

FOOD FOR THOUGHT



A COLLECTION OF THE SA LAW TEAMS' FAVOURITE RECIPES IN
CELEBRATION OF THE ST ALBANS AND HATFELDEN FOOD &
DRINK FESTIVAL 2015.



SA Law proudly supports the St Albans and Harpenden Food & Drink Festival 2015

Since the launch of SA Law in 2005 we have seen a food and drink revolution in the City and have been delighted to support such great businesses both as legal advisors and as customers.

The festival showcases and celebrates the culinary delights and produce available throughout St Albans and the surrounding areas and has inspired us to put our heads together to create some of our most-loved, cherished and special recipes. I hope you enjoy them – especially the Lemon Dribble Cake!

Steve Ryan

Managing Partner
SA Law

The history of St Albans is entwined with catering and hospitality, from the safe haven provided by St Alban himself, through the multitude of pubs and inns that formed the basis of its economy for many hundreds of years since. The Charter Market itself is steeped in history with a special Royal Charter granted in 1553, though the market is well documented as far back as the 9th century. This year, the Food & Drink Festival is going back to its roots, inviting local people to shop at the market to make and use seasonal food in celebration of getting your kitchen dirty and your tummy happy; which is why the SA Law 'Food for Thought' recipe book is so special and I hope will encourage and inspire more people to get into the kitchen!

Helen Burridge

Community Engagement Officer
St Albans City and District Council



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APPLE & MARZIPAN TART

By Glenda Ferneyhough
Partner
Real Estate Team



Serves 8

Prep Time:

About an hour – less if you use readymade pastry

Cooking Time:

35 - 45 minutes

Ingredients

For the pastry

150g vegetable fat/margarine
– or a mixture
300g plain flour

For the filling

100g margarine
100g marzipan
50g caster sugar
4 cooking apples, peeled and
grated
2 large eggs (separated)

Crème fraiche (optional, to be
served with the tart)

This recipe was very popular in The Radlett Round Table when we had a lot of fun arranging Safari suppers. Occasionally the hostess was “kidnapped” and taken to another house where she might end up serving food she hadn’t prepared! This dessert can be made in advance and frozen and can be reheated so it works well for a relaxing evening with friends or family.

Method

1. Pre-heat oven to 225°C
2. Make pastry in usual way and then roll out to fit a loose bottom 24cm diameter flan case – sides need to be at least 2cm deep
3. Grate the marzipan onto the pastry
4. Using an electric beater mix margarine and sugar until pale and fluffy
5. Mix egg yolks and grated apple into the margarine and sugar
6. Wash and dry the beaters thoroughly and then beat the egg whites until stiff
7. Gently stir the egg whites into the mixture in the flan dish. It doesn’t matter if you can still see the egg white
8. Bake on baking tray (in case the filling overflows) in the centre of the oven for 35-45 minutes until golden brown. You may end up with some blackening on the top rather than golden brown but don’t worry – it doesn’t seem to affect the flavour!
9. Serve warm with crème fraiche.

Hints and Tips

It is important not to overfill the flan case so if you are worried that you have too much mixture just put it in a separate dish and cook it later without the pastry base – also delicious! A metal flan case will give a crisper pastry base than glass or china.

BAKLAVA

By Tijen Ahmet
Solicitor
Immigration Team



Makes 24 pieces

Not suitable for nut allergies

Prep Time:
30 minutes

Cooking Time:
30 minutes

Ingredients

For the syrup

300ml water
500g caster sugar
3 tbsp of lemon juice

For the Baklava

200g chopped pistachios
150g butter
1 pack of filo pastry (thin sheets)

This recipe originated from the Ottoman Empire and is a real treat. I have watched generations of family make it through the years in their own distinctive way. My recipe is a simplified version that is just as rich, sweet and nutty but perfect served with a scoop of vanilla ice-cream on a cool summer's evening or for family and friends as an indulgence at Christmas.

Method

1. Preheat the oven to 180°C
2. Chop the pistachios with a sharp knife or in a processor until medium fine
3. Start by making your syrup. Add the water to a pan and the sugar to bring to a boil. Keeping it at boiling point for about 5 minutes. Then add the lemon juice and turn the heat off. Pour it into a jug and let it cool
4. Add the butter to a small pan and melt
5. Grease the baking tray with some of the melted butter or vegetable oil if you prefer
6. Separate the filo sheets into half and cut them to fit the size of your baking tray. Grease your tray and add two layers of filo sheets and brush with the melted butter. Then repeat until you have used the first half of your filo sheets
7. Spread the pistachios evenly over the layers of filo pastry. Save a tablespoon of pistachios to use as decoration at the end. Then carry on with the rest of the pastry in the same way. Make sure the last sheet of filo on top is buttered well
8. Using a sharp knife to slice the pastry into squares or diamond making sure you cut the baklava right through to the bottom of the tray
9. Place in the oven and cook for 25-30 minutes until golden brown. Pour over half of the cold syrup and then leave it to soak for 2-3 minute before pouring over the rest of the syrup
10. Decorate by sprinkling the remaining pistachios over the top.

Hints and Tips

You can use different nuts including walnuts, almonds or even a mixture of your favourite nuts. Feel free to flavour your syrup with tablespoon of rosewater or orange flower water.

DOUBLE CHOCOLATE BROWNIES

By Jacqui Button
Associate
Real Estate Team



**Makes 12 medium sized or
9 large**

Prep Time:
20 minutes

Cooking Time:
35 - 40 minutes

Ingredients
115g butter
115g dark chocolate (broken
into pieces)
300g caster sugar
1 tsp vanilla essence
2 large eggs
140g plain flour
2 tbsp cocoa powder
100g white chocolate chips

This is a recipe for yummy brownies which doesn't contain nuts which is fairly unusual in brownie recipes in my extensive experience. It is adapted from a Marks & Spencer recipe book called Easy Chocolate – one of my favourite books!

Method

1. Pre-heat the oven to 180°C/350°F/ Gas Mark 4. Grease and line the base of an 18cm square cake tin
2. Melt the butter and plain chocolate in a heatproof bowl over a saucepan of simmering water, stirring until smooth then leave to cool slightly
3. Stir in the sugar and vanilla essence then add the eggs one at a time and stir until blended
4. Sift the flour and cocoa powder into the mixture and beat until smooth then stir in the chocolate chips. If the mixture becomes very stiff and difficult to blend at this stage add a little milk
5. Pour, scoop or spread the mixture into the cake tin and smooth the top
6. Bake in the oven for 35 - 40 minutes until the top is slightly crisp and a skewer inserted into the centre comes out nearly clean
7. Leave to cool slightly before cutting into squares or let people dig in straight away!

Hints and Tips

The brownies are delicious eaten straight out of the oven if you're that way inclined or they keep for several days in a tin. They're very nice with ice cream or on their own.

CHOCOLATE SLICE

By Marilyn Bell
Partner
Head of Family Team



Makes 6 to 8 slices

Prep Time:
30 minutes

Cooking Time:
2 hours in the fridge to set

Ingredients

For the cake

114g butter or margarine
57g caster sugar
2 tbsp golden syrup
2 tbsp milk
2 tbsp drinking chocolate,
sieved
1 tbsp cocoa, sieved
227g plain chocolate digestive
biscuits, crushed
57g cake crumbs
57g glace cherries
57g raisins

For the topping

114g plain chocolate (for
melting)

I found this recipe shortly after I was married and have been making it ever since for all family occasions, including Christmases and Birthdays; it is a family favourite and there would be complaints if they came and it wasn't there.

Method

1. Place the butter, sugar, syrup and milk in a pan and heat gently until melted
2. Add drinking chocolate, cocoa, and ½ the biscuit mix and stir well
3. Add all the rest of the ingredients and stir well.
4. Put into a 7 inch cake tin, lined with greaseproof paper and put in fridge to set for 2 hours
5. Tip out of tin
6. Melt chocolate and add to top.

Hints and Tips

Can double the quantity to make larger/thicker slice and use 8" cake tin.

Biscuits should be crushed finely; can use a blender, or place in a plastic bag, seal top, and roll the outside with a rolling pin.

It can be made in advance and frozen, but it is better to freeze it without the chocolate topping and add this when it's thawed.

KATZIDOPITA

By Amanda Bonham
Legal Secretary
Corporate Team



Serves 6 - 8

Prep Time:
30 minutes

Cooking Time:
35 minutes

Ingredients

For the cake

400g chopped walnuts
180g crushed melba toast
20g baking powder
1 tsp nutmeg
2 tsp ground cinnamon
1 tsp ground clove
200g butter
170g sugar
7 eggs (separated into whites and yolks)
Zest of 1 orange
75ml Cognac

For the syrup

2 cups sugar
2 cups water
1 tsp vanilla essence
1 tbsp orange juice
¼ cup Cognac

I recently discovered this Greek walnut cake, the syrup makes it moist and sweet.

Method

1. Preheat the oven to 170°C.
2. Mix sugar and butter together until smooth and creamy
3. Add the egg yolks, one at a time whilst continuing to mix
4. Pour in the cognac and orange zest and mix until smooth then set aside
5. In a separate large bowl, add the chopped walnuts, the crushed Melba toast, all the spices and baking powder and mix with a spoon
6. Combine the two mixtures and blend until smooth
7. Place the egg whites in a bowl with a pinch of salt and whisk until very thick and glossy
8. With a spatula, gradually add meringue to the mixture
9. Grease the bottom and sides of a round baking tray (approx. 30cm diameter) and bake for about 35 minutes until nicely coloured on the outside and cooked through
10. Leave cake to cool and prepare syrup
11. Add all the ingredients for the syrup into a saucepan and boil until sugar has dissolved
12. Score the cake and slowly ladle the hot syrup over the cold cake
13. Let it cool down before eating
14. Serve with vanilla ice cream or Greek yogurt.

LEMON DRIZZLE CAKE

By Steve Ryan
Managing Partner
Real Estate team



Serves 10

Prep Time:
15 minutes

Cooking Time:
45 minutes

Ingredients

4 eggs
Zest of 2 lemons (finely grated,
save small handful for
scattering)
Juice of 2 ½ lemons
225g unsalted butter
(softened)
225g self-raising flour
310g caster sugar (225g for
cake, 85g for drizzle)
60g icing sugar

This is an office bake sale favourite! Usually baked by my youngest daughter Emma; she adapted the recipe from BBC Good Food (Tana Ramsay) so it now has extra dribbling... I mean drizzling.

Method

1. Preheat the oven to 180°C. Generously butter a loaf tin (8x21cm, or a similar capacity cake tin) and line with baking paper
2. Beat the butter and 225g sugar until pale yellow and creamy; by hand or with an electric whisk
3. Add the eggs, one at a time, slowly mixing through
4. Sift in the flour, add lemon zest and stir in with wooden spoon until well combined
5. Spoon into the cake tin, smoothing the top with a spatula
6. Bake in the centre of the oven for 40 - 45 minutes or until a thin skewer comes out of the centre of the cake clean. Leave in the tin to cool for at least 10 minutes
7. Mix the juice of 1½ lemons and 85g caster sugar for the first drizzle. Second drizzle is juice of 1 lemon and the icing sugar
8. Remove the cake from the tin and turn out onto a large plate (not a rack otherwise drizzle will drip down onto work surface)
9. Prick the cake all over with a fork or thin skewer and pour over the first caster sugar drizzle. Allow it to soak in for a couple of minutes
10. Pour over second icing sugar drizzle. Allow to cool completely so that drizzle is absorbed and icing can crisp a little.

Hints and Tips

Try adding some poppy seeds to the batter, or use less drizzle and serve with some lemon curd.

RAINY DAY CHEERFUL CHOCOLATE CAKE

By Clare Mackay
Associate
Commercial Litigation Team



Serves 8 - 10

Prep Time:

20 minutes

Cooking Time:

30 minutes

Ingredients

For the cake

75g cocoa powder

175g butter

275g caster sugar

3 large eggs

275g plain flour

1 ½ tsp bicarbonate of soda

½ tsp baking powder

300ml of boiling water

For the filling

55g butter

55g icing sugar

2 tablespoons cocoa powder

1-2 drops vanilla extract

Smarties, maltesers or whatever else you fancy to decorate.

What better way to cheer up a wet Saturday afternoon and put an end to the inevitable “Mum, I’m bored” from the kids? My children love to help weigh the ingredients, mix them together and then decorate the resulting cake – oh, and lick the spoons! This recipe was given to me by my grandma. She would love to know that her cake is now being enjoyed by the next generation and that the family tradition of rainy day baking is being carried on.

Method

1. Preheat the oven to 180°C or gas mark 4. Grease and line 2 x 20cm round cake tins
2. Mix the cocoa powder with 300ml of boiling water and leave to one side
3. Whisk butter and sugar together until light and fluffy then whisk in the eggs gradually, one at a time
4. Sieve the flour, bicarbonate of soda and baking powder together then fold into the mixture
5. Add the cocoa mixture slowly – take care to ensure that it is thoroughly blended into the mix
6. Equally divide the mix between the two cake tins and bake in the oven for around 30 minutes. Stick a skewer or knife in to check at around 25 minutes – when this comes out clean, the cake is ready. Take it out of the oven and set aside to cool.
7. Once the cake has cooled, whisk together the ingredients for the buttercream filling and use a generous half to fill the middle of the cake and sandwich the two halves together. Use the remaining buttercream to ice the top of the cake.
8. Finally (and this is my children’s favourite part) liberally decorate the top of the cake with whatever you like – the more the better!

Hints and Tips

The mixture looks very wet before you put it into the oven – don’t be tempted to add more flour – it is supposed to look like this and will result in a beautifully moist cake. This recipe also makes a great birthday cake and has been moulded into the shapes of dinosaurs, guitars and footballs!

Instead of making the filling yourself, you can cheat as I usually do and buy some readymade chocolate buttercream.

STICKY TREACLE LOAF

By Sharon Mitchell
Consultant
Corporate Team

Serves 8-10

Prep Time:
10 – 15 minutes

Cooking Time:
1 hour

Ingredients
142g butter (softened)
57g brown sugar
170g plain flour
½ tbsp. ground mixed spice
142g black treacle
1 large egg
½ tsp bicarbonate of soda

I don't know where this recipe came from but it is easy to make and is very tasty with a rich flavour. This recipe makes a small loaf but it can easily be multiplied up to make two loaves.

Method

1. Preheat the oven to 170°C /Gas mark 3 and prepare the tin
2. Mix butter, sugar, flour, spice, treacle and eggs for 1-2 minutes until smooth and slightly paler in colour
3. Blend the bicarbonate of soda with 1 tbsp cold water and stir into the mixture
4. Put the mixture in the tins then bake for 1 hour or until risen and firm to the touch.
5. Leave to cool in the tins for 10 minutes then transfer to a wire rack.

Hints and Tips

Grease the loaf tin and line it with baking parchment or greased greaseproof to protect the cake from overcooking underneath and to make it easy to remove the finished cake.

STICKY TOFFEE SALTED CARAMEL CUPCAKES

By Sam-Alexander Lyon
Trainee Legal Executive
Real Estate Team



Makes 12

Prep Time:
10 – 15 minutes

Cooking Time:
15-20 minutes

Ingredients

Cupcake batter

180g dates pitted and
chopped
1 tsp vanilla extract
180g self-raising flour
1 tsp bicarbonate of soda
80g softened unsalted butter
150g light muscovado sugar
2 eggs, lightly beaten

Buttercream

3-4 tbsp dulce de leche
½ tsp salt (or to taste)
1 tsp vanilla extract
160g salted butter, softened
250g sifted icing sugar

These cupcakes are from Olive magazine and are so delicious you can't just have one! I generally like to treat everyone to them on my birthday, but they are great for any occasion/ any excuse.

Method

1. Heat oven to 180°C /fan 160°C /gas 4.
2. Put 12 paper cases into a cupcake tin
3. In a heatproof bowl, pour 180ml of boiling water over the dates and leave to soak for 20 minutes
4. Gently break up the dates with a fork
5. Sift the flour and bicarbonate of soda into a bowl and set aside. Cream the butter and sugar for a good 5 minutes until very light and fluffy
6. Add the eggs, beating between each addition and slipping in 1 tbsp of flour about halfway through to prevent curdling. Lastly, fold in the remaining flour, then the date mixture
7. Spoon the cupcake batter into the cupcake cases and bake for 15-20 minutes or until the tops should spring back when pressed with a finger
8. Remove from the oven, take the cupcakes out of the tin and leave to cool before adding the buttercream
9. To make the buttercream, mix the dulce de leche with the salt and vanilla. In an electric mixer (or handheld mixer – or by hand if you fancy a work-out!), cream the butter and icing sugar for at least 5 minutes, then add the dulce de leche
10. Put the buttercream into a piping bag and pipe onto the cakes, or spread it on with a palette knife.

Hints & Tips

To make the cakes a bit more special, add a star shape nozzle to the buttercream piping bag.

SWEET

POTATO PIE

By Ross Hayward
Solicitor
Corporate Team



Serves 8

Prep Time:
1 hour 15 minutes

Cooking Time:
1 hour

Ingredients
2 sweet potatoes
2 tbsp soft butter
¾ cup light brown sugar
½ cup milk
2 large eggs
½ tsp ground nutmeg
½ tsp ground cinnamon
1 tsp vanilla extract
1 ready-made 9" sweet pie case - or make your own

Maybe best in the cold winter months, but really works whenever you can lay your hands on some sweet potatoes. A nice way to do something a little different!

Method

1. Boil or steam the sweet potatoes whole (skin on) for approximately 1 hour or until soft, then run under cold water and remove skin
2. Turn on oven at 180°C
3. Blend the potatoes in a mixer until it's a smooth consistency
4. Mix the sweet potato and butter together in a bowl
5. Add the remaining ingredients and mix or beat until smooth
6. Pour into the sweet pie case and bake in the oven for approximately 50 to 60 minutes, or until a knife comes out clean.

Hints and Tips

Serve hot with a sprinkling of icing sugar, cream or ice cream, as preferred. While it's great as a dessert, it can easily be adapted for a savoury dish too.

TIRAMISU

By Polja Atkins
Paralegal
Commercial Litigation Team



Serves 4 - 6

Prep Time:
30 minutes

Ingredients

2 egg yolks
100g caster sugar
1 tsp vanilla extract
2 tubs mascarpone cheese
(approx. 500g.)
100ml single cream
150ml espresso coffee
4 tbsp Tia Maria
18 savoyard biscuits (ladies'
fingers biscuits)
Cocoa powder for dusting

Tiramisu inspired by a recipe in Antony Carluccio's cookery book, adapted by me. Very easy to make.

Method

1. Beat the egg yolks, 80g of the caster sugar and vanilla extract
2. Mix the mascarpone cheese and single cream in a separate bowl
3. Mix the mascarpone mixture with the egg mixture
4. Mix the espresso, Tia Maria and the remaining sugar in a third bowl
5. Dip the biscuits briefly in the coffee mixture and line a rectangular dish with the biscuits
6. Put in a layer of the mascarpone mix on top of the biscuits and continue with a layer of biscuits and another layer of the mascarpone cream
7. Dust with cocoa powder and chill in the fridge until ready to serve.

Hints & Tips

You can use Kahlua instead of Tia Maria.

TRADITIONAL ENGLISH TRIFLE

By Gill Garrett
Partner
Director of Finance and
Business Support



Serves 10

Prep Time:
30 minutes

Ingredients

425ml of double cream
4 large egg yolks
25g of caster sugar
1 level dessertspoon of
cornflour
1 tsp vanilla extract
5 trifle sponges
150ml Sercial Madeira or dry
sherry
450g fruit of your choice (I
prefer raspberries)
1 large or 2 medium Bananas
½ a jar of strawberry or
raspberry jam

For the Topping

275ml double cream
50g of toasted or baked
almonds (optional)

This is a luxury dessert which is excellent for the Christmas Season.

Method

1. Start by slicing the sponges in half lengthways, spread one half with jam and place the original half back on top
2. Cut each one into three mini sandwiches, and place these sideways up in the bowl. Now stab them with a small knife and slowly pour the Madeira all over. Then leave on one side so the sponges will absorb the liquid
3. Place the cream in a pan over a gentle heat and heat it to just below simmering point, stirring occasionally with a wooden spoon
4. While the cream is heating, use a balloon whisk to whisk together the egg yolks, sugar, cornflour mixture and the vanilla in a medium bowl. Then, whisking the egg mixture at the same time, gradually pour the hot cream into the bowl
5. Next, immediately return the whole lot back to the saucepan and put it on a gentle heat and continue whisking until the custard is thick and smooth. (If it does overheat and looks grainy, transfer to a bowl and continue to whisk until smooth)
6. Pour the custard into a jug or bowl, cover the surface with cling film and leave to cool
7. To assemble the trifle, tip the bowl from side to side to make sure all the Madeira has soaked into the sponges. Peel and slice the bananas. Then scatter the chosen fruit over the sponges and press them down with a fork to release their juices then scatter the bananas over the raspberries. Now pour the custard all over
8. Finally whip the cream till thick, spoon it over and spread it around, and scatter the almonds over it all
9. Cover the bowl with cling film and chill in the fridge until needed.

Food for thought

We at SA Law are proud to support the St Albans and Harpenden Food & Drink Festival;

That's why we said to the team "We knead your recipes quick

And cooking puns that will crack you up

So we can sauce them all together

And whip up a recipe book of food for thought".

So with the heat now firmly on

We knew they'd rise to the occasion

With more than just half-baked suggestions

And we hoped they might just break the mould!

Using cutting edge concepts

And the skillet to bring it together

With just a sprinkling of thyme

Now we've sponged off their ideas for your enjoyment

And stirred up more than a few.

We might be a gluten for punishment

But really it's the yeast we could do.

Just remember that it's all ingest!

We hope you've enjoyed the grate read.

By Ross Hayward

Solicitor

Corporate Team

We believe that combining the finest ingredients leads to the most successful outcome.

Our approach to the law is no different. Our people combine a friendly yet professional work ethic with specialist knowledge and a genuine interest in achieving the best results for you.

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