

## TRADITIONAL ENGLISH RECIPES

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## SOUPS AND STARTERS

### *Quick Tomato Soup*

*4 cups tomato juice  
2 teaspoon(s) cornflour dissolved in a little cold water  
1 teaspoon(s) roasted cumin seed powder  
1 teaspoon(s) ginger - garlic paste  
1 tablespoon(s) milk  
salt and pepper to season.*

*Combine all the ingredients in a vessel except for milk and bring to a boil on medium flame. Let it simmer on low heat for about 4 minutes. Add the milk and let it simmer again on low heat for about 3 minute(s). Serve hot with: croutons or bread sticks.*

### English Beef Soup

*2 tablespoons olive oil  
1/2 pound lean beef -- cut in 1" cubes  
1 small onion -- sliced rings  
4 stalks celery -- chopped  
2 quarts beef broth  
1/2 cup chopped carrots  
1/2 cup cooked barley  
4 tablespoons unbleached all-purpose flour  
1 cup cold water  
2 tablespoons tomato catsup  
1/2 teaspoon worcestershire sauce  
Salt and pepper to taste*

*In a large soup pot, heat the oil and brown the beef and onion. Drain off the fat. Add the celery and beef broth. Simmer, covered, for 1-1 1/2 hours, or until the meat is tender. Add the carrots and barley and simmer for 20 minutes. In a small bowl, blend the flour and cold water. Slowly add the flour mixture to the soup pot and cook for 5 minutes, stirring frequently. Add the catsup, Worcestershire sauce, salt and pepper. Stir well and serve.*

### Beef and Cabbage Soup

1 pound lean ground beef  
1/2 teaspoon garlic salt  
1/4 teaspoon garlic powder  
1/4 teaspoon pepper  
Celery -- chopped  
16 ounces kidney beans -- drained  
1/2 chopped head cabbage  
28 ounces tomatoes  
1 can water in empty tom. can  
4 beef bouillon cubes  
Chopped parsley

*In a Dutch oven, brown beef. Add all remaining ingredients except parsley; bring to boil. Reduce heat & simmer, covered for 1 hour. Garnish with parsley.*

### Old Fashioned English Pea Soup

1/2 pound whole green peas  
1/2 pound split green peas  
1 Smoked ham shank -- uncooked  
1 medium onion -- chopped  
Salt and pepper to taste

*Soak whole green peas overnight in a four quart kettle filled with water. In the morning add split peas and remaining ingredients. Boil slowly for about 4 hours. Remove ham shank and serve soup without straining.*

### Creamy Onion Soup

4 Tablespoons butter  
2 pounds onions, thinly sliced  
4 cups vegetable or chicken stock  
3 cups whipping cream  
salt and white pepper

*Stilton Toast: French bread, 2 ounces Stilton cheese, 2 ounces Cheddar cheese, and butter.*

*Toast 6 thick slices of French bread in a 300 degree oven until crisp. Blend the Stilton with a couple Tablespoons of butter, then spread on the toast. When ready to serve the soup, pop one of these on top of each serving bowl and sprinkle with lots of cheddar cheese. Melt butter in a large saucepan over low heat. Add onions, cover, and cook until translucent--stirring occasionally--for about 30 minutes. Add the stock and bring to a boil. Reduce heat and simmer for 15 minutes. Add cream and bring to a boil. Reduce heat and simmer to thicken slightly--about 15 minutes. Season generously with salt and pepper. Ladle into bowls, top with Stilton Toast, and run under the broiler until the cheese is melted and brown. Serve immediately.*

## MEAT

### Lamb Casserole

*Served with sprouts or carrots.  
2 lb. stewing lamb (or 8 cutlets)  
1 oz. seasoned flour  
1 oz. fat  
1/2 lb. sliced onions  
3/4 pt. beef stock  
salt and pepper*

*Cut meat into 1-inch cubes. (If you use cutlets, leave them whole.)  
Coat meat in seasoned flour and fry in fat with onions. Put meat and onions in a casserole dish; pour stock over. Cover and simmer on top of stove, or bake in 350 degree oven, or about 2 hours or until meat is tender.*

### Steak and Kidney Pie

*1 Kidney, beef  
4 tablespoons Shortening  
2 Onion; chopped  
2 pounds Round steak; cubed  
1 1/2 tablespoons Worcester sauce  
1/2 teaspoon Salt  
1/2 teaspoon Pepper  
2 tablespoons Butter; softened  
2 tablespoons Flour  
2 tablespoons Parsley; minced  
1 teaspoon Rosemary  
1 teaspoon Oregano*

#### *Pastry:*

*1 cup Flour; + 2 teaspoons  
1/4 teaspoon Salt  
1/3 cup Shortening*

*2 tablespoons water, cold*

*Wash the kidney, remove membranes and fat, and cut kidney in 1" cubes. Cube the steak into 1" cubes. Melt the shortening in a heavy pot. Add the onions and cook, stirring often, until well browned. Add the steak and kidneys. When the meat is browned on all sides, pour on 2 cups of boiling water, Worcester, salt, and pepper. Cover and cook over a very low heat for 1 1/2 hours, or until the steak is tender. Preheat the oven to 400 F. Blend the butter with the flour to make a beurre manie. Drop small pellets of this paste into the sauce and stir to thicken it. Put meat and sauce into a deep pie plate and sprinkle with parsley. If you wish to use a pastry topping, roll out the dough and cover the pie plate. Slash the top, crimp the edges, and bake about 30 minutes, or until well browned. Pastry: Mix the flour and salt. Cut in the shortening with a pastry blender. Combine lightly only until the mixture resembles coarse meal or very fine peas; its texture will not be uniform but will contain crumbs and small bits and pieces. Sprinkle water over the flour mixture, a tablespoon at a time, and mix lightly with a fork, using only enough water so that the pastry will hold together when pressed gently into a ball.*

### *Corned Beef Hash*

*1/3 cup minced onions  
1 tablespoon bacon drippings  
1/8 teaspoon pepper  
3 cups diced cooked potatoes  
2 1/2 cups chopped cooked corned beef  
2 tablespoons fat.*

*Brown onions in drippings in skillet, add pepper, potatoes and beef and mix thoroughly. Shape into patties and saute in hot fat.  
Serves 6.*

### English Hot Pot

6 potatoes  
1 1/2 lb lamb shoulder or breast  
2 lamb kidneys [optional]  
1 large onion , sliced  
salt and pepper  
1 cup water  
2 tablespoons melted butter.

*Place half the potatoes in greased casserole, then add meat, cut into cubes. Cover with sliced onion and season with salt and pepper. Add water. Place remaining potatoes on top, covering meat completely. Brush with melted butter. Place in moderate oven 350 F and cook for 2 hours. Serves 4-6.*

### Londonderry Beef Stew

1 1/2 pounds beef steak, cut into 1 inch cubes  
3 medium carrots, chopped  
3 medium parsnips, chopped  
1/2 cup pearl barley  
8 medium potatoes  
1 cup beef stock  
1/4 teaspoon salt, to taste  
1/4 teaspoon pepper, to taste

*Boil some water in a large saucepan, sufficient to cover the meat, and have approximately 1 inch left above. Put in the large chunks of meat, and lower the heat to keep the stew simmering. Put in the chopped or diced carrots and parsnips. Add herbs, salt and pepper to taste. Let simmer for about 20 minutes.*

*Add peeled whole potatoes and some stock/soup mixture or cornstarch to thicken. Keep the mixture simmering and stir occasionally. After about an hour from start time, taste it and check the potatoes.*

## Chile Con Carne with Kidney Beans

1 onion, diced. 1 tablespoon fat  
2 cups cooked tomatoes  
1 pound ground or minced beef  
2 cups cooked red kidney beans  
1/2 teaspoon chili powder  
1 teaspoon salt

*Brown onion in fat, add remaining ingredients, cover and simmer 20 minutes. Add water if mixture becomes too dry. Serves 6.*

## Cottage Pie

1 large onion, chopped  
2 medium carrots, chopped  
2 to 3 cloves garlic, minced  
1 (14 1/2 ounce) can beef broth  
1 1/2 lbs ground beef  
1 (8 ounce) can tomato sauce  
1 teaspoon salt  
1/2 teaspoon pepper  
1/2 teaspoon dried oregano  
1/2 teaspoon dried thyme  
1/2 teaspoon parsley flakes  
1/2 teaspoon dried rosemary  
1/2 teaspoon rubbed sage  
2 cups hot mashed potatoes (prepared with milk and butter)

*In a saucepan, combine onion, carrots, garlic and broth. Bring to a boil; reduce heat; cover and simmer for 20 minutes or until vegetables are tender.*

*Drain, reserving liquid to make gravy, if desired.*

*4 In a skillet, cook beef until browned; drain.*

*5 Add tomato sauce and seasonings; bring to a boil.*

*6 Reduce heat; cover and simmer for 15 minutes.*

*7 Add reserved vegetables and mix well.*

*8 Transfer to a greased 2-quart baking dish.*

*9 Top with mashed potatoes.*

- 10 Bake, uncovered, at 350 degrees for 30 minutes or until potatoes are lightly browned.
- 11 If desired, make gravy with reserved vegetable liquid; serve with pie.

### ROAST BEEF AND YORKSHIRE PUDDINGS

#### *Ingredients (Roast Beef):*

1.4kg / 3lbs joint of sirloin of beef  
50g / 2oz beef dripping

#### *Ingredients (Yorkshire Pudding):*

110g / 10oz of plain flour (sifted)  
1 large egg  
A large pinch of salt  
150ml / 5oz water  
150ml / 5oz milk

*Beef dripping or cooking fat*

*Combined method for cooking the Roast Beef and the Yorkshire Pudding:*

1. Heat the oven to 180°C / 350°F / gas mark 4.
2. Put the joint of beef into a shallow baking tray or tin.
3. Season the meat to taste with a little salt or a sprinkle of rosemary or a little black pepper
4. Melt half of the beef dripping and pour over the meat and seasoning.
5. Place in the middle of the oven for 70 minutes.
6. After 70 minutes, keep the meat in the oven, but turn up the heat to 220°C / 425°F / gas mark 7.
7. Pour the remainder of the beef dripping into a cake baking tray (The type of baking tray used to make small cakes / muffins). Put the tray, with a little bit of dripping in each of the depressions in the tray, into the oven for 3 minutes or until you see the dripping smoke.
8. Remove from the oven and pour 2 tablespoons of the Yorkshire Pudding batter (see below for batter recipe) into each cake depression and bake for 15 to 20 minutes in the same oven as the

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