

Jane Austen inspired Recipes



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<http://www.printablemysterygames.com>

These recipes are a supplement to the Jane Austen mystery dinner party game. They can be prepared in conjunction with the cooking videos provided with the game or at the website..

White Soup

Ingredients:

10 cups chicken broth
 1 cup ground almonds
 1 ¼ cup light cream (15%)
 2 egg yolks
 1 ounce small soup noodles or vermicelli
 Parsley for garnish
 Cheese cloth for straining
 Salt to taste



Instructions:

In a soup pot add 1 cup ground almonds to 10 cups chicken broth. Bring to boil, stirring occasionally, for ten minutes. Remove from heat and allow to cool a few minutes before straining.

Strain liquid through strainer and cheese cloth to remove all of the ground almonds. Place soup back on heat and add 1 ounce of small soup noodles or vermicelli and bring to boil. Boil 5 minutes longer and remove from heat.

In a separate bowl whisk cream and egg yolks together and add 1/3 of a cup of the hot chicken and almond broth and continue whisking to mix.

Add cream and egg yolk mixture to the hot soup slowly, continuously mixing. Return pot to heat and warm up. Salt to taste (this may be unnecessary if the original chicken broth used was already salted). Serve hot with cracked pepper and parsley for garnish. Makes ten ¾ cups or so.

Tip: Some white soup recipes add a single anchovy fillet to the soup before straining to add extra flavor.

Country Ham with Raisin Sauce

Ingredients:

- 1 Smoked Ham with bone
(5 to 7 lbs)

Instructions:

Place the ham in a pot and cover with cool water. Cook on low to medium heat (simmer) for 2 to 2 ½ hours.



If your ham is not smoked and uncooked, bring water to a boil, reduce the heat to low so that the liquid is only gently simmering. Cover and let simmer until the meat is done. Cook for 20 to 25 minutes per pound after it starts simmering.

An uncooked ham must be cooked until it reaches an internal temperature of 160° F / 71° C. A fully cooked or smoked ham should be heated to an internal temperature of 140° F /60° C.

Remove ham from pot and let cool slightly before removing any netting. Present ham on a lovely platter with parsley and cherry tomatoes. Slice and serve. (*See raisin sauce next page*).

Raisin Sauce:

Raisin Sauce:

½ cup brown sugar
2 tablespoons cornstarch
1 teaspoon dry mustard
2 tablespoons lemon juice
1 tablespoon vinegar
1 cup golden raisins
¼ teaspoon grated lemon peel
1 ½ cups water



Mix the brown sugar, cornstarch and dry mustard in a small saucepan. Over medium heat slowly add the lemon juice, vinegar, raisins, grated lemon peel, and water. Bring this to a soft boil and continue cooking for 10 to 15 minutes or until the sauce is thick and bubbly.



Serve *raisin sauce* with the ham. Yields about 2 ½ cups.

Tip: If you purchase a bone-in ham, you should always cut across the grain (muscle fibers) when possible for best results.

Vegetable Aspic

Ingredients:

10 cups broth (chicken or beef)
 6 tablespoons unflavored gelatin
 9 egg whites
 ½ cup grated carrots
 ½ cup cooked peas
 1 ½ cups cooked mixed vegetables.
 1 red pepper, blanched and sliced.
 ½ cucumber sliced.
 Spray oil (unflavored)



Instructions:

Add half of the liquid to a large sauce pan or wide pot. To this sprinkle the unflavored gelatin across the top of the broth. Allow to stand for 5 minutes while gelatin softens. For a large 10 cup recipe like this, clarify the broth by whipping 9 egg whites into a froth and then slowly adding them to the broth.

The egg whites are only used if you need to clarify the broth. If you are not using homemade and the broth is already clear, you can skip this step (egg whites).

Add the remaining liquid and bring this mixture to a boil stirring continuously. Boil 5 or 6 minutes longer and remove from heat. Allow mixture to cool, and then remove egg “scum” with a spoon and filter the rest through folded cheese cloth. (cont)





Spray the inside of your chosen mold with unflavored vegetable oil (Metal Bunt Cake molds work well). Pour about 1 cup of cool liquid into your mold and refrigerate ½ hour. After the ½ hour remove from fridge and sprinkle the grated carrots and green peas over the cold gelatin layer, creating the first layer. Pour over another 1 — 2 cups liquid depending on your mold

and refrigerate again for another ½ hour. Repeat this process adding various cooked vegetables to each layer. Add sliced blanched red bell pepper slices to the bottom layer (See video).

Most molds fit three vegetable layers. After the mold is filled and the last layer complete refrigerate over night. Un-mold by placing a plate over the opening and carefully flipping the aspic towards you. The aspic should release effortlessly. Use sliced cucumbers to garnish the sides of the aspic.

Important Keep in mind that aspics are not really popular today because of their strange gelatin texture. It should be made for its novelty and look.

Make sure that you have enough side dishes for your meal and don't rely solely on this one. Not everyone will eat it. ***Keep refrigerated until just before use. Aspic can revert back into liquid after sitting out for a while.***



Tip: You can adjust the amount of liquid if you consider it takes about 1 tablespoon of powdered gelatin to set 2 cups of liquid. I always add an extra tablespoon or so to guarantee a firm outcome.

Crisped Potatoes

Ingredients:

10 to 12 medium to large potatoes
 Pot of water
 ¼ cup vegetable oil
 1 teaspoon thyme
 Salt
 Parsley for garnish



Instructions:

Peel and cut eight to ten potatoes (depending on number of guests) and cut into 4 to 6 pieces each. Place in a pot and cover with cool water. Bring to a boil and cook for 8 minutes.

Drain and allow to cool until a comfortable temperature is reached for handling. Score each potato with a fork on all sides (see video). In a separate bowl add potatoes and stir in oil, sprinkle with thyme and mix well.



Place potatoes on a cookie sheet and bake in a pre heated oven at 450°F / 232°C Gas mark 8 for 1 hour, turning potatoes at least once half way through. Salt and garnish with parsley.

Tip: Always try out new recipes before serving them to guests. Oven temperatures vary and there are always a few unforeseen variables that can effect your recipe.

Cheesy Broccoli

Ingredients:

5 cups chopped fresh broccoli
 2 cups grated aged cheddar
 cheese
 ½ cup parmesan cheese
 4 cups milk
 ½ cup chopped onion
 1/3 cup white all-purpose flour
 1 ½ cup finely crushed Ritz
 cracker- crumbs
 2 tablespoons olive oil
 2 cloves fresh garlic (minced)
 1 stick salted butter (½ cup)
 1 teaspoon salt
 1 teaspoon pepper
 2 tablespoons melted butter



Instructions:

Preheat oven to 375° F/190° C/Gas Mark 5

Pre cook the broccoli for 5 minutes in boiling water . (don't over cook!)
 Drain and set aside.

Lightly sauté the onions in olive oil adding the garlic slightly after. Season the onion and garlic as you cook it with a little salt. Sauté for about 5 or 6 minutes. Remove from heat and combine with the broccoli in a large mixing bowl. Mix well and pour into a greased casserole dish.

Melt a stick of salted butter (½ cup) in a saucepan over medium to high heat, as it starts to boil gradually whisk in the flour and cook until it is a light sandy color. This should take about 2 ½ to 3 minutes. Add the salt and pepper. *(cont)*

Slowly add the milk by whisking, and continue cooking until it thickens and comes to a boil. This should be an additional 4 to 5 minutes.



Then stir in cheddar cheese and continue to whisk until the cheese is melted.

Remove from heat and stir in the parmesan cheese.

Pour sauce over the broccoli. In a bowl, crush the Ritz crackers into crumbs and add the melted butter. Mix well and spoon over the casserole.

Cook uncovered for 45 minutes, or until golden brown.

Tip: For a faster sauce, mix 2 cans condensed Cheddar Cheese Soup, with 1 can of milk. (1 can is 284 mL, 10 oz) add 1/2 cup grated parmesan cheese, mix well and continue recipe.





Baked Apple Pudding with Brandy Cream Sauce

Ingredients:

5 medium to large apples
2 tablespoons sugar
5 whole eggs
Pinch of salt
1/2 teaspoon nutmeg
Butter to grease bowl
Powdered sugar

14 lady fingers cookies
1 pint heavy cream
5 egg yolks
2 teaspoons vanilla
1 cup raisins
Store bought frozen *puff*
pastry dough, 1Pkg

Brandy Cream Sauce Ingredients:

1/2 cup heavy whipping cream,
1/4 cup sugar,
1/2 teaspoon vanilla,
3 tablespoons brandy

1/4 cup brown sugar
2 tablespoons corn syrup
pinch of salt

Instructions: Begin by preheating your oven to 350°F / 176°C, Gas mark 4. Pare and chop the apples into medium to small chunks. Crush 14 Lady Fingers cookies (¼ of a pound) and add to the apples in a large mixing bowl. Sprinkle mixture with 2 tablespoons of sugar and stir in heavy cream.



In a separate bowl, lightly hand whip eggs plus egg yolks with a pinch of salt. Add to apple - cookie mixture. Mix well and then stir in vanilla, nutmeg and raisins.



Roll out **puff pastry** dough on a floured surface, roll to about $\frac{1}{4}$ inch thick and cut in four 2 x 5 inch strips. Grease a 9 inch (aprox) diameter deep glass dish (casserole) with butter or oil spray (a non stick Teflon deep baking dish would even be better as this recipe can really stick to the sides). Line the top of the dish with the puff pastry, fill the dish with the apple mixture. (See video)



Bake at 350°F / 176°C, Gas mark 4, depending on your oven for 1 hour. An inserted knife should come out relatively clean when done. Remove baked pudding and sprinkle with powdered sugar.

Brandy Cream Sauce Instructions:



You may want to double this cream recipe to have plenty on hand. Extra sauce can be kept in a air tight container for a week or so in the refrigerator. Combine all the ingredients in a saucepan. Heat over medium-high heat. Stir continuously until mixture comes to a boil. Be careful that it does not boil over. Reduce mixture to medium-low and cook for an additional 5 minutes. Remove from heat and allow to cool slightly. Serve warm over baked pudding slice. Brandy can be eliminated if serving to children.

- This recipe was found in a book published in 1813 as *Healthful Cookery Book* by Annabell Plumtre. We modified the recipe by adding raisins and vanilla and the addition of the Brandy Cream Sauce (much needed).



Strawberry Sandwiches

Ingredients:

125g cream cheese (4.5 oz or about 8 tablespoons)
2 teaspoon honey to taste
1 good teaspoon freshly grated orange zest
10 slices dark fresh pumpernickel bread
20 medium strawberries sliced & whole for garnish and for plate decoration



Instructions:

Combine cream cheese, honey and orange zest in a bowl. Spread bread with the cheese mixture.

Place sliced strawberries on 1 piece of bread, top with the other.

Remove crusts and cut each sandwich in 4 quarters. Garnish the top of each mini sandwich with a strawberry slice held in place with a toothpick. Serve immediately.

Tip: As you mix the cheese, honey and orange zest together, make sure you taste it, and add a little more of anything that needs it!

Cucumber Sandwiches

Ingredients:

1 large cucumber, peeled or non peeled and sliced very thinly
½ cup soften butter
1 teaspoon minced garlic
Mayonnaise
Salt and pepper
10 slices bread
(makes 20 small triangular sandwiches)



Instructions:

Combine the butter and garlic and apply to one side of each slice of bread.

Spread mayonnaise on the other pieces of bread.

Place six cucumber slices on top of the butter garlic side and sprinkle with salt and pepper. Cover with remaining slice of bread.

Remove the crusts, and quarter on the diagonal. Serve immediately.

Tip: Keep in mind that 20 small triangular sandwiches are the equivalent of 5 normal sized ones. You may want to double the recipe or at least make extras if you are having more than 5 or 6 guests.

Toasted cheese

Ingredients:

2 cups cubed mature cheddar-cheese
¼ cup cream
½ teaspoon dry English-style mustard
½ teaspoon Worcestershire sauce
Salt, to taste
Pepper, to taste
6 slices thick bread
Butter
Chutney, to serve



Instructions:

Melt the cheese in a double boiler over hot simmering water and then gradually stir in the cream, mustard, Worcestershire sauce and salt and pepper.

Mix well and set to one side. Taste and adjust seasonings. Toast the bread on one side only and then butter the un toasted side.

Spread the cheese mixture over the buttered un toasted side. Place under a hot grill or broiler and cook until the mixture is bubbling hot and brown in patches, about 3 to 5 minutes depending on the heat of your grill or oven. Serve immediately with a nice chutney or relish on the side.

Tip: This is a yummy form of grilled cheese. The reason I don't recommend it for an afternoon tea party is simply because its gets cold to quickly and not suitable to be left out.

Victorian Sugar Cakes

Ingredients:

1 ½ cups of sugar
 2 cups softened butter
 1 teaspoon salt
 4 eggs
 4 teaspoons vanilla
 6 cups flour



Instructions:

Begin by preheating your oven to 350°F / 176°C or Gas mark 4. Combine both the butter and sugar well until fluffy. Next add the eggs, vanilla, and salt. Again mix well. Slowly begin adding the flour. Flour your cutting board and pat out the dough. Using cookie cutters, (*see video*) start with the large hearts and create 4 or 5 of them. Bake for 15 to 20 minutes, until lightly golden brown. Press out the rest of the shapes, small hearts 8, and circles 4.

Bake on a greased or lined cookie sheet 18 to 20 minutes depending on thickness, until golden brown. Remove from molds and allow to cool.

Create the tower by placing a tall sturdy wine glass in the middle of a cake pedestal. Begin with the large hearts cookies at the base in a spiral position. Then add the four round cakes on top, and then the final 8 smaller heart shape cakes throughout. There is no right or wrong way to doing this, use your imagination and experiment with what works. Fill the tall wine glass with water and add flowers of your choice. The final step (and most important) is to lightly dust the cakes with powdered sugar (confectioners sugar). (*See video for tower display*).

Tip: You can substitute the vanilla for 2 teaspoons of lemon extract and a teaspoon of lemon zest to give the cakes more flavor!

Cranberry and White Chocolate Scones

Ingredients:

3 ½ cups flour
2/3rd cup butter
½ cup sugar
4 teaspoons baking powder
½ teaspoon salt
1 cup dried cranberries
1 cup white chocolate chips
2 eggs
1 teaspoon vanilla
2/3rd cup cream 10% (coffee cream or Half and Half)



Instructions:

Combine the butter, flour, sugar, baking powder and salt in a food processor for a few minutes until the mixture is crumbly. If you are working without a food processor, then cut the butter, flour, sugar, baking powder and salt together until the mixture is crumbly.

Transfer to a large bowl and stir in the cranberries and white chocolate chips. Add the eggs, cream and vanilla. Mix well so dough forms a ball. Knead the dough approximately 8 to 10 times on a floured surface and roll out 1/3 dough at a time with a rolling pin. Using a juice glass or biscuit cutter, cut out small round disks (you can also cut wedges if you prefer).

Bake in a preheated oven at 400°F / 204°C or Gas mark 6, on a greased or lined cookie sheet for approximately 15 minutes or until a light golden brown color has been achieved. Serve warm with butter. Makes 20 or so biscuits depending on the thickness.

Tip: Scones should be a little thick, like a biscuit. You can add to the sweetness by sprinkling a little granulated sugar on the top of each scone before baking.

Raspberry tarts

Ingredients:

5 ½ cups all-purpose flour
1 lb (pound) vegetable lard
2 teaspoons salt
1 egg stirred slightly
1 tablespoon vinegar
1 cup Raspberry preserves or jam
Cold water



Instructions:

Mix together flour and salt. Cut in vegetable lard with pastry blender or 2 knives, until the shortening mixture is in pea size pieces. In a measuring cup, combine the egg and vinegar and add enough cold water to make one cup. Stir the liquid into the flour mixture, mix well.

Shape the dough into a ball, and separate into 3 portions. Lightly flour a surface and roll out the dough to a ¼ inch thickness. Using a 4 inch diameter cutter, press and cut dough into circles.

Grease or use oil spray on one or two muffin pans. Lay and press individual circles of dough into muffin pans, to create individual tarts.

Add 1 teaspoon raspberry jam, filling the tart 1/3 of the way.
Do not over fill the tarts as the pastry does shrink during cooking
Bake in a preheated oven 30 minutes at 325°F / 162°C, Gas mark 3,
until crust is lightly browned.

Tip: Raspberry jam seems to work best with this pastry, but you can use your favorite preserves as well. Try creamed maple syrup and walnuts.
Yummy!