

RECIPE SUGGESTIONS TAKEN FROM

***“MY GRANDMOTHER’S
COOKBOOK”***

By kind permission of Ms Sue Woolley

Manx Bonnag - Plain

1lb plain flour
2oz butter
1 tsp bicarbonate of soda
1 tsp cream of tartar
Pinch of salt
Buttermilk or sour milk to mix

Mix flour, soda, cream of tartar and salt in a bowl.
Rub in butter until fine.
Add sufficient buttermilk or sour milk to make a soft dough.
Knead and shape into a ball.

Cook in moderate/hot oven for 1 hour.

Slim Cake

1 lb. flour
4 oz. fat
1 egg
3 oz. sugar
2 oz. currants
1/3 pint milk

Sift flour into a bowl and rub in fat. Add beaten egg, sugar and currants and gradually stir in milk to make a soft, but not sticky dough. Roll out the dough very thinly and cut into oblongs, measuring three inches by four inches. Bake on a griddle or frying pan, turning after a few minutes, until cooked.

Soda Cake

1 lb. plain flour
1 teaspoon salt
1 teaspoon bicarbonate of soda
1 teaspoon cream of tartar
½ pint very sour buttermilk or cream
(fresh milk with a drop of vinegar in it is a reasonable substitute).

Mix the bicarbonate of soda and the cream of tartar with the liquid. Sieve the flour and salt into a bowl and add the liquid. Mix to a soft dough. Turn onto a floured board and knead lightly. Roll out on one side only to about 1 ½ in. thick. Without turning it over, bake on a hot griddle. Alternatively, bake the cake in a moderate oven for about 40 minutes. Allow to cool before cutting.

Bunloaf

1 ½ lb. plain flour
½ lb. large raisins
½ lb. currants
½ lb. sultanas
½ lb. mixed peel
½ lb. sugar
10 oz. butter or margarine
½ teaspoon mixed spice
½ teaspoon cinnamon
1 tablespoon syrup
2 teaspoons bicarbonate of soda
1 pint buttermilk
(or fresh milk with a drop of vinegar)

Sieve flour and spices into a large bowl and rub in the fat. Add sugar, mixed peel and fruit. Put bicarbonate of soda in a basin and mix smoothly with the milk. Pour into the dry ingredients. Finally, add the syrup and mix thoroughly. Put into a greased and lined baking tin. Bake in a moderate oven for two hours. Or, put in two 1lb loaf tins and bake in a moderate oven for approximately one hour. When cool, wrap in greaseproof paper.