

## Some recipes from the Channel Islands to try out!

### **Gâche Méele** (pronounced Gosh Mel - are)

Gâche Méele is a traditional Guernsey apple dessert and an absolute favourite with locals. It is particularly satisfying to enjoy it in the autumn, when the cooler nights are drawing in and apples are freshly picked. It is wonderful eaten hot or cold and with a dollop of Guernsey cream or custard.

#### **Ingredients**

- ½ lb plain flour
- ¼ lb suet or butter
- 1½ lb apples (peeled, cored and chopped)
- ½ lb demerara sugar
- ¼ tsp of nutmeg
- ¼ tsp of cinnamon
- ¼ tsp of mixed spice
- ½ teacup of water
- 1 tsp salt
- 1 free range egg

#### **Preparation**

1. Rub the butter or suet into the flour until like breadcrumbs.
2. Add all of the other dry ingredients and apple and mix well.
3. Add egg and water and again mix well.
4. Place in a 7 inch (18cm) square tin and cook in a low oven for 2 hours until golden brown.

Tip: Prior to making this dessert all dry ingredients and apple can be mixed together and stood in the fridge to improve the flavour. Also, why not keep back some sugar to sprinkle on top prior to cooking – this makes a crunchier top.

## **Guernsey Gâche (Pronounced Gosh)**

**One of Guernsey's definitive delicacies is the Guernsey Gâche. Tune in your tastebuds before you visit with this genuine recipe that's really easy to make.**

### **Ingredients**

- 1.5 lbs wholemeal or plain flour
- 1.5 lbs butter
- Two free range eggs
- 4 oz candied orange peel
- 1 lb sultanas (currants may be used, if preferred)
- Quarter pint of Guernsey milk
- 2 oz yeast
- Pinch of salt
- 2 oz dark brown sugar

### **Preparation**

1. Wash and dry the fruit.
2. Cream the butter with sugar, add the eggs and then mix in the flour.
3. Warm the milk, add the yeast and a pinch of salt.
4. Make a depression in the dough and pour in the milk with the added yeast and mix well, adding the fruit and kneading like bread.
5. Leave to rise for two hours in a warm room.
6. Knock back and then knead again.
7. Grease a loaf tin and put in the prepared gâche.
8. Cook for one hour in a moderate oven, until golden brown.

**Best served with cider from the jug!**

## Jersey Bean Crock

Bean Crock has become the traditional dish of Jersey. It makes a filling but very tasty meal, and there are as many recipes as there are cooks - but they're all based on a mixture of dried beans, pork - preferably on the bone - or sometimes beef, and onions.

Traditionally, the jar of beans and meat was carried to the bakery to cook overnight. A good bean crock relies on long, slow cooking.

Traditional crock pots are still sold in Jersey - but you can use a large casserole dish with a lid, or even a slow cooker to make a bean crock.

Sometimes the beans used are just haricot beans, sometimes they are mixed beans.

It was traditional to use pig's trotters - they give a rich gravy which forms a gel as it cools, but don't have much meat on them, so you need to add extra pork. Hocks can also be used. My recipe uses belly pork - easier to get and I don't have any problem getting a good thick gravy despite the lack of bones.

### Ingredients

500g/1lb mixed beans  
500g/1lb belly pork, cubed  
2 onions  
4 bay leaves  
Black pepper  
Salt

Soak the beans overnight in cold water. If the mixture includes red kidney beans it is important to boil the beans for at least 10 minutes before putting them in the crock pot.

Put the beans, cubed pork and roughly sliced onions into the crock pot with the bay leaves and pepper.

Cover with water, and cook slowly in a moderate oven for at least five hours. Check periodically to see that there is still enough water. You want the bean crock to thicken up, but not burn or dry out.

Add salt towards the end of the cooking. Serve with crusty bread and perhaps some green salad.

## **Cabbage Loaf (Du Pain Sus Eune Fielle de Chour)**

**This bread is still made by bakeries in Jersey. The unusual thing about the bread is that it is baked whilst wrapped in cabbage leaves. It smells and tastes delicious!**

### **Ingredients**

1 lb strong plain flour  
½ oz fresh yeast  
½ oz pint liquid (half water, half milk)  
1 tsp sugar  
1 oz margarine  
Pinch salt  
2 large cabbage leaves

### **Method**

Sieve the flour into a warmed mixing bowl. Cream the yeast and sugar in a small basin and add a quarter of the liquid. Make a well in the centre of the flour and add the yeast. Sprinkle over a little flour, cover with a cloth and leave in a warm place until the yeast ferments. Then add the remainder of the liquid, fat and salt and knead into a smooth dough.

Return to the basin, cover with a cloth and leave in a warm place until it has doubled in size. Remove from the bowl and give a further kneading. Then mould into a large round loaf, cover with a cloth and leave in a warm place to "prove" until doubled in size. Finally, wrap the loaf in the large cabbage leaves which have been lightly greased on the inside, tie lightly, and bake in a hot oven, gas mark 6, 200° C (400° F) for approximately 15 minutes.

# Condensed Milk Cake

Prep Time: 30 minutes      Cook Time: 50minutes

Servings: 12 Slices

Equipment: 15 cm cake tin      Greaseproof baking paper

## Ingredients

- 75 gram unsalted butter
- 225 grams Self-Raising Flour
- 6 tablespoons Condensed Milk made up to 150ml with water
- 2 fresh free-range Eggs
- A handful raisins
- A handful glace cherries cut in half
- 3 tablespoons marmalade

## Instructions

1. Preheat your oven to 180 C / 350F / Gas mark 4.
2. Butter and line a 15 cm cake tin with greaseproof paper or baking parchment.
3. Gently heat the condensed milk, water and marmalade and stir until the marmalade is dissolved. Allow to thoroughly cool.
4. In a large bowl rub the butter and flour together to make a crumbly mix.
5. In a jug beat the eggs. Then beat the eggs, condensed milk mix and flour and butter together to form a smooth batter.
6. Stir in the dried fruit and pour into lined cake tin.
7. Place in the centre of the oven and bake for fifty minutes. A small sharp knife carefully inserted into the cake will come out clean. If not cooked return to the oven for another five to ten minutes.
8. Cool on a wire rack and serve in slices when cold. As an indulgence spread with fresh Jersey butter.