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# FOREWORD

Over the years, recipes evolve for one reason or another, and sometimes these reasons give their names to a particular dish, such as ‘Half-pay Pudding’ - created by a thrifty cook during hard times. On the other hand, some old-fashioned favourites, like ‘Zeppelins in a Cloud’ derive their titles from the way they look.

The origins of many names are now lost to us, but the names themselves persist in vintage recipe collections handed down to us from past generations.

In the 21st century new and inventive names have arisen, such as ‘If Leeks Could Kill...’ for a leek and mushroom pie, ‘A Fare to Remember’ for a beef and cabbage stir fry, ‘Remains to Be Seen’ for leftover chicken, ‘Fauxscargot’ for shiitake mushrooms cooked like snails, and ‘Quiche and Tell’. Intriguing though these names are, we have decided to list only those that have stood the test of time.

These authentic recipes are presented here almost exactly as they first appeared. In these pages you will find a mixture of weights and measures, temperatures and dimensions, from avoirdupois and imperial to the metric system. To help readers, we have included a page of common conversions at the back of the book.

Toad-in-the Hole, Pigs in Blankets, Gooseberry Fool, Moonshine Pudding, Cock a Leekie Soup, Meat in Ambush, Tuesday Soup, Angels on Horseback, Hedgehog, Black Bottom Pudding... these wacky names are a lot of fun and could provide a talking point at your next dinner-party!

Here they are together, in a collection entitled:

Spotted Dick  
and Other Authentic Dishes with Curious Names







## Angel Cake

Whites of 8 eggs  
3/4 cup flour  
1 teaspoon cream of tartar  
1/4 teaspoon salt  
1 cup sugar  
3/4 teaspoon vanilla

Beat whites of eggs until frothy; add cream of tartar, and continue beating until eggs are stiff; then add sugar gradually. Fold in flour mixed with salt and sifted four times, and add vanilla. Bake forty-five to fifty minutes in an unbuttered angel-cake pan. After cake has risen and begins to brown, cover with a buttered paper.

SOURCE: FARMER 1918



## Angel Food Cake

3/4 cup plain flour  
3 tablespoons wheat cornflour (cornstarch)  
3/4 cup sugar  
2 tablespoons sugar  
12 large egg whites at room temperature  
1 1/2 teaspoons cream of tartar  
1/4 teaspoon salt  
3/4 cup sugar  
1 1/2 teaspoons vanilla essence  
1/2 teaspoon almond essence

Pre-heat oven to 375°.

One by one, in a glass container, separate the egg yolks from the whites. Make sure not a single drop of yolk gets into the egg white. If the white is yolk-free, pour it from the glass container into a bowl.

Sift the cake flour and 3/4 cup plus 2 Tbsp sugar; set aside.

Combine the vanilla and almond essences in a small bowl; set aside. Beat egg whites, cream of tartar and salt until the mixture forms peaks.

Slowly add the other 3/4 cup of sugar, then beat at high speed until stiff peaks form.

Turn your mixer down to low speed and slowly add flour mixture and extracts. Ensure that you fold in the sides and bottom of the mixture in the bowl. Spoon into an ungreased two-piece angel food cake pan.

Swish a knife through the cake mixture to get rid of any air pockets. Bake 30-35 minutes or until top of cake springs back when lightly touched.

Invert pan onto a metal funnel and allow it to cool completely.

To remove the cake from your pan, slide a knife around the sides



of the cake pan to free the crust from the upper rim. Then firmly pat the pan's sides. Try not to use a knife to free the sides of the cake, because this sometimes causes damages.

Turn the cake out upside down onto your serving dish, then take the knife to the new top (which was the bottom) of your pan and carefully cut the cake away from the pan insert.

It is not necessary to cut around the central tube because you merely give the cake a gentle but firm tap or downward shake and it will drop onto the dish.

Cover cake with vanilla icing and decorate with fresh strawberry halves.

SOURCE: ANON

### *About Angel Food Cake Pans*

Angel food cake is usually baked in a tube pan; a tall, round pan with a tube up the center that leaves a hole in the middle of the cake. A bundt pan may also be used, but the fluted sides can make releasing the cake more difficult. The centre tube allows the cake batter to rise higher by 'clinging' to all sides of the pan.

The angel food cake pan should not be greased, unlike pans used to prepare other cakes, this allows the cake to have a surface upon which to crawl up helping it to rise.

After baking, the cake pan is inverted while cooling to prevent the cake from falling in on itself.

Angel food cake is sometimes frosted but more often has some sort of sauce, such as a sweet fruit sauce, drizzled over it. A simple glaze is also popular. Recently, many chefs have popularized the idea of adding aromatic spices such as mace and cloves to the cake.

SOURCE: WIKIPEDIA

## Delmonico Ice Cream with Angel Food

### *Delmonico Ice Cream*

2 cups milk  
1/8 teaspoon salt  
3/4 cup sugar  
2 1/2 cups thin cream  
Yolks 7 eggs  
1 tablespoon vanilla  
1 teaspoon lemon

Make custard of milk, sugar, eggs, and salt; cool, strain, and flavor; whip cream, remove whip; there should be two quarts; add to custard, and freeze. Serve plain or with Angel Food.

### *Angel Food*

Whites 3 eggs  
1 quart cream whip  
1/2 cup powdered sugar  
1 1/2 teaspoons vanilla

Beat eggs until stiff, fold in sugar, cream whip, and flavoring; line a mould with Delmonico Ice Cream, fill with the mixture, cover, pack in salt and ice, and let stand two hours.

SOURCE: FARMER, 1918



## Angel Hair

Capellini (literally ‘thin hair’) is a very thin variety of Italian pasta. Like spaghetti, it is rod-shaped, in the form of long strands. Capelli d’angelo (literally ‘angel hair’) is an even thinner variant of capellini.

Hanks of capellini d’angelo are often sold twisted in a nest-like shape. As a very light pasta, it goes well in soups or with a seafood sauce or other light sauces such as pesto, tomato or garlic sauce. (Wikipedia)

Angel hair cooks quickly. If overcooked it becomes a sticky mess. Use plenty of water to boil this pasta so that it has room to move in the pot.

Before cooking the angel hair, add salt to the boiling water and a few drops of olive oil to stop the pasta threads from sticking together. Add the pasta and stir a few times while it cooks.

After 3 to 5 minutes remove one thread of pasta out of the water with a fork. Rinse with cold water, then take a bite. If the pasta is tender but still firm, it is cooked. If it is still crunchy, cook it for another minute.

When cooked, drain in a colander and add it to your sauce.

SOURCE: ANON



## Angel's Food

Take two and a half gills of flour, three and three-quarters gills of sugar, whites of eleven eggs, one teaspoonful of vanilla.

Sift the flour before you measure it ; after measuring it, sift four times; then put one teaspoonful of cream of tartar in the flour, and sift again.

Beat the whites of the eggs to a stiff froth, then stir in the sugar, then the flour, and then the flavour.

Bake in a pan, not greased, forty minutes. When done, turn the pan upside down until perfectly cold. Ice it all over.

SOURCE: HOWSON, 1881

