

**THE
VILLAGE
HUG**



RECIPES, 2020

Connecting Community Creatively

FOREWORD



The people of Torrance can be rightly proud of the youngsters on the team at *The Village Hug* -what a great thing they've done over lockdown. The newsletters are fantastic.

Where else can you find walks, film reviews, interviews and Covid advice? I'm impressed.

They represent a wave of community spirit that has swept across Scotland. We have examples of people cooking for neighbours, visiting the housebound and just generally being kinder.

Pandemics are not good things but if anything good can come from this one it will be about community and kindness. I am thankful for their example.

Now, I'm off to make some caramel shortbread....

*Professor Jason Leitch, National Clinical Director
September 2020*

CHEESE SCONE RECIPE *by Catherine Nicolson's Mum*

This is an easy to make recipe for cheese scones that uses very few ingredients.

- 8oz Self Raising Flour
- 1/2 teaspoon Baking Powder
- 1oz butter / margarine
- 4oz grated cheese
- Milk to mix (about 5 fl oz)

Preheat your oven to 220 / 200 fan / gas 7

1. Sift the flour and baking powder into a large bowl.
2. Rub in the butter / margarine until it looks like breadcrumbs.
3. Add the grated cheese.
4. Make a well in the centre of the mixture and gradually add the milk until you have a soft dough.
5. Tip onto a floured surface and kneed gently and briefly until you have a smooth ball.
6. Flatten this gently by patting it until about an inch thick.
7. Cut out scones and place on a lined baking tray with space between them.
8. Brush the tops with milk.
9. Bake in a preheated oven for 10-12 minutes.
10. Leave on a wire rack to cool.



SODA BREAD RECIPE *from Leanne Montgomery*

Aunty Louie's Irish Wheaten bread

Ingredients:

- 4 cups self-raising flour
- 4 cups wholemeal self-raising flour
- 1 tbsp sugar
- 2 heaped tps cream of tartar
- 2 heaped tps bicarbonate of soda
- 2 eggs
- 1 tbsp olive oil
- 3 250ml tubs buttermilk
- 1 tsp salt

Method:

1. Mix dry ingredients.
2. Add eggs and olive oil.
3. Add buttermilk.
4. Combine ingredients.
5. Shape into a circle on a floured baking tray.
6. Score a deep cross in the top.
7. Bake at 190° for 15 minutes, then 170 for 1 hr.



ROCKY ROAD RECIPE *from Valerie Gray*

Are you in need of a fun treat?
Then try out this simple Rocky Road recipe.

Ingredients:

- 125g butter
- 75g syrup
- 175g milk chocolate
- 225g crushed digestive biscuits
- 100g mini marshmallows

Method:

1. Melt butter, syrup and chocolate.
2. Add biscuits then marshmallows.
3. Put in 8inch square tin to set.
4. Cut into small squares.



LENTIL SOUP RECIPE *from Irene MacKenzie*

Ingredients:

- 1 Kilo red lentils
- 2 lb. carrots (grated)
- 1 Leek (chopped)
- 1 potato (chopped)
- 6 stock cubes.

Method:

1. Put all ingredients into pan.
2. Cover with water.
3. Cook for approximately 1 hour.
4. If you don't have food processor with a grater, carrots can be diced, and soup blended when cooked.
5. This will make a smoother texture.
6. Season to taste with salt / pepper.

This soup can easily be frozen if you wish to batch cook and keep some portions for future use.



NO FLOUR CHOCOLATE BROWNIE RECIPE *from Joyce Thomson*

I found this yummy treat on the BBC Good Food Website.
It doesn't require flour, which can be scarce on the shop shelves at the moment!

Ingredients:

- 1 tsp vegetable oil, for greasing
- 500g/1lb 2oz chocolate, broken into pieces
- 3 large free-range eggs, at room temperature
- 1 tsp vanilla extract
- 165g/5¾oz good-quality crunchy peanut butter
- 180g/6oz ground almonds

Method:

1. Preheat the oven to 180C/160C Fan/Gas 4. Grease a 20cm/8in square tin with the oil and line with baking paper.
2. Melt the chocolate in a heatproof bowl set over a saucepan of gently simmering water.
3. Beat the eggs in a small bowl. Add the eggs to the melted chocolate along with the vanilla extract and half the peanut butter. Mix together well.
4. Add the ground almonds to the mixture and stir in gently.
5. Pour the mixture into the prepared tin and level the surface. Drop spoonful's of the remaining peanut butter over the top, creating swirls across the top of the mixture.
6. Bake in the preheated oven for 20 minutes, or until cracks appear on the surface.
7. Leave to cool in in the tin. Remove, cut into 9 brownie squares and serve.



MAPLE PLUM CRUMBLE RECIPE *from Jean McBurnie*

Ingredients:

- 8 ripe plums, halved, stones removed
- 4 tbsp maple syrup
- 50g/2oz butter, cut into pieces
- 50g/2oz plain flour
- 50g/2oz rolled oats
- 20g/1oz golden caster sugar
- half tsp ground cinnamon
- 25g/1oz flaked almonds

Method:

1. Heat oven to 200C/fan 180C/gas 6.
2. Place the plum halves, skin side down, in the base of large heatproof dish.
3. Drizzle over half the maple syrup and roast for 10 mins.
4. Meanwhile place the butter, flour, oats, sugar and cinnamon in a bowl and rub the butter into the mixture until you have rough crumbs.
5. Stir in the almonds, then sprinkle over the plums.
6. Drizzle the top with the remaining maple syrup and bake for 15-20mins until top is golden.
7. Serve with custard/ice cream.



CARROT CAKE RECIPE *from Susan Leung*

Ingredients:

- 175g golden caster sugar
- 175mls sunflower oil
- 3 large free-range eggs
- 1 large carrot – finely grated
- 2 handfuls of raisins
- 175g self raising flour
- 1tsp bicarbonate of soda
- 1tsp cinnamon
- 1/2 tsp nutmeg
- 1 large tub full fat Philadelphia cheese
- 3 tblsp icing sugar
- 1 drop of vanilla

Method:

1. Mix the caster sugar and sunflower oil together well.
2. Add the 3 eggs, finely-grated carrot and raisins then mix well.
3. Sift the flour, bicarbonate of soda, cinnamon and nutmeg into the mixture and stir well.
4. Bake at 160°C in a fan oven for 45 minutes then check the middle has baked using a skewer.
5. Mix the Philadelphia cheese, icing sugar and vanilla. Check the mix is sweet enough.
6. Spread the topping once the sponge has cooled, allowing it to run over the edges.



TRUFFLES RECIPE *from Sophia Thomson*

Here is a very easy, no-bake recipe for tasty chocolate truffles.

Ingredients:

- 1 large pkt of digestive biscuits (crushed)
- 100 g butter
- 4 tablespoons of drinking chocolate powder
- 1 tin of condensed milk
- Coconut or vermicelli

Method:

1. Melt the butter and mix with the condensed milk.
2. Mix in the drinking chocolate powder and crushed biscuits.
3. Roll into small balls and cover in coconut or vermicelli (this is easier to do if you wet your hands first).



Pop-up restaurant menu for 2 people.

During lockdown when we are trying to shop less, sometimes we are opening the fridge and wondering what we can cook. Let's use our imaginations and get creative. What follows is what three members of our household (aged 12, 15 and 17) came up with and served as a date night to the grown-ups.



Starter - Oatcakes with toppings

You may not have the ingredients we had in your fridge, so use whatever you can find to create an interesting topping for your oat cakes.

We were delighted with caramelised onions with goats' cheese, and mushrooms.

Main Course - Noodles

Noodle Sauce Recipe

- 1 tablespoon sesame oil
- 1 tablespoon garlic oil
- 1 tablespoon soya sauce
- 2 tablespoons sweet chilli sauce
- 1 teaspoon peanut butter - (optional)

Mix sauce ingredients together.

1. Chop a few handfuls of whatever vegetables you have in your fridge eg green beans, carrots, pepper, cabbage, mushrooms into small chunks and steam or boil for 2 mins.
2. Cook noodles according to instructions on the packet.
3. Mix together the sauce, vegetables and noodles.
4. If you want you could fry up some prawns, small chunks of meat or Quorn to add to the dish.

Dessert - Lemon Cheesecake

- 110g digestives (or other sweet biscuits) crushed
- 50g butter

1. Melt the butter in a pot and add the crushed biscuits.
2. Stir together and then press into the base of your dish (approximately 30cm diameter) and then chill in the fridge whilst making the filling.

- Tin of condensed milk
- 2 lemons
- 150g cream cheese

1. Put the zest and juice of the 2 lemons in a bowl with the cream cheese and condensed milk and whisk together until fully combined.
2. Spread on the top of the biscuit base and chill for at least 2 hours before serving.

CHOCOLATE BROWNIE RECIPE *from Grace Murray*

Ingredients:

- 185g of unsalted butter
- 185g of good quality dark chocolate
- 85g of plain flour
- 40g of cocoa powder
- 100g of chocolate (Dark, milk or white or a combination of these)
- 3 large eggs
- 275g of golden caster sugar



Method:

1. Chop the unsalted butter into little cubes and place into a medium bowl. Next, break the good quality dark chocolate into pieces and put into the bowl with the butter. Melt these together in the bowl over a pot of simmering water. Stir occasionally then leave to cool to room temperature.
2. Pre-heat the oven to 160^o C fan/180^o C/ gas mark 4. Then line a 20cm square tin.
3. Sieve the plain flour and the cocoa powder into another medium bowl.
4. Chop up the 100g of other chocolate into chunks.
5. Crack the 3 large eggs and the golden caster sugar into a large bowl and whisk for 3-8 mins until pale and double the volume. If the mixture leaves a trail on the surface for a second or two it is ready!
6. Pour cooled chocolate mixture over the eggy mixture and fold together until the colour is mottled dark brown.
7. Sieve flour and cocoa powder mixture into eggy chocolate mixture, shaking from side to side to cover the top evenly. Fold it in using a rubber spatula in a figure of 8 until mixture looks fudge-y. Stir in the chunks of chocolate.
8. Pour into tin and bake for 25 mins. If it wobbles in the centre after 25 mins, bake for another 5 mins.

SHORTBREAD RECIPE *from Liz Capie*

Read on to learn how to make 'Aunt Annie's Fool-proof Shortbread'!

Ingredients:

- 6oz plain flour
- 4oz self raising flour
- 2oz cornflour
- 4oz caster sugar
- 8oz butter

Method:

1. Lightly grease a tin. I use 12 in x 8½ in
2. Sieve dry ingredients into bowl.
3. Gently melt butter in pot.
4. Add to dry ingredients, mix with wooden spoon then use your hands to bring together.
5. Put into tin and using palm of your hand press and spread over tin.
6. Using your index finger go round the border pressing down.
7. Then using a fork go over the finger marks and then prick the mixture all over.
8. Bake in centre of oven for approximately 45 minutes or until golden at Gas Mark 3/ 325^oF/170^oC. I like mine a little darker and bake longer.
9. Cut into fingers in tin and sprinkle with caster sugar. Leave to cool before removing from tin.



GOAT'S CHEESE & BLACK PUDDING RECIPE *from Jen Barge*

Ingredients:

- Stornoway black pudding (perfect to use because of its soft texture) – 6x2 cm thick slices
- Goat's cheese cut into 6 x 1 cm thick slices – try to buy cheese that is the same diameter or larger than the pudding
- 400 grams red onions finely sliced
- 2 tbsp caster sugar
- 5 tbsp balsamic vinegar
- 50 grams butter
- Mixed leaves – balsamic dressing (optional)
- Salt and pepper



Method:

1. For the caramelised onions heat a frying pan and add the butter, onions and sugar and cook over a gentle heat, for 5-10 minutes, until they're just beginning to turn golden brown
2. Add the balsamic vinegar and cook until the vinegar has just about disappeared, and season with salt and pepper. You should have a sticky mixture that still just moves in the pan - you may need to loosen it off with a teaspoon of water if it becomes too sticky
3. Heat the grill on high until really hot. Place the puddings on an oiled tray under the grill and cook, turning two or three times until the puddings just start to take on colour and soften – this will take about 4-5 minutes
4. Remove and place one slice of goat's cheese on each pudding and replace under the grill and leave until bubbling and browning (about 2-3 minutes)
5. Heat the onions in a pan. Place the pudding using a fish slice or palette knife on a plate and spoon onions on top
6. You can garnish with a mixed leaf salad with a balsamic dressing if you wish.

MALTESER TRAYBAKE RECIPE *from Sadie Gibb*

Ingredients:

- 4 oz butter or margarine
- 5 oz milk cooking chocolate
- 3 tablespoons syrup
- 8 oz crushed digestive biscuits
- 8 oz Maltesers
- 14 oz white cooking chocolate

Method:

1. Melt the butter, milk chocolate and syrup together in a pan on the hob or bowl in a microwave.
2. Add the crushed biscuits and Maltesers and mix together.
3. Empty the mixture into a baking tray and flatten slightly.
4. Melt the white chocolate and cover the mixture.
5. Cool in a fridge, but slice into portions before it gets too hard!



POPCORN

Why not sit down to watch a movie at home and try out one of these more unusual popcorn toppings?

Sea salt + warm honey



<https://www.thefauxmartha.com/2012/02/13/sea-salt-honey-butter-popcorn/>

White chocolate + lavender



<https://www.howsweeteats.com/2012/07/white-chocolate-lavender-vanilla-popcorn/>

Peanut butter



<https://www.acozykitchen.com/peanut-butter-popcorn>

Toasted coconut



<http://www.shutterbean.com/2013/toasted-coconut-popcorn/>

Twix caramel



https://www.twopeasandtheirpod.com/twix-caramel-popcorn/#_a5y_p=1035863

Rosemary, butter + lemon



<https://www.buzzfeed.com/rachelysanders/party-popcorn-bar>

Parmesan + garlic



<https://www.buzzfeed.com/rachelysanders/party-popcorn-bar>

Maple syrup + bacon



<https://www.buzzfeed.com/rachelysanders/party-popcorn-bar>

Chili + oil



<https://mexicanfoodjournal.com/chili-spiced-popcorn/>

Marshmallow



<https://life-in-the-lofthouse.com/marshmallow-popcorn/>

Lime + salt



<https://www.mysequinedlife.com/salted-lime-popcorn/>

Cake mix + sprinkles



<https://www.doubledutymommy.com/funfetti-birthday-cake-popcorn-caramel-nutella-popcorn-movieoverssweeps/>

ICED LEMON SQUARES RECIPE *from Sophia Thomson*

Ingredients:

- 225 g margarine
- 225 g white chocolate
- 2 tablespoons syrup
- 350 g crushed 'Nice' biscuits
- 100 g coconut

- Icing sugar
- Juice and rind of 1 lemon
- Yellow food colouring
- A little coconut

Method:

1. Melt margarine, chocolate and syrup in a pan
2. Add biscuits and coconut and mix well
3. Press mixture into a Swiss Roll tin
4. Add the icing sugar to the lemon juice until it makes a spreadable glacé icing. Add a few drops of the yellow colouring.
5. Cover mixture with icing and sprinkle with extra coconut
6. Cut into squares when set



CARAMEL SHORTBREAD RECIPE *from Irene Mackenzie*

Base

- 6 oz margarine
- 8 oz self raising flour
- 1 oz cornflour
- 3 oz caster sugar

1. Melt the margarine, add the sugar and flour.
2. Press into a Swiss roll tin and bake for approximately 15 minutes at 170°C.

Caramel

- 4 oz butter
- 4 oz caster sugar
- 1 tin condensed milk
- 1 tablespoon golden syrup

1. Place all of the ingredients in a large microwavable bowl.
2. Cook on high, stirring every minute or so until toffee coloured (about 11/12 minutes).
3. Pour the caramel over the shortbread.

Topping

- Approximately 200g milk chocolate

1. Melt the chocolate and pour over the caramel when it is cold.
2. Cut into slices once the chocolate has cooled in the fridge.



Ingredients:

- 2 teacups crushed digestive biscuits
- Half a cup of Demerara sugar
- 1 heaped teaspoon self raising flour
- Half a cup melted margarine

Method:

1. Mix and spread into Swiss roll tin.
2. Bake 180 for approximately 10 minutes.

Ingredients:

- 2 teacups coconut
- Large tin condensed milk

Method:

1. Mix together and spread on top of cooked base.
2. Put back in oven for 12-15 minutes until golden brown.

Ingredients:

- 2oz butter
- 1 tablespoon milk
- Few drops pink food colouring
- 8oz icing sugar.

Method:

1. Melt butter, milk and food colouring.
2. Beat in icing sugar.
3. Spread over base while still warm.
4. Sprinkle with coconut.
5. Cut into squares when cold.



For all of *The Village Hug* back issues please visit:

<https://www.torranceparishchurch.org.uk/resources/the-village-hug/>



Connecting Community Creatively