



# Recipes

Use the following recipes to enhance your Capabili-Teas menu.

The five suggestions are all based on authentic Georgian recipes.

Simply print out the recipes on an A4 sheet and enjoy the baking.





## CAPABILI-TEAS



# Seed Cake

Modern raising agents have replaced the use of yeast which was required for nearly every Georgian cake.

### INGREDIENTS

- 175g butter
- 225g self-raising flour
- 1 tsp caraway seeds
- 175g caster sugar
- 50g ground almonds
- 3 large eggs
- 2 tbsp milk

### METHOD

Cream butter and sugar together until light and fluffy. Beat in 3 eggs one at a time. Fold in flour, ground almonds and caraway seeds before mixing in milk. Transfer into a prepared 2lb loaf tin and bake for 45-50 mins at 170 °C /Gas Mark 3, checking with a wooden skewer.

Based on Eliza Smith, *the Compleat Housewife*, 1727



[www.capabilitybrown.org](http://www.capabilitybrown.org) #CapabiliTeas  
Recipes from Hudson's Historic Houses & Gardens 2016



## CAPABILI-TEAS



# Georgian Sandwiches

The Earl of Sandwich's legendary snack was almost certainly beef and one myth for the origin of mayonnaise places it in Mahon in Menorca, an important British Mediterranean port for most of the 18th Century. Here is a delicious updating of a Georgian sandwich.

### INGREDIENTS

- 1 small sourdough loaf
- 4-6 slices of frying steak
- Mustard to taste
- 1 tbsp good mayonnaise
- Handful of watercress

### METHOD

Split the loaf lengthwise and spread the bottom half with butter and/or mustard. Flash fry the steak on both sides. Season well. Arrange the steak on the bread. Cover with watercress. Spread mayonnaise on the top half of the bread and lay over. Press for 15 minutes under a weighted kitchen board. Cut into 4 to 6 slices.



[www.capabilitybrown.org](http://www.capabilitybrown.org) #CapabiliTeas  
Recipes from Hudson's Historic Houses & Gardens 2016



## CAPABILI-TEAS



# Sally Lunns

History leaves no evidence of a flour-dusted, apple cheeked baker named Sally Lunn, rather this English version of brioche was probably brought by Huguenots fleeing persecution in 17th Century France and the name is a corruption of Solimemne, a sweet bread from Alsace.

### INGREDIENTS

- 1 tsp dry yeast
- 40g caster sugar
- 2 eggs
- Grated zest of 1 lemon and 1 orange
- 50ml warm water or ale
- 40g butter
- 400g strong white flour
- A good grating of nutmeg
- 200ml milk
- 1 tsp salt

### METHOD

Combine yeast and warm water in a bowl and leave to stand for 5 minutes. Gently heat milk with butter, sugar and salt until the sugar is dissolved and the butter melted. Allow to cool. Mix in yeast mixture and egg. Gradually add flour, nutmeg and zests and mix gently. You will have a sticky soft dough. Cover and leave to rise in a warm place for about 1 hour until doubled in size. Knock dough back. Cover and leave to rise in a warm place for 30 minutes until doubled in size. Knead again briefly and push into a prepared tin or a ring mould. Cover and leave to rise for 20-30 minutes until doubled in size. Bake at 180 °C, Gas Mark 4 for 25 to 30 minutes until golden brown. Tip out of pan to cool.



[www.capabilitybrown.org](http://www.capabilitybrown.org) #CapabiliTeas  
 Recipes from Hudson's Historic Houses & Gardens 2016



## CAPABILI-TEAS



# Sally Lunns

To save effort, try this bread machine version:

### INGREDIENTS

- 1 tsp salt
- 2 eggs
- ½ tsp bicarbonate of soda
- A good grating of nutmeg and 1 orange
- 175 ml warm milk
- 450g strong white flour
- Grated zest of 1 lemon
- 75g butter
- 50g caster sugar
- 1 tsp dried yeast

### METHOD

Add the ingredients to the bread pan and set on the dough cycle. When it is mixed, divide the dough into 12 and transfer to well-buttered muffin tins. Leave in a warm place for about 1 hour until doubled in size, then bake in the oven at 180 °C /Gas Mark 4 for 10 to 15 minutes. Split and serve with butter and jam.

Wigs or Whigs were similar yeasted buns but usually flavoured with caraway and coriander seeds.

Based on Eliza Smith's recipe for *A French cake to eat hot*, 1753.



[www.capabilitybrown.org](http://www.capabilitybrown.org) #CapabiliTeas  
 Recipes from Hudson's Historic Houses & Gardens 2016



## CAPABILI-TEAS



# Gingerbread

### INGREDIENTS

- 120g dark brown sugar
- 250g plain flour
- ½ tsp ground nutmeg,  
ground cloves and ground mace
- 120g butter
- 2 tsp ground ginger
- 1 medium egg
- 2 tbsp black treacle
- 2 tbsp candied peel

### METHOD

Pre-heat oven to 180 °C /Gas Mark 4. Melt butter with treacle and sugar over gentle heat. Mix flour, spices and candied peel in a bowl. Add melted mixture and egg. Stir together with a wooden spoon before resting in the fridge for 30 minutes. Roll out the dough, cut into shapes and lay on a lined baking tray. Bake for 15 minutes. Cool and keep in a tin.

Based on Hannah Glasse, *The Art of Cookery made Plain and Easy*, 1747



www.capabilitybrown.org #CapabiliTeas  
Recipes from Hudson's Historic Houses & Gardens 2016



## CAPABILI-TEAS



# Jumbles

A popular biscuit shaped into a knot which derives its name from gemmel or twin. A gemmel ring, fashionable at the time, was a ring with two interlocking sections.

### INGREDIENTS

- 200g plain flour
- 75g caster sugar
- 2 egg yolks
- 1 tbsp aniseeds
- 2 tbsp cream
- 25g butter

### METHOD

Sieve the flour into a bowl and rub in the butter. Mix in the other ingredients with a wooden spoon. Roll the dough into a long sausage. Cut into 12 section. Take each section and fold over into a rough knot. Put onto a prepared baking tray and bake at 180 °C /Gas Mark 4 for 10 minutes.

Adapted from Robert May's *The Accomplish Cook*, 1685



www.capabilitybrown.org #CapabiliTeas  
Recipes from Hudson's Historic Houses & Gardens 2016