

Hevva or Heavy Cake

Ingredients:

450gm (1 lb) plain flour, (110gm) 1/4 lb butter, 110gm (1/4 lb) lard, 280 ml (1/4 pint) milk, 340gm (12 ozs) mixed fruit, 170gm (6 ozs) sugar, 1/2 teaspoon salt, 1 egg – beaten

Instructions:

Rub lard into flour, add salt, sugar and fruit - mix to dough with milk.

Roll into rectangle, spread with 1/2 butter, fold into 3, turn and repeat once more.

Fold into 3 once more - score top, brush with beaten egg.

Bake for 30 mins at (400F).

Hogs Pudding - Modified Cornish

Ingredients:

Fresh pork - 50/50 lean and fat - 1kg

Bread crumbs - 1/2 cup

Thyme - 1 teaspoon

Salt - 1 teaspoon

Pepper - 1 teaspoon

'Glad Bake' 30cm - cut into 20cm lengths

A stapler and staples

Instructions:

Mince the pork - medium grade

Add ingredients

Thoroughly mix together

Take about 250gm of mixture, and roll it into about 2cm thick

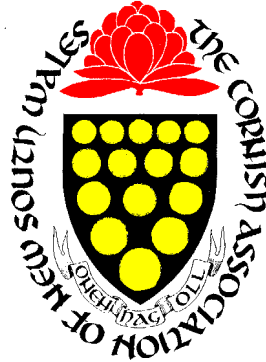
Place *Glad Bake* over and roll around it as a wrap. Fold over ends and staple

Repeat process with rest of mixture

Bring water to a boil in large saucepan, and drop in hogs puddings.

Bring back to boil and simmer for 45mins

The hogs pudding may be sliced across and eaten cold, or some prefer to fry the slices, and some eat them while hot.



From recipes by ladies and gents of the Cornish Association of NSW; mainly from c. 1983 for the Cultural Display at Carnivale '83 in the Domain, Sydney

NB: Healthier ingredients may be used in substitute to Lard, but consult sources for alternatives

Cornish Association of New South Wales

**C/O 34 CIRCULAR AVE SAWTELL
NSW 2452**

WEB: CORNISHNSW.ORG

Email/mobile: secretary
kevrenor@gmail.com

0409 393 059

President

joy.dunkerley@gmail.com

0428 617 830

RECIPES

Cornish Pasties

(Often made to feed the tin & copper miners their crowst or lunch, or a meal at home.) 8-12 pasties



Ingredients:

450gm (1lb) plain flour, pinch salt, 140gm (5 ozs) Butter, 140gm (5 ozs) Lard, cold water, raw diced steak (chuck or similar), sliced 'Swede' turnip, diced Onion (or Leek), sliced Potato, pepper to taste. Egg. Parsley optional.

Instructions: Rub Lard into the flour and salt to resemble fine breadcrumbs, mix to a dough with enough cold water. Roll into a rectangle and dot the top 2/3 pastry with butter, fold up bottom 1/3 and top 1/3 down. Turn pastry so that the open end is nearest to you and repeat the process until all Lard is used. Chill pastry in refrigerator for 1 hour until use. This should be enough pastry to make 1 dozen (12) small pasties, or less larger ones.

Roll pastry out into 12 circles using a small plate (to preferred size). Place a small layer of raw sliced Potato in the centre of the pastry. Add a small amount of raw diced steak, layer on sliced Swede, diced onion, also on pastry.

Season with pepper to taste, add some chopped parsley to taste, and a nob of butter.

Seal edges by crimping securely (top, side, or half-way –

all are OK).

Brush top with beaten egg, make a small slit in the top.

Bake at 230C (450F) for 15 mins, in the top shelf of a pre-heated oven. Lower oven to 170C (325F) and put on a lower shelf. Cook for a further 25-30 mins.

[NB: Can use butter only, but some lard makes much better Pasty pastry.]

Cornish Ginger Fairings

(Originally made as a special fair day treat in Cornwall)

Ingredients: 2 cups Self Raising flour, 1 cup sugar, 3 tablespoons golden syrup, 125g butter, 1 level teaspoon of bi-carb, 3 heaped teaspoons of ground ginger, 1 egg. Can add spices, to taste.

Instructions: Melt syrup & butter. Sift together flour, sugar, bi-carb & ginger. Beat egg & add to slightly cooled syrup mixture. Stir in the dry sifted ingredients. Roll into small balls, flatten top with a fork, place on greased trays, let sit for 5-10 mins.

Bake 10-15 mins at 180C (350F). Can make up to 60 biscuits depending on size of ball.

Congress Tarts

Make raw short pastry cases in patty tins.

Put a spoonful of jam in each case, and cover with the following mixture: 110gm (4oz) ground Almonds, capful of almond essence, 55gm (2oz) butter, 2 tablespoons of castor sugar, 1 egg.

Mix all together, spread over jam, making sure mixture reaches the edge of the pastry cases.

Decorate with strips of pastry if desired.

Bake 10-15 mins at 370F or 190C or until lightly browned.

Everyday Saffron Cake

Ingredients: 1kg 300 gm (3lb) plain flour, 450gm (1lb) Lard & Butter (mixed), 170gm (6oz) sugar, 675gm (1 1/2 lb) dried fruit, 115gm (4oz) candied mixed peel, 1 teaspoon salt, a generous pinch (1 'dram') of good quality saffron stamens, 30gm (1oz) yeast, warm milk and water to mix.

Instructions:

1. Cut Saffron into small pieces with scissors; Place Saffron in basin and cover with boiling water; Leave overnight to steep
2. Rub Lard/Butter into flour and salt.
3. Add sugar and fruit
4. Cream yeast with a little sugar. Thin with tepid water, and scatter a little flour on top. Leave in warm place until frothy.
5. Using hand, mix saffron, yeast, and enough tepid milk & water with dry ingredients to make soft dough. Knead well.
6. Cover with greased paper and a clean cloth and leave in a warm place until doubled in size.
7. Turn onto floured board and knead till the fruit starts popping out.
8. Shape into cakes, loaves, or buns. Then put into well greased tin/s. Buns are usually put on a greased baking sheet.
9. Put into a warm place to 'plum up'.
10. Bake -
Buns: 220C (440F) 15-20 mins
Cakes: 215C (425F) 15 mins then 30 mins at 200C

(400F).

Cakes or loaves need 40-50 mins at these temperatures, but should sound hollow if tapped on base, though the crust will be soft.

NB: We get our Saffron from Cornwall; though it is grown in Tasmania and a few other places in Australia, and other real Saffron from reputable sources can be bought in some shops - look and ask around. Must be stamens, not powder.

Cornish Splits (for cream tea)

Ingredients:

60gm (2oz) Lard, 450gm (1lb) white flour, 1 tsp salt, 30gm (1oz) yeast, 1 tsp caster sugar, 280 ml (1/2 pint) milk

Instructions:

Warm the milk. Cream together the sugar and the yeast, and mix with the milk. Sieve the flour and salt together, rub in the Lard, and add to the liquid mixture to form a soft dough. Knead thoroughly and leave in a warm place to rise.

Knead again and shape into round buns. Lightly flour a baking tray, put the buns on the tray, and leave to rise for another hour. Bake for about 15 minutes at 210C (400F).

Serve the Splits (not Scones) cold with clotted cream & jam for a proper Cornish Cream Tea; or for everyday use warm and add butter.

version date: 26 July 2024