



Cook Book

**A wide range of
Cake, Bread & Pastry Recipes,
using the NAMILCO range
of Finer Flours**





SELF-RIISING FLOUR

Maid Marian Self Rising Flour

Specially cut stream of blended Hard Spring / Winter Wheats. A strong flour designed to tolerate extreme aeration mixing techniques and extended kneading, for the development of finer quality baked goods, including Sadha Roti & Bakes. Contains the perfect amount of leavening agent.



HIGH FIBRE FLOUR

Harvest High Fibre Flour

Specially blended Hard Spring / Winter Wheat Flour with edible Wheat Bran for healthy, digestible finished baked products. This high fibre product is especially good for diabetics, colon cancer prevention

Caramel Brownies

Makes 16

MAID MARIAN

60g Maid Marian Flour
40g Thunderbolt Flour
150g butter, softened to room temperature
120g brown sugar plus 1 tbsp extra

2 eggs
1 tbsp milk
1 tsp vanilla essence
75g walnut halves, chopped

Pre-heat the oven to 350°F. Brush a 20cm square tin with melted butter or oil and line the base with baking paper.

Sift the Maid Marian & Thunderbolt flours together into a bowl. In a large bowl, beat the butter and sugar until light and creamy. Add 1 egg, beat well and add 1 tablespoon of the flours. Beat in the second egg, milk and vanilla. Fold in the remaining flour and 50g of walnuts. Spoon into the tin and smooth the surface.

Scatter the top with the remaining chopped walnuts and extra brown sugar.

Bake for 35-40 minutes. Cool in the tin. Carefully turn out and cut into squares or rectangles.

Victoria Sandwich

The secret of making a good Victoria sandwich lies in the creaming and beating - if sufficient air is not incorporated into the mixture the cake will not be light and spongy.

175g caster sugar

175g butter, softened

3 eggs beaten

175g Maid Marian Flour

Pinch of salt

Approx. 15ml spoons warm water

Jam for spreading

For the glacé icing

150g icing sugar

15ml spoons warm water

Cream together the sugar and butter in a mixing bowl until light and fluffy, using an electric or rotary beater or wooden spoon. Gradually beat in the eggs.

Sift the Maid Marian flour and salt. Stir 1 tablespoon of flour into the butter mixture until well mixed. Gradually fold in the remaining flour. Add enough water to give the mixture a soft dropping consistency. Pour into two 17.5cm round sandwich tins, the bases lined with greased greaseproof paper.

Bake just above centre in a fairly hot oven (375° F) for about 20 minutes or until well-risen and golden and the cakes have shrunk away from the sides of the tins. Turn out onto a wire rack and leave to cool. Spread the jam evenly over one cake and place the remaining cake on the top.

To prepare the icing, sift the icing sugar into a mixing bowl and gradually mix in the water until a smooth paste is formed which coats the back of the spoon. Quickly beat out any lumps. Spread over the cake before the icing is set.

Sticky Lemon Cake

The Cake

100g margarine, softened
100g caster sugar
2 eggs
100g Maid Marian Flour,
sifted
Grated rind of half a lemon
Juice of half a lemon
1 ½ tbsp icing sugar, sifted

The Icing

50-75g icing sugar, sifted
Juice and finely grated
rind of half a lemon

Preheat the oven to 325°F. Grease and line a 17.5cm round tin. Beat together the margarine and sugar until light and fluffy. Beat in the eggs, one at a time, whisking hard after the addition of each one. Fold in the Maid Marian flour and rind, mix well and turn into the prepared tin.

Bake for 45 minutes until a skewer comes out clean. Remove from the oven and make several holes in the top of the cake with a skewer. Mix together the icing sugar and lemon juice and pour over the cake. Leave in the tin until absolutely cold.

Meanwhile make the icing. Mix together the icing sugar, lemon rind and juice. When the cake is cold, turn out and ice with prepared mixture.

Kentish Hop Picker's Cake

Egg-less Fruit Cake

275g Maid Marian Flour
1tsp ground ginger
1tsp mixed spice
175g margarine, softened
100g light soft brown sugar
100g raisins
100g currants
50g mixed candied peel

400ml milk
1 tbsp black treacle
½ tsp bicarbonate of soda
1 tsp cream of tartar

Preheat the oven to 325°F. Grease and line a 900g loaf tin. Mix together the Maid Marian flour, ginger and spice and rub in the margarine. Add the sugar and dried fruit and mix well.

Warm the milk and treacle together and add the bicarbonate of soda and cream of tartar. Gradually add to the flour mixture and beat well.

Pour into the prepared tin and bake for 1 ½ hours until a skewer comes out clean. Remove from the oven and turn out on to a wire rack to cool.

Herb Bread

225g Maid Marian Flour or Harvest High Fibre Flour (or a mixture of both half each), sifted

1 tsp dry English mustard powder

2 tsp fresh chopped herbs (chives, thyme, basil, sage, parsley), or more to taste

100g mature cheddar cheese, grated

25g margarine

1 egg, beaten

150ml water

Preheat the oven to 375°F. Grease a 450g loaf tin. Mix together the Maid Marian or Harvest flour, mustard powder, herbs and cheese.

Melt the margarine, add to the mixture with the egg and water and mix to a soft, wet, cake-like dough. Turn into the prepared tin and bake for 45 minutes until well risen and golden brown.

Remove from the oven and turn out on to a wire rack to cool. Serve warm or cold with butter.

High Fibre Fruit Scones

Makes approximately 20-22

**450g Harvest High Fibre
Flour, sifted
1tbsp baking powder
140g margarine
a pinch of salt
½ tsp ground cinnamon**

**½ tsp ground nutmeg
50g dried mixed fruit
75g sultanas
50g brown sugar
2 eggs
100-150ml milk**

HARVEST

Pre-heat the oven to 425°F. Grease two baking trays.

Mix together the Harvest High Fibre Flour and baking powder and rub in the fats so that the mixture resembles fine breadcrumbs. Add the salt, spices, dried fruit and sugar and stir well. Beat the eggs. Add to the dry ingredients and mix with enough of the milk to give a soft dough.

On a lightly floured board, pat out to a thickness of 1.5cm and cut into rounds using a 6cm cutter. Place on the prepared trays and bake for 15 minutes until golden brown and firm. Remove from the oven and lift on to a wire rack to cool.

Serve split in two with jam if desired.

Soda Bread

225g Harvest High Fibre Flour, sifted

2tsp baking powder

½tsp salt

1tsp sugar

275g margarine, softened

150ml milk

Cracked wheat, oatmeal or oats for sprinkling on top

HARVEST

Preheat the oven to 400°F. Grease a baking tray.

Mix together the Harvest flour, baking powder, salt and sugar and rub in the margarine. Add the milk and mix to a soft dough.

Shape into a round and place on the preheated tray. Brush the top with a little milk and sprinkle with cracked wheat, oatmeal or oats.

Bake for 20-30 minutes until well risen and browned. Remove from the oven and serve warm with butter.

Orange Gingerbread

100g margarine
100g black treacle
100g golden syrup
50g light or dark soft brown sugar
1 tsp bicarbonate of soda
150ml orange juice
225g Harvest High Fibre Flour

1 heaped tsp mixed spice
2 heaped tsp ground ginger
2 eggs, beaten
40g flaked almonds to decorate

Preheat the oven to 300°F. Grease and line a 17.5 x 27.5 Swiss roll tin.

In a medium-sized pan melt together the margarine, treacle, syrup and sugar over a low heat. Dissolve the bicarbonate of soda in the orange juice and add to the mixture. Stir well.

Add the Harvest flour, spice, ginger and beaten eggs and beat well to a smooth batter. Pour into the prepared tin and scatter the almonds over the top.

Bake for 1 hour until firm and well risen. Remove from the oven and leave to cool in the tin. When cold, cut into bars and lift carefully from the tin.

Rock Cakes

225g Harvest High Fibre Flour
100g Thunderbolt Flour, sifted
4 tsp baking powder
1 tsp mixed spice
1 tsp grated nutmeg
175g margarine, softened
75g light soft brown sugar

175g mixed dried fruit
1 egg beaten
A little milk for mixing
Caster sugar for dredging

Preheat the oven to 425°F. Grease a large baking tray.

Mix together the Harvest flour, baking powder and spices. Rub in the fat then stir in the sugar and dried fruit. Add the beaten egg and enough milk to mix to a stiff dough.

Spoon on to the prepared tray and bake for 15-20 minutes until golden. Remove from the oven and dredge with caster sugar. Serve warm with butter.

Cheese Muffins

250g Thunderbolt Flour
3tsp baking powder
½ tsp salt
2-4tbsp white granulated sugar
85g cheddar cheese, grated (plus extra for tops)
1 egg
240ml milk
90 ml corn oil or 85g butter, melted

Prepare muffin tins. Preheat oven to 375- 400°F.

In a large bowl, sift together (or stir well with a fork): Thunderbolt flour, baking powder and salt. Stir in sugar and grated cheese. (Set aside some of the cheese for optional topping.)

In another bowl, beat egg with a fork . Stir in milk, followed by oil/melted butter.

Pour all of wet ingredients into dry. Stir just until combined. Batter will be lumpy but no dry flour should be visible.

Spoon into tins. Sprinkle tops with extra cheese. Bake for 20-25 minutes, until tops are lightly browned and spring back when pressed gently.

Chocolate Shortbread

275g Thunderbolt Flour

25g cocoa powder

¼ tsp salt

250g unsalted butter, softened

150g icing sugar, sifted, plus extra for dusting

1tsp vanilla essence (if not available; do not substitute vanilla flavouring)

Butter for greasing if necessary

Sift the Thunderbolt flour, cocoa and salt together and set aside. Cream the butter, sugar and vanilla extract together and then slowly incorporate the flour mixture. This can also be done in a food processor by first blending the dry ingredients together and then adding the vanilla if available, and the butter, cut into small pieces, and processing until a dough is formed.

Roll the dough out between two sheets of cling film until it is about 1cm thick. Place the dough, still in the cling film, on a flat surface, such as a baking sheet, and refrigerate for 1 ½ hours until firm.

Pre-heat the oven to 325°F. Remove the top piece of cling and cut out 3.5cm rounds with a pastry cutter. Place them on well greased baking sheets or baking sheets lined with baking parchment. Bake the shortbread for 15 minutes and then cool the biscuits on a wire rack. When cool, dust the shortbread with icing sugar. These biscuits keep very well in an airtight container.

Herb Popovers

Butter or oil for greasing

3 eggs

250ml milk

2tbsp butter, melted

100g Thunderbolt Flour, sifted

A pinch of salt

**2 tbsp chopped mixed fresh
herbs such as chives, tarragon,
dill and parsley or ½ tsp each
of dried thyme and oregano**

Liberally grease twelve custard cups set on a baking sheet, or a bun tin with wells 4cm deep.

Break the eggs into a mixing bowl and mix them lightly. Whisk in the milk and the melted butter and then whisk in the Thunderbolt flour and salt until well blended. Do not over mix. Stir in the fresh and dried herbs and half-fill the prepared cups with the batter.

Place them in a cold oven and set it to the correct temperature. Bake them for 30 minutes. Do not open the oven door at any time while the popovers are baking. If drier popovers are desired pierce each one with a knife after the 30 minutes baking time and bake them for a further 5 minutes.

Serve at once while they are hot.

Madeira Cake

225g Thunderbolt Flour, sifted
1tsp baking powder
175g butter or margarine, softened
175g caster sugar
Grated rind of half a lemon
3 eggs
2tbsp milk

Preheat the oven to 350°F. Grease and line a 17.5cm round tin.

Mix together the Thunderbolt flour and baking powder. Beat together the butter or margarine, sugar and lemon rind until light and fluffy. Beat in the eggs, one at a time, adding 2 tablespoons of flour with the last two. Fold in the remaining flour, then gently mix in the milk.

Turn into the prepared tin and bake for one hour until a skewer comes out clean. Remove from the oven and turn on to a wire rack to cool.

Choux Pastry

90g Thunderbolt Flour

A pinch of salt

185ml water

65g butter

3 eggs, beaten

Sift the Thunderbolt flour with the salt on to a sheet of greaseproof paper. Place the water and butter in a saucepan, and heat, allowing the butter to melt before boiling point is reached. Bring to a rolling boil, and **immediately** pour in the flour.

Remove the pan from the heat. Beat the mixture until it is smooth and leaves the side of the pan. Cool, then gradually beat in the eggs. You may not need to add all the eggs. Add just enough eggs to make the mixture glossy and smooth, and of a dropping consistency.

Choux pastry may be used for making chocolate eclairs (see page 15) or savoury dishes such as “Gougere” where the choux pastry is placed around the edge of a round greased dish and a savoury sauce “e.g white sauce with ham, cheese and Sweetcorn” is poured into the centre and baked.

Chocolate Eclairs

1 quantity choux pastry made with 90g

Thunderbolt Flour (see page 14)

300ml double cream

25g icing sugar, sifted

Few drops of vanilla essence

100g plain chocolate

40ml water

25g butter

Spoon the choux pastry into a large piping bag fitted with a large star nozzle. Pipe into about twelve 12.5cm lengths on an aluminium foil-lined baking sheet. Leave space for the mixture to puff up.

Bake at 425° F for 35-40 minutes. Reduce the temperature to 375° F and bake for a further 20-25 minutes. Remove from the oven and pierce each eclair to allow the steam to escape. Return to the oven for 5 minutes to dry, then cool on a wire rack.

Whip the cream with the sugar and vanilla until stiff. Spoon into a piping bag fitted with a small star nozzle and fill the eclairs.

Melt the chocolate with the water in a bowl set over a pan of simmering water. Stir in the butter. Dip the tops of the eclairs in chocolate and leave on a wire rack until set.

Halwa

1 teacup Wheat-Up
¾ teacup sugar
1 teacup water/milk
110g butter
Yellow colouring
¼ cup raisins
Cherries (optional)
Chopped nuts (optional)

Boil water/milk and add sugar. Keep on the fire until sugar dissolves. Add the yellow colouring. Heat the butter in a pan . Add the Wheat-Up and fry on a slow fire stirring continuously. Fry until golden brown.

Gradually add the water and sugar to the Wheat-Up mixture and go on stirring continuously otherwise it will become lumpy. Reduce heat and cover pan with a lid. After 10 minutes add the raisins and chopped pieces of nuts. When the consistency becomes thick remove from the fire.

Remove into a dish and mix in the cherries.



Thunderbolt Flour

Special blend of Hard Spring / Winter Wheats. A strong patent flour designed to tolerate extreme conditions, mixing techniques and extended kneading for the development of finer quality bread and baked goods.



Wheat-up Breakfast Porridge

Specially selected stream of Farina containing chunks of Wheat Endosperm and edible Wheat Bran, for a hot, nutritious breakfast cereal.



Specially cut stream of Hard Winter Wheat. A medium strength flour to give a soft, fluffy, "last all day" Roti, with the right amount of leavening agent.



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