



SEDFIELD WOMEN'S INSTITUTE CENTENNIAL CELEBRATION

— 1918 - 2018 —



COMPILED BY
MEMBERS OF SEDGFIELD WI

Sedgfield WI's Wintery Meal Recipes

Minty Mushroom Soup

Marinated Salmon Fillet with
Mash

Banana and Raisin Pie

Finish with

American Carrot Cake

❧ MINTY MUSHROOM SOUP ❧

Serves 6 - Cooking time 55 minutes

4 large potatoes chopped
850ml Chicken stock
15ml chopped fresh Rosemary
50g butter
15ml flour
150ml thick Cream

1 small onion chopped
Grated rind and juice of 1 lemon
Salt and freshly ground black pepper
225g Mushrooms (sliced)
30ml chopped fresh mint

Put the potatoes, onions, stock, rosemary, lemon rind and juice into a pan and season to taste. Bring to the boil. Cover and simmer for 25 minutes or until the vegetables are very tender. Meanwhile, melt the butter in another saucepan.

Add the mushrooms and cook gently for 10 minutes.

Sprinkle over the flour and cook, stirring for 1 minute.

Stir in the mint and adjust the seasoning. Stir in the cream and serve.

MARINATED SALMON FILLET

WITH MASH

4 x 100g (4 oz) Salmon Fillets

A dash of balsamic or cider vinegar

Handful of chopped parsley

Bunch of spring onions, sliced

30ml (2 tablespoons) oil

Juice of half a lemon

450g (1lb) of hot mashed potatoes

Pre heat oven to 190°C / Gas mark 5

In a bowl mix 15ml / 1 tablespoon oil, vinegar, lemon juice and half of the parsley.

Pour over the salmon.

Allow to marinade for 10 minutes.

Cook the salmon in the oven for 6-10 minutes. The salmon is cooked when the flesh becomes opaque or when it flakes easily with a fork.

Combine the mash with the remaining oil, parsley and spring onions.

Serve the salmon on a bed of mash.

SEDGEFIELD WI RECIPES - DESERTS

~ BANANA AND RAISIN PIE ~

8 inch flan case

Half pint milk

2 egg yolks (beaten)

2 bananas (sliced)

1 oz flaked almonds

For Meringue

2 egg whites

1 oz cornflour

1 oz caster sugar

½ oz margarine

1 ½ ozs raisins (chopped)

2 ozs caster sugar

Bake the flan case.

Mix the cornflour with a little milk.

Bring the remaining milk to the boil, pour over cornflour and mix well. Return to the pan and cook for 3-4 mins.

Stir in sugar, egg yolks and margarine then add the raisins, almonds and sliced bananas.

Pour the mixture into the pastry case.

Whisk the egg whites until stiff then whisk in half the sugar. Fold the remainder of the sugar into the mixture and cover the flan.

Bake at Gas mark 6 / 200°C for about 15-20 minutes, until the meringue is brown.

— SEDGEFIELD WI RECIPES - CAKES AND SCONES —

— AMERICAN CARROT CAKE —

1lb self-raising wholemeal flour or S/R White Flour
2 teaspoons Baking Powder
2 teaspoons Nutmeg & 2 teaspoons Mixed Spice
4 Eggs

8 ozs Sugar
1 teaspoon Salt
1lb Grated Carrots
12 fluid ozs Sunflower Oil

For the Icing

Cream cheese
A little lemon juice (A teaspoonful should be enough)

Icing Sugar

Mix all the dry ingredients first then combine all the wet ingredients.

Bake in a preheated oven at 180°C.

To make the icing you will need Cream Cheese, Icing Sugar, little bit of lemon juice (tea spoonful should do) then mix together until soft.

To make the icing

Mix cream cheese, icing sugar and a little lemon juice together

Tip - For Chocolate Carrot Cake, substitute 3 ozs cocoa powder with 3 ozs of the flour.