



UK FOODIE COOKBOOK

Flavoursome foods and delicacies from all across the UK, inspiring you to try something different at home or while you are visiting the local area.

Taste these delicious dishes and you'll be tempted to try more from each region.



SYKES HOLIDAY COTTAGES



Introduction

There are many of us who love to cook, perhaps on a daily basis or maybe just on special occasions. It can be very therapeutic for some and when we find recipes we like, we tend to collect them all up and bank them to make time and again, some scribbled on pieces of paper and others in organised hardback books.

The Sykes Holiday Cottages Digital Cookbook is brimming with regional recipes from across the UK and Ireland, each one provided by The Sykes Family staff. From world-renowned recipes to lesser-known local delicacies, you'll find a variety of dishes for you to recreate in the kitchen.



Whether you choose to concoct one of these recipes from your own home or whilst staying in a cosy self-catering cottage, we've laid out some simple steps to guide you on your tastebud tantalizing journey.

These recipes will leave you with a tummy full, and a hunger to discover more of what the region has to offer. You can explore the whole of the UK to find out more about each location and its cuisine, with a [stay in a Sykes holiday cottage](#) for an unforgettable first-hand experience.

For aspiring chefs and eager cooks all over the UK, Enjoy!

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Champ

Champ originates from Northern Ireland and is known to be similar to the other traditionally Irish dish of colcannon, but creamier.

Originally made with stinging nettles instead of spring onions, there are plenty of ways to serve this buttery delight. Champ makes a wonderful side dish for a dinner or enjoy alone for a simple snack.



Serves:
4 people



Preparation Time:
15 minutes



Cooking Time:
50 minutes

Instructions:

1. Cut the **spring onions** into rings before putting them in a pan with **milk**. Heat until boiling.
2. Take off the heat and leave to infuse.
3. Boil whole **potatoes** for around 20 minutes or until tender.
4. Drain the **potatoes** before returning them to the pan for a couple of minutes to dry.
5. Mash the **potatoes** with the **butter** until smooth, being careful not to over-mash to avoid a 'gluey' texture.
6. Reheat the **milk** and the **spring onions**, then gradually beat into the **potatoes**, mixing well to make the **potatoes** fluffy.
7. Season with **salt and pepper** to taste.
8. Add a spoonful of butter to the hot champ and serve.

Ingredients:

- 100g spring onions
- 150ml full-fat milk
- 900g mashing potato (Edward or Maris Piper are best)
- 85-100g butter, and extra for serving

Top Tip: *To make your champ even tastier, why not try adding sautéed kale or cabbage, crumbled bacon, or even a fried egg to the top?*



Scouse

Originating from the word 'obscouse', the Liverpudlian dish of scouse is a type of meat stew.

In the past, scouse was traditionally eaten by sailors and contained a wide array of vegetables. It was very much a dish for the worker, so it would contain cheapest cuts of meat and whatever vegetables were available.

Sailors brought the recipe to England, and more specifically Liverpool, and eventually people selling the dish became known as scousers - which is why residents of Liverpool are now referred to as 'scousers'!



Serves:
4 people



Preparation Time:
15 minutes



Cooking Time:
2 hours, 30 minutes

Top Tip: *If not serving with red cabbage, why not give beetroot a go?*

Instructions:

1. Chop the **lamb** into 2cm pieces.
2. Toss the **lamb** with **flour** in a heavy-based pan to coat the meat.
3. Add in the **onion, stock, and black pepper**.
4. Bring everything to the boil, before reducing the heat and simmering gently with the lid on for 1½ hours.
5. Peel and chop the **potatoes** and **carrots** into 2cm chunks. Add these to the pan and bring back to a simmer, then re-cover and cook for another hour – the **veg** should now be tender and the sauce will begin to thicken.
6. If you're using **Worcestershire sauce**, add this now.
7. Serve the stew with a scattering of **chopped parsley**, alongside the traditional complement of **pickled red cabbage**.

Ingredients:

500g lamb neck fillet
1 tbsp plain flour
2 large onions, roughly chopped
800ml stock (use 2 cubes/stockpots)
3 potatoes (about 500g)
3 carrots (about 350g)
Any other root veg you want to use up e.g. turnip, swede, etc.
1 tsp Worcestershire sauce (optional)
Chopped parsley to garnish (optional)
Pickled red cabbage, to serve



Top Tip: Why not make your potato farl into a lunch with a difference by putting your favourite sandwich filling between two halves?

Irish Potato Farls

Coming from the Gaelic word 'fardel', farl translates to "fourths". The potatoes are shaped from a circle of dough and cut into quarters – hence the name!

Traditionally, potato farls were served as part of the Ulster Fry; a cooked breakfast consisting of farls, fried soda bread, sausages, bacon, fried eggs, and black pudding. Today, farls provide a tasty treat for any time of the day!



Serves:
4 people



Preparation Time:
15 minutes



Cooking Time:
30 minutes

Instructions:

1. Peel and chop your **potatoes** into quarter cubes, weighing them after this for accuracy.
2. Put the **potatoes** into a saucepan and cover with **water**. Season with a **pinch of salt** and boil for around 20 minutes, or until they become tender and slide off the fork.
3. Drain well, then return the **potatoes** to the pan, leaving them to rest for about 5 minutes.
4. Melt the **butter** in a pan before adding to the **potatoes** and mashing until smooth.
5. Sift the **flour** with the **baking powder** into the mashed potato, stirring to combine. Add **salt and pepper** to taste.
6. The dough should come together and away from the sides of the pan. Add more **flour** if the mixture is too wet and a splash of milk if too dry.
7. Divide the dough into two halves. Mould one piece into a ball, then roll it out on a floured surface and into a circle with a diameter of about 15 cm and a thickness of 1cm.
8. Cut the circle into equal quarters.
9. Heat a frying pan over a medium heat with **butter** to grease the pan.
10. Transfer the quarters to the pan and cook for around 3 - 5 minutes or until golden brown. Flip over and cook the other side for the same amount of time.
11. Repeat the process with the other half of the potato dough mix.

Ingredients:

650g of potatoes (3 medium potatoes)
120g of all-purpose flour
30g of butter (and more for cooking)
1 tsp of baking powder
A pinch of salt and pepper

Norfolk Dumpling

Sometimes known as '*Floaters and Swimmers*' - due to the method of which they are cooked - the Norfolk Dumpling is a tasty dish which makes the perfect pairing with any casserole.

Follow this authentic recipe to create eight delicious dumplings for a heart-warming winter meal.



Serves:
8 people



Preparation Time:
10 minutes



Cooking Time:
20 minutes

Instructions:

1. Sieve together **flour** and **salt** into a bowl and mix thoroughly (preferably with a food mixer).
2. Combine the **yeast** and **sugar** in a jug and mix with your fingers so that the **yeast** breaks down and becomes smooth and almost of a liquid consistency.
3. Add the **water** and **milk** to the **yeast** and mix together well.
4. Slowly add the **yeast** mixture to the **flour** in the food mixer. Let the machine knead the dough for five to eight minutes, or until it comes away from the sides of the bowl.
5. Remove the bowl from the mixer and cover the dough with a damp tea towel.
6. Leave the mixture in a warm place for an hour, or until the dough has doubled in volume.
7. Remove the dough and place it on a lightly floured surface. Knead well with the palm of your hand and then form eight dumplings.
8. Place the dumplings on a tray and leave to prove once more.
9. Bring a large saucepan of **water** to a rolling boil and once the dumplings have proved again, slip them quickly into the boiling **water**. Place the lid on the saucepan and boil for exactly twenty minutes without removing the lid.
10. After twenty minutes, the dumplings should be floating or '*swimming*' (hence their name). Serve immediately.

Top Tip: Add herbs such as parsley to your dumplings for even more flavour.

Ingredients:

450g plain flour
1 tsp salt
15g fresh yeast
1 tsp caster sugar
150ml warm water
2 tbsp warm milk



You can serve the dumplings on their own with some gravy or to accompany a casserole.



Ponchmipe

This North Wales dish is essentially mashed swede, potato and turnip, but it can add a creative twist to lots of traditional meals and is the perfect recipe to keep to hand!

The swede is an autumn-winter vegetable that has many aliases depending on where you are in the UK. In Scotland, they are known as 'Neeps' and are traditionally paired with haggis, but if you're in North East England you may hear them being referred to as 'Snadgers' or 'Snaggers'.

This versatile dish is much more interesting than just using potatoes for mash and it can be put together with a variety of fish and meat to make one delicious meal. You could even top a shepherds or cottage pie, or add it to a very British Bubble and Squeak recipe, which is a great way to use up any leftovers.



Serves:
4 - 6 people



Preparation Time:
15 minutes



Cooking Time:
20 - 25 minutes

Instructions:

1. Cover your readily chopped **vegetables** in cold **water**, add the **salt** and boil for 20 minutes or until tender. Drain them in a colander and then transfer back into your hot pan ready to mash.
2. Add the **butter** and **ground pepper** (to season) and use a potato masher to mash until they are nice and fluffy. Alternatively, you could use a food processor to blend the **vegetables**, for a smoother puree.
3. Finish by sprinkling in the **chopped chives** and mix in with a spatula.

Ingredients:

225g each swede, potato and turnip, cut into cubes (you could even add carrots as well if you wanted)
25g butter
½ tsp salt
Freshly ground pepper
Chopped chives

Top Tip: For those who like things a bit spicier, why not add bay leaves, Star Anise or even cinnamon sticks to the water when boiling the vegetables? But be careful not to add too much to overpower the dish.



Welsh Rarebit

Considered to be the most famous dish of the country, the Welsh Rarebit is undeniably the perfect comfort food.

Like cheese on toast only better, this simple dish is easy to create and truly delicious; what more could you want from a lunchtime treat?



Serves:
4 people



Preparation Time:
10 minutes



Cooking Time:
5 - 10 minutes

Top Tip: Pair this dish with a warming bowl of tomato soup for the ultimate winter accompaniment.

Instructions:

1. Melt the **butter** and make a roux with the **flour**. Cook through for a minute or two.
2. Add the **warm beer** gradually, stirring constantly to avoid any lumps in the mixture. This will make a thick sauce.
3. Add the **grated cheese** to form a thick paste.
4. Add the **mustard** and **Worcestershire sauce** and season well with **black pepper**.
5. Lightly toast the **bread** before buttering it.
6. Divide the cheesy mixture between the 4 slices.
7. Pop it under the grill for a few minutes until browned and bubbling.

Ingredients:

50g flour
50g butter
250ml strong beer, warmed
250g extra mature Welsh cheddar, grated
2 tsp English mustard
2 tbsp Worcestershire sauce
A pinch of black pepper
4 chunky slices of crusty bread – granary is great but white works too

Bedfordshire Clanger

It's uncertain where exactly the name 'clanger' derives from. Some suggest that it once referred to the mistake of mixing sweet and savoury fillings, while others have stated that 'clang' means to eat voraciously in Northamptonshire dialect. No matter its meaning, one thing is certain; it's a delicious delicacy.

There are many ways you can make a Bedfordshire clanger, however we suggest using traditional beef suet to achieve an authentic taste.



Serves:
4 people



Preparation Time:
20 minutes



Cooking Time:
40 minutes

Ingredients:

For the pastry:

325g of self-raising flour
1 tsp salt
100g shredded beef suet
50g butter, chilled and chopped into chunks
1 egg, beaten

For the sweet filling

2 cooking apples
50g dates, stoned and chopped
1 orange rind, grated
50g sultanas
3 tbsp brown sugar

For the savoury filling:

1 onion, chopped
1 tbsp rapeseed oil
225g minced pork
1 tsp dried sage
1 tbsp Worcestershire sauce
1 cooking apple
50g frozen peas
A pinch of salt and pepper

To garnish

1 egg, beaten
2 tsp granulated sugar

Top Tip: Why not mix up your filling flavours with more creative combinations such as bacon and eggs with rhubarb and custard, or chicken curry with tropical fruits?



Instructions:

1. Preheat the oven to 220°C.
2. Start by making the savoury filling – put the **onion** in a frying pan along with the oil over a medium heat until the **onion** is soft and golden.
3. Stir in the **minced pork** and **sage**. Cook gently for 5 minutes, stirring regularly.
4. Peel, core and chop the **apple**.
5. Add the chopped **apple** and **Worcestershire sauce** to the pork mix.
6. Cook for a further 5 minutes, then stir in the **peas**, and season with **salt and pepper**.
7. Leave the savoury mixture to cool.
8. Next, make the sweet filling - peel and chop the **apples**, then place in a mixing bowl.
9. Mix in the **dates, sultanas, orange rind gratings**, and **brown sugar**.
10. To make the pastry, mix the **flour, salt, suet, and chopped butter**. Continue mixing until you have achieved a breadcrumb-like consistency.
11. Combine **125ml water** and the **beaten egg** to form a smooth dough and knead for a minute.
12. Roll the pastry on a floured surface to about ½cm thick and cut into two rectangles about 15cm long by 8cm wide, then brush the edge of the long end with **beaten egg**.
13. Put the savoury filling in one half of the pastry, and the sweet filling in the other half.
14. Roll the filled pastry to form a sausage roll shape and press the centre lightly so that the dividing strip of the fillings sticks to the top.
15. Push the edges together, brush with **beaten egg** and sprinkle the sweet half of the pastry with **granulated sugar**.
16. Bake in the preheated oven for 15 minutes, then lower the heat to 190°C and bake for a final 25 minutes.
17. Serve either hot or cold.

Cumberland Tatie Pot

The Cumberland Tatie Pot is the ultimate winter warmer. Combining lamb, black pudding, and root vegetables, it has all the components needed for a superb supper.

You can make individual portions to serve up together, or combine all the ingredients into a casserole dish for a large serving of this delicious delicacy to tuck into throughout the week.

Instructions:

1. Preheat the oven to 200°C.
2. Heat the **oil** in a large frying pan and brown your **meat**. This should take around 3 - 4 minutes.
3. Add the **onion, carrots, turnips, and black pudding**. Cook for a further 3 - 4 minutes with the **meat**. Season if required.
4. Combine the **flour** to the pan and continue cooking for 2 minutes, stirring occasionally.
5. Add the **lamb stock** and **herbs**. Reduce the heat and simmer for 5 minutes.
6. Spoon the mixture into six individual oval oven-proof dishes (300ml).
7. Arrange the **potato** slices on top in neat overlapping rows. Season with the **butter** (or you could use **oil** or **egg wash**), **salt** and **pepper**.
8. Place the dishes on a baking sheet, cover each one with foil, and cook in the oven for 45 minutes.
9. Remove the foil, sprinkle over the **cheese**, return to the oven and continue to cook for a further 10 minutes or until the potatoes are brown.
10. Serve with braised **red cabbage**.

Ingredients:

- 675g shoulder of lamb, cubed
- 2 tsp oil
- 1 onion, peeled and chopped
- 3 carrots, peeled and chopped
- 2 turnips, peeled and chopped
- 100g black pudding, skinned and chopped
- 1 tbsp plain flour
- 600ml lamb stock
- 2 fresh bay leaves
- Small handful freshly chopped mint
- 450g potatoes, skin on and thinly sliced on the diagonal
- 25g butter
- 25g cheese, grated

Top Tip: Use mutton in place of lamb for a richer flavour.



Serves:
6 people



Preparation Time:
20 minutes



Cooking Time:
1 hour, 5 minutes (plus additional time to slow cook the lamb)

Cumbrian Chimney Pot Pie

This heart-warming, tasty pie is considered a northern favourite. Made with dry-aged Cumbrian Herdwick mutton or lamb, it will melt in your mouth – simply irresistible!

Herdwick sheep are native to central and western Lake District and many are found living within 15 miles of Coniston. They can be seen grazing on the highest of mountains, such as the Buttermere Fells and the Scafells, which you should be sure to climb if you're ever visiting the area. Each one offers wondrous scenery of this beautiful part of the UK!

The dish is cooked slow, so patience is a virtue, but it will pay off when it comes to serving up a tasty helping with a side of delicious greens in butter. Once baked, you stick a hole in the top and the steam pipes out like smoke from a chimney, which is where the name comes from!



Serves:
8 people



Preparation Time:
30 minutes



Cooking Time:
2 – 3 hours (for the mutton)
30 - 35 minutes (to bake your pie)

Ingredients:

400g plain flour (50g for the filling, 350g for the pastry)	2 tbsp finely chopped fresh rosemary
2-2.5kg dry-aged Cumbrian Herdwick mutton or lamb (with or without the shank bone)	600ml dark Cumbrian ale
2 tbsp olive oil	300ml beef stock
4 onions	200g butter (placed in freezer)
8 cloves garlic	Pinch of salt
	6 tbsp water
	1 egg (beaten to brush over the pastry)

Top Tip: You can make this recipe without the shank bone and just cut a hole in the top instead, however, it does make a good chimney to let the steam out and will stop the pastry from sinking and becoming soggy.



Instructions:

1. Start by making the filling. Season **50g flour** with **salt and pepper** and then cut the **meat** into large pieces and dust them with the **flour**.
2. Heat your **olive oil** in a large casserole dish and add the **mutton** so that it browns well all over, then remove, add a little more **oil** and fry your **onions**.
3. Add the **garlic** and **rosemary**, cook for another minute, then you can tip in any remaining **flour** and cook for further minute.
4. Pour in the **ale** and **stock** and bring to a simmer.
5. Return the **mutton** to the dish (including the bone) and turn the heat down to a low setting and leave to cook for 2 – 3 hours until the **meat** falls apart and the sauce is thickened.
6. Take the **meat** out of the dish when ready and remove from the bone into pieces, then leave it to cool (reserve the **shank bone** for the pie later – this will be the chimney).
7. Make the pastry by sifting the **350g flour** and a pinch of **salt** in a mixing bowl.
8. Grate the **frozen butter** over the **flour** (you might want to use greaseproof paper to hold while you do this).
9. Stir the **butter and flour** together quickly and then sprinkle over the **water**, mixing together to make a dough. Then you can wrap it in some cling film and place in the fridge to chill.
10. You now need to prepare your pie by filling a 2 ½ litre pie dish with the cooked and cooled **meat**.
11. Dust some **flour** over a flat surface and roll out your pastry to about 3mm thick and 2.5cm wider than the dish.
12. Now cut a 2cm strip from the pastry, brush the rim of the dish with **water** and place the pastry strip around the rim.
13. Sit the **shank bone** in the middle of the pie filling and cut a slit in the remaining pastry for the **shank bone**.
14. Now place the pastry lid over the top and slide it over the bone, press down the edges to seal and trim off any excess.
15. Crimp the edges with a fork and brush with a **beaten egg**, then bake for 30 – 35 minutes until the pastry is golden and crisp.

Pan Haggerty

Pan Haggerty is a famous British dish from the county of Northumberland. A variation of potato gratin, this side dish is delicious served with your favourite meat or vegetarian alternative. You could even add bacon into the recipe itself.



Serves:
6 people



Preparation Time:
10 minutes



Cooking Time:
45 minutes

Instructions:

1. In a large frying pan, melt **50g of butter**. Add the **sliced onions** and season well with **salt and pepper**. Cook gently until soft and lightly browned.
2. Preheat the oven to 200°C. Bring a large pan of **salted water** to the boil. Add the **potatoes** and cook for 5 minutes until just tender when pierced with a sharp knife. Drain well and set aside.
3. Heat the remaining **25g of butter** in an oven-proof frying pan. Arrange a third of the **potatoes** in the pan and fry gently for 5 minutes until gold and crispy underneath.
4. Remove from the heat, then cover with half the cooked **onions**, a third of the **cheese**, and season to taste.
5. Add a second layer of **potatoes** on top of this and the remaining **onions**. Scatter over half of the remaining **cheese** and season again.
6. Add a final layer of **potatoes** and the remaining **cheese**.
7. Transfer the pan to the oven and cook for 25 - 30 minutes until golden and bubbling.
8. To serve, loosen the edges of the pan haggerty from the frying pan with a spatula. Flip the pan over quickly onto a cutting board, and slice into six portions.

Ingredients:

75g butter
900g potatoes, peeled and thinly sliced
2-3 medium onions, thinly sliced
125g cheddar cheese, grated
A pinch of salt and pepper

Top Tip: Pan Haggerty is great when served with sausages or bacon, or you could even add a fried egg to the top and a serving of wilted spinach.





Stargazy Pie

Traditionally from Cornwall, and perhaps one of its most famous dishes, Stargazy Pie is said to have been created in Mousehole, a delightful fishing port just south of Penzance. This scenic part of Cornwall hosts the Mousehole to Lamorna Cove circular trail, which follows the coastline and leads through the Kemyel Crease nature reserve, whilst landmarks such as St. Michaels Mount also beckon the eager explorer.

The story behind the Stargazy Pie recipe tells the tale of a fisherman called Tom Bawcock, who bravely sailed out into a violent storm to catch fish, when the village of Mousehole was suffering with starvation. Legend has it he returned with seven different types of fish, which were thrown together to make a scrumptious pie, thus saving the village from going hungry.

To this day Tom Bawcock's Eve is celebrated annually on the 23rd December!

Instructions:

1. Preheat your oven to 200°C/gas mark 6.
2. Roll out 2/3 of the **pastry** to cover the sides and base of a 20cm shallow pie dish, and brush the edges with **milk**.
3. Clean and remove the bones from the **fish**, leaving their heads in place. Season the **fish** inside.
4. Then lay the **fish** on the **pastry** so that the tails are inwards and the heads are on the rim of the pie dish (the stargazers).
5. Chop the **onion** into fine pieces, along with the **eggs** and the **bacon** to place between the **fish**. Then season once more.
6. Roll out the remaining **pastry** and cover the top of the pie, then carefully cut slits into the **pastry** so that the heads can poke through.
7. Trim the excess **pastry**, crimp the edges and then squeeze the **lemon juice** over the pie before sealing the slits around the **fish** heads.
8. You can now coat the pie with a **beaten egg** and cook for around 30 minutes, until golden brown.

Ingredients:

500g ready-made shortcrust pastry
 8 whole sardines (you could also use mackerel, pilchards or herring if you wish)
 200g onion
 3 hard-boiled eggs (plus 1 beaten egg to coat the pie)
 4 rashers of bacon
 Juice of 1 lemon
 Salt and pepper for seasoning



Serves:
8 people



Preparation Time:
25 minutes



Cooking Time:
30 minutes





Top Tip: Leave the cawl in the fridge overnight before reheating and serving for an even tastier result. Add the leeks in raw if doing this.

Welsh Cawl

Cawl is a traditional Welsh stew typically made with Welsh lamb or cheaper cuts of meat to obtain maximum flavour. A hearty meal best served with bread and a slice of Caerphilly cheese, it makes the perfect winter warmer.

We recommend making your cawl the day before you intend on serving it to intensify the taste of the broth.



Serves:
6 people



Preparation Time:
20 minutes



Cooking Time:
2 hours

Instructions:

1. Coat the diced lamb (or meat of choice) in the seasoned flour.
2. In a large stockpot, heat the oil and add the floured, diced meat. Cook for 3 to 4 minutes, stirring continuously, until the meat has a golden brown crust.
3. Reduce the heat and add 2 litres of water.
4. Add the diced potatoes, carrots, swede and parsnips.
5. Season to taste with salt and pepper, place a lid on the pot and simmer for 2 hours, or until the meat is tender and the vegetables are cooked.
6. 20 minutes before the end of the cooking time, add the chopped leeks. Replace the lid and continue to cook.
7. Check and adjust the seasoning to taste. Scatter the parsley over the cawl, then serve in bowls with buttered crusty bread and Caerphilly cheese.

Ingredients:

600g Welsh lamb steaks or lamb neck fillets, diced (you could use Welsh beef or ham hock too)

1 tbsp flour, combined with a pinch of salt & pepper

Rapeseed oil

4 large potatoes, scrubbed & diced

4 carrots, peeled & diced

1 swede, peeled & diced

2 parsnips, peeled & diced

3 leeks, trimmed, sliced & rinsed thoroughly

Salt and pepper to season

Fresh parsley, chopped (to garnish)



Welsh Laverbread

Laverbread is a smooth, fine seaweed. Typically, it can be found off the shores of South Wales, and is often sold from wooden tubs lined with white cloths in quaint markets across the country.

The seaweed is gathered daily in places like Penclawdd where cockles are harvested and is a great accompaniment for a traditional Welsh breakfast.



Serves:
4 people



Preparation Time:
10 minutes



Cooking Time:
6 hours

Top Tip: Make yourself a traditional Welsh breakfast with your laverbread alongside cockles, bacon, sausages, and fried eggs.

Instructions:

1. Wash and rinse the **fresh seaweed** in **water**. Do this several times to ensure it's clean and you have removed all of the sand and grit.
2. Over a low heat, simmer the **seaweed** for 6 hours until it is a dark pulp. You could also use a slow cooker for this process.
3. Add the **laverbread, olive oil, lemon juice, salt, and pepper** to a bowl. Stir through until combined.
4. Toast the **bread** and add **butter**.
5. Spoon the laverbread onto the toast and serve.

Ingredients:

600g fresh laver seaweed
3 tbsp olive oil
1-2 tsp fresh lemon juice
Salt and pepper, to taste
4 slices of bread
Butter, to taste

Pease Pudding

"Pease pudding hot, Pease pudding cold, Pease pudding in the pot nine days old. Some like it hot, some like it cold, some like it in the pot, nine days old."

A delicious side dish best served with a hearty portion of gammon, pease pudding is said to be one of Britain's most traditional recipes.

Often compared to the other typically British dish of mushy peas, this savoury side from the northeast is loved all over the country.



Serves:
6 people



Preparation Time:
20 minutes



Cooking Time:
2 hours

Instructions:

1. Soak the **yellow split peas** overnight in a bowl of **cold water**.
2. Heat the **oil** in a saucepan.
3. Add the **diced onion** and **carrot** and fry over a low heat for 10 - 15 minutes, or until soft and translucent, but not coloured.
4. Drain and rinse the **peas** and add to the saucepan along with the **gammon, bay leaf,** and **thyme**.
5. Cover with 1 litre of **cold water**, bring to the boil and skim off any foam.
6. Reduce the heat to a simmer and cook, stirring often, for 2 hours, or until the **peas** are soft and the **gammon** is cooked. Add more **water** as required (you may need to add about 500ml).
7. Remove and discard the **bay leaf** and **thyme**, reserving the cooking liquid.
8. Blitz the **peas** and some of the cooking liquid with a hand blender until smooth, then stir through the **vinegar** and **butter**. Add **salt and pepper** to taste.
9. Preheat the oven to 200 °C. Remove the rind from the **gammon** to expose a nice layer of fat on the top, and score diamond shapes into it with a sharp knife.
10. Mix together the **mustard, sugar** and **1 tbsp of hot water** to form a thick paste. Pour this over the scored meat.
11. Put the **gammon** in the oven and cook for 20 minutes until golden brown.
12. Slice the **gammon** into thick pieces and serve with the pease pudding.

Top Tip: *Serve with hot parsley sauce for even more flavour!*

Ingredients:

- 1 tbsp olive oil
- 1 onion, diced
- 1 carrot, peeled and diced
- 500g yellow split peas, soaked overnight in cold water
- 1.4kg smoked gammon
- 1 bay leaf
- 1 thyme sprig
- 2 tbsp malt vinegar
- 25g unsalted butter, cubed
- A pinch of salt and pepper
- 1 tbsp English mustard powder
- 2 tbsp demerara sugar

Chester Pudding

This traditional English pudding serves as a zesty lemon dessert with a subtle almond taste, and is an early Victorian version of a lemon meringue pie.

As the name would suggest, this dish is most associated with the County of Chester in Cheshire, and is quick and easy to make. You can serve it warm or cold, and you might even opt to accompany it with a serving of cream if you wish.

Instructions:

1. Sift the **plain flour** and into a bowl and add a **pinch of salt**, then add the **butter** and rub with your finger tips until the mixture resembles breadcrumbs.
2. Add **3-4 tbsp of water** and using a butter knife, bring the pastry together.
3. Roll the pastry out with a rolling pin on a lightly floured surface to about 0.5cm thickness. Then cut the pastry into quarters and place into 4 tart tins (leaving any overhang) before putting it in the fridge to chill for 20 minutes.
4. Whilst your pastry is in the fridge, preheat your oven to 190°C (gas mark 5) and place a baking sheet in the oven to heat up.
5. Once your pastry has had time to chill, take it out of the fridge and prick the pastry base with a fork. Line it with baking paper and fill with either rice or baking beans, place on a baking sheet and bake blind for 15 minutes.
6. Remove the paper and your **rice or beans** about 5 minutes before the end, then use a knife to trim the excess pastry away (use the tart tin edge as a guide).
7. Now reduce the oven temperature to 160°C (gas mark 3) and start to prepare the filling by melting the **100g butter** in a saucepan before adding the **8 yolks** and the **lemon zest**.
8. Next add just **6 tbsp of lemon juice** along with **200g caster sugar** and **ground almonds**.
9. Stir over a low heat for about 10 minutes to thicken until the mixture holds itself when a wooden spoon is dragged through it (make sure the **water** isn't boiling).
10. Next, you can mix the remaining **2 tbsp lemon juice** with the **2 tsp cornflour** to make a paste and then stir this through the rest of the almond/lemon mixture, cooking until the mixture holds itself and comes away from the sides of the pan.
11. Then divide the mixture between the tarts and then get to work on the meringue.
12. Whisk together the **2 egg whites** until soft, then gradually add the **110g of sugar** a spoonful at a time and continue to beat the mixture until the meringue is thick and glossy.
13. Whisk in the **0.5 tsp of lemon juice** and **0.5 tsp cornflour** and spoon the meringue over the lemon tart filling, making sure you fully cover it.
14. Finally, put in the oven to bake for 25 minutes until the meringue is a golden colour.



Serves:
4 people



Preparation Time:
30 minutes



Cooking Time:
55 minutes

Ingredients:

For the lemon and meringue pie filling:

310g golden caster sugar (200g for the lemon filling and 110g for the meringue)

80g ground almonds

2.5 Tsp cornflour (2 Tsp for the lemon filling and 0.5 Tsp for the meringue)

0.5 Tsp lemon juice for the meringue

100g butter

8 large eggs (8 yolks for the lemon filling and 2 egg whites for the meringue)

Zest of 2 lemons

8 Tbsp lemon juice

For the pastry:

200g plain flour

100g butter

Pinch of salt

Baking parchment and baking beans or rice

Yorkshire Barm Brack Cake

This rich in flavour, delicious fruit cake is similar to the Irish Barmbrack - a yeast bread with dried fruit soaked in hot tea.

The Yorkshire Barm Brack is made with a strong tea infusion and a little whisky, (the more the better!) which makes the perfect addition to an afternoon tea.

Yorkshire is a great location for exploring, with two national parks, Norman castles, its walled city of York, home to York Minster and a plethora of historic towns that welcome you with tea rooms aplenty!

Instructions:

1. Measure out the **water**, boil in a kettle and add to a large bowl with the **tea bags**, allowing to steep for 5 minutes or so, then take the **tea bags** out and dispose in the food waste.
2. Stir in the **caster sugar, brown sugar, lemon zest** and its juices along with as much or as little **alcohol**.
3. Then add the **dried fruit**, cover with cling film, and allow to soak overnight at room temperature.
4. Once your **fruit** has been soaked, get ready to prepare your cake. Start by lining a 2lb loaf tin with **butter** and baking paper before pre-heating your oven to 160°C (gas mark 3).
5. Get a large mixing bowl and add the **flour, baking powder** and **mixed spices**, then drain the liquid from the **fruits**.
6. Lightly beat your **eggs** in a bowl and combine these well with the drained **fruit**.
7. Next, slowly stir in the **fruits** and **egg** mixture into the **flour** etc. (take care not to over mix as it will be fairly wet).
8. Spoon your mixture into your loaf tin and bake in the middle of the oven for 1 hour and

- 30 minutes or until a skewer inserted into the cake comes out clean.
9. Allow to cool before taking out of the tin and then serve up as you wish.

Ingredients:

- 300ml boiling water and 4 Yorkshire tea bags
- 150g caster sugar
- 110g brown sugar
- Zest of 1 lemon
- Whisky (optional – as much or as little as you like)
- 350g mixed dried fruits (currants, sultanas, raisins etc.)
- 275g plain flour
- 2 tsp baking powder
- 2 tsp mixed spices
- 2 eggs

Top Tip: We recommend serving with a wedge of Hawes Wensleydale cheese - just like the traditional tea rooms of Yorkshire. If you don't manage to eat all of this delicious cake on the first day, you can store in an airtight container for about a week!



Serves:
6 - 8 people



Preparation Time:
15 minutes (with overnight soaking of fruit)



Cooking Time:
1hr, 30 minutes

Cornish Saffron Buns

These golden coloured buns, speckled with currants, were traditionally a treat for children at church functions as early as the 1800s.

Saffron buns can be found in most Cornish bakeries and make a delicious treat on return from many an adventure out on the South West Coast Path or landmarks such as St Agnes Head, Chysauster Ancient Village or Tintagel Castle.

Fun Fact! The Cornish actually coined the phrase 'dear as saffron' to exclaim how expensive something can be, with the stamens of thousands of crocus flowers harvested to obtain a single ounce of saffron.

Top Tip: Serve warm or toasted with butter or Cornish clotted cream.

Instructions:

1. Preheat your oven to 120°C, scatter the **saffron** strands on a baking sheet and place in the oven for 15 – 20 minutes for it to dry out and darken in colour.
2. Once out of the oven and cooled, crush the strands between your fingertips in a small bowl.
3. Gently heat the **milk** in a small pan until it is steaming and then add the **saffron**. Leave this to infuse off the heat for 20 minutes.
4. Add the **clotted cream** and **butter** (diced) to the infused **milk** and turn down the heat to a low setting for 2 - 3 minutes.
5. Gently whisk the mixture until it is melted and well combined (it should be warm to the touch).
6. Sift the **flour** into a large bowl and stir in the **salt, sugar, yeast** and **cinnamon**. Then make a well in the centre of the dry ingredients so you can pour in the warm **milk**.
7. Mix to bring together a soft dough, dust some **flour** on a flat surface and knead with your hands (or use a free-standing mixer on a slow speed with the dough hook attached for 7 – 10 minutes).
8. Add the **currants** to your dough after about 5 minutes (the dough should bounce back when touched).
9. Place the dough in a bowl and cover with cling film, then put in a warm place for 45 – 50 minutes or until it has doubled in size.
10. Knead again for a minute or two on a floured surface when you take it out and then divide it into 10 equal portions to make buns on a lined baking sheet.
11. Cover with cling film and leave to prove again for another 30 minutes, meanwhile preheat your oven to 200°C and bake the buns for 20 minutes until a golden colour.
12. To make the glaze, put **50g caster sugar** and **2 tbsp water** in a pan and gently heat until dissolved, then boil for 1 minute before brushing over the warm buns.
13. Transfer to a wire rack and leave to cool.



Serves:
10 people



Preparation Time:
30 minutes (plus 1 hour
30 minutes for the
dough to prove in total)



Cooking Time:
20 minutes (plus 15 – 20
minutes for the saffron
at the beginning)

Ingredients:

0.4g saffron	100g caster sugar (50g for the dough, 50g for the glaze)
250ml whole milk	7g fast active dry yeast
90g clotted cream	1 tsp cinnamon
50g butter	100g currants
550g bread flour (plus extra for dusting)	2 tbsp water
1 tsp salt	



Staffordshire Oatcakes

Made from oatmeal, this different kind of savoury pancake is a local speciality in North Staffordshire. You can fill them with cheese, onions or bacon and egg and serve as a breakfast food, or you could dress them up with a sweet filling of golden syrup and eat them as a dessert.

They were once a well-known staple in an area called the Potteries, which is now known as the city of Stoke-on-Trent. Lots of companies in the area in the 17th and 18th century produced all kinds of pottery and oatcakes were commonly sold here. To this day, there are still specialist oatcake bakers in the region going strong.



Serves:
4 - 6 people



Preparation Time:
5 - 10 minutes
(1 hour for the
batter to stand)



Cooking Time:
6 minutes

Instructions:

1. Pour the **milk** and **water** into a saucepan and warm gently on a low to medium heat (creating good conditions for the **yeast** when the batter is mixed).
2. Add the **oatmeal, flour, yeast, sugar** and **salt** to a bowl and mix together.
3. Whisk in the warm **milk** and **water** and once the batter is mixed, cover with cling film and leave in a warm room for about an hour to allow the **yeast** to make the batter bubbly.
4. When ready, give the batter a gentle stir and then drizzle some **oil** in a hot non-stick pan (or you can use **butter**) and add enough of the batter to thinly coat the bottom of the pan.
5. Cook one side until golden, then flip over and cook the other side and create a stack of pancakes on a plate ready to fill with whatever you desire.

Top Tip: *Be a bit gentler when handling these pancakes, they are more prone to tear as they contain less flour and therefore less gluten.*

Ingredients:

300ml milk
300ml water
150g fine oatmeal
150g wholemeal flour
7g fast active dry yeast
1 tsp sugar
Pinch of salt



Dorset Apple Cake

This regional apple cake is a truly delicious treat to be enjoyed with a cup of tea. A staple of the South of England, the cake enjoys a crunchy top with a fluffy, lightly spiced centre.

Instructions:

1. Pre-heat the oven to 180°C (160° Fan).
2. Peel and core the **apples** before cutting them into 1cm chunks.
3. Grease and line a 23cm round springform cake tin.
4. In a large mixing bowl, stir together the **butter**, both **sugars** and **lemon zest** with an electric hand whisk until light and fluffy.
5. One at a time, beat in the **eggs**.
6. Fold the **flour**, **baking powder**, and **cinnamon** through the mixture.
7. Stir through the **apple** chunks evenly.
8. Transfer the mixture to the lined tin and smooth the mixture until it is level before scattering over the **demerara sugar**.
9. Bake in the centre of the oven for 1 hour, until the top has a crusty, brown layer and a skewer inserted into the middle of the cake comes out clean.
10. Leave the cake to cool in the tin for around 10 minutes before transferring onto a plate.



Serves:
8 - 10 people



Preparation Time:
20 minutes



Cooking Time:
1 hour

Ingredients:

225g soft unsalted butter, plus extra for greasing

100g light brown soft sugar

125g caster sugar

Zest of 1 lemon

3 large eggs

225g self-raising flour

2 tsp baking powder

2 tsp ground cinnamon

450g apples (preferably Bramley or Granny Smith)

2 tbsp demerara sugar

Top Tip: Serve at room temperature with either custard or clotted cream for the ultimate tastebud tantaliser.



Dolgellau Honey Buns

Dolgellau Honey Buns or Welsh 'Hynibyns' are made with enriched, yeasted dough and have a scrumptious gooey centre.

Traditionally, this delicious bake was exchanged between sweethearts on special occasions, and you can find them at the established Popty'r Dref bakery in the Welsh town of Dolgellau. The town is one of the most beautiful places you can visit in Snowdonia, located in the ideal spot for exploring the coast and mountains.

The Honey Buns recipe is a fairly simple one to follow, so why not try your hand at a batch to serve your family and friends on their next visit?



Serves:
8 - 10 people



Preparation Time:
20 minutes



Cooking Time:
15 - 20 minutes

Instructions:

1. Start by melting the **100g butter** in a pan on a low-medium heat and adding the **milk** (it should be warm but not hot).
2. Mix together the **bread flour, sugar, yeast** and **salt** with a spoon or your hands and then add the **egg** along with your warmed **butter** and **milk**.
3. Mix until you have a fairly wet dough.
4. Sprinkle some **flour** or drizzle some oil on a flat surface and knead the dough for 10 minutes or so (it needs to be smooth).
5. Once it is kneaded, put the dough in a pre-greased bowl and cover with cling film, leaving it in a warm spot in your kitchen for it to rise (takes about an hour or at least until it has doubled in size).
6. Preheat your oven to 200°C and then start to make the filling by mixing the **150g butter** and **sugar** until it forms a paste.
7. Now divide your dough into 8 – 10 pieces, sprinkle a bit more **flour** on your flat surface and roll one of the pieces into a rectangle shape (laying it out vertically in front of you).
8. Add your filling to the middle of the rectangle shaped dough using a teaspoon. Then fold the dough towards you to make a sort of triangular shape. You can use your thumbs to press down on the two corners that have come together.
9. Next, put a second teaspoon of filling into the middle and fold the dough towards you to form a triangle, pressing down hard with your thumbs in the corners again.
10. Once you have done this for all 8-10 buns, place them on a shallow baking tray and put them in the oven for 15 – 20 minutes - or until they turn a lovely golden colour.

Ingredients:

250g butter (100g for the bun, 150g for the filling)

300ml whole milk

600g bread flour

100g caster sugar

2 x 7g fast active dry yeast

1 tsp sea salt

1 egg

150g soft brown sugar

Cloutie Dumpling

Thought to date back to the mid 1700's, the cloutie dumping is a traditional Scottish dish favoured by families across the country. A 'cloutie' is the Scottish word for a piece of cloth, referring to the method in which the pudding is cooked.

The steamed dessert is typically associated with Christmas and Hogmanay but makes a great complement to a cup of tea at any time of the year.



Serves:
8 people



Preparation Time:
30 minutes



Cooking Time:
3 hours, 30 minutes

Instructions:

1. Bring a pot of **water** to the boil.
2. Add the **breadcrumbs, flour, suet, dried fruit, spices, sugar, salt** and **bicarbonate of soda** to a bowl and mix.
3. Combine the **milk** and **egg** in a bowl and whisk in the **treacle** using a fork.
4. Add the treacle mixture to the dried ingredients. Combine using the blade of a cutlery knife to form a soft dough.
5. Dip a heavy cotton cloth in your boiled **water** and then sprinkle it with **flour**.
6. Place dough in the centre of cloth, draw opposite corners together to form a ball (leaving a bit of room for the dumpling to expand) and tie together tightly with a piece of twine.
7. Lower the filled cloth into the pan of simmering **water**, cover with a lid and boil gently for 3 hours until firm. Check the **water** level every so often to check if it needs topping up.
8. Once the three hours is up, heat your oven to 180°C.
9. Tip the pudding into a colander to drain off the **water** and then carefully peel off the cloth and paper.
10. Place the pudding on an oven-proof dish and bake for 15 minutes to dry it off and help produce a traditional cloutie dumping skin.
11. Remove from the oven and serve up!

Ingredients:

175g fresh white breadcrumbs
175g self-raising flour, plus extra for dusting
150g beef suet (or vegetarian alternative)
100g dark soft brown sugar
½ tsp salt
1 tsp mixed spice
2 tsp ground cinnamon
1 tsp ground ginger
1 tsp bicarbonate of soda
100g currants
150g sultanas
2 tbsp black treacle (or golden syrup)
150ml milk
1 large egg

Top Tip: *Serve up your cloutie dumping with custard, cream, or ice cream. You could even have a side of classic Scottish whisky too for a tasty tippie.*



Moggy Cake

Despite its name, Yorkshire's Moggy Cake has nothing to do with cats - thankfully!

A tasty ginger cake that has been loved in Yorkshire for centuries, this easy recipe is definitely one to add to your own recipe book.

Instructions:

1. Preheat the oven to 175 C.
2. Grease a 22cm square tin and line with greaseproof paper.
3. Gently melt the **butter, golden syrup,** and **black treacle** together in a saucepan, being careful not to boil the mixture. Once melted give it a good stir.
4. Sieve the **flour, sugar, ginger,** and **bicarbonate of soda** into a large bowl.
5. Slowly pour the melted **butter** mixture into the dry ingredients and stir thoroughly. Don't worry about the batter being stiff at this point!
6. Mix the **egg** and **milk** together in a separate bowl.
7. Slowly pour the **milk** and **egg** mixture into the thick batter, stirring constantly. The batter will gradually thin out. Continue stirring until smooth.
8. Pour the batter into your greased tin.
9. Put the cake into the centre of the preheated oven and cook for about 1 hour, or until golden brown and a skewer inserted into the cake comes out clean.
10. Once cooked, leave the cake to cool in the tin before enjoying.

Ingredients:

- 55g butter
- 110g golden syrup
- 2 tbsp black treacle
- 250g self-rising flour
- 115g caster sugar
- 1 ½ tsp ground ginger
- 1 tsp bicarbonate of soda
- 1 egg
- 200ml milk

Top Tip: *Serve up your clottie dumping with custard, cream, or ice cream. You could even have a side of classic Scottish whisky too for a tasty tipple.*



Serves:
6 people



Preparation Time:
15 minutes



Cooking Time:
1 hour

