

MRS. FITZ'S COOKBOOK

A personal collection of Recipes gathered over the years by Patricia Stewart FitzRoy. All proceeds from the sale of this booklet will be donated to the Sutherland branch of the B R C S.

Price 75 pence

whipped cream with chopped walnuts and chocolate drops as a filling. A peppermint flavour filling is good.

GINGER AND CHERRY CAKE

I got this recipe in Singapore at a Fund Raising Coffee Morning where we bought each other recipes.

INGREDIENTS

5 ozs margarine.

5 ozs sugar.

2 eggs.

8 ozs plain flour.

1 teaspoon baking powder.

3 glace cherries.

4 ozs crystalised ginger.

A little milk for mixing and some caster sugar.

Cream fat and sugar till light and fluffy, chop the cherries and ginger, reserving a few large pieces to decorate. Add the well beaten eggs and then the flour alternately with the ginger and cherries. Add enough milk to give a dropping consistency. Pour into a well greased cake tin. Decorate the top with pieces of cherry and ginger and sprinkle top fairly liberally with caster sugar. Bake at 350F for 1¼ - 1½ hours. When we were young we had a holiday home in Cornwall. My brother and I spent every moment we could helping on a nearby farm. One thing I could never learn was the art of milking. This was before the days of electricity. The farmer's wife decided that I could be more usefully employed with her and taught me how to pluck and draw a fowl, a skill for which I have been eternally grateful. If I completed my task in time, I was allowed to make the following:-

CORNISH FAIRINGS

INGREDIENTS

8 ozs self-raising flour.

4 ozs butter (or block margarine).

4 ozs sugar.

2 level teaspoons each of mixed spice, ground ginger, cinnamon and baking powder.

1 level teaspoon soda bicarb.

5 ozs golden syrup.

Rub fat into sifted dry ingredients, mix in warmed syrup and press into lump. Take off small pieces and roll into small balls (flour hands to prevent sticking). Place wide apart on a greased baking sheet and bake in a moderate oven till flat and golden. I have found that 350F works. Loosen at once and transfer to rack to cool as soon as they begin to harden. I sometimes make half this quantity.

SPICED FRUIT BUNS

INGREDIENTS

4 ozs butter or margarine.

4 ozs soft brown sugar.

½ lb self-raising flour.

2 eggs.

1 teaspoon each mixed spice, ground ginger and cinnamon.

Mixed dried fruit.

A little milk to mix.

Cream fat and sugar, add beaten eggs, stir in flour sifted with spices, add mixed fruit and enough milk to make a dropping consistency. Bake in well greased patty tins at 425F for 12-15 minutes. This should make 24 fair sized buns.

I sometimes use the ready mixed dry fruit, or any left over sulanas, raisins etc., as much as you can spare, but don't overdo it, you aren't trying to make mini Xmas cakes.

CLOUTIE DUMPLING

This recipe comes from Mrs. Gibb of Angus (the Queen of Cloutie Dumpling makers), and is included with her