

# 36 FAVORITE BRITISH RECIPES

## APPETIZER: STUFFED PRUNES WITH BACON

Makes 24 stuffed prunes.

Stuffed prunes, wrapped in bacon and broiled.

- 24 dried pitted prunes
- 24 walnut halves
- 1/2 cup ruby port
- 1/4 cup water
- 12 slices bacon

Stuff each prune with walnut halves. Mix port and water and pour over prunes. Let stand until prunes are plump, about 2 hours. Cut bacon slices into halves. Wrap bacon around prunes and secure with wooden picks. Arrange on rack in broiler pan. Broil with tops about 4 inches from heat, turning once, until bacon is crisp, 10 to 12 minutes.

## BEVERAGE: EGGNOG

Makes 6 servings.

Eggnog is essentially a dessert sauce.

- 1 pint milk
- 1 pint heavy cream
- 1 cup sugar
- 12 egg yolks
- 1 tablespoon flour

Heat milk, cream and sugar in a saucepan and bring just to a boil. (Do not stir.) Beat egg yolks and flour together with a wire whisk. Add about a cup of the hot milk mixture to the yolks and whisk to blend. Whisk the yolk mixture into the mixture in the saucepan. Bring to a boil, stirring constantly. Boil gently for 10 seconds, then remove from heat and strain into a bowl, discarding the flour lumps. Chill and serve with rum, if desired.

## BREAD: BUTTERMILK SCONES

Makes 18 scones.

These scones are perfect for breakfast, or afternoon tea.

- 3 cups flour
- 1/3 cup sugar
- 2 1/2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 3/4 teaspoon salt
- 12 tablespoons (1 1/2 sticks) butter
- 1 cup buttermilk
- 3/4 cups currants
- 1 teaspoon grated orange rind (orange part, or zest only)

GLAZE:

- 1 tablespoon heavy cream
- 1/4 teaspoon cinnamon
- 2 tablespoons sugar

Preheat oven to 425 degrees F. Use an ungreased baking sheet. Combine flour, sugar, baking powder, baking soda and salt in a bowl. Stir well into a fork to mix and aerate. Add butter and cut into the flour mixture, using a pastry blender or two knives, or work in, using your fingertips, until the mixture looks like fresh bread crumbs. Add buttermilk, currants and orange rind. Mix only until the dry ingredients are moistened. Gather the dough into a ball and press so it holds together. Turn the dough out onto a lightly floured surface. Knead lightly floured surface. Knead lightly 12 times. Pat the dough into a circle 1/2" thick.

To make the glaze: In a small bowl, combine the cream, cinnamon and sugar, stir to blend. Brush the dough with the glaze. Cut dough glaze into 18 pie-shaped pieces. Bake about 12 minutes or until the tops are browned. Serve hot.

## CRUMPETS

Makes 12 crumpets.

Crumpets are griddle cakes.

- 1 package active dry yeast
- 1/4 cup warm water (105 to 115F)
- 1/2 cup lukewarm milk (scalded, then cooled)
- 1 tablespoon margarine or butter
- 1 teaspoon sugar
- 3/4 teaspoon salt
- 1 egg
- 1 cup flour

Dissolve yeast in warm water. Stir in remaining ingredients. Beat until smooth. Cover and let rise in warm place until double, 40-60 minutes. Grease griddle or heavy skillet and insides of four to six 3" flan rings or crumpet rings. (Note: 6 1/2 ounce tuna cans, with tops and bottoms removed, can be substituted for the flan rings.) Place rings on griddle over medium heat until hot. Pour about 2 tablespoons batter into each ring. Cook until tops form bubbles and bottoms are golden brown, 1 to 2 minutes. Remove rings and turn crumpets to brown side, 1 to 2 minutes. Repeat with remaining batter, greasing insides of rings each time. Serve with margarine or butter and jam or marmalade if desired.