

## Gorse Flower Wine

(Makes about 15 litres)



### Ingredients

- 10 pints fresh gorse flowers (measure them with a pint glass)
- 15 litres water
- 1.7kg golden granulated cane sugar
- Juice of 6 lemons
- Brewer's yeast

### Method:

1. Put the flowers with the water in a large pan.
2. Bring to the boil, reduce the heat, and simmer for 15 minutes.
3. Keeping the heat very low, add the sugar and stir until it has dissolved.
4. Pour into a bucket and add the lemon juice. Allow to cool to blood temperature, then add the yeast (follow the packet instructions for quantity).
5. Cover with a clean cloth or piece of muslin and leave to stand for three days, then strain the liquid and transfer to a demi john with an airlock. Make sure all the yeast goes through.
6. Leave to ferment.
7. When fermentation has ceased (about 2 weeks), syphon into sterilised bottles and seal.

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## Teresa's Treacle Bread



### Ingredients

- 375 kg self raising/soda flour
- ¼ teaspoons Baking Powder
- 1 egg
- 12g/ ½ oz margarine (Stork/Flora Proactive)
- 1 tablespoon Demerara sugar
- ½ teaspoon ginger
- ½ teaspoon cinnamon
- ½ teaspoon ground nutmeg
- 110g treacle ( full tin is 454g)
- 160g natural yogurt
- 3 fl ozs milk

### Method:

1. Preheat the oven to 180°C/350°F/Gas mark 4. Line your tins with old margarine/butter paper or greaseproof paper.
2. Place tin of treacle with lid off in the oven to heat.
3. In a saucepan, melt the stork/own brand baking margarine.
4. Take treacle out of heating oven and pour in with melted margarine. Take off heat when all is melted and leave to cool.
5. Put all dry ingredients in one bowl.
6. Then take a large container of natural yoghurt, place in a large bowl, mix in 3 eggs, then add the melted margarine and treacle mix (make sure the treacle mixture isn't too hot as the eggs will cook)
7. Give the mixture a good stir and mix into the dry ingredients.
8. Add the milk bit by bit so that you reach a consistency where the mixture "plops" off your spoon.
8. Spoon the mixture into a lined loaf tin, or sandwich tin or whatever tin you've got.
9. Bake for 40-50 minutes or until the bottom sounds hollow when tapped.

From: *Teresa O'Loughlin*

## Almond Slices

### Ingredients

- 170g (6oz) plain flour
- 85 (3oz) butter/margarine
- 50g (2oz) icing sugar
- ¼ teaspoon baking powder
- 1 egg yolk - keep white for topping
- 2 ½ fl oz/70ml milk
- Apricot Jam

### Topping

- 1 egg white
- 3 ozs icing/castor sugar
- 3 ozs chopped almonds

### Method:

1. Preheat the oven to 180°C/350°F/Gas mark 5. Grease a swissroll tin.
2. Rub the butter into the flour
3. Add the sugar, baking powder and sugar
4. Separate the egg. Beat the egg yolk and add the milk. Add to the dry mixture and form into a stiff dough.
5. Knead lightly on a floured board, roll out to a 5mm (1/4 inch) thickness and line the tin.
6. Spread a good layer the apricot jam (heating the jam first makes it easier to spread)
7. Beat the egg white until stiff.
8. Fold in the sugar and spread over the jam.
9. Sprinkle the chopped almonds and bake for 30 minutes. Cut into fingers and leave to cool on a wire rack.

*From: Eileen Cullen*

## Ginger Nuts



### Ingredients

- 350g(12oz) White Flour
- 150g (5oz) granulated sugar
- 2 level teaspoons ground ginger
- 2 level teaspoons bicarbonate of soda
- 225ml (8fl oz) golden syrup
- 150g (5oz) butter

### Method:

1. Preheat the oven to 180°C/350°F/Gas mark 4.
2. Sieve the dry ingredients together into a bowl.
3. Meanwhile warm the golden syrup gently.
4. Rub the butter into the dry ingredients - cut the butter up into small pieces with a knife and rub into the flour with your finger tips.
5. Add the warm syrup and mix well.
6. Roll the mixture into walnut-sized balls (about 10g each) and arrange them well apart on a baking tray lined with silicone paper (about 3 across by 3 down on the tray).
7. Bake for 15-20 minutes. Leave for 2-3 minutes, then lift off with an egg slice and leave to cool on a wire rack.

*From: Forgotten Skills of Cooking - Darina Allen*