



ALL SAINTS
HIGH WYCOMBE



All Saints' Lockdown Cookbook

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1: Starters, Soups, Salads & Sauces **5**

2: Main Savouries **11**

3: Pies & Puddings **19**

4: Bread & Bakery **25**

5: Cakes, Biscuits & Sweet Treats **31**

The printing costs of this book have been generously sponsored by an anonymous donor, which means the full price of each copy sold goes to support All Saints' church.

Front Cover Image: James Vockins

The last few months have been a unique time. Not in living memory can we remember a period when we have been so restricted on where we can go, who we can see, and what we can do. The coronavirus pandemic has had a profound effect on almost every part of our lives and the lives of our families and friends. It is in this context, that the idea for the All Saints' Lockdown Cookbook was born.



Back in the early 1980s a dedicated cookbook had been created by church members. That cookbook was the brainchild of Pam Hamilton, who took an

active part in running the original All Saints' Coffee Shop - the forerunner of today's Mustard Seed Café. Her devotion and commitment to create something that would be useful, interesting, and above all raise important funds as part of the 900 year restoration project, made it a reality. Some members of our congregation are still using that cookbook nearly 40 years later! You can read more about Pam, and her role at All Saints' on page 4 of this new book.

Over the last few months, a renewed interest in baking and cooking has been found by many, as they have been confined to long periods of time during the first national lockdown. Shops ran out of essential baking ingredients such as flour and yeast, and people turned to adapting recipes to while away the time and make food stocks last. It seemed like the only cure for the challenges of lockdown, were to be found in cake and homemade bread.

Over the last few months, as a keen baker, I have been privileged to undertake the creation of this book. I want to thank the many people who have contributed recipes, which I have done my best to edit and adapt in a way that helps others understand them. This new All Saints' Lockdown Cookbook pulls together recipes that individual members of our congregation have a special fondness for. Whether it is a recipe that they have cooked for years, or something that they have recently discovered; these recipes are offered here to inspire, excite and encourage.

The book is arranged in five simple sections and we have provided some graces that you can say before eating, if this is your desire. We do hope that there will be something that appeals to you and that you will have fun making, especially if it helps you try something new. By purchasing this book, you have already helped us to raise vital funds to ensure that the church is able to continue to be available to the people of High Wycombe and the surrounding areas, for years to come.

Happy Cooking!

David Knights
Compiler & Editor
December 2020

| ● Starters, Soups, ● Salads & Sauces

A Hebridean Grace

*Lord God, giver of all good things,
May we who share at this table,
Like pilgrims here on earth,
Be welcomed with Your saints
To the heavenly feast.
Amen.*

Simple Smoked Mackerel Paté



Many years ago, a good friend of mine gave me a variation of this recipe when I was looking for an easy starter to impress my boyfriend. Despite overdoing the horseradish sauce that time, it can't have been a complete disaster as the boyfriend is now my husband.

If you like a milder paté, you can reduce the amount of horseradish sauce and add a spoonful of sour cream instead.

250g smoked mackerel fillets (*skin removed*)
3-4 tsp of horseradish sauce
Juice of one lemon or one lime
Toast

Break each mackerel fillet into four and place into a food processor.
Add 3 tsp of horseradish sauce - the newer the jar, the stronger it will be!
Squeeze in the juice of half a lemon or lime, making sure no pips fall into the mixture.
Blend until smooth, adding more horseradish sauce or lemon or lime, as preferred.
Transfer paté to individual ramekins or one bowl and chill in the fridge until you are ready to serve.
Enjoy on hot buttered toast or as a starter.

Serves 2-3

LIS BURNS grew up at All Saints' and has enjoyed singing in the choir for the last 30 years or so. More recently she has undertaken the role of churchwarden which has been both rewarding and challenging - probably in equal measure. She also loves organising social and community events, with a particular passion for Christmas Tree Festivals!

2:

Main Savouries

A generous heart

Dear Lord,

*We thank you for the bounty
of this table.*

*As we accept this food with
humility and love,*

Help us to be accepting of others.

Amen.

Posh Mushrooms on Toast



I love all kinds of mushrooms and have a passion for poached eggs too. So many people struggle to get the timing right so hopefully this recipe will help with that.

It's a great meal for breakfast, lunch or dinner and is ideally served with a cold wheat beer, gin and ginger ale or a glass of hefty red.

4 chestnut mushrooms
½ red onion
1 tsp of brown sugar
1 tsp of dried thyme
1 tsp of smoked paprika
50ml double cream
Bourbon/brandy or
whisky
30g butter
2 eggs
Bread for toast
(*granary or sour dough*)
Cheese spread (*optional*)
Parmesan for garnish

Peel and slice the onion and mushrooms lengthways (top to bottom) into small chunky slices.

Boil a large pan of water ready for the eggs.

Melt the butter in a frying pan on high heat. Fry the onion until translucent and the edges start to brown. Add the mushrooms to the pan and the bourbon or similar. Let the ingredients soak up the cooking juice. Add the brown sugar and the thyme and combine. Reduce the heat to low.

Once the temperature has reduced add the double cream to the pan a little at a time, quickly combining the ingredients to make a rich sauce. Season well. Once the cream is coloured with the cooking juice and the sauce has formed, remove from the heat.

With the water boiling, stir it quickly to swirl it and break each egg into the swirl at the side of the pan. Put a lid on the pan and turn the heat off altogether.

Toast two slices of bread in a toaster and prepare to plate up. Spread the toast with butter (and the optional cheese spread). Add the caramelised onions and mushrooms, and top with the poached eggs which should be done to perfection. Using a potato peeler grate parmesan on top and finish with a crack of black pepper on the eggs. Eat immediately.

Serves 1

DAVID KNIGHTS didn't come from a church-going family, but started in the church choir at age 11, as a boy soprano. David has been at All Saints' for 18 years and gets the opportunity to lead prayer, preach occasionally and be involved in stuff that needs doing. He is an avid baker, especially bread, and has enjoyed editing this cookbook.

4:

Bread & Bakery

Lancaster grace

*Give us, Lord, a bit o' sun,
A bit o' work and a bit o' fun.
Give us all in the struggle and sputter
Our daily bread and a bit o' butter.
Amen.*

Celebratory American Bagels



Bagels always seem so complicated to make and many people are afraid of the boiling stage.

This is a simple recipe that allows you to create delicious homemade bagels with a choice of toppings.

The end result is a chewy and slightly sweet reminder of New York street corner stalls.

550g strong bread flour
1 tsp (5g) yeast
40g sugar
1 tsp salt
200ml cold water
1 tbsp bicarb. of soda
1 tbsp black treacle

Optional

Mixed seeds, poppy seeds, sesame seeds, flaked salt.

Cinnamon or raisins

Takes 30mins + 1¼hr proving time

Makes 10 bagels

Combine the flour, sugar and salt in a large size bowl or a stand mixer bowl. Add the dried yeast, the water and any additional flavouring (such as cinnamon or raisins) and knead in the stand mixer or by hand for 5mins until the dough is smooth and elastic. Transfer to an oiled bowl and cover with cling film. Leave to prove in a warm place for one hour or until the dough has doubled in size.

Preheat the oven to 210°C and have ready two non-slip baking sheets, or line two with baking parchment. Roll the dough into a sausage shape and divide into 10 equal pieces; weigh to make sure they are even. Form each into a tight ball and then add a hole by using your finger. Stretch the hole by rotating the ball around your two forefingers, pulling the dough outwards from the hole. Place each on the baking tray and cover with cling film and leave to prove for 10-15mins.

Bring a large saucepan of water to a gentle rolling boil. Add the black treacle and the bicarbonate of soda. Careful drop two bagels at a time into the boiling liquid. Boil them for 1min, turning after 30sec. Remove from the water and return to the baking tray. Repeat until all bagels have been boiled. If covering with seeds or salt, sprinkle this on now while the bagels are still wet.

Bake in the oven for 10-12mins until the bagels are golden brown in colour. Cool on a rack. The bagels should last 2-3 days fresh or can be toasted for 4-5 days.

<i>Contributor</i>	<i>Recipe</i>	<i>Page</i>
Angela Vockins	Carrot & Orange Loaf: an aid to fitness! (V)	33
Angela Vockins	Orange drizzled Chocolate Sponge (V)	34
Angela Vockins	Watermelon & Feta Salad (V)	9
David Knights	Celebratory American Bagels (V)	28
David Knights	Cinnamon Buns that Don't Disappoint (V)	29
David Knights	David's 'Start Here' Failsafe Loaf (V)	26
David Knights	Hot Cross Buns (V)	30
David Knights	Posh Mushrooms on Toast (V)	12
David Knights	Simple to Follow Ciabatta (V)	27
Ed Waddleton	Mother's Asparagus (V)	14
Elizabeth Cabbage	Afghan Biscuits (V)	36
Elizabeth Cabbage	Chocolate Brownies (V)	35
Gill Blair	My Sisters' Yummy Hâche en croute	17
Jackie Lock	Peppermint Chocolate Thins (V)	38
Jacqui Brearley	Auntie Margaret's Banana Teabread (V)	32
James Vockins	Spiced Chickpea Salad (Ve)	8
Janet Pearson	Head Gardener's Rhubarb Flan (V)	22
Janet Pearson	Janet's Gorgeous Gooseberry Tart (V)	23
Janet Pearson	Lemon Paradise (V)	20
John Lord	Adaptable Tray Bake (Ve)	15
Julian Brockless	Julian's 'Student' Rice, Peas 'n' Veg (V)	16
Lis Burns	Simple Smoked Mackerel Pate (V)	7
Liz Cunningham	Cliff's Topsy Bread Pudding	24
Pam Hamilton	Pam's Sweet & Sour Pork	18
Patricia Newton	Almond Fingers (V)	37
Patricia Newton	Redcurrant Jelly / Cumberland Sauce (Ve)	10
Peter Glendining	Courgette Soup (V)	6
Robyn Connelly	Nan's Quick & Easy Milltart (V)	21
Sue Lord	Burnt Sweetheart (Ve)	13

V - Vegetarian

Ve - Vegan

"Therefore I tell you, do not worry about your life, what you will eat or drink, or about your body, what you will wear. Is not life more than food, and the body more than clothes?"