



A Wartime Carrot Cake from the recipe in the last newsletter, sent in by **Brent Warner in the USA**. It really works!

He sent the photo of the result as a tribute to The Few, with a Spitfire model and a flag of the RAF. The Spitfire is actually a pencil sharpener he bought at the RAF booth at the Tynwald Fair in 2014. The RAF flag was from some Canadians who flew down to Dulles International Airport with a functioning Avro Lancaster to celebrate the 100th anniversary of the RAF.

Brent has also kindly sent in another recipe. This time for fruit bonnag that Jim Kneale makes for the Twelfth Night party of the local (Washington DC area) Manx group.

### **Bonnag**

2-1/2 cups of flour	1 teaspoon baking powder
1 cup sugar	1 large teaspoon allspice
1 cup raisins or other dried fruit	1/4 teaspoon of vanilla extract
2 tablespoons of butter	1 cup buttermilk
1 teaspoon baking soda	

Preheat oven to 350 degrees. Combine dry ingredients in a bowl. Cut in the butter with a pastry blender. Mix in the raisins. Make a well in the centre and add the buttermilk and the vanilla. Stir quickly for 1 scant minute. Pour ingredients into a 9" cake pan and bake for about 20 minutes until a toothpick inserted at the centre comes out clean

**Top Tip** if you don't have buttermilk - For each cup of buttermilk, you can use 1 tablespoon of white vinegar or lemon juice plus enough milk to measure 1 cup. Stir, then let stand for 5 minutes. You can also use 1 cup of plain yogurt or 1-3/4 teaspoons cream of tartar plus 1 cup milk.

Thank you, Brent.

**Cecilia Quaggin** sent in three recipes by James Martin and one from the Good Food magazine for you to try this week. Cecilia says James doesn't give exact quantities as he would really like you to buy his book! Worth having a try as I think they sound delicious. Thank you, Cecilia.

### **Kipper soup**

Boil 3 kippers in a pan of milk. Chop a shallot and a garlic and sweat off in a pan with butter. Add two tablespoons of flour, a glug of white wine, and then pour the milk in slowly, through a sieve. Add some diced parboiled potatoes and a dash of double cream. Then shred the kippers and add to the mix with some black pepper and some chopped parsley.

Eat and Enjoy!

### **Pork Burgers**

Cook off 4 chopped mixed apples in a pan with a bit of water. This can be spiced up with a bit of chilly or some such. Looks like a pound of Pork mince (ex-sausage, or sausage meat), a few breadcrumbs, an egg yolk, Salt and black pepper to taste, then mix together. Cook. Char the buns with olive oil. James used Brioche, not so sure myself. For a topping, chop an onion, chilli, celery and add mayo, salt and black pepper, lemon juice and then mix. Put salad on top of burgers and see what a mess you make!.

### **Lamb 2 ways**

Shallot and chilli chopped up, then into a pan with oil. Lamb mince, with some soft brown sugar, chipotle chilli paste, white wine vinegar, soy sauce, ketchup, coriander, and mint, all into pan. James then put this over Lamb sausages in a baguette spread with garlic butter. Topped with coriander, mint, and char-grilled spring onions. Yummy!

## **Recipe for Cream of Haggis Soup from Good Food magazine**

300g small haggis

1 medium carrot

1 medium onion

2 celery stalks (optional)

100g potatoes

250mls single cream

Wash / dice vegetables, Sweat in pot on hob with butter, salt and pepper  
Add stock and cook for 30 minutes, Crumble haggis into pot, Cook for 15  
minutes more, Blend soup until smooth, Add cream, simmer for a few minutes.  
Serve and enjoy. I Will try this in the winter!