

North East recipes from patients



St Oswald's
Hospice

Singing Hinnies

Contributed by patient P

I was in the top three in the theory at Domestic Science but I was rubbish at cooking! I grew up in Rhodesia (Zimbabwe) so we went in for salads rather than hot dinners. My mum would make Sunday roasts and casseroles, things like that, but after getting in from work it would be chops under the grill, so I never learned to cook. I had a lovely childhood. Growing up in permanent sunshine we would never play indoors. I would like to know how to make "Singing Hinnies". I have always loved the name, it is so descriptive! A singing hinny is a kind of scone that you bake on a hot griddle, so called because as it cooks it makes a sizzling noise. A busy mother on being constantly asked by her child if they were ready told her: "No they're just singing, hinny."

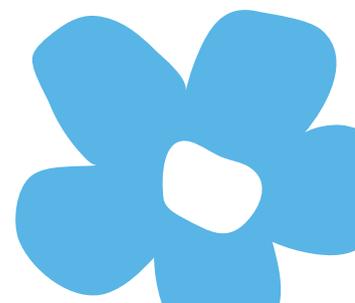
Ingredients

200 grams (½ lb) plain flour
100 grams (4oz) butter/margarine
25 grams (1oz) currants
½ teaspoon salt
½ teaspoon baking powder
Milk and sour cream

Method

Rub fat into flour, add other dry ingredients and mix to a soft dough with milk and cream.

Roll out to about ½ inch thick and cut out shapes using scone cutter. Bake both sides on hot griddle (or heavy bottomed frying pan) until brown. Spread with butter and eat while warm.



Pan Haggerty - feeds 3-4 people

Contributed by patient B

My niece and I were just talking about my mum, her grandmother and how she made the best Pan Haggerty. She would slice the potatoes and onions and layer them with corned beef and cook until the potatoes on the top were crusty. You can still get it at the local golf club! It was the smell and the warmth of the dish. Mum had certain days with certain meals depending on whether it had been wash day or whether she had been cleaning the windows. She cooked a lovely ham too. She would wrap a ham shank in pastry and cook it in the oven and then serve it with pease pudding and vegetables. She was a great pastry maker – fruit pies were a specialty using apples, plums or gooseberries from the fruit trees in the garden. It took me forever to learn how to make custard. I must have made gallons before getting it right!

Ingredients

1 tin of corned beef
1 pint of beef stock
1 carrot per person
2 onions
4 – 5 large potatoes

Method

Preheat the oven to 180°C

Slice the corned beef into 6 – 8 slices. Slice the onions. Peel and slice the carrots. Peel and cut the potatoes lengthways.

Spread a drizzle of oil over the bottom of a casserole dish. Cover with potato slices followed by half of the onions then half the carrots. Place half of the corned beef slices on top of the vegetables.

Repeat the layering and top it all off with a final layer of potato slices. Pour over enough stock to very lightly cover the top potato layer.

Cover the casserole dish with a lid and cook in the middle of the oven for one hour. Remove the lid, check the seasoning and the thickness of the gravy, adding salt and pepper or cornflour as required, and then cook uncovered for a further 20 minutes or until the potatoes are browned.



Steak and Black Pudding Pie

Contributed by J

My mother was a good cook. I'm no good. She made pies, cakes, cooked steak, fish, everything really. Her pies would be short crust pastry or flaky and they always had a base and top. But her steak pie was beautiful. She used to put black pudding in it.

Ingredients

½ lb stewing steak
3 slices of black pudding
2 pints of beef stock
Salt and pepper
6 oz puff pastry
Beaten egg for glaze

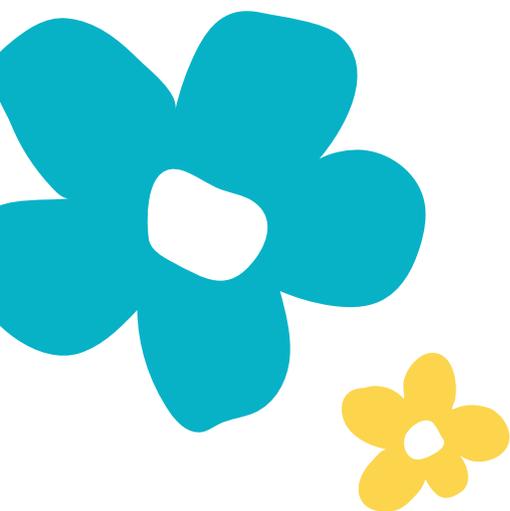
Method

The steak should firstly be quickly browned and sealed in a dry pan, stirring constantly with a wooden spoon. Add the beef stock, bring to a simmer and cook for one hour or until beef is tender. Turn off the heat, cover and allow to cool.

Add the beef and stock to a 10" by 7" pie dish. Remove the rind from the black pudding if you have not already done so, slice in half and use to top the beef.

Roll out the pastry on a floured surface that it is slightly larger than the pie dish. Place it on to the dish and tuck around the edges. Glaze with the beaten egg and make a small cross in the centre to allow steam to escape during cooking.

Cook in a preheated oven at 400F/200C for thirty to thirty-five minutes, until pastry is risen and beautifully golden.



Dessert recipes from patients



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Rice Pudding

Contributed by patient M

I used to like making a big tray of pasties either corned beef or mince. I would put a layer of potatoes on the bottom, then layer the meat and then put onions on the top. It took longer to make the pasties than it ever took to eat them!

I used to make rice pudding every Sunday when the family was at home. I loved rice pudding – I still do!

Ingredients

110g pudding rice
410g evaporated milk
1 pint whole milk
40g caster sugar
1 whole nutmeg
25g butter

Method

Preheat oven to 150°C.

Mix the evaporated milk and whole milk together in a jug, then place the rice and sugar in the ovenproof dish, pour in the liquid and give it all a good stir. Grate the whole nutmeg all over the surface (it may seem a lot but it needs it), then, finally, dot the butter on top in little flecks.

Next just carefully pop the dish in the oven on the centre shelf and leave it there for 30 minutes, then slide the shelf out and give everything a good stir. Repeat the stirring after a further 30 minutes, then pop the dish back in the oven to cook for another hour, this time without stirring. At the end of this time the rice grains will have become swollen, with pools of creamy liquid all around them, and, of course, all that lovely skin!



Lemon Meringue Pie

Contributed by patient S

I used to be a good cook; I had to be with 4 children! I cooked none stop for what felt like squillions of years! I cooked all the goodies and they had those after dinner; rocky road, flapjacks, drop scones, treacle tart, fruit tarts, toffee cake, peppermint cake, every kind of cake! At Christmas I made our own sweets, peppermint creams, marzipan fruits and meringues were a favourite of course. It is all stuff that you can buy in shops now.

My mother bought me three blue Pyrex mixing bowls for my 21st birthday. They are still around today. I gave them to my daughter. They are so big that you could use them as doorstops! I had been married 4 or 5 years when I got my first second hand Kenwood electric mixer. We had to set off 3 or 4 miles up a farm track to buy it. It cost us about £60 which was a heck of a lot of money. We were saving up for something else when we saw the advert. It never got put away and was used a lot. It was permanently available. It meant that I could make 3 cakes at once just by putting different flavours in. I made all our own soups so the liquidiser was used a lot too.

I made jams, jellies, pickles; in fact the top shelf of the pantry was always full of jars. I've still got my big jam pan. I got it from a hardware shop that is still going in Morpeth. You had to tiptoe around the shop as there was so much stuff in it!

My recipe is for Lemon Meringue Pie – the family got that on a Sunday.

Ingredients

225g plain flour
Pinch of salt
50 g lard
50g margarine
25g caster sugar
2 tbsp cold water

2 eggs, separated
225g caster sugar
1 lemon, juice and grated rind
150ml boiling water
25g cornflour

Method

Heat oven to 190°C.

Mix flour, sugar and salt in a basin, rub in fat.

Using a knife to cut and stir, mix with cold water to form a stiff dough.

Turn dough onto a floured surface and knead lightly.

Line an 18cm (7 inch) flan tin with pastry and bake blind.

Reduce temperature of the oven to 150°C.

Place egg yolks with 100g sugar, lemon juice, grated rind and boiling water in a saucepan and mix well.

Blend cornflour with a little cold water and add to the lemon mixture.

Bring to the boil and then pour into the baked flan case.

Whisk egg whites stiffly and gradually beat in remaining sugar. Spread over the flan and bake for about 25 minutes until crisp and pale golden brown.

