

The GoWithTed Cookbook – 2023

7

Baking

THE GOWITHTED COOKBOOK

V Vegetarian recipe

7 Baking

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Beer bread

200g white bread flour
180g wholemeal bread flour
4½ teasp baking powder
1½ teasp salt
4 tablesp soft dark brown sugar
1 500ml bottle of pale ale
A little unsalted butter (to grease the loaf tin)

- pre-heat oven to 180°C gas mark 4
- sift the flour into a large mixing bowl
- add the baking powder, salt and sugar and mix well
- pour in 330ml of the beer and stir until a stiff batter is formed
- lightly grease a loaf tin with a little butter
- scrape the dough into the loaf tin
- bake in the oven for about 50 minutes (until a skewer inserted into the middle of the loaf comes out clean)
- meanwhile drink the remainder of the beer
- turn out onto a wired rack, and allow to cool for 10-15 mins before eating.

Note: This should be a fairly dense bread, for soups and stews. It's not meant to be light and fluffy, but it should rise and it's not meant to be like a biscuit either. Sifting the flour makes the difference. Any wholemeal grains that can't go through the sieve should be spooned into the mixing bowl.

Variations:

- Try different kinds of beer

Bentley's soda bread

150g plain white bread flour
150g wholemeal bread flour
1 teasp salt
1½ teasp bicarbonate of soda
90g porridge oat flakes
2 teasp clear honey
2 teasp black treacle
300ml buttermilk

- preheat the oven to 200°C (180°C fan oven), gas mark 6
- line a baking tray with baking parchment / greaseproof paper
- mix the flours, salt, bicarbonate of soda, and oats in a large bowl
- make a well in the centre of the dry mixture then add the honey, treacle and buttermilk and mix well, lightly with your hands, until you have a loose and wet dough
- flour your hands then shape the dough into a round
- lift onto the parchment lined baking tray and flatten slightly
- use a sharp knife to make a small cross on top of the loaf
- bake for about 40 minutes. Test using a large skewer through the thickest part which should come out clear
- transfer the loaf to a wire rack and allow to cool.

Makes one medium loaf.

Based on a recipe from David Taylor of Glenborrodale Castle. Who Bentley is or was I do not know.

Easy Flatbread

100g self raising flour

100g plain yoghurt

salt to taste

plain flour for rolling out

- mix the self raising flour, yoghurt and salt in a bowl and use your hands to form into a ball of dough. Add a little more flour if it is too sticky.
- divide into two smaller balls
- at this point the balls can be kept in the fridge until they need to be used
- roll out one of the balls on a floured surface with a rolling pin until about 15 cm diameter
- place in a hot dry frying pan, flatten with a spatula and cook for a couple of minutes
- toss and cook the other side
- remove and keep warm
- repeat with the second ball of dough
- serve.

Makes 2 flatbreads.

Notes:

- it doesn't matter whether which type of yoghurt (fat free etc) is used
- it also doesn't matter whether the breads are round or a rough shape

Variations:

- add 2-3 crushed cloves of garlic to the initial mixture
- spread the hot flatbreads with unsalted butter

Parmesan Cornbread

300g frozen sweetcorn
100g grated parmesan cheese
100ml whole milk
240ml plain yoghurt
3 eggs
100g plain flour
180g quick-cook polenta
1½ teasp salt
1 tablesp baking powder
80g butter, plus an extra knob
Ground black pepper, to taste

- pre-heat the oven to 200°C (gas mark 7)
- while you are preparing the other ingredients heat a casserole dish in the oven
- blitz the sweetcorn kernels in a blender/chopper until coarsely chopped, then transfer to a bowl
- add 75g of the parmesan, stir in the milk, yoghurt and eggs and mix well
- in a separate bowl, combine the flour, polenta, salt and baking powder, then stir into the sweetcorn mixture
- melt the 80g butter in a small pan
- to complete the cornbread batter, add the melted butter and pepper to the bowl and mix well
- remove the casserole dish from the oven, add the extra knob of butter and swirl around the dish – it should sizzle
- pour the cornbread batter into the casserole dish, smooth the top and scatter over the remaining parmesan
- return to the oven and bake for about 30-40 minutes, until the top is golden and a skewer inserted into the cornbread comes out clean
- leave to rest for 5-10 minutes, cut the cornbread into six wedges and serve

Serves six.

Notes:

- This works well with garlic tomatoes (see page 38) spread on top. They can be baked in the oven on a lower shelf at the same time as the cornbread.
- Leftovers can be reheated or served cold

Recipe by Thomasina Miers

Scones

2 alternative basic scone recipes, and three varieties of scone that can be made with either

(a) Plain scones

100g plain flour
100g wholemeal flour
2 teasp English mustard powder
¼ teasp pepper
½ teasp salt
1 teasp brown sugar
50g unsalted butter

- place all the ingredients in a bowl and rub together until it resembles breadcrumbs
- meanwhile heat an oven to 200°C/gas mark 6
- add the remaining ingredients (see options below), and mix until it comes together as a soft dough
- roll out the dough on a floured surface until about 2cm thick
- using a scone cutter cut into rounds and place on a floured baking tray, brush the top with a little milk and place in the oven
- bake for about 20 minutes, until golden on top
- cool for about 5 minutes, then eat warm, with butter

(b) Oaty scones

75g porridge oats
150ml water
5 tablesp milk
350g plain flour
3 teasp baking powder
½ teasp salt

- put the oats in a saucepan with the water and bring to the boil
- as soon as the water is absorbed remove and place in a mixing bowl, stir in the milk and set aside for 20-30 mins to cool,
- meanwhile heat an oven to 200°C/gas mark 6
- add the flour, baking powder and salt and mix
- add the remaining ingredients (see options below), and mix until it comes together as a soft dough
- roll out the dough on a floured surface until about 2cm thick
- using a scone cutter cut into rounds and place on a floured baking tray, brush the top with a little milk and place in the oven
- bake for about 20 minutes, until golden on top
- cool for about 5 minutes, then eat warm, with butter

Garlic butter and cheese scones

2 cloves garlic, crushed
150g mature cheddar cheese chopped into small (½-1cm) cubes
1 large egg
About 4 tablesp plain yoghurt

- add the garlic and cheese to the flour mixture
- in a jug beat the egg and the yoghurt together and add to the mixture

Based on a Dan Lepard recipe

Parsley cheese scones

1 large egg
50ml sunflower oil
1 large bunch parsley, very finely chopped
5-6 spring onions, finely chopped
200g mature cheddar, grated

- beat the egg and oil until smooth and add to the flour mixture
- add the parsley, spring onions and cheese

Based on a Dan Lepard recipe

Marmite and Red Onion scones

1 red onion, peeled and diced
25g butter
1 tablesp marmite
1 medium egg
2 tablesp plain yoghurt
3 tablesp milk

- Melt the butter in a frying pan over a medium heat, add the onions and sweat until soft
- set aside to cool, then add to the flour mixture
- mix together the marmite, egg, yoghurt and milk and stir into the mixture

Cheese and thyme scones

Makes 12 scones

50g butter

225g strong white flour

Pinch of salt

1 tablesp baking powder

110g strong cheddar, grated

1 teasp English mustard powder

2 teasp fresh thyme leaves

Pinch of cayenne

150ml milk

- heat the oven to 200°C, gas mark 6
- rub the butter into the flour, add salt and baking powder
- add $\frac{2}{3}$ of the cheese, the mustard powder and cayenne
- gradually cut in the milk – you may not use all – you want a soft dough
- roll out the dough to 1.5cm thick, then cut out scones with a pastry cutter
- put the scones on a baking tray, sprinkle with the remaining cheese, and bake for 12-15 mins
- leave to set on a wire rack for 5 minutes, then eat hot with butter.

Scots pancakes (drop scones)

125g plain flour
½ teasp bicarbonate of soda
1 teasp cream of tartar
1 tablesp sugar
2 teasp vegetable or sunflower oil
1 egg, beaten
About 150ml milk
A little butter

- Sift the flour with the bicarbonate of soda and cream of tartar into a mixing bowl
- stir in the sugar and oil
- mix the milk and the beaten egg together, then add to the flour mixture, slowly, beating, until a thick batter is formed
- heat a girdle or frying pan until hot
- wrap a little butter in a piece of kitchen paper, and use to slightly grease the girdle / frying pan between frying each batch of pancakes
- drop batter onto the hot girdle, a spoonful at a time, in batches of four
- cook for about a minute until golden brown on the underside, and bubbles rise on the top side
- turn over, and briefly cook the other side
- serve hot, with butter and/or maple or golden syrup.

Makes about 12-16

Oatcakes

125g medium oatmeal

Up to ½ teasp salt, to taste

Pinch of bicarbonate of soda

15g unsalted butter

75ml water

- mix the oatmeal, salt, and bicarbonate of soda in a bowl
- melt the butter, add and mix
- meanwhile boil the water and add gradually
- mould the mixture into a ball with your hands until it holds together. You may have to add more water or oatmeal at this stage
- roll out with a rolling pin, using more oatmeal as necessary to avoid sticking to the surface
- cut into rounds (about 6cm diameter) with a pastry cutter
- bake on a hot girdle for a few minutes, taking care not to burn, and turn once
- serve.

Makes about 8 oatcakes. You will probably have to experiment to get the consistency correct so that they do not break up

Oven-baked cheese oatcakes

100g plain flour (plus more for rolling)

100g medium oatmeal

½ teasp bicarbonate of soda

Up to ½ teasp salt, to taste

50g grated mature cheddar cheese

100g unsalted butter, brought to room temperature (plus a little to grease the baking tray)

A little water

- mix the flour, oatmeal, bicarbonate of soda, salt and cheese in a bowl
- rub the butter into the rest of the ingredients and mix well
- add a little water and mix, until the mixture can be formed into a ball
- it may be easier to roll out if the ball is placed in the fridge for 20 minutes at this stage
- on a floured surface roll out with a floured rolling pin
- cut into rounds (about 6 – 7 cm diameter) with a pastry cutter
- meanwhile heat the oven to 180°C
- place the rounds on a greased (buttered) baking tray and bake for about 20-25 minutes, until the oatcakes just begin to brown a little
- serve. Makes about 20 oatcakes.

Gingerbread

amended in 2022

200g plain white flour

2 heaped teasp ground ginger

1 teasp ground cinnamon

1 teasp bicarbonate of soda

A pinch of salt

50g butter (at room temperature), plus a knob to grease the loaf tin

50g sugar

1 tablesp treacle

2 tablesp golden syrup

1 large egg

150ml warm water

- sieve the flour, ginger, cinnamon, bicarbonate of soda and salt into a large bowl
- rub in 50g of butter
- add the sugar and mix well
- preheat the oven to 180°C
- in a mug beat the egg, add the treacle and syrup, stir well and pour into the dry ingredients
- pour the water into the same mug (to loosen any remaining treacle) then pour into the dry ingredients
- mix everything in the bowl well
- grease a loaf tin with the knob of butter, then transfer the wet mixture from the bowl to the loaf tin
- bake at 180°C for 45 minutes
- remove, turn out on to a wire rack, allow to cool, then serve in slices, spread with a little butter

Note: keeps for ages in a cake tin.

Recipe by Steve's mother May Gillon

Date and walnut loaf

225g pitted dates, chopped
1 teasp bicarbonate of soda
Pinch of salt
250ml hot water
275g self-raising flour
100g unsalted butter
50g chopped walnuts
100g dark soft brown sugar
1 beaten egg

- put the dates, bicarbonate of soda and salt in a bowl, pour over the hot water, and set aside to cool
- preheat the oven to 180°C / gas mark 4
- meanwhile sift the flour into a mixing bowl. Add the butter in pieces and rub into the flour
- stir in the walnuts and sugar and mix thoroughly
- mix the dry ingredients into the cooled date mixture and beat in the egg
- pour into a greased 1kg loaf tin and bake for 1 - 1¼ hours (until a skewer inserted into the centre comes out clean)
- turn out on to a wire rack and leave to cool
- serve sliced and spread with butter
- keeps well and improves with age if stored in an airtight tin

Another recipe handed down by Steve's mum, and probably by granny before then.

Bara brith (fruit loaf)

250ml strong black tea
450g mixed dried fruit (sultanas, currants, raisins)
1 egg, beaten
Zest of 1 lemon
200g dark brown sugar
1 teasp baking powder
200g wholemeal flour
A few grams of butter

- heat the oven to 180°C (160°C fan, gas 4)
- make the black tea with a teabag but brew for longer than usual so it is strong
- put the dried fruit in a large bowl, pour over the tea and leave it to soak for at least an hour, overnight if possible
- if there is any soaking liquid remaining, drain it off and set aside
- mix the egg into the soaked fruit and add the lemon zest
- sift the sugar, baking powder and flour in a separate bowl to remove any lumps, then mix into the fruit and eggs
- if there was liquid remaining to be drained off, add 2 tablespoons of it to the mix and mix well
- grease a 900g loaf tin with the butter and pour in the mix
- bake for 90 minutes – it is ready when a skewer inserted comes out clean
- turn out on to a wire rack and leave to cool for 10 minutes
- serve sliced and spread with butter

Variation: other dried fruit can be included in the mix eg chopped dates, chopped apricots, cranberries

Recipe by Anna Jones