

Inspired by the fine cuisine served at the fictional *Downton Abbey*, and other grand English country houses at the turn of the century

For all the cooks who wish to bring a touch of English tradition to their own Abbey

This book contains 220 recipes on 431 pages. Click here to order a full download of this eBook Also available on Amazon and Kobo.



## Contents

12	9	Preface	250	Entertaining Outdoors
16         WE MUST BRUNCH         265 Garden Party Cakes           17         Crowd Pleasers         281 Ices           21         Eggs         292 Gelatin Desserts           29         Griddle Goods         299 Refreshments: Alcoholic           40         Healthy Gems (Muffins)         304 Refreshments: Non-Alcoholic           48         Sweet Breads         308         HOLIDAY ENTERTAINING           59         RELAXING OVER AFTERNOON TEA         310 Christmas           68         Breads         312 The Main Event           72         Loaves         312 The Main Event           81         Savouries         323 Sweets           83         Tas Sandwiches         340 Easter           93         Tarts and Squares         340 Easter           105         Tea Cakes         347 Guy Fawkes Day           114         Madeleines         351 Halloween           125         Hors d'œuvres         360 St. Patrick's Day           360         St. Patrick's Day           360         St. Patrick's Day           360         St. Patrick's Day           360         St. Patrick's Day           361         Abey Stock           370         Abbey Stock	12	Introduction:		AT THE GARDEN PARTY
17   Crowd Pleasers   281   Ices   292   Gelatin Desserts   292   Gelatin Desserts   293   Griddle Goods   299   Refreshments: Alcoholic   304   Refreshments: Non-Alcoholic   304   Refreshments: Non-Alcoholic   305   Relaxing Over Afternoon Tea   310   Christmas   310   Christmas   312   The Main Event   313   Christmas   312   The Main Event   313   Sweets   314   Gaster   314   Gaster   315   Gaster   316   Christmas   317   The Main Event   318   Refreshments   318   Refreshments   318   Refreshments   319   The Main Event   319   The Main Event   310   Christmas   310   Christmas   312   The Main Event   313   Refreshments   314   Gaster   314   Gaster   314   Gaster   314   Gaster   315   Halloween   315   Halloween   315   Halloween   315   Halloween   315   Halloween   316   St. Patrick's Day   360   St.		GREAT FOOD HAS A HISTORY		254 Cold Dishes
21 Eggs 29 Griddle Goods 40 Healthy Gems (Muffins) 48 Sweet Breads 308 HOLIDAY ENTERTAINING THROUGHOUT THE YEAR 310 Christmas 312 The Main Event 323 Sweets 331 Ten Sandwiches 332 Sweets 333 Refreshments 340 Easter 347 Guy Fawkes Day 351 Halloween 357 Hogmanay (New Year's Eve) 360 St. Patrick's Day 365 STOCKING YOUR ABBEY LARDER 370 Abbey Stock 375 Accompaniments 379 Baking Essentials 370 Abbey Stock 375 Accompaniments 379 Baking Essentials 370 Abbey Stock 375 Accompaniments 379 Baking Essentials 370 Abbey Stock 375 Accompaniments 379 Baking Essentials 379 Baking Essentials 370 Abbey Stock 375 Accompaniments 370 Abbey Stock 375 Accompaniments 370 Abbey Stock 375 Accompaniments 376 Elegant Dining 377 Abbey Stock 378 Refreshments 379 Baking Essentials 379 Baking Essentials 370 Abbey Stock 370 A	16	WE MUST BRUNCH		265 Garden Party Cakes
29 Griddle Goods 40 Healthy Gems (Muffins) 48 Sweet Breads 308 HOLIDAY ENTERTAINING THROUGHOUT THE YEAR 310 Christmas 312 The Main Event 323 Sweets 334 Refreshments 310 Christmas 312 The Main Event 323 Sweets 338 Refreshments 321 The Main Event 323 Sweets 338 Refreshments 340 Easter 347 Guy Fawkes Day 351 Halloween 357 Hogmanay (New Year's Eve) 360 St. Patrick's Day 351 Hogmanay (New Year's Eve) 352 STOCKING YOUR ABBEY LARDER 353 Dessert Sauces and Sweet Spreads 354 Jams and Jellies 406 Pastry 409 Savoury Sauces 419 CONVERSION TABLES 419 Hors d'oeuvres 419 CONVERSION TABLES 421 FURTHER READING 430 ABOUT THE AUTHOR		17 Crowd Pleasers		281 Ices
40 Healthy Gems (Muffins)		21 Eggs		
All Sweet Breads   308   HOLIDAY ENTERTAINING		29 Griddle Goods		· ·
59         Relaxing Over Afternoon Tea         Throughout the Year           68         Breads         310 Christmas           72         Loaves         312 The Main Event           81         Savouries         323 Sweets           83         Tea Sandwiches         338 Refreshments           93         Tarts and Squares         340 Easter           105         Tea Cakes         347 Guy Fawkes Day           114         Madeleines         351 Halloween           122         COCKTALLS AT THE ABBEY         360 St. Patrick's Day           125         Hors d'œuvres         365           140         Sweets         370 Abbey Stock           150         Cocktails         379 Baking Essentials           383         Dessert Sauces and Sweet Spreads           384         Jams and Jellies           406         Pastry           409         Savoury Sauces           419         Conversion Tables           419         Conversion Tables           421         Further Reading           422         Index           423         About the Author		40 Healthy Gems (Muffins)		304 Refreshments: Non-Alcoholic
SPELAXING OVER AFTERNOON TEA  68 Breads 72 Loaves 312 The Main Event 323 Sweets 323 Sweets 338 Refreshments 340 Easter 347 Guy Fawkes Day 351 Halloween 357 Hogmanay (New Year's Eve) 360 St. Patrick's Day 360 St. Patrick's Day 360 St. Patrick's Day 360 St. Patrick's Day 361 STOCKING YOUR ABBEY LARDER 370 Abbey Stock 375 Accompaniments 379 Baking Essentials 379 Baking Essentials 383 Dessert Sauces and Sweet Spreads 384 Dessert 406 Pastry 409 Savoury Sauces 407 FURTHER READING 421 FURTHER READING 422 INDEX 430 ABOUT THE AUTHOR		48 Sweet Breads	308	HOLIDAY ENTERTAINING
122   Cocktails   312 The Main Event   323 Sweets   338 Refreshments   324 Sweets   338 Refreshments   340 Easter   340 Easter   347 Guy Fawkes Day   351 Halloween   357 Hogmanay (New Year's Eve)   360 St. Patrick's Day	59	RELAXING OVER AFTERNOON TEA		THROUGHOUT THE YEAR
122   COCKTAILS AT THE ABBEY   125   Hors d'œuvres   146   Chocolate Truffles   150   Soup   204 Fish   211   Entrée   150   Soup   204 Fish   211   Entrée   150   ABOUT THE AUTHOR   132   Sweets   338   Refreshments   338   Refreshments   338   Refreshments   338   Refreshments   338   Refreshments   340   Easter   340   Easter   340   Easter   340   Easter   347   Guy Fawkes Day   351   Halloween   357   Hogmanay (New Year's Eve)   360   St. Patrick's Day   360   St. Patrick's Day   365   STOCKING YOUR ABBEY LARDER   370   Abbey Stock   375   Accompaniments   379   Baking Essentials   379   Baking Essentials   379   Baking Essentials   379   Baking Essentials   383   Dessert Sauces and Sweet Spreads   394   Jams and Jellies   406   Pastry   409   Savoury Sauces   419   CONVERSION TABLES   421   FURTHER READING   422   INDEX   430   ABOUT THE AUTHOR   430		68 Breads		310 Christmas
81 Savouries 83 Tea Sandwiches 93 Tarts and Squares 105 Tea Cakes 114 Madeleines 351 Halloween 125 Hors d'œuvres 140 Sweets 146 Chocolate Truffles 150 Cocktails 155 SERVANTS HALL GATHERINGS 156 Soups with Substance 164 Main Course 164 Main Course 177 Vegetables 184 Dessert 191 ELEGANT DINING 194 Hors d'œuvres 195 Soup 204 Fish 211 Entrée 340 Easter 347 Guy Fawkes Day 351 Halloween 357 Hogmanay (New Year's Eve) 360 St. Patrick's Day 360		72 Loaves		312 The Main Event
340 Easter  93 Tarts and Squares  105 Tea Cakes 114 Madeleines  122 COCKTAILS AT THE ABBEY 125 Hors d'œuvres 140 Sweets 146 Chocolate Truffles 150 Cocktails  150 Servants Hall Gatherings 156 Soups with Substance 164 Main Course 177 Vegetables 184 Dessert  191 Elegant Dining 194 Hors d'œuvres 195 Soup 204 Fish 210 Tarts and Squares 347 Guy Fawkes Day 347 Guy Fawkes Day 347 Guy Fawkes Day 348 Guy Fawkes Day 359 Halloween 357 Hogmanay (New Year's Eve) 360 St. Patrick's Day 360 St. P		81 Savouries		323 Sweets
105 Tea Cakes 114 Madeleines 125 COCKTAILS AT THE ABBEY 125 Hors d'œuvres 140 Sweets 146 Chocolate Truffles 150 Cocktails 155 SERVANTS HALL GATHERINGS 156 Soups with Substance 164 Main Course 177 Vegetables 184 Dessert 191 ELEGANT DINING 194 Hors d'oeuvres 195 Soup 204 Fish 210 Tea Cakes 347 Guy Fawkes Day 351 Halloween 357 Hogmanay (New Year's Eve) 360 St. Patrick's Day 360 St. Patrick's Day 360 St. Patrick's Day 361 STOCKING YOUR ABBEY LARDER 370 Abbey Stock 375 Accompaniments 379 Baking Essentials 383 Dessert Sauces and Sweet Spreads 394 Jams and Jellies 406 Pastry 409 Savoury Sauces 419 CONVERSION TABLES 419 CONVERSION TABLES 421 FURTHER READING 422 INDEX 430 ABOUT THE AUTHOR		83 Tea Sandwiches		v
105 Ted Cares 114 Madeleines 351 Halloween 357 Hogmanay (New Year's Eve) 360 St. Patrick's Day 360 St. Patrick		93 Tarts and Squares		
122 COCKTAILS AT THE ABBEY 125 Hors d'œuvres 140 Sweets 140 Chocolate Truffles 150 Cocktails 155 SERVANTS HALL GATHERINGS 156 Soups with Substance 164 Main Course 177 Vegetables 184 Dessert 191 ELEGANT DINING 194 Hors d'œuvres 195 Soup 204 Fish 211 Entrée  357 Hogmanay (New Year's Eve) 360 St. Patrick's Day		105 Tea Cakes		· ·
125 Hors d'œuvres 140 Sweets 146 Chocolate Truffles 150 Cocktails  155 SERVANTS HALL GATHERINGS 164 Main Course 177 Vegetables 184 Dessert  191 ELEGANT DINING 194 Hors d'oeuvres 195 Soup 204 Fish 211 Entrée  360 St. Patrick's Day 365 STOCKING YOUR ABBEY LARDER 370 Abbey Stock 375 Accompaniments 379 Baking Essentials 383 Dessert Sauces and Sweet Spreads 394 Jams and Jellies 406 Pastry 409 Savoury Sauces 419 CONVERSION TABLES 421 FURTHER READING 422 INDEX 430 ABOUT THE AUTHOR		114 Madeleines		
125 Hors d'œuvres 140 Sweets 146 Chocolate Truffles 150 Cocktails  155 SERVANTS HALL GATHERINGS 156 Soups with Substance 164 Main Course 177 Vegetables 184 Dessert  191 ELEGANT DINING 194 Hors d'oeuvres 195 Soup 204 Fish 211 Entrée  365 STOCKING YOUR ABBEY LARDER 370 Abbey Stock 375 Accompaniments 379 Baking Essentials 383 Dessert Sauces and Sweet Spreads 394 Jams and Jellies 406 Pastry 409 Savoury Sauces 419 CONVERSION TABLES 421 FURTHER READING 422 INDEX 430 ABOUT THE AUTHOR	122	COCKTAILS AT THE ABBEY		
140 Sweets 146 Chocolate Truffles 150 Cocktails  155 SERVANTS HALL GATHERINGS 156 Soups with Substance 164 Main Course 177 Vegetables 184 Dessert  191 ELEGANT DINING 194 Hors d'oeuvres 195 Soup 204 Fish 211 Entrée  370 Abbey Stock 375 Accompaniments 379 Baking Essentials 383 Dessert Sauces and Sweet Spreads 406 Pastry 409 Savoury Sauces 419 CONVERSION TABLES 421 FURTHER READING 422 INDEX 430 ABOUT THE AUTHOR		125 Hors d'œuvres		
150 Cocktails  155 SERVANTS HALL GATHERINGS 156 Soups with Substance 164 Main Course 177 Vegetables 184 Dessert  191 ELEGANT DINING 194 Hors d'oeuvres 195 Soup 204 Fish 211 Entrée  375 Accompaniments 379 Baking Essentials 383 Dessert Sauces and Sweet Spreads 394 Jams and Jellies 406 Pastry 409 Savoury Sauces 419 CONVERSION TABLES 421 FURTHER READING 422 INDEX 430 ABOUT THE AUTHOR		140 Sweets	365	
150 Cocktails  155 SERVANTS HALL GATHERINGS 156 Soups with Substance 164 Main Course 177 Vegetables 184 Dessert  191 ELEGANT DINING 194 Hors d'oeuvres 195 Soup 204 Fish 211 Entrée  375 Accompaniments 379 Baking Essentials 383 Dessert Sauces and Sweet Spreads 394 Jams and Jellies 406 Pastry 409 Savoury Sauces 419 CONVERSION TABLES 421 FURTHER READING 422 INDEX 430 ABOUT THE AUTHOR		146 Chocolate Truffles		· ·
156 Soups with Substance 164 Main Course 177 Vegetables 184 Dessert  191 ELEGANT DINING 194 Hors d'oeuvres 195 Soup 204 Fish 211 Entrée  383 Dessert Sauces and Sweet Spreads 394 Jams and Jellies 406 Pastry 409 Savoury Sauces 419 CONVERSION TABLES 421 FURTHER READING 422 INDEX 430 ABOUT THE AUTHOR				•
164 Main Course 164 Main Course 177 Vegetables 184 Dessert  191 ELEGANT DINING 194 Hors d'oeuvres 195 Soup 204 Fish 211 Entrée  394 Jams and Jellies 406 Pastry 409 Savoury Sauces 419 CONVERSION TABLES  421 FURTHER READING 422 INDEX 430 ABOUT THE AUTHOR	155	SERVANTS HALL GATHERINGS		
164 Main Course 177 Vegetables 184 Dessert  191 ELEGANT DINING 194 Hors d'oeuvres 195 Soup 204 Fish 211 Entrée  394 Jams and Jellies 406 Pastry 409 Savoury Sauces 419 CONVERSION TABLES 421 FURTHER READING 422 INDEX 430 ABOUT THE AUTHOR		156 Soups with Substance		
177 Vegetables       409 Savoury Sauces         184 Dessert       419 Conversion Tables         191 Elegant Dining       421 Further Reading         194 Hors d'oeuvres       422 Index         204 Fish       430 About the Author         211 Entrée				
184 Dessert   409 Savoury Sauces   419   Conversion Tables   419   Conversion Tables   421   Further Reading   421   Further Reading   422   Index   420   About the Author   430   About the Auth		177 Vegetables		v
191 ELEGANT DINING 194 Hors d'oeuvres 195 Soup 204 Fish 211 Entrée 421 FURTHER READING 422 INDEX 430 ABOUT THE AUTHOR		184 Dessert		
194 Hors d'oeuvres 195 Soup 204 Fish 211 Entrée 422 INDEX 430 ABOUT THE AUTHOR	191	ELEGANT DINING	419	CONVERSION TABLES
195 Soup 204 Fish 422 INDEX 430 ABOUT THE AUTHOR 211 Entrée		194 Hors d'oeuvres	421	FURTHER READING
204 Fish 430 ABOUT THE AUTHOR 211 Entrée			422	Index
211 Entrée		•	430	ABOUT THE AUTHOR
230 Vegetables				

238 Sweets

## Preface

Many of you drawn to this book are cooks inspired by the lavish food displays depicted on Edwardian period dramas. The images on screen transport us to a world where beautiful wealthy people live in stunning historic country houses, regularly hosting dinner parties and surrounding themselves with copious amounts of fabulous food. Indeed, food played a crucial role in how the wealthy displayed their status in society at that time, and their country house provided a perfect platform for entertaining. These grand structures required an army to maintain them. The popular TV drama *Downton Abbey*, for example, weaves a wonderfully rich tapestry of characters representing life both upstairs and down, all in service to maintaining the great home of history and influence.

We follow the Crawley family from the height of excess of the Edwardian period, through World War I rationing, and into the early 1920<sup>s</sup> when the food budget was stretched even further as high land taxation, and bad investments, threatened to take away their way of life. Kitchen staff in these country houses cooked on as the world changed around them: afternoon tea, garden parties and formal dinner parties still remained an important part of life for the aristocracy.

My husband, Lord D, is of noble blood with ancestors who once lived in grand castles scattered across Great Britain. While he is struck by the grand architecture of these historic buildings, my imagination often takes me downstairs to the flurry of activity which would have taken place in the vast kitchens. I marvel at the skill and talent of the kitchen staff tasked with creating multiple dishes to delight all the senses of the upstairs guests.

I am saddened that many skills learned in these grand kitchens were lost as more talented men and women left service for employment in factories and offices. Processed foods increasingly entered the marketplace after World War 1, and home cooking was traded in for the convenience of pre-packaged foods.

Today cookery has seen resurgence as renewed interest in health and nutrition has put processed foods on notice. A return to cooking has empowered many Abbey Cooks to control the health, nutrition, and food budget for their families. Inspiration comes many sources: family traditions, the abundance of fresh ingredients, and a host of books and TV shows.

Great food has a history. Imagine food from a historical perspective; from an era where food held special meaning, denoting wealth and influence. Dine on dishes from the Titanic and remember the lives affected by the tragedy. Imagine entertaining guests with a little more class and elegance in your own Abbey.

#### LESSONS LEARNED FROM HISTORY

Granted the Edwardian period was an era of extravagance, but isn't it about time we get reacquainted with real food? We are obsessed with looking good and being fit, and yet our eating habits are often driven by price and convenience. When we cook food ourselves we control what goes into our bodies, as well as gaining emotional benefits and cost savings.

We really don't have much excuse. Quality ingredients are readily available at our local grocery store, and we enjoy the conveniences in our kitchens—like plenty of hot running water—which were not widely available in country houses of that era. Yet we would rather spend our spare time watching "The Real Wives of Newbury" and then complain that we have no time to cook. As a result we eat pre-packaged foods which are designed to suit our lifestyle, not our health or our budgets. At one end of the spectrum these choices-combined with a sedentary lifestyle-lead to a less healthy diet. At the other end there is life threatening illness.

What we can learn from this era is the importance of planning and discipline in food preparation. Thankfully, you are not expected prepare a twelve course meal for a visiting Duke every night.

Our current understanding of nutrition will be our guide, and I will provide some of the more health conscious dishes to suit your everyday meals, as well as lavish Abbey inspired entertaining.

#### ABBEY COOKERY RULES

You will love the Food: We typically associate pub food with English cuisine, but the far reach of the British Empire brought food influences from around the world to the upstairs dining room. French cookery was particularly favoured since King Edward VII loved French cuisine. So if you like French food, you will love the Edwardian diet.

Eating Healthily: I have selected great recipes which we would recognize as food and would enjoy eating today. Food follows fashion, and just because the Edwardians ate pig jowls doesn't mean we are keen to. I have also selected recipes which are generally healthier to begin with, and I have reduced the fat and sugar without impacting the taste. No deep fried foods in this book. I prefer to bake with whole wheat flour, use applesauce in place of oil and butter, and suggest sugar substitutes in place of regular. My favorite dessert sauce is non fat plain strained yoghurt, currently marketed as greek style yoghurt.

**Don't be Afraid of a little Manual Labour:** I realize that we are blessed with modern conveniences, but most of my instructions are made without the benefit of electric mixers, food processors or blenders. A whisk, a potato masher and some elbow grease work surprisingly well, and provides quick workout to boot.

Enjoy Cooking the Famous Downton Dishes: your inspiration might start with some

of the recipes I have included dishes which have made a cameo appearance or have been mentioned on the show. Check the Index which lists "Famous Downton Dishes".

*Create Your Own Abbey Signature Dishes:* The "Abbey" labelled dishes are meant to provide you with the foundation to let you create your own signature dish to proudly serve to guests.

**Explore Period Cookery on your Own:** Once you become familiar with the cookery style of the era, I encourage you to discover other recipes by digging through your own family archives, following the writings of food historians, and researching recipes through online newspaper archives. You may even wish to create your own dishes. As a general guideline, use ingredients available at the time, and cook in a style of cuisine which would have been familiar to the English at that time.

*Have Fun:* Cooking should be enjoyed. Play the part of head chef at your Abbey. Outfit yourself with a chef's jacket which come in fun colors and patterns. It helps keep your clothes clean, and gives you a great sense of confidence and empowerment. Recruit friends and family as sous chefs, and enjoy commanding the orchestration of meal preparation.



#### **BREADS**

# ABBEY COOKS MAGIC SCONES

Scones are the foundation of a great afternoon tea or garden party. This basic recipe is like magic. They are faster to make than a drive to your local coffee shop, lower in fat, and can adapted in an endless variety of ways. Create your own Abbey House brand to entertain guests.

*Here are 3 essential tips to help you create these magnificent scones:* 

- Shift dry ingredients three times
- Use and grate frozen butter
- Gently work the dough and layer before cutting to give you best results

#### Makes eight 2 inch scones

1 cup unbleached all-purpose flour 2 tsp. baking powder 1/4 tsp. salt 2 tbsp. frozen grated butter 1/2 cup cold milk

- 1. Preheat oven to 475°F and prepare a baking sheet.
- 2. Sift the dry ingredients 3 times into a large bowl. Rub the frozen grated butter into the dry ingredients until it feels like sand. Unless otherwise specified, add your secret ingredients at this point. Add enough milk just until you get a sticky dough.
- 3. Turn the dough out onto a lightly floured board, lightly flour the top. Knead very gently once, then fold and turn the kneaded dough 3 or 4 times until the dough has formed a smooth texture. Pat the dough into a rectangle about 6 x 12 inches, then fold into thirds.
- 4. Using a well-floured 2 inch biscuit cutter, make six 2 inch rounds. You can get 2 more scones from the scraps but they won't be as tender. Alternatively, use a well-floured sharp knife to form wedges.
- 5. You can either brush the top of the scones with milk or lightly flour.
- 6. Bake on a baking sheet for 8–10 minutes until the scones are lightly coloured on the tops. Immediately place onto cooling rack to stop the cooking process.
- 7. Traditionally served with clotted cream and preserves, try substituting the cream with **Strained Yoghurt** with your favorite preserves.

#### **VARIATIONS:**

#### Plain

*Buttermilk Scones*—add ½ teaspoon of baking soda to the flour before sifting and replace the milk with buttermilk.

*Cream Scones*—add ½ tsp. of baking soda to the flour, and glaze with cream.

Whole Wheat Scones—replace half of the all-purpose flour with soft whole wheat flour.

#### **Sweet**

*Chocolate Scones*—add ½ cup of cocoa powder and sift with the flour, and add ½ cup non fat plain yoghurt to the milk.

*Glazed Scones*—lightly brush preserves on scones before baking to create a sweet glaze.

*Dried Fruit Scones*—add ¼ cup dried fruit (e.g. sultanas, raisins, currents, cranberries, cherries etc) and 1 tablespoon (15 gm) sugar before you add the milk.

*Pumpkin Scones*—add 2 tsp. cinnamon, 1 tsp. nutmeg, 1 tsp. baking soda and sift with flour, replacethe milk with 1/2 cup of pumpkin purée, adding only enough milk to make sticky dough.

*Fresh/Frozen Berry Scones*—add ½ cup of fresh or frozen fruit, finely chopped.

Whole Wheat and Fruit Scones—replace half of the all-purpose flour with whole wheat flour and add ½ cup of fresh or frozen fruit.

#### Savoury

Cheese and Chive Scones—add  $\frac{1}{2}$  tsp. cayenne to be sifted, and then  $\frac{1}{4}$ — $\frac{1}{2}$  cup grated cheddar cheese, and 2 tbsp. of fresh herbs before adding the milk.

Herb Scones—include 3 tablespoons of finely chopped herbs (such as parsley, dill, chives).



#### **FISH**

## BAKED HADDOCK WITH SHARP SAUCE

This dish was served in second class on Titanic and is my Lord D's favorite dish.

#### SERVES 4

4 skinless haddock fillets (8 ounce each)

3/4 cup mayonnaise

1½ tsp. Dijon mustard

3/4 cup fresh breadcrumbs

*3 tbsp. chopped fresh parsley* 

3 tbsp. fresh grated Parmesan cheese

1½ tbsp. chopped fresh chives

Lemon wedges

2 tbsp. butter

1 small onion, finely chopped

1 tbsp. brown sugar

1 tbsp. unbleached all-purpose flour

3/4 cup water

2 tbsp. tomato paste

1 tbsp. cider vinegar

1 tsp. dry mustard

1 tsp. Worcestershire sauce

Dash hot pepper sauce

- In small saucepan, melt butter over medium heat, add onion and sauté until softened. Increase the heat to medium-high and stir in brown sugar, salt, and pepper. Cook for another 5 minutes, stirring frequently until onions are well browned. Sprinkle with flour and cook until blended.
- 2. Stir in water, tomato paste, vinegar, dry mustard, Worcestershire sauce, and hot pepper sauce. Bring to boil and reduce heat to low. Simmer for 2 minutes or until thickened. Strain and keep warm.
- 3. Preheat oven to 400°F and grease a baking sheet.
- 4. Place the fillets on the baking sheet. Combine the mayonnaise and mustard and spread over the fish. Stir together breadcrumbs, parsley, and Parmesan; sprinkle over fillets.
- 5. Bake the fish 7 to 8 minutes or until opaque and flakes easily with a fork. Broil for 1 to 2 minutes or until topping is evenly browned.
- 6. Transfer to heated platter and sprinkle with chives. Serve with lemon wedges and sharp sauce on the side.



#### **SWEETS**

## EASY APPLE CHARLOTTE

Treat your guests to apple charlotte, a simple, yet elegant English dessert. This is a dish noted for not being served on Downton Abbey in Season 1. The crust is made of sliced bread; healthier than pie pastry and with much less mess. This is a perfect dessert for novice bakers, and will be sure to impress your guests.

#### Makes 4 servings

10 half inch slices of stale challah or Raisin Bread. You can also use any stale Currant or Chelsea Buns 2 medium cooking apples, peeled, cored and diced 2 tbsp. unsalted butter 1 tsp. of pure vanilla extract 1 lemon, juiced *3 tbsp. light brown sugar* 1/4 tsp. ground cinnamon 3 eggs 2/3 cup skim milk 1 tbsp. caster sugar\* (or granulated sugar, sugar *substitute*) Icing sugar to garnish

- 1. Preheat the oven to 375°F and generously grease four (4 oz.) ramekins.
- 2. Caramelize the apples by melting the butter in a medium saucepan. Add the apples, vanilla, lemon juice, brown sugar, and cinnamon. Mix well and cook on low heat until the apples are tender and any liquids evaporated. This should take 15 to 20 minutes. Stir occasionally to avoid burning. The mixture should have thickened and be medium caramel in colour.
- 3. Combine the eggs, milk and sugar in a shallow dish. Mix until fully combined.
- 4. Using a 2 ½" round cookie cutter, cut out four circles from the bread which will serve as the base of the charlotte. Alternatively, use a clean ramekin and a sharp knife to trace/cut your circles. Cut the other slices of bread into rectangles about 1 inch in width. Cube, dry, and store your bread scraps in an airtight container to be used for croutons or stuffing.
- 5. Start with the circles: Lightly dip each in the egg mixture and place it in the bottom of each grease ramekin. Then dip the rectangles—standing them upright around the inside edge of the cup, extending above the rim which you will fold over to make the lid. Each ramekin will use about 6 or 7 strips.
- 6. Fill each mould with the apple mixture. Add a piece or two of bread to the top and fold over the edges so it is sealed completely. It should look like a pretty little crown. Sprinkle each top with a little sugar.

- 7. Bake for 20 to 25 minutes, or until golden brown and puffed up. Allow to cool slightly, then run a knife around the edges and invert onto individual serving plates.
- 8. Use a sieve to dust with icing sugar. Serve warm or at room temperature with a quality vanilla ice cream or try the Earl Grey Créme Anglaise. My healthy dessert topping suggestion is Strained Yoghurt, mixed with a bit of honey.

<sup>\*</sup>caster sugar is more finely ground than granulated sugar. You can make your own by pulsing granulated sugar in your food processor.



## NEVER FAIL SHORTBREAD

Shortbread is really easy to make and is a classic English treat. Using rice flour or semolina is the secret ingredient to give shortbread a nice crisp texture. Work quickly with the dough to avoid it becoming greasy.

#### Makes 16 fingers

<sup>2</sup>/<sub>3</sub> cup unsalted butter

1/3 cup caster sugar, plus extra to sprinkle

1 cup unbleached all-purpose flour, sifted

1/2 cup rice flour or semolina

- 1. Preheat oven to 300°F. Lightly grease a 9 inch square pan.
- 2. Cream the butter and sugar together in a large bowl. Add the white flour and rice flour and use a wooden spoon to work all the ingredients together to make a paste. Knead lightly.
- 3. Press the mixture into the tin, using the back of a spoon to smooth down the surface. Use a table knife or your kitchen clever to press a line down the middle of the pan, then rotate and divide the half into quarters and then those quarters in half to make 16 fingers. Prick each one finger decoratively along its length with a fork.
- 4. Bake for about 30 minutes, remove from the oven and retrace your lines. Return to the oven and continue to bake for 30 minutes until the mixture is set, but not brown.
- 5. Sprinkle with a light dusting of caster sugar. Cool in the tin for about 30 minutes, then cut into pieces which should easily snap into fingers, and carefully remove from the pan and place on a wire rack to cool completely.
- 6. Store in your favorite tin or airtight container.

## About the Author



Pamela Foster has always been surrounded by great food. She became an Abbey Cook at an early age, learning to prepare the organically grown produce and free range livestock raised on her family's small country estate. Her maternal grandmother sang while she cooked; it was her introduction to the love of cookery.

She holds a degree in History and is fascinated by how people lived, what they ate, and how traditional dishes evolved. The Edwardian period was an exceptional time for food: it played a key role in how wealth was displayed. Her passion for history, food, healthy eating, and period dramas--including Downton Abbey--resulted in her popular blog www.abbeycooks.com. She firmly believes that everyone should embrace the role of head cook in their own Abbey. Learning to prepare what we eat has health, cost and many other benefits."

She is married to her Lord D, living happily ever after in the Greater Toronto Area of Canada.