add flour, and stir well.

### **Citrus:**

Finely grate the rind of an orange or lemon and stir into the mixture before you add the flour. Stir well.

## **Filling and Topping Variations**

The quantity of butter-cream in this recipe will be enough to fill a sandwich cake. If you make 3 or 4 times the quantity you could spread butter-cream over the whole cake and decorate

with:

- Chocolate curls
- Fresh cut strawberries or other fruit.
- Broken walnuts
- Hundreds and thousands

## **Butter-cream Flavourings**

### **Chocolate:**

Beat melted chocolate into the butter before you add the icing sugar. A couple of drops of vanilla essence could still be added, if liked.

### **Coffee:**

Replace vanilla essence with a few drops of coffee essence, or use a couple of teaspoons of coffee dissolved in a little water.

### **Almond:**

Replace vanilla with a couple of drops of almond essence or, if you have ground almonds, mix with the icing sugar before adding to the butter.

### **Citrus:**

Finely grate orange or lemon rind and stir into the mixture before adding the icing sugar. Mix well. Add a little lemon or orange juice instead of milk. Beat well to avoid curdling the mixture.

## Egg Custard Tart

This recipe is for one large custard tart but you could make individual tarts in patty tins. Check half way through the cooking time and adjust the baking time if necessary.

As with the lemon meringue pie, you may prefer to use a flan ring rather than a dish

### Ingredients:

5oz. (150g) short-crust pastry (see quiche recipe for pastry method)

2 eggs

2 level tablespoons (30ml) sugar

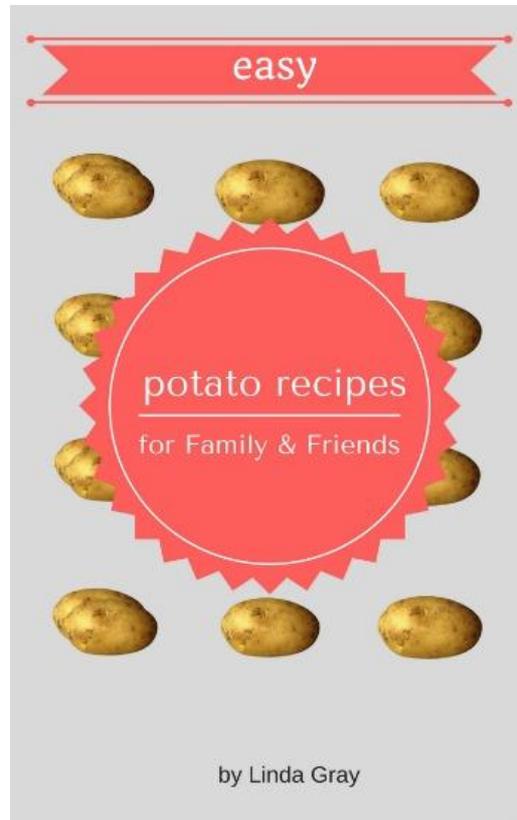
0.5 pint (300mls) milk

A little freshly grated nutmeg

### Method:

1. On a lightly floured board, roll out pastry to fit an 8inch (20.5cm) flan dish. Line the dish and refrigerate for about 30 minutes.
2. Preheat oven to Gas mark 7 (425F, 180C).
3. Whisk the eggs with the sugar. Warm the milk and pour over the egg mixture.
4. Strain the custard into the pastry case and sprinkle grated nutmeg over the top.
5. Bake in the oven for about 10 minutes, then reduce the heat to Gas Mark 4 (350F, 180C) and continue cooking for about 20 minutes until the egg custard is just set. Serve cold.

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