

**FOOD**  
THEME DAYS



23<sup>RD</sup> APR

# St. George's DAY

**Recipe  
Booklet**



We're celebrating St George's Day in the kitchen!

**Accent**

# St. George's DAY

St George isn't just the patron saint for England. He also holds this position for Aragon, Catalonia, Georgia, Lithuania, Palestine, Portugal, Germany, Greece, Moscow, Istanbul, Genoa and Venice. The flag of Saint George - a red cross on a white background - is England's national flag and is incorporated into the Union Flag.

However, very little is actually known about George and there's a lot of stories about him that are full of myth and legend. George lived during the 3rd Century and his parents were Christians and, after his father died, his mother took George to live in the Middle East, where she was originally from. George became a Roman soldier but protested against how Rome treated Christian people badly. He was put in prison and tortured because of this, but he refused to turn away from his religious beliefs and was eventually executed.

One story many people think of when St George's name is mentioned, is that of him slaying a dragon. This story became popular when it was printed in 1483 in a book called The Golden Legend. Legend has it that George came to a city called Silene, in a country called Libya, where there was a dragon. The people of the city were feeding sheep to the dragon every day to stop it from attacking them - but they ran out of sheep and had to nominate people from the town to be sacrificed to the animal.

When the king's daughter was selected, George tried to protect her - but the people of the town refused, saying that if they were expected to sacrifice their loved ones to the dragon, why shouldn't she? As the princess was waiting to be sacrificed the dragon turned up and George is said to have fought with the dragon and captured it, putting a collar round its neck. The princess led the defeated dragon into the city, and people were terrified when they saw it! George told them not to worry and put their faith in God. The town converted to Christianity and eventually the dragon was killed.

Surprisingly, one thing that we do know about St George is that he wasn't actually English at all. It is even believed that he may never have stepped foot in the country! Back in the 14th Century, King Edward III was so inspired by tales of King Arthur and his knights that he founded something called the Order of the Garter around 1348. The Order of the Garter was a special group of knights (and it still exists today!). He made St George the patron of this Order and its badge depicts George slaying the dragon, so St George remains an important symbol of knighthood in this country with soldiers wearing the St George's cross on their front and backs. It became quickly associated with English military success and, after the flag was carried at the battle of Agincourt in 1415, Saint George's Day was made into a national feast day.

We have researched the traditional dishes and ingredients of England and the food traditionally enjoyed on St George's Day and put together these recipes for you to try and share with your teams and customers.

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# St. George's DAY



## ENGLISH MUFFINS

**SERVES**  Ten

**ALLERGENS**  Wheat, Milk, Gluten

## INGREDIENTS

For the starter:

- 50g strong white bread flour
- 2g dried active yeast (not fast-action)
- 50ml milk

For the dough:

- 275ml milk
- 8g dried active yeast

- 400g strong white bread flour, plus extra to dust
- 1tsp. lo salt
- 1tsp. caster sugar
- 30g baking margarine, melted, plus extra to grease
- Vegetable oil for greasing

## METHOD

1. Make the starter at least 12 hours, or up to 24 hours, in advance. Mix the 50g flour and 2g yeast in a large bowl, then stir in the 50ml milk to form a thick paste. Cover with cling film and leave somewhere fairly cool (not cold) and dark (the mixture will expand a little and bubble up).
2. To make the dough, heat the 275ml milk in a pan to just steaming. Cool to lukewarm, then stir in the 8g yeast and set aside. Put the 400g flour in a large mixing bowl with the salt and sugar, then stir in the starter. By the time that's done, the warm milk should be frothy. Add it to the bowl with the melted baking margarine, then stir to bring it together into a dough. Tip out onto a very lightly floured surface and knead for 10-15 minutes until elastic and smooth, or use a stand mixer and dough hook for 8-10 minutes.
3. Transfer to a lightly oiled mixing bowl, cover with a clean tea towel and leave somewhere warm to rise until doubled in size for 1 hour. Once risen, knead the dough again on the work surface to redistribute the air bubbles, then roll out using a rolling pin until 2-3cm thick. Use an 8cm round cutter to stamp out 10 discs from the dough, re-rolling the dough. Put the discs on a piece of baking paper, scatter with a little flour and cover loosely with cling film. Leave to prove for 25-30 minutes until puffed.
4. Heat a wide, heavy-based frying pan over a medium heat and grease with a little baking margarine. Carefully transfer 3-4 of the muffins into the pan using a fish slice, turn the heat down to low-medium and cook for 6-7 minutes, making sure they don't burn on the underside. Once golden on the bottom and the sides are starting to look cooked, carefully flip the muffins and repeat. Transfer to a wire rack while you cook the rest. Eat straightaway or cool completely before toasting.



## BANBURY CAKES

**SERVES**  Ten

**ALLERGENS** 

Wheat, Sulphur Dioxide,  
Soya, Sesame, Milk,  
Lupin, Egg, Gluten

## INGREDIENTS

- 50g baking margarine
- 1tbsp. honey
- ½tsp. ground nutmeg
- ½tsp. ground allspice
- ½tsp. ground cinnamon
- 50g raisins
- 50g currants
- 50g mixed peel
- Plain flour, for dusting
- 300g puff pastry
- 1 egg, free range, beaten
- 3tbsp. granulated sugar

## METHOD

1. Preheat the oven to 180°C. Line a baking tray with greaseproof paper.
2. In a large bowl, cream the baking margarine and honey together, then stir in the spices. Add the dried fruit, candied peel and stir until well combined.
3. Lightly flour a work surface and roll out the pastry to about 2.5mm thick. Using a 10cm pastry cutter or small saucer, cut out 10 circles. You might have to roll it out and cut it again, in which case be sure to fold it over itself rather than scrunch it up as you will damage the layers.
4. Spoon the filling into the centre of each disc, leaving a little empty space around the edges. Brush either side of the filling with a little egg. Bring the sides of the pastry up into the middle and crimp slightly to make little purses.
5. Turn the cakes over so the fold is on the bottom and very gently roll them into oval shapes with your rolling pin, being careful not to burst them.
6. Place the cakes on the tray and, with the tip of a knife, make 3 little cuts on each. Brush with the beaten egg and sprinkle with granulated sugar.
7. Cook for approx. 25 minutes until golden and firm. Transfer to a wire rack to cool slightly before serving warm.

# St. George's DAY



## CHILLI SAUSAGE ROLLS

**SERVES**



Ten

**ALLERGENS**



Wheat, Sulphur Dioxide,  
Milk, Egg, Gluten

## INGREDIENTS



- 2 red chillies
- 500g pork sausage meat
- ½tsp. smoked paprika
- 25g flour, for dusting
- 500g puff pastry
- 2 eggs, free-range, yolks
- 15ml milk, semi skimmed
- 1tbsp. cumin seeds
- Sea salt, pinch

## METHOD



1. Preheat the oven to 180°C.
2. Pierce the chillies, then toast over a gas flame or under a hot grill until black and blistered. Place in a bowl, cover with clingfilm and leave to cool. When cool enough to handle, pull off and discard the skins, then scoop out the seeds – or leave in if you want extra heat.
3. Chop the chilli flesh and mix with the sausage, paprika and a pinch of black pepper.
4. Sprinkle a work surface with flour. Cut the pastry sheets into 2 strips, 50cm x 15cm each. Shape the sausage meat into 2 sausage shapes and place along the middle of each strip.
5. Beat the egg yolks with a splash of milk, then coat the pastry either side of the sausage with the egg mixture. Fold the pastry over and press down to seal.
6. Brush the tops of the sausage rolls with the egg wash, sprinkle with cumin seeds and sea salt. Cut into 5cm lengths and place on a non-stick baking sheet.
7. Bake for approx. 20 minutes, until risen, puffed and golden brown.

# St. George's DAY



## VEGAN VICTORIA SPONGE

**SERVES**



Twelve

**ALLERGENS**



Soya

## INGREDIENTS



- 300g baking margarine, plus extra for greasing
  - 300g gluten-free plain flour, plus extra for dusting
  - 300g golden caster sugar
  - 1 tsp. vanilla essence
  - 200g soya yoghurt
  - 2 lemons, zest only
  - 2tbsp. gluten-free baking powder
  - ½tsp. xanthan gum
  - Soya milk
- For the filling:
- 200g icing sugar, plus extra for dusting
  - 100g baking margarine
  - 100g raspberries, fresh
  - 4tbsp. raspberry jam

## METHOD



1. Preheat the oven to 190°C and grease two spring-form cake tins with the margarine, then line the bottom with greaseproof paper and dust the sides with gluten-free flour.
2. In a bowl, beat the margarine and sugar for approx. 5 minutes, or until light and fluffy. Add the vanilla to the margarine mixture, along with the yoghurt and lemon zest, then mix until combined. Sieve the flour, baking powder and xanthan gum into the bowl, then fold through. If it's a little thick, add a splash of soya milk and stir briefly until you have a nice, smooth batter.
3. Carefully divide the mixture between the cake tins, then place on the middle shelf of the hot oven for 15 to 20 minutes, or until golden and an inserted skewer comes out clean. Leave to cool for 5 minutes, before turning the cakes out onto a wire cooling rack, then leave to cool completely while you make the icing. Sieve the icing sugar into a large bowl, then add the margarine and beat until smooth. If it's a little thick, add a splash of milk to loosen.
4. Once cooled, place one of the sponges on a plate or cake stand. Carefully spread the butter icing on top and scatter over most of the raspberries. Spread the jam onto the second sponge and place, jam side down, on top of the iced sponge, pressing down slightly. Dust the top with a little icing sugar and decorate with a few raspberries, if you like, then serve.

# St. George's DAY



## RAINBOW JAM TARTS

**SERVES**



Thirty  
(small)

**ALLERGENS**



Wheat, Milk,  
Egg Gluten

## INGREDIENTS



For the sweet pastry:

- 250g plain flour , plus extra for dusting
- 250g icing sugar
- 125g baking margarine
- 1 egg, free-range
- 1 orange
- 10ml milk, semi skimmed

For the fillings:

- 75g strawberry jam
- 75g marmalade
- 75g lemon curd

## METHOD



1. Put the flour, sugar and baking margarine into a food processor with a pinch of sea salt and pulse until you have a mixture that looks like breadcrumbs. Crack in the egg, grate in the zest from your orange or lemon and pulse again, adding a little splash of milk to bring everything together, if needed. Wrap the dough in clingfilm and pop it into the fridge to rest for 30 minutes.
2. Preheat the oven to 180°C. Dust a clean surface and a rolling pin with flour and roll out the pastry so it's 0.5cm thick. Get yourself a few 12-hole jam tart trays and a fluted pastry cutter just a little bigger than the holes of the tray (normally around 6cm). Cut out rounds of pastry and gently push them into the wells so they come up the sides. Any leftover pastry can be gently pushed back into a ball and rolled out to make a few more tarts. Put 1 heaped teaspoon of filling into each jam tart, interspersing and alternating the flavours of jams, curds or jellies.
3. Pop the trays on the middle shelf of the oven and cook for approx. 12 minutes, until the pastry is golden and the filling is thick and bubbling.
4. Remove from the oven, leave in the tray to firm slightly, then transfer to a wire rack and leave to cool for a few minutes before serving.

# St. George's DAY



## ST GEORGE'S BEEF STEW

**SERVES**  Ten

**ALLERGENS**  Wheat, Gluten, Celery

## INGREDIENTS

- 400g onions
- 400g parsnips
- ½ butternut squash
- 200g turnips
- sage, few sprigs
- 50ml vegetable oil
- 4 carrots
- 1kg beef shin, diced
- 20g plain flour
- 500g small potatoes
- 2tbsp. tomato purée
- 600ml beef stock
- 1 lemon
- Rosemary, few sprigs
- 1 garlic, clove
- Lo salt, pinch
- Ground black pepper, pinch

## METHOD

1. Preheat the oven to 160°C.
2. Peel and roughly chop the onion, peel and quarter the parsnips and peel and halve the carrots. Deseed and roughly dice the squash, and peel and dice the turnips. Pick the sage leaves.
3. Heat the oil in a casserole pan on a medium heat, add the onion and sage leaves and fry for approx. 3 minutes.
4. Toss the meat in a little seasoned flour, then add it to the pan with all the vegetables, the tomato purée and stock, then gently stir together. Season generously with black pepper and just a little sea salt.
5. Bring to the boil, place a lid on top, then place in the oven until the meat is tender, approx. 3 hours. The only way to test is to mash up a piece of meat and if it falls apart easily it's ready.
6. Finely grate the lemon zest, pick and finely chop the rosemary and peel and finely chop the garlic, then mix together and sprinkle over the stew before serving. Just the smallest amount will make a world of difference – as soon as it hits the hot stew it will release an amazing fragrance.

# St. George's DAY



## BREAD & CHEDDAR PUDDING

**SERVES**  Ten

**ALLERGENS**  Wheat, Soya, Milk, Egg, Gluten

## INGREDIENTS

- 1kg white bread, sliced
- 200g cheddar cheese, sliced
- 10 eggs, beaten
- 150ml milk
- Lo salt, pinch
- Ground black pepper
- 150g mozzarella, grated

## METHOD

1. Preheat the oven to 180°C.
2. Using the bread and sliced cheese, make 5 Cheddar cheese sandwiches and cut each sandwich into 4 triangles.
3. Arrange sandwiches in a lightly greased oven-proof dish.
4. Beat eggs and add the milk together and season with salt and pepper.
5. Pour egg and milk mixture evenly over the sandwich triangles.
6. The sandwiches do not need to be totally covered in egg, but the egg should soak in and leave a little in the bottom of dish.
7. Sprinkle grated cheese on top. Bake for approx. 25 minutes, until set and golden, checking frequently.

# St. George's DAY



## CORNISH SPLITS

**SERVES**



Ten

**ALLERGENS**



Wheat,  
Milk, Gluten

## INGREDIENTS



- 1tsp. active baking yeast
- 300ml milk, semi skimmed
- 1tbsp. caster sugar
- 375g plain flour
- ¼tsp. lo salt
- 30g butter, melted and cooled

## METHOD



1. In a small bowl, dissolve the yeast in the milk and add the sugar. In another bowl, sift the flour and salt together and add the cooled melted butter.
2. Add the yeast mixture to the flour mixture, and turn out onto a floured counter and knead until the dough is smooth and elastic. Place the dough in an oiled bowl, cover with a clean tea towel and let rise in a warm, draught free place for 45 minutes.
3. Turn dough out onto the freshly floured board and shape into 10 balls. Place dough balls into a buttered and floured 23cm square tin. Let them sit, covered, for another 15 minutes to rise again. Preheat the oven to 220 °c.
4. Bake for approx. 15 minutes until browned and puffed.
5. Split open and serve warm.



## DIGESTIVE BISCUITS

**SERVES**  Ten

**ALLERGENS** 

Wheat, Rye, Oats, Barley,  
Sulphur Dioxide, Soya,  
Sesame, Milk, Lupin, Gluten

## INGREDIENTS

- 75g plain wholemeal flour
- ½tsp. baking powder
- ¼tsp. lo salt
- ¼tsp. bicarbonate of soda
- 15g medium oatmeal
- 10g bran
- 50g dark muscovado sugar
- 25g baking margarine
- 2tbsp. milk, as needed

## METHOD

1. Sift the flour, baking powder, salt and bicarbonate of soda into a mixing bowl, tipping in any bran left in the sieve. Add the oatmeal, bran and sugar, and mix well to combine.
2. Add the baking margarine and rub it in with your fingertips until the mixture resembles breadcrumbs. Add 3tbsp of the milk and stir it in well so the mixture comes together to form a soft dough. If the mixture is a little dry, add the remaining 1tbsp milk.
3. Turn the dough out onto a sheet of greaseproof paper and shape it into a log about 25 cm long. Wrap the paper round the dough and roll it gently back and forth to make a smooth shape. Twist the ends of the paper together to seal. Chill the dough for about 30 minutes.
4. Preheat the oven to 190°C. Unwrap the dough and, using a very sharp knife, cut it across into slices approx. 8mm thick. Use the greaseproof paper to line a baking sheet, and place the biscuits on it. Bake for approx. 12 minutes, until lightly browned.
5. Transfer the biscuits to a wire rack and leave to cool completely.

# St. George's DAY



## BATH BUTTER BUN LOAF

**SERVES**



1 loaf

**ALLERGENS**



Wheat, Milk,  
Egg, Gluten

## INGREDIENTS



- 350g plain flour
- 1tbsp. dried active baking yeast
- 225ml milk
- 3tbsp. caster sugar
- 3tbsp. butter
- ½tsp. lo salt
- 2 eggs, free range

## METHOD



1. In a large mixing bowl, stir together half of the flour and the yeast; set aside.
2. In a medium saucepan heat and stir the milk, sugar, butter and salt just until warm and butter has almost melted.
3. Add to flour mixture. Then add the eggs. Beat with an electric mixer on low to medium speed for 30 seconds, scraping sides of bowl. Then beat on high speed for 3 minutes.
4. Using a spoon, stir in enough of the remaining flour to make a stiff dough.
5. Knead until smooth, then cover and let rise in a warm place until double in size -about 1 hour.
6. Knead the dough again and shape into a round loaf. Place on a greased baking tray. Cover and let rise in warm place until almost double in size again, about 45 minutes.
7. Preheat oven to 190 °c.
8. Bake for 40 minutes or until bread sounds hollow when tapped. Remove bread from pan, serve warm or cool.

# St. George's DAY



## APPLE SHORTBREAD PIE

**SERVES**  Ten

**ALLERGENS**  Wheat, Egg, Gluten

## INGREDIENTS

- 250g plain flour
- 100g caster sugar
- ¼tsp. lo salt
- 175g baking margarine
- 2 egg, free range, yolks, beaten
- 500g green apples - peeled, cored and cut into 6mm slices
- 60g light brown soft sugar
- 15g plain flour
- 1tsp. ground cinnamon
- 1tsp. ground nutmeg

## METHOD

1. Preheat oven to 200°C.
2. Sift flour, 100g sugar and salt into a large bowl. Rub in baking margarine until mixture resembles coarse crumbs. Fold in egg yolks. Remove quarter of the mixture, and set aside. Press remainder onto bottom and sides a 20cm pie dish.
3. In a large bowl, combine apples, brown sugar, 1tbsp. flour, cinnamon and nutmeg. Place apples into prepared pastry, and sprinkle reserved crumb mixture evenly over top.
4. Place pie on a baking tray, and bake in preheated oven for 15 minutes. Reduce heat to 180°C and continue baking for approx. 20 minutes, until the top is golden brown and filling is bubbling.

# St. George's DAY



## MILLIONAIRE'S SHORTBREAD

**SERVES**  Ten

**ALLERGENS**  Wheat, Soya Milk, Gluten

## INGREDIENTS

For the shortbread:

- 225g plain flour
- 175g baking margarine
- 75g caster sugar

For the topping:

- 150g butter
- 397g condensed milk
- 100g golden syrup
- 150g dark chocolate, chopped into small pieces
- 200g milk chocolate, chopped into small pieces

## METHOD

1. Preheat the oven to 150°C. Line a 23cm square cake tin with baking parchment.
2. Combine the flour and baking margarine in a food processor and pulse until the mixture resembles fine breadcrumbs.
3. Add in the caster sugar and pulse again until combined.
4. Tip the mixture into the lined cake tin and spread it out evenly with the back of a spoon. Then press the shortbread down firmly so that it is tightly packed in the tin.
5. Bake the shortbread for approx. 30 minutes, until very light golden brown. Set aside to cool.
6. For the topping, heat the butter, condensed milk and golden syrup in a saucepan, stirring occasionally until the butter is melted and the mixture is smooth.
7. Increase the heat and bring the mixture to the boil, stirring frequently, until the caramel thickens and turns golden-brown. Set aside to cool slightly, then pour over the cooled shortbread and allow to cool completely.
8. Melt the two chocolates together in a bowl set over a pan of simmering water, stirring occasionally.
9. Pour the melted chocolate over the caramel and set aside until the chocolate has cooled completely.
10. Cut into squares and serve.

# St. George's DAY



## BRITISH ONION SOUP

**SERVES**



Ten

**ALLERGENS**



None

## INGREDIENTS



- 50g baking margarine
- 1kg onions, finely sliced
- 1tbsp. golden caster sugar
- Few sprigs fresh thyme
- 3 bay leaves
- 150ml apple juice
- 1ltr vegetable stock
- Lo salt, pinch
- Ground black pepper, pinch

## METHOD



1. Heat most of the baking margarine in a pan, then add the onions, sugar and herbs. Season and cook, uncovered, over a low heat, stirring occasionally, for up to 40 minutes until sticky and brown.
2. Pour in the apple juice and simmer until reduced by half. Pour in the stock, bring to the boil, and cook for a further 20 minutes.
3. Season to serve.

# St. George's DAY



## CREAMED CELERY SOUP

**SERVES**  Ten

**ALLERGENS**  Milk, Celery

## INGREDIENTS

- 350g celery stalks, trimmed and leaves reserved
- ¼tsp. celery seeds
- 25g baking margarine
- 110g potatoes, peeled and cut into chunks
- 2 medium leeks, cleaned and sliced
- 570ml vegetable stock
- 150ml single cream
- 150ml milk
- Lo salt, pinch
- Ground black pepper, pinch

## METHOD

1. In a saucepan melt the baking margarine over a low heat.
2. Then chop the celery and add it to the pan with the potatoes and prepared leeks. Stir well, coating the vegetables with baking margarine, cover and cook for approx. 15 minutes. Then add the stock with the celery seeds and some salt.
3. Bring to simmering point, cover once more and cook gently for a further 20 minutes, until the vegetables are really tender. Puree the soup by blending it in batches, then return to the pan, stirring in the cream and milk. Bring the soup back to the boil, check the seasoning, adding more salt and some pepper, if necessary.
4. Then just before serving, chop the reserved celery leaves and stir them into the soup to give it extra colour.

# St. George's DAY



## RASPBERRY & LEMON ROLY POLY

**SERVES**  Ten

**ALLERGENS**  Wheat, Soya, Milk, Gluten

## INGREDIENTS

- Baking margarine, for greasing
- 400g self-raising flour, plus extra for dusting
- 200g vegetable suet
- 30g caster sugar
- Lo salt
- 150ml semi-skimmed milk
- 130g raspberry jam
- 2 lemons, zest and juice

## METHOD

1. Preheat the oven to 180°C, or put the oven onto steamer and grease a large sheet of baking paper and set aside.
2. Stir the flour, suet, sugar, lemon zest and salt in a large bowl until fully combined. Slowly stir in the milk to form a soft, spongy dough.
3. Tip the dough out onto a floured surface and knead for a few minutes. Roll the dough out to a 22cm x 32cm rectangle.
4. Mix the lemon juice with the marmalade and spread onto the dough, leaving a 1½cm border. Gently roll the dough up from the short end and transfer to the greaseproof paper, seam-side down. Wrap the roly poly in the baking paper, making a long pleat in the paper to allow the pudding to expand as it cooks. Twist the ends of the paper like a Christmas cracker and tie tightly with kitchen string, to seal the pudding inside. Repeat the process with a large piece of kitchen foil.
5. Place the pudding onto a flat steamer tray and cook in the steamer or oven for approx. 35 minutes.
6. Remove the pudding from the oven, unwrap the kitchen foil, then snip the string and unwrap the paper.
7. The pudding should be well risen and lightly browned in places. Don't worry if the jam has made its way through to the outside of the pudding a little – it will taste all the more delicious.
8. Put on a board or serving plate and cut into thick slices.



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