

Baking & Sharing! July 2021

Food for Summer Eating

With Norfolk Day approaching we have included all traditional Norfolk recipes for July.

In future, Baking and Sharing will be issued on a seasonal basis, commencing with Autumn recipes.
Love from Carol and Heather.

Members would love to see what you've been baking. Please send a photograph into Norfolk WI News.
Email details: magazine@norfolkwi.org.uk

Norfolk Scone

560grams Flour
2 teaspoons Baking Powder.
125grams Butter
50grams Caster
Sugar
2eggs
5 fl oz Milk



Filling

90grams Soft Butter
50grams Soft Brown
285grams Mixed
Fruit
½ teaspoon Mixed Spice
Extra Milk and Sugar for the top

Method

1. Heat the oven to 220oC/ 450oC fan/ Gas 6
2. Place all the ingredients except egg and milk in a food processor.
3. Mix for approx. 10 minutes, add eggs, mix for a further 5 seconds.
4. Next add the milk gradually until soft and pliable dough is formed.
5. Turn mixture onto a floured surface, pat down with floured hands.
6. Divide the scone into two, roll out to ½ inch thick.
7. Place one half onto a lined baking tray
8. Spread with soft butter, spread the mixed fruit evenly over the butter, sprinkle with mixed spice, finally sprinkle over the brown sugar.
9. Roll out the second half of mixture and place on top.
10. Lightly coat the top with milk and sprinkle with sugar.
11. Lightly mark required portion sizes.
12. Bake in the oven for appro 25 minutes.
Serve at a picnic with a drizzle of Norfolk honey.

Crab Sandwiches & Crab Blinis

Cromer crabs are well known in the UK for their delicious unique taste, perfect filling for a sandwich or as a topping for blinis.

As a sandwich filling;

White crabmeat
Mayonnaise
Squeeze of lemon juice
Snipped chives (optional)
Combine ingredients together in a bowl, then sandwich between two slices of lightly buttered granary bread.

As a topping for Blinis;

Combine the brown meat from the body of the crab with a little lemon juice or vinegar. Place a teaspoon on top of each blini and garnish with finely chopped fresh chilli.

For the Blinis;

100grams plain flour
1 egg separated
150mls milk
25grams butter (melted)
Bunch of chives snipped (optional)
Sunflower oil, for cooking.

1. Tip the flour into a bowl, season.
2. Make a whole in the middle, add the egg yolk and half of the milk.
3. Whisk until smooth, gradually add the rest of the milk and then the butter.
4. Whisk the egg whites until starting to stiffen, then add into the mixture.
5. Sprinkle some oil in a frying pan and sizzle small spoonfuls for 2-3 mins on each side until golden.



Norwich Tart

A traditional Norfolk recipe, a tart with a lovely soft almond filling

Ingredients

Pastry:

225g / 8oz plain flour

75g / 3 oz butter

50g / 2oz lard

Filling:

110g / 4oz butter

175g / 6oz ground almonds

225g / 8oz icing sugar

1 lemon - rind and juice

1 tsp baking powder

40g / 1½ oz walnuts .

75g / 3oz glace cherries

This makes 1 large 23 cm / 9" tin or two 18cm / 7" foil dishes

Method

1. Heat oven to 200°C Gas 6
2. Make the shortcrust pastry and line the tin. Bake blind for 10 minutes then remove foil/baking beans and finish cooking for another 5 minutes.
3. Cream together the butter, sugar and lemon rind
4. Add lemon juice, ground almonds and 1 tsp baking powder.
5. Remove pastry cases from oven when cooked and fill with the creamed mixture.
6. Dot the chopped walnuts and cherries over the top
7. Bake for 20-30 minutes until golden brown.
8. The filling will shrink and wrinkle up when cooled- this can be avoided by adding a beaten egg to the mixture.



Nelson Slices

This makes a Bread Pudding – a traditional Norfolk item, not the same as bread and butter pudding

Ingredients

440g stale bread

100g brown sugar

½ teaspoon nutmeg

75g melted butter

2 tablespoons marmalade

75g sultanas

75g raisins

grated rind of ½ lemon

1 egg, beaten

1 tablespoon rum



Method

1. Heat the oven 180oC/ 160oC fan/ gas 5
2. Soak the bread in water for 1 hour
3. Squeeze out the water then mash until creamy.
4. Stir in the rest of the ingredients and beat well.
5. Pour into a well greased tin about 8" or 20cm square.
6. Bake for 30-40 minutes.

Nelsons Slices with pastry

Shortcrust pastry

225 g plain flour

50 g lard

50g butter

OR use ready made pastry

I rolled out half the pastry to line a 7"/18cm tin

Filling

1. I used half the recipe amounts except I used a whole egg and the the rum. Place this on the pastry base
2. Brush round the pastry edges with a little milk
3. Roll out the other half of pastry to fit then place the lid on and press down round the sides
4. Make a steam hole in the top
5. Brush with milk and sprinkle with a little extra sugar
6. Bake for 20 minutes until cooked through and golden on top

I much prefer this with the pastry top and bottom. It is great for picnics



