

Recipes from

# ENGLISH TRIFLE

A CULINARY MYSTERY BY

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### *Sadie's American English Trifle*

- 1 yellow or white cake mix (can use pre-made pound or angel food cake), cut into cubes
- 1 package Danish dessert, raspberry or strawberry (can use Jell-O)
- 1 packet Bird's brand custard mix (can use a large box of vanilla pudding)
- 1-2 cups frozen strawberries, thawed (Shawn prefers raspberries)
- 2 bananas, sliced
- 1 cup whipping cream, whipped

A couple of hours before assembling the trifle, prepare the cake mix, the custard mix, and the Danish dessert according to the package directions and allow to cool properly.

In a trifle dish or glass bowl layer all ingredients in the following order—cake cubes, Danish dessert, custard, fruit, and bananas. A trifle dish will usually allow two layers; a glass casserole dish will only allow one. Top trifle with whipping cream and refrigerate until ready to serve. Don't layer trifle more than six hours before eating or cake will get soggy and bananas may brown. Serves 8.

\*If using Jell-O instead of Danish dessert allow time for Jell-O to set up in refrigerator before serving, about 4 hours.

\*Bre's chocolate trifle: chocolate cake, chocolate pudding, and crushed Oreos instead of fruit. Yummy!

## *High Sea Lemon Cookies*

\*Shawn will eat half the cookies—hide some of them!

### Cookies

2 cups butter (room temperature)

$\frac{2}{3}$  cup powdered sugar

1 teaspoon grated lemon zest

$\frac{1}{2}$  teaspoon vanilla

1  $\frac{3}{4}$  cups flour

1  $\frac{1}{2}$  cups cornstarch (this is not a typo 😊)

Preheat oven to 350 degrees. Beat butter until creamy. Add powdered sugar and mix until light and fluffy. Add lemon zest and vanilla. Beat well. Add flour and cornstarch and beat until well combined. Do NOT refrigerate.

Roll by hand into 1-inch balls or use a well-packed scoop, placing cookies about an inch apart as they do not spread much while baking.

Bake 15 minutes on ungreased cookie sheets until bottom edges are light brown. Cool on wire racks before frosting with lemon glaze (below).

Makes about 5 dozen small delicate cookies.

### Lemon Glaze

4 tablespoons butter

$\frac{3}{4}$  teaspoon grated lemon zest (get zest from lemon before juicing)

$\frac{1}{4}$  to  $\frac{1}{3}$  cup lemon juice\*

2  $\frac{1}{2}$  cups powdered sugar

In a medium bowl combine butter, zest, juice, and sugar. Stir until well mixed. Place a piece of wax paper beneath the wire racks where the cookies have been cooling and drizzle glaze over cookies.

\*For best results when using lemons, choose the largest lemon you can find and roll it on the counter for about a minute before juicing in order to get as much juice as possible. Zest only the yellow part of the lemon peel; the white portion leaves a bitter taste.

## Chicken Tikka Masala

### Chicken

- 1 cup plain yogurt
- 2 tablespoons lemon juice
- 2 teaspoons cumin
- 2 teaspoons cayenne pepper (1 teaspoon for a milder flavor)
- 2 teaspoons black pepper
- 1 teaspoon cinnamon
- 1 teaspoon salt
- 1 teaspoon ground ginger (or ½-inch piece of ginger root)
- 1½ pounds boneless chicken breasts or thighs, cut into bite-size pieces (thighs are a more tender meat—worth a visit to the meat department)

After combining all ingredients in a gallon-size Ziploc bag, seal bag and knead the mixture together by hand. Allow chicken to marinate at least 1 hour in refrigerator. (Can marinate all day or overnight.)

After marinating, remove chicken from bag. Grill or broil chicken until cooked through. Marinade will be thick and will cook off. You do not need to save the drippings.

### Sauce

- 1 tablespoon butter or margarine
- 2 garlic cloves, minced
- 1 jalapeño, minced (Breanna doesn't like a spicy sauce—leave out the jalapeño, it'll still have the kick of the cayenne)
- 2 teaspoons ground coriander
- 1 teaspoon cumin
- 1 teaspoon paprika
- 1 teaspoon garam masala (optional)\*
- ½ teaspoon salt
- 1 (8-ounce) can tomato sauce
- 1 cup whipping cream
- Basmati rice, cooked
- Cilantro (for garnish)

Melt butter in a large skillet, add garlic and jalapeño. Cook 1 minute. Add coriander, cumin, paprika, garam masala, and salt. Add tomato sauce and cover skillet. Simmer 15 minutes. Add cream and simmer until sauce thickens, about 5 minutes. Add cooked chicken to sauce; simmer an additional 5 minutes. Serve over basmati rice. Garnish with cilantro.

Serves 6.

\*Garam masala adds to the traditional flavor of the dish but it isn't absolutely necessary if it's difficult to find at your local grocery store. However, the dish is better with it than without it. Garam masala is made up of a combination of different spices and can be mixed at home.

### *Chocolate-Dipped Coconut Macaroons*

1<sup>2</sup>/<sub>3</sub> cups flaked sweetened coconut\* (don't pack into measuring cup)

<sup>1</sup>/<sub>3</sub> cup sugar

3 tablespoons flour

<sup>1</sup>/<sub>4</sub> teaspoon salt

3 egg whites

<sup>1</sup>/<sub>4</sub> teaspoon vanilla extract

<sup>1</sup>/<sub>4</sub> teaspoon almond extract

chocolate for dipping

Mix coconut, sugar, flour, and salt together in a small bowl. Set aside. Beat egg whites in a medium-sized bowl until frothy—about 30 seconds. Add extracts and mix until combined. Add coconut mixture and stir until combined. Drop by rounded teaspoonfuls onto well-greased baking sheets, parchment paper, or silicone baking sheet (macaroons are notorious for sticking to the pan). Shape with fingers so they are nice and round. Bake at 325 degrees for 18 to 20 minutes or until golden brown around the bottom edges. Let cool completely before removing from pan to prevent sticking. Dip bottom half of cookie into a bowl of melted chocolate.

Cool completely. Store in an airtight container.

Makes about 2 dozen cookies.

\*For a tasty option, toast half the coconut by spreading coconut in single layer on a baking sheet. Bake at 350 degrees for about 15 minutes or until coconut is light brown. You can also put coconut in toaster oven on "dark" cycle. Check frequently to avoid burning.

### *Wake 'Em Up Breakfast Casserole*

1 pound sage sausage or ham or crisp bacon

8 eggs

$\frac{1}{2}$  teaspoon dry mustard powder or 1 teaspoon prepared mustard

1 green pepper, diced

$\frac{1}{2}$  teaspoon salt

$\frac{1}{2}$  teaspoon black pepper

1  $\frac{1}{2}$  cups small-curd cottage cheese

1 cup shredded Swiss cheese

1 cup shredded cheddar cheese (sharp is best)

4 cups frozen shredded hash browns

$\frac{1}{2}$  cup of your favorite vegetable (optional) (Breanna—steamed broccoli; Jack—lots of onions and mushrooms)

In a skillet, brown sausage or cook bacon until crispy; drain well. In a large bowl combine eggs, mustard, green pepper, salt, pepper, and cottage cheese. Mix until eggs are slightly beaten. Add cheeses and hash browns, mix well. Add meat and any optional veggies. Pour into a greased 9x13-inch baking dish. Bake uncovered at 350 degrees for 35 to 40 minutes or until center is well-set and edges are browned. Let sit for 10 minutes before cutting.

Serves 8.

\*Casserole can be made the night before and kept in the fridge. Add an additional 10 to 15 minutes to the baking time. (Lifesaver for when Shawn was playing football.)

\*Bake in muffin tins to make individual casseroles that are perfect for brunch. Decrease cooking time to 25 to 35 minutes.

### *Easy Sausage Rolls*

1 pound sage sausage (Liam likes onions and green peppers mixed into his)

1 package puff pastry—defrost according to package directions

Mustard

1 egg yolk

Brown sausage in skillet; drain well (rinse, if desired). Lay sheets of puff pastry on counter and cut into 12 rectangles (6 per sheet of pastry) using a pizza cutter. Spread each rectangle with mustard. Spoon  $\frac{1}{12}$  of sausage into the center of each pastry rectangle. Fold over and pinch edges together. Beat egg yolk and brush over the tops of the rolls. Place rolls 2 inches apart on baking sheet. Bake at 400 degrees for 15 to 20 minutes or until tops are golden brown. Allow to cool slightly before eating, but best served warm.

Serves 12.

## Crumpets

2 cups all-purpose flour  
1 tablespoon baking powder  
1 teaspoon yeast (instant or regular\*)  
 $\frac{1}{2}$  teaspoon salt  
1 teaspoon sugar  
2 cups warm water

Sift flour at least twice (this is a very important step in order to get the right density). Add remaining dry ingredients and mix together. Add water and stir with a wooden spoon or a heavy-duty whisk until the batter reaches a consistency similar to pancake batter. Cover with a dishcloth and set aside for about ten minutes or until a few bubbles begin to form on the top of the batter. Heat fry pan or griddle to medium-low heat (not quite as hot as for cooking pancakes).

Grease griddle and crumpet rings very well with non-stick spray. Put rings on griddle and allow to heat along with the pan. When thoroughly heated, add between  $\frac{1}{3}$  and  $\frac{1}{2}$  cup batter to each ring (about  $\frac{1}{2}$ - to  $\frac{3}{4}$ -inch thick). Let cook 6 to 8 minutes or until the edges of the top are dry and the bubbles have popped, leaving the standard "holes" in the top of the crumpet. Remove hot rings with tongs and turn crumpets over, cooking 1 to 2 minutes until barely browned. The bottom of the crumpet should be golden-brown but not too crusty. Remove crumpets from griddle and allow to cool on a cooling rack. Grease rings between each use.

To eat, spread butter on the top of the crumpet so the butter is absorbed into the holes. You can also top with jam, honey, maple syrup, or fresh fruit. Once cooled, toast before serving. Warm crumpets are great company for soups, stews, or with melted cheese on top.

Makes 12 to 16 crumpets.

\*If using regular yeast, combine  $\frac{1}{2}$  cup of the warm water, sugar, and yeast. Let proof 10 minutes, add with the rest of the water when called for in the recipe.

- In lieu of official crumpet rings, flat-bottomed cans like tuna fish and water chestnuts with the tops and bottoms removed can be used. Egg rings and wide-mouth canning jar rings can also be used, but only fill them half-way with batter.
- It's always a good idea to make a test crumpet to ensure that the bubbles form and pop properly. If the bubbles don't pop, resulting in no holes or a "blind" crumpet, add a tablespoon of water to the remaining batter and mix well. If batter is so thin that it seeps out from under the crumpet ring, add a tablespoon of flour to the remaining batter and mix well.
- Try adding  $\frac{1}{2}$  cup sugar and 1 teaspoon cinnamon to the batter for a sweeter, cinnamon-roll flavor.

### *Sadie's Scrumptulicious Scones*

1 cup sour cream (light works just as well)  
1 teaspoon baking soda  
4 cups all-purpose flour  
1 cup sugar  
2 teaspoons baking powder  
1 teaspoon salt  
 $\frac{1}{4}$  teaspoon cream of tartar  
1 cup butter  
1 egg

Combine sour cream and baking soda in 2-cup bowl or measuring cup (mixture expands, so you'll want to have extra space). Set aside. Whisk together dry ingredients in a large mixing bowl. Cut butter into dry ingredients using a pastry blender until mixture resembles coarse cornmeal. Add sour cream mixture and egg. Mix until a soft dough forms—use your hands if necessary. Turn dough onto lightly floured surface and knead a few times, then pat or roll until 1-inch thick. Cut into circles or use pizza cutter to cut into triangles. Place scones two inches apart on lightly greased baking sheet. Glaze, if desired. Bake at 350 degrees for 20 to 25 minutes or until bottom edges are golden brown.

Makes 8 to 14, depending on size of scones.

\*Pete likes them cheesy—no sugar or glaze, add 1 cup grated sharp cheese instead.

\*If using margarine in place of butter, dough may be sticky. Refrigerate for 30 minutes before rolling out.

#### Glaze (optional, but super yummy)

1 egg  
1 tablespoon whipping cream

Mix together egg and cream. Brush on top of unbaked scones and bake as directed. Sprinkle cooked scones with powdered sugar. Set oven to broil but leave oven rack in the center position. Put pan in oven, keeping door open about an inch and watch closely. Sugar takes 30 to 90 seconds to turn a golden brown. Remove scones from oven; serve while still warm.

\*To freeze scones: Bake scones as directed. When cool, put in zip-top plastic bag, removing as much air as possible to ensure freshness upon defrosting. To defrost, remove from freezer and let thaw at room temperature for 2 hours. Can reheat in microwave.