

Hastings Storytelling Festival

Xanthe Gresham: Kitchen Goddess, recipes

Recipe for 'Plum Heavies', from [Daniel Etherington's blog](http://www.breadcakesandale.com)
www.breadcakesandale.com

Ingredients

225g self-raising flour
1/4 t salt
85g lard
85g butter [170g fat, total]
100g currants
50g soft brown sugar
100g milk, QB
Beaten egg to glaze

Method

Sift together the flour and salt.
Cut the fats into small pieces, or even grate it coarsely.
Rub 50g of the fat into the flour.
Add the currants and sugar and, using a palette knife, bring together with milk. Don't pour all the milk in at once - use just enough to combine. What Italian recipes call QB, quanto basta, "how much is enough".
Turn out the dough onto a lightly floured surface and knead lightly. Like with pastry, if you overwork the dough, it'll toughen up.
Form a rough slab and roll it out to form a rectangle about 30 by 12 cm.
Flake one-third of the remaining fat (40g) over the bottom two-thirds of the dough.
Fold the un-fatty top third down onto the fatty middle third, then fold the fatty bottom third up.
Rotate 90 degrees then roll out again to about the same size and repeat the process with another 40g of fat.
Give it one final fold in the same way with the last 40g of fat.
Wrap the dough in plastic and leave to rest in the fridge of about 45 minutes. More won't hurt.
Preheat the oven to 200C (180C fan).
Roll out the dough about 6mm thick
Cut out 6.5cm rounds.
Place on baking sheets (greased or lined with parchment) and brush with beaten egg. Or milk, which is easier.
Gather the scraps and roll out again. Cut more rounds, until you've used all the dough.
Bake for about 15 minutes, or until a nice golden brown.

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Hedgerow Wine from Tanja Ganga

Ingredients:

- 3lb Mix of gathered wild berries eg. Blackberries, hawthorn, elderberries, sloes, rosehips, crabapples.
- 3lb sugar
- 1tsp powdered yeast
- 1tsp yeast nutrient
- 1tsp pectolase

Method:

Rinse berries in a colander and Put into a large bucket.

Cover with 8 pints of boiling water & steep for 5 days stirring (21 times clockwise), daily.

Strain off the berries over a Muslin cloth, add sugar & the other ingredients. Stir well until all the sugar is dissolved.

Place in a (sterilised) demijohn with an airlock and watch it ferment.

The wine should be ready to bottle and sample within a month but best to wait three months or more.

A gorgeous fruity, dry, rose wine! A perfect winter tippie.

Enjoy!

Gangamayoga.com

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Recipe for 'Re-member' - Iranian herb fritters from [Otto Lenghi's](#) book 'Simple'
www.ottolenghi.co.uk

Makes 8 fritters to serve 4-8 (depending on whether everyone is having one, in a pitta, or two as they are)

These can be snacked on as they are, at room temperature, or else served with a green tahini sauce and some extra herbs. These fritters are a bit of a fridge raid, using up whatever herbs you have around. As long as you keep the total net weight the same and use a mixture of herbs, this will still work wonderfully. The batter will keep, uncooked, for 1 day in the fridge. Alternatively, pile the fritters into pitta bread with condiments: a combination of yoghurt, chilli sauce, pickled vegetables and tahini works well. You'd just need one fritter per person, rather than two

Ingredients

40g basil leaves, finely chopped
40 g basil leaves finely chopped
40g coriander leaves, finely chopped
1.5 tsp ground cumin
50 g breadcrumbs (about 2 slices, crusts left on if soft)
3tblsp barberries or currants soaked in lemon juice
25g walnut halves, lightly toasted and roughly chopped
8 large eggs beaten
60mul sunflower oil for frying
Salt

Method

Place all the ingredients, apart from the oil, in a large bowl with $\frac{1}{2}$ teaspoon of salt. Mix well to combine and set aside.

Put 2 tablespoons of oil into a large non-stick pan and place on a medium high heat. Once hot, add ladles of batter to the pan. Do 4 fritters at a time, if you can - you want each of them to be about 12cm wide - otherwise just do 2 or 3 at a time. Fry for 1-2 minutes on each side, until crisp and golden-brown. Transfer to a kitchen paper-lined plate and set aside while you continue with the remaining batter and oil.

Serve either warm or at room temperature

Ritual Recipe

Chants from The Burden of Isis - James Teackle Dennis 1910
Full text available on www.forgottenbooks.com

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Recipe for 'Lashings of Cream' - gluten free, sugar free chocolate cake, from [All Recipes](http://www.allrecipes.co.uk)
www.allrecipes.co.uk

Ingredients

50g dates, stones
120g ground almonds
3tblsp cocoa powder
2tsp ground cinnamon
Seeds from half a vanilla pod or vanilla essence
4 beaten eggs
1tsp bicarbonate of soda
1/2 tsp. lemon juice

Method

Preheat oven to 160 / Gas 3. Grease and line a 20cm cake tin or loaf tin.

Process dates, almonds, cocoa, cinnamon and vanilla seeds in a food processor; add eggs, bicarbonate of soda and lemon juice until combined.

Spoon mixture into prepared cake tin and smooth out surface; bake in preheated oven for 30 minutes.

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Recipe for 'Sticky Buns' - Neolithic sweets

Ingredients

For 25 - 30 sweets

30 rose petals

10 - 12 dates stoned and pulverised with a little water

Half jar runny honey

2 - 300g ground almonds

1 cup crushed walnuts

30 pomegranate seeds.

Mixture of ground cinnamon and cardoman

Cardoman seeds and cinnamon sticks for pulverising in mortar and pestle

Rosewater

Method

Chop the dates and put into a bowl (remove the seeds from the dates if you do not have seedless ones)

Add the water and stir well with a fork

Stir in the chopped walnuts and cinnamon

Shape into balls using your hands (this is very sticky)

Pour the honey into a bowl

Put the ground almonds onto a plate

Have a clean plate ready to put the finished sweets onto

Dip the date balls into the honey, then roll in the ground almonds, making sure they are well coated

Place on a rose petal

Decorate with pomegranate