

Regional Recipes

ECookBook

BY JURYS
INN

"Soups, Sides, Stews & Pies...
Tarts, Bakes, Puddings & Cakes"

Tasty traditional dishes from across England, Ireland, Scotland & Wales

Contents

2. Contents

3. [British & Irish Cuisine](#)
4. [Essential Ingredients](#)

5. Starters & Sides

Soups

6. [East Anglian Asparagus Soup](#) 🍴
7. [Scottish Cock-a-Leekie Soup](#)
8. [Devonshire Crab Soup](#)
9. [London Particular](#)
10. [Northern Irish Potato and Parsley Soup](#)

Sides & Bakes

11. [Gloucester Cheese and Ale](#) 🍴
12. [Northern Irish Soda Bread Farls](#) 🍴
13. [Kentish Huffkins](#) 🍴
14. [Scottish Neeps and Tatties](#) 🍴
15. [Welsh Onion Cake](#) 🍴
16. [Staffordshire Oatcakes](#) 🍴

17. Main Dishes

Casseroles & Stews

18. [East Anglian Casserole with Dumplings](#)
19. [Chiddingly Hot Pot](#)
20. [Irish Stew](#)
21. [Lancashire Hotpot](#)
22. [Liverpool 'Scouse'](#)
23. [Welsh Cawl](#)

Savoury Pies and Puddings

24. [Cornish Caudle Chicken Pie](#)
25. [Scottish Haggis](#)
26. [Leicestershire Pork Pie](#)
27. [London Pie](#)
28. [Shropshire Fidget Pie](#)
29. [Suffolk Fish Pie](#)

30. Desserts

Cakes and Loaves

31. [Welsh Bara Brith](#) 🍴
32. [Irish Barmbrack](#) 🍴
33. [Dundee Cake](#) 🍴
34. [Eccles Cake](#) 🍴
35. [West Country Apple Cake](#) 🍴
36. [Welsh Cakes](#) 🍴

Sweet Pies, Tarts, and Puddings

37. [Derbyshire Bakewell Tart](#) 🍴
38. [Scottish Cranachan](#) 🍴
39. [Eton Mess](#) 🍴
40. [Liverpool Tart](#) 🍴
41. [Manchester Tart](#) 🍴
42. [Norfolk Treacle Tart](#) 🍴

British & Irish Cuisine

With a rich history dating back millennia, the cuisine of these small islands has evolved under a myriad of outside, often ancient, influences - bringing together exotic flavours and concepts from all over the world.

With new cooking techniques, and flavours entering local kitchens, the cuisine transformed from once having a reputation as “simple, bland food”, to an array of signature dishes across the regions, all bursting with flavour.

Many of the regions often provide their own unique take on some of the traditional, well-known recipes. A meat pie in Manchester varies from a pasty in Cornwall, and the distinction between a Lincolnshire sausage and a Yorkshire banger could make all the difference in a casserole.

British and Irish cuisine is a diverse cooking pot blending a historical journey of traditional dishes, local produce and signature recipes, with the heart and character of the land. In honour of such diverse food, Jurys Inn have collected together a range of regional recipes for you to read, cook, and savour.



Vegetarian



Contains
Milk



Spicy



Prep time and cooking
time



Contains
Gluten &
Wheat



Contains
Pork



Contains
Chicken



Contains
Beef



Contains
Fish



Contains
Lamb

Essential Ingredients

Before you start cooking, it's important to make sure your kitchen is well stocked with every day essentials. These can include basic herbs and spices, condiments and sauces, dried goods, and a number of other items.

Condiments and Sauces

- Mustard
- Ketchup
- Brown Sauce
- Mayonnaise
- Worcestershire Sauce
- Pickles
- Oils (olive, vegetable)
- Vinegars (red wine, white wine, balsamic, malt)

Dried Goods

- Sugar (brown, granulated, caster, icing)
- Flour (plain flour, bread flour, self-raising flour)
- Baking Soda/Powder
- Pasta and Rice
- Stock Cubes

Herbs and Spices

- Sea Salt
- Black Pepper
- Dried Herbs (oregano, thyme, parsley, bay leaves, basil)
- Spices (chilli powder, nutmeg, cinnamon, cumin, five spice, paprika, curry powder)

Others

- Garlic
- Ginger
- Onions
- Lemons
- Pastry (puff pastry, short crust pastry)



Vegetarian



Contains
Milk



Spicy



Prep time and cooking
time



Contains
Gluten &
Wheat



Contains
Pork



Contains
Chicken



Contains
Beef



Contains
Fish



Contains
Lamb



Starters & Sides



East Anglian Asparagus Soup

Traditionally grown in East Anglia and a signature ingredient, the asparagus is a delicious vegetable whose popularity goes back to Roman times.

This simple recipe puts asparagus to use in a tasty and warming soup. Serve with fresh, crusty bread for a satisfying start to any meal.



15 mins



10 mins

Ingredients –

- Butter (20g)
- Vegetable Oil (1 tsp)
- Asparagus Spears (350g)
- Onion (1, finely sliced)
- Garlic (2 cloves, mashed)
- Spinach (2 large handfuls)
- Vegetable Stock (750ml)

Method –

1. Melt the butter with the oil in a saucepan until it begins to bubble.
2. Remove the woody ends of the asparagus, chop up the stalks, and separate the tips.
3. Fry the tips until softened before setting aside.
4. Add the onion, stalks and garlic to the pan, and cook for 5-10 minutes until soft.
5. Stir in the spinach, add the stock and boil.
6. Blend the mix together using a hand blender.
7. Season with salt and pepper, and add hot water until you reach the desired consistency.
8. Ladle into bowls, and serve with the asparagus tips and a few slices of fresh, crusty bread.



Scottish Cock-a-Leekie Soup

Cock-a-Leekie is a Scottish classic, often referred to as the country's national soup. Believed to originate from France as a chicken and onion soup, the dish was brought to Scotland around the 16th Century.

The tender chicken and flavoursome vegetables make it a rich soup great as a starter or light bite



20 mins



1 hour



Ingredients –

- Butter (15g)
- Chicken legs and thighs (300g)
- Leeks (300g, trimmed)
- Broccoli (200g)
- Celery (200g)
- Chicken Stock (1 Litre)
- Bouquet Garni (1)
- Prunes (6, stoned and halved)
- Fresh Parsley (Optional)

Method –

1. Melt the butter in a saucepan.
2. Add the chicken and fry until golden.
3. Cut the leeks lengthways and into 1 inch pieces.
4. Add the white parts of the leeks to the pan and fry until soft. Set the green parts aside.
5. Chop the celery into 1 inch pieces, and the broccoli into small chunks, before adding to the pan and frying until soft.
6. Add the stock and the bouquet garni, and season to taste.
7. Bring to the boil and simmer until the chicken is tender.
8. Shred the green parts of the leek and add to the pan with the prunes.
9. Simmer for another 30 minutes.
10. Remove the chicken and cut into pieces.
11. Place the chicken into a dish and pour the soup over.
12. Garnish with parsley and serve.

Devonshire Crab Soup

Devon's crab meat is known around the world for its delicious flavour and plentiful supply. A versatile meat, crab can be grilled, fried, eaten cold, or of course used for a rich, tangy soup that brings the seaside into your kitchen!



15 mins



35 mins

Ingredients -

- Butter (25g)
- Onion (1, finely chopped)
- Celery (1 stick, chopped)
- Long Grain Rice (75g)
- Milk (1 pint)
- Crab Meat (225g, cooked)
- Chicken Stock (300ml)
- Anchovy Essence (5ml)
- Brandy (30ml)
- Fresh Double Cream (150ml)
- Parsley (chopped, to garnish)

Method -

1. Melt the butter in a saucepan.
2. Add the celery and onion, and fry until soft.
3. Add the rice and milk, cover and cook until the rice is cooked.
4. Let the soup cool slightly before passing it through a sieve, then return it to the pan with the crab meat.
5. Add the stock, seasoning, and anchovy essence. Reheat.
6. Add the brandy and cream, and heat gently without boiling. Serve hot with crusty bread and a parsley garnish.



London Particular 🐷 🍷 🌾

Up until the Clean Air Act of 1956, London was known for the thick yellow smog that would cover the city. The name London Particular comes from that smog, characterising the soup for its thick yellow-green appearance.

The soup itself is a delicious combination of split peas, bacon, and vegetables, perfect for a cold winter's evening.



15 mins



20 mins



Ingredients -

- Butter (15g)
- Bacon Rashers (50g, chopped)
- Onion (1, roughly chopped)
- Carrot (1, diced)
- Celery (1 stick, chopped)
- Split Dried Peas (450g)
- Chicken Stock (4 pints)
- Natural Yogurt (4 tbsp)
- Croutons (to garnish)

Method -

1. Melt the butter in a saucepan.
2. Add the bacon, onion, carrot, and celery, and cook until they start to soften.
3. Add the peas and the stock.
4. Bring it to the boil and simmer for an hour.
5. Allow it to cool a little, then puree it until smooth.
6. Return to the pan, add the yogurt and season to taste.
7. Serve garnished with croutons.

Northern Irish Potato and Parsley Soup

Potatoes have been synonymous with Irish cooking for centuries, used in soups, stews, pies, and many other dishes.

With so many varieties of potato grown worldwide, it's good to mix them up. Try using Pent or King Edward potatoes in this soup for a unique combination of flavour.



15 mins



25 mins

Ingredients –

- Butter (25g)
- Bacon Rashers (2, chopped)
- Potatoes (450g, cut into chunks)
- Onions (450g, sliced)
- Chicken Stock (900ml)
- Fresh Milk (300ml)
- Parsley (25g, chopped)
- Single Cream (150ml)
- Croutons (to garnish)

Method –

1. Fry the bacon in a pan until the fat starts to melt.
2. Add the butter, potatoes, and onions, and cook for 10 minutes.
3. Add the chicken stock and milk.
4. Bring to the boil, then simmer until the vegetables are tender.
5. Allow to cool a little, then puree in a blender.
6. Reheat in the pan, stirring in the cream and the parsley.
7. Serve garnished with croutons.



Gloucester Cheese and Ale 🌾 🍷

One of many variations, Gloucester cheese and ale was traditionally served after a meat or poultry dish, and usually washed down with a little more ale.

The Single Gloucester is mild and crumbly, while the Double Gloucester has a more savoury flavour and is slightly firmer. This recipe uses Double, but either cheese can be used.



10 mins



10 mins

Ingredients –

- Double Gloucester Cheese (175g, thinly sliced)
- English Mustard (1tsp)
- Brown Ale (120ml)
- Bread (4 slices)

Method –

1. Preheat the oven to 190°C or gas mark 5.
2. Lay the cheese slices over the bottom of a large oven dish.
3. Spread the mustard over the cheese, and pour in enough ale to cover.
4. Put in the oven for about 10 minutes, or until the cheese softens.
5. Toast the bread while the cheese is in the oven, and when the cheese is finished pour it over the toast.
6. Serve with a glass of ale.



Northern Irish Soda Bread Farls

A great breakfast food, side or snack, soda bread farls remains an old favourite in Northern Ireland.

Traditionally, soda farls were a quick way to make soda bread for unexpected guests.

The well-known potato bread farl recipe is very similar, but made with mashed potato rather than baking soda.



5 mins



15 mins

Ingredients –

- Plain Flour (500g)
- Bicarbonate of Soda (1tsp)
- Salt (1/2tsp)
- Buttermilk (250ml)

Method –

1. Preheat a griddle or frying pan on a medium to low heat (if using a frying pan a slightly higher heat might be needed)
2. Mix the flour and salt in a bowl and sift in the bicarbonate of soda.
3. Spread flour over a clean surface
4. Make a well in the middle and pour in the buttermilk.
5. Working quickly, mix the ingredients and lightly knead on the floured surface.
6. Make a flat circle around ½ inch thick and 8 inches in diameter, and cut into quarters.
7. Sprinkle flour over the hot pan and cook the soda farls for around 6-8 minutes on each side or until golden brown.



Kentish Huffkins

Fluffier and more open than ordinary bread rolls, Kentish Huffkins are a traditional recipe from the South England county of Kent.

Kentish Huffkins are characterised by a dip or indentation in the centre of the bun and are typically eaten for tea, served buttered with fresh cherries.



90 mins



20 mins

Ingredients –

- Butter (50g, diced)
- Salt (1tsp)
- Sugar (2tsp)
- Plain Flour (450g)
- Yeast (15g fresh or 1 ½ tsp dry with a pinch of sugar)
- Warm Milk and Water Mixed (225ml)

Method –

1. Preheat the oven to 220°C or gas mark 7.
2. Mix the fresh yeast with the milk and water, or if using dry yeast sprinkle it into the liquid mix with a pinch of sugar and leave for 15 minutes.
3. Mix the flour, salt, and sugar in a bowl, and rub in the butter.
4. Make a well in the centre and pour in the yeast, milk, and water mix.
5. Beat it together until the dough leaves the bowl cleanly.
6. Knead for 10 minutes on a floured surface, until the dough is stretched and smooth. Place it in a clean bowl to rise covered by a tea towel until it doubles in size, roughly an hour.
7. Divide the dough into 12 equally sized ovals, place on a greased baking sheet and leave them covered for another half an hour.
8. Make a deep mark with your thumb in the centre of each oval and put them in the oven for 15-20 minutes.
9. When they're golden brown, take the rolls out and wrap in a tea towel to keep the crust soft.
10. Serve hot, fresh, and buttered.



Scottish Neeps and Tatties



Neeps and Tatties (or swede and potatoes) is a popular Scottish side dish commonly served alongside Haggis on Burns' Night.

As with most dishes, Neeps & Tatties recipes vary, some roasting potatoes rather than boiling, while others use turnips as neeps instead of swede, but to get you started we've included the basics of this traditional side.



20 mins



15 mins

Ingredients -

- Butter (50g, plus extra to serve)
- Potatoes (8, large baking variety)
- Swede (1, roughly 600-700g)
- Olive Oil (6tbsp)

Method -

1. Wash the potatoes, and cut into 2cmx4cm chunks.
2. Peel the swede and cut into 2cmx4cm chunks.
3. Bring a pan of water to the boil, add the swede chunks and cook for 15 minutes.
4. Add the potato chunks and boil until everything is soft and fully cooked (around another 15 minutes).
5. Drain the water, and mash the neeps and tatties with some salt, pepper, and 50g of butter.



Welsh Onion Cake

A comfort food classic, Welsh onion cake is a combination of rich, savoury potatoes and sweet onions in a delicious and filling side dish.

The basic recipe is relatively simple, but you can add vegetables or Caerphilly cheese to give it your own personal touch.



20 mins



70 mins

Ingredients -

- Unsalted Butter (100g, melted)
- White Onions (500g, sliced)
- Rosemary (1 sprig)
- Maris Piper Potatoes (1kg, sliced and very thinly peeled)

Method -

1. Preheat the oven to 190°C or gas mark 5.
2. Melt 25g of butter in a pan.
3. Sweat the onions in the butter with the rosemary and some seasoning for about 20 minutes.
4. In a separate bowl, add the rest of the melted butter to the sliced potatoes and season.
5. Line a frying pan with baking parchment, and layer half the potatoes circularly on the base.
6. Add the onions, then finish with another layer of potatoes.
7. Heat the pan on the stove for 5 minutes, then bake for 45-50 minutes.



Staffordshire Oatcakes

Known locally as simple ‘oatcakes’, these savoury pancakes are a Staffordshire speciality. They’re quite versatile and can have sweet fillings as well as savoury. However, traditionalists may frown if you go down the ‘bananas and syrup’ track.

Oatcakes are normally cooked on a griddle, and were once served through house windows to hungry customers waiting on the streets. Below is a simple recipe for a stack of oatcakes, all you have to do is add the filling of your choice!



20 mins



15 mins

Ingredients –

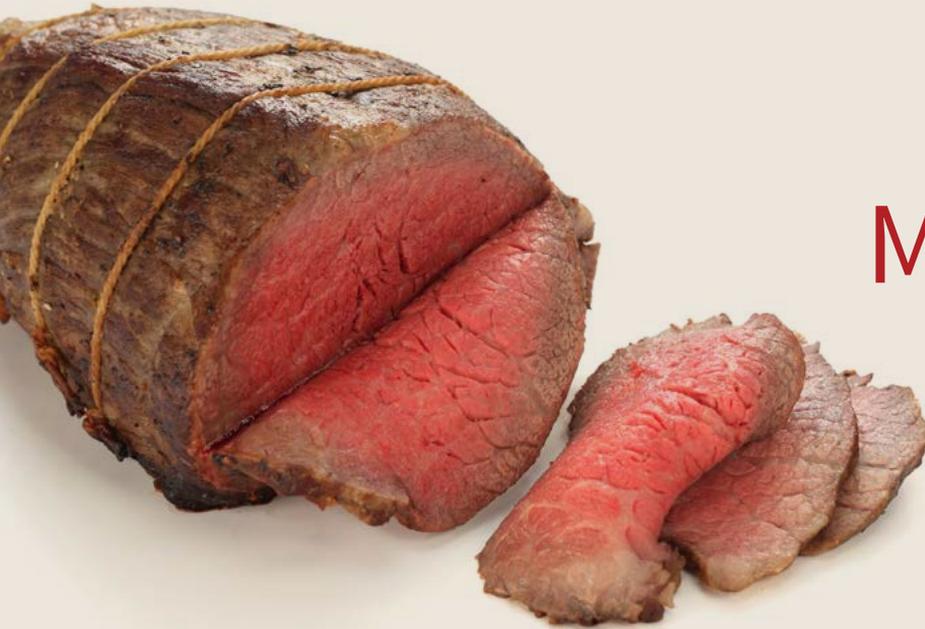
- Fine Oatmeal (225g)
- Wholemeal Flour (100g)
- Plain Flour (100g)
- Quick Action Yeast (1tsp)
- Water (825ml)
- Baking Powder (1tbsp)
- Vegetable Oil (12tsp)

Method –

1. Mix the oatmeal, wholemeal and plain flour, yeast, and a pinch of salt in a bowl until combined.
2. Make a well in the centre and slowly add water, stirring as you go until the batter is at a thick, creamy consistency.
3. Set aside covered by a damp tea towel for 3-4 hours to let the gluten develop.
4. Whisk in baking powder when you are ready to cook the batter.
5. Heat a teaspoon of vegetable oil in a pan, pour a ladle of the batter in when the oil is hot and coat the bottom of the pan with it.
6. Flip the oatcake over after one or two minutes, or when the underside is golden brown, and fry for another minute before removing.
7. Repeat the process until the batter is finished.
8. Serve with savoury or sweet fillings.



Main Dishes



East Anglian Casserole with Dumplings



While a meaty casserole might have 100 variations across Britain, in Norfolk dumplings offer a regional twist.

Used as a cheap way to fill empty stomachs dumplings served a similar purpose to the North's Yorkshire puddings.



30 mins



3 hours

Ingredients –

- For the casserole –
- Stewing Beef (850g, cut into large chunks)
- Celery (2 sticks, cut into thick chunks)
- Carrots (2, cut into thick chunks)
- Peas (200g)
- Onion (1, chopped)
- Bay Leaves (5)
- Thyme (3 sprigs)
- Vegetable Oil (1tbsp)
- Butter (1tbsp)
- Plain Flour (2tbsp)
- Tomato Puree (2tbsp)
- Beef Stock Cubes (2, crumbled)
- For the dumplings –
- Plain Flour (450g)
- Parsley (4tbsp, chopped)
- Fresh Yeast (15g)
- Caster Sugar (1tsp)
- Warm Water (150ml)
- Warm Milk (2tbsp)

Method –

1. Preheat the oven to 160°C or gas mark 3.
2. Place celery, onions, carrots, peas, and herbs into a casserole dish or hob pot with the oil and butter.
3. Cook for 10 minutes until the vegetables are soft, stir in the flour, stock cubes, and tomato puree.
4. Brown the beef chunks in a separate pan.
5. Stir in 600ml of boiling water, add the beef and bring to a simmer.
6. Cover and put in the oven for 3 hours, or until the meat is very tender. Uncover and cook for a further hour until the gravy thickens.
7. About two hours before the stew is ready, start the dumplings.
8. Combine the flour, salt, and parsley in a food mixer.
9. Mix yeast and sugar in a separate bowl until it becomes almost liquid.
10. Add the water and milk to the yeast and mix.
11. While the flour, salt, and parsley are mixing, add yeast mixture, letting it knead until the dough comes away from the bowl.
12. Cover the dough with a damp towel for an hour in a warm place
13. Knead the dough again and make 8 dumplings. Let them 'proof' (rest to rise) for another half hour.
14. Boil dumplings in a pan for 20 minutes, remove, and serve immediately with the casserole.

Chiddingly Hotpot

The Chiddingly Hot Pot was created in Sussex in the year 1917 by Edward Shoosmith, who was cooking for a guest. Shoosmith apparently later claimed it was “the best hot-pot that my guest had ever tasted - at least so he said.”

This hot pot’s signature twist is the use of olives, which is quite unusual in a beef stew. It’s a deliciously unique dish that tastes great with fresh bread and butter.



20 mins



3 hours

Ingredients –

- Stewing Beef (1kg, cut into big chunks)
- Flour (2tsp)
- Beef dripping (50g)
- Celery (100g, cut into thick chunks)
- Black Olives (100g, pitted and chopped)
- Shallots (200g, finely chopped)
- Allspice (2tsp)
- Potatoes (200g, peeled and finely sliced)
- Beef Stock (430ml)
- Butter (25g)

Method –

1. Preheat the oven to 170°C or gas mark 3.
2. Coat the beef with flour, salt, and pepper, and brown in a pan using the dripping.
3. Remove the beef and set it aside, and then fry the celery and onions lightly.
4. Place a layer of onions and celery in a casserole dish, and sprinkle salt, pepper, and allspice. Add the chopped olives and beef.
5. Cover with slices of potatoes.
6. Brush the top with the butter and add enough stock to come up to the potatoes.
7. Cover with a lid and cook for 2 hours.
8. Uncover the dish and cook for another half an hour to brown the potatoes.
9. Serve with crusty bread sliced and buttered.



Irish Stew

Irish stew can refer to a number of different combinations of meat and root vegetables, and like a number of other regional dishes, there is a lot of variation depending on the time and place.

The original century-old recipe was believed to use goat, but today the more common mutton or lamb is used. Fresh bread and butter is also a great addition to this hearty and warming dish.



15 mins



2 hours

Ingredients –

- Lamb Neck (700g, cut into chunks)
- Onions (2, skinned and sliced)
- Potatoes (450g, thinly sliced)
- Carrots (2, cut into chunks)
- Fresh Parsley (1tbsp, chopped)
- Dried Thyme (1tsp)

Method –

1. Preheat the oven to 170°C or gas mark 3.
2. Brown the meat in a pan with a little oil.
3. Once browned all over, place in a casserole dish with the vegetables, potatoes, and herbs. Season with salt and pepper.
4. Pour in 300ml of water and cover.
5. Cook in the oven for around 2 hours, or until the meat and vegetables are soft.
6. Serve with crusty buttered bread.



Lancashire Hotpot

Another classic stew, the Lancashire hotpot originates from the industrialisation of the North West. Earlier recipes called for oysters to be added, but they were phased out of common use because of the high cost.

The dish would be left to cook throughout the day so it would be ready to eat by dinner time. There are a number of variations, but this simple version requires just the basics.



15 mins



2 hours



Ingredients –

- Butter (100g)
- Stewing Lamb (1kg, cut into large chunks)
- Lamb Kidneys (3, sliced and trimmed)
- Onions (2, chopped)
- Carrots (4, peeled and sliced)
- Plain Flour (25g)
- Worcestershire Sauce (2tsp)
- Lamb or Chicken Stock (500ml)
- Bay Leaves (2)
- Potatoes (900g, peeled and sliced)

Method –

1. Preheat the oven to 170°C or gas mark 3.
2. Melt the butter in a pan and brown the lamb and kidneys, and then set aside.
3. Fry the onions and carrots for a little longer.
4. Add the meat back in and sprinkle over the flour and add the Worcestershire sauce.
5. Pour in the stock and bring it to the boil.
6. Transfer to a casserole dish, layer the top with slices of potato and cover.
7. Place in the oven for 2 hours, or until the potatoes are cooked and the meat is tender.
8. Uncover the dish, and place it under the grill to brown the potatoes.
9. Serve with pickled cabbage or beetroot, and some fresh bread.

Liverpool 'Scouse'

Ever wondered why people from Liverpool are called Scousers? Legend has it that the dish comes from Northern Europe, originally called 'lobscouse', which was then shortened to 'scouse'. The scouse became popular in Liverpool's seaports, eventually lending its name to the people of the city.

A hearty and filling stew, the scouse's long history has garnered many variations. This recipe is simple and easy to follow, served with a loaf of fresh bread and butter.



15 mins



3 hours



Ingredients –

- Braising Steak (340g, cut into chunks)
- Lamb Neck (340g, cut into chunks)
- Potatoes (1.5kg, peeled)
- Beef Stock (500ml)
- Onions (2, sliced)
- Carrots (2, cut into chunks)
- Worcestershire Sauce (2tbsp)

Method –

1. Preheat the oven to 170°C or gas mark 3.
2. Heat some oil in a pan and brown the meat before putting it in a casserole dish.
3. Cut 3/4 of the potatoes into thin slices and lay over the meat.
4. Pour over the stock and cook in the oven for an hour.
5. Cut the rest of the potato into small cubes.
6. Stir the casserole, breaking up the sliced potato. Mix in the uncooked potato cubes, onions, carrots, and Worcestershire sauce, cover, and cook for another hour and a half.
7. Season to taste, and serve with fresh crusty bread.

Welsh Cawl

Cawl is considered by many to be Wales' national dish. Dating back for centuries, the stew adopted many later ingredients that would become associated with Wales, like leeks and lamb.

This recipe is relatively simple, and includes season vegetables such as swede and carrots. Serve it in the traditional-style with a chunk of Caerphilly cheese and fresh bread.



15 mins



3 hours

Ingredients -

- Lamb Neck (900g, cut into chunks)
- Pearl Barley (50g)
- Carrots (3, peeled and sliced)
- Onions (2, sliced)
- Swede (1, peeled and chopped)
- Leeks (3, cut into chunks)
- Thyme (small bundle)
- Bayleaf (1)
- Potatoes (900g)
- Parsley (1tbsp)
- Black Peppercorns (10)

Method -

1. Preheat the oven to 170°C or gas mark 3.
2. Trim the fat off the lamb and brown in a pan.
3. Place in a casserole dish and fill with water.
4. Add the barley, carrots, onions, swedes, salt, peppercorns, and the thyme and Bayleaf.
5. Cook in the oven for two hours.
6. Add the potatoes and cook for another ½ hour.
7. Add the leeks and cook for a further 20 minutes.
8. Garnish with parsley, and serve with warm bread and Caerphilly cheese.

Cornish Caudle Chicken Pie

Caudle as defined by the dictionary is a drink made from warm beer or wine, mixed with bread, eggs, sugar, and spices, traditionally used as a medicine.

The caudle in a Cornish caudle chicken pie is slightly different – made from sour cream and eggs, it gives this delicious dish a unique kind of richness that wonderfully compliments the flavours of the chicken and herbs.



25 mins



1 hour

Ingredients –

- Butter (15g)
- Vegetable Oil (15ml)
- Onion (1, finely chopped)
- Chicken Thighs (4, skinned and boned)
- Fresh Parsley (2tbsp, chopped)
- Spring Onions (4, trimmed and chopped)
- Milk (150ml)
- Puff Pastry (1 sheet)
- Soured Cream (150ml)
- Eggs (2)

Method –

1. Preheat the oven to 180°C or gas mark 4.
2. Heat the butter and oil in a pan.
3. Add the onion, cooking until soft, and transfer to a pie dish.
4. Add the chicken to the pan to brown it, then transfer to the pie dish.
5. Add the parsley, spring onions, and milk into the pan and gently bring to the boil.
6. Simmer for a few minutes before pouring over the chicken.
7. Bake for half an hour, then leave to cool.
8. Cut the pastry to a size just bigger than your pie dish. Once the filling has cooled a little, place the pastry lid on top. Make a small hole in the lid.
9. Beat the soured cream and eggs together, and brush a little over the pastry.
10. Bake for 20 minutes at 220°C until the pastry is golden, then reduce the temperature to 180°C.
11. Pour the cream and egg mix into the pastry hole, and shake the dish a little to spread it out. Return to the oven and cook for 15 minutes.
12. Serve with veggies and mash.



Scottish Haggis

When thinking of classic regional foods, one that always comes to mind is the Burns Night definitive – haggis. A savoury pudding comprised of sheep’s pluck, oatmeal, suet, onions, and stock, heavily spiced, haggis is best known as a traditional Scottish dish served with [Neeps and Tatties](#).



0 mins



90 mins

Method –

1. Bring a saucepan of water to the boil.
2. Place the haggis in and lower the heat to simmer.
3. Cook for around 75-90 minutes per kg.
4. While your haggis is cooking, take a look at our recipe for neeps and tatties, the traditional side dish for a haggis dinner.

Ingredients –

- Haggis (1, in casing)



Leicestershire Pork Pie

The mighty pork pie is one of Britain's great inventions, greatly enjoyed across the regions. One key ingredient separates the Leicestershire pork pie from the better known Melton Mowbray: bacon. The recipe is relatively easy to follow, and the pie is great with a side of veggies, mash, and gravy.



25 mins



3 hours

Ingredients –

- Shortcrust Pastry (300g)
- Lean Pork (450g, cut into cubes)
- Bacon (100g, cut into cubes)
- Flour (2tbsp, seasoned)
- Fresh Sage (2tbsp, chopped)
- Onion (1, sliced)

Method –

1. Preheat the oven to 200°C or gas mark 6.
2. Roll the pork and bacon in the seasoned flour.
3. Put the meat into a pan with the onion, cover with water and bring it to the boil before letting it simmer for 2 hours.
4. Roll the pastry out and line a casserole dish.
5. Drain the meat (leaving a little of water behind) and place the meat into the dish, adding sage.
6. Add a little of the stock from the pan, enough to moisten the pie filling but not enough to wet the pastry.
7. Cover with more pastry and cook for 30-35 minutes.



London Pie

London pie is an old favourite of the capital, bringing a change from the norm where English cuisine is concerned.

With apples, sultanas, and curry powder included in the ingredients, this dish offers a very different kind of flavour and is easy to make!



15 mins



1 hour

Ingredients –

- Lean Mince Beef (600g)
- Onion (1, grated)
- Cooking Apple (1, coarsely chopped)
- Sultanas (1tbsp)
- Beef Stock (100ml)
- Potatoes (600g, cooked and mashed)
- Curry Powder (1tbsp)
- Tomatoes (3, cut in half)

Method –

1. Preheat the oven to 190°C or gas mark 5.
2. Mix the mincemeat with the apples, onions, sultanas, curry powder, tomatoes, and stock.
3. Put the mix into an ovenproof dish.
4. Pipe the mashed potato over the top.
5. Run a fork over the topping for the crispy effect.
6. Cook for an hour or until the potato is brown.



Shropshire Fidget Pie

The Shropshire fidget pie came dangerously close to extinction until a recent revival put it back in the Shropshire spotlight.

Made using produce local to the West Midlands County, the dish takes advantage of the delicious combination of pork, apples, and cider.



25 mins



90 mins

Ingredients –

- Shortcrust Pastry (500g)
- Semolina Flour (3tbsp)
- Potatoes (450g, peeled and thickly sliced)
- Onions (2, finely sliced)
- Double Cream (110ml)
- Plain Flour (2tbsp)
- Cooking Apples (300g, peeled, cored, and thickly sliced)
- Fresh Sage (8 sprigs, chopped)
- Cooked Ham (300g, thickly sliced)
- Brown Sugar (3tbsp)
- Dry Cider (110ml)
- Egg (1, beaten)

Method –

1. Preheat the oven to 190°C or gas mark 5.
2. Roll three quarters of the pastry out to roughly ¼ inch thick.
3. Line a cake tin with the rolled pastry, then cover with baking paper and fill with baking beans.
4. Blind bake for 15 minutes, remove the paper and beans and bake for another 5-10 minutes until the pastry is golden. Sprinkle the semolina flour at the bottom of the case to absorb excess moisture, then set it aside to cool.
5. While the pastry cools, boil the potatoes in salted water for 3-5 minutes, then reduce the heat to simmer.
6. Add onions and simmer for another 3-5 min, then drain.
7. Add the potatoes and onions back to the pan with the double cream and flour, season to taste, then mix until everything combines.
8. Lay the apple slices along the bottom of the pastry case, then add a third of the potato and onion mix, then a third of the sage, then a third of the chopped ham. Repeat the layers twice more.
9. Pour the cider over the filling, and cover with a lid made from the remaining pastry.
10. Brush the top of the pie with egg wash, seal the crust together and bake for an hour.
11. Serve with chips and your favourite veggies.



Suffolk Fish Pie



Suffolk is known for its fish, and this pie is versatile - you can use a number of other ingredients if you prefer.

Cod and haddock are commonly used in this recipe, however with dwindling numbers of those fish in our seas, it's good to think about replacing them with something more sustainable – maybe try Hake instead!



15 mins



30 mins

Ingredients -

- Cod or Haddock Fillets (900g)
- Milk (300ml)
- Tomatoes (2, sliced)
- Eggs (3, hardboiled and shelled)
- Butter (50g)
- Flour (50g)
- Parsley (2tbsp, chopped)
- Capers (1tsp, chopped)
- Potatoes (450g, mashed)

Method -

1. Preheat the oven to 190°C or gas mark 5.
2. Cook the fish with the milk in a saucepan.
3. Set the milk aside and break the fish pieces into flakes.
4. Put the fish into a pie dish and layer slices of tomato over it.
5. Slice the boiled eggs and lay on top of the tomatoes.
6. Melt the butter, stir in the flour, add the milk and cook until it thickens.
7. Add parsley and capers, and pour over the fish, eggs, and tomatoes.
8. Pipe the mashed potatoes over the mix, and bake for 30 mins or until the potato is crispy and golden.





Desserts



Welsh Bara Brith

Also known as speckled bread, Bara Brith is a Welsh fruitcake made traditionally with currents, raisins, and fruit peel.

There are a number of variations of the loaf, but the Welsh custom is to soak the fruit in black tea overnight before making the cake itself, see the details below.



15 mins



95 mins

Ingredients –

- Dried Mixed Fruit (450g)
- Brown Sugar (250g)
- Warm Black Tea (300ml)
- Mixed Spice (2tsp)
- Self-Raising Flour (450g)
- Egg (1, beaten)

Method –

1. Soak the fruit and sugar in the tea overnight.
2. The next day, preheat the oven to 170°C or gas mark 3.
3. Line a loaf tin with baking parchment or greaseproof paper.
4. Beat flour, eggs, and mixed spice into the fruit mixture.
5. Pour the batter into the tin, and bake for an hour and a half or until a knife comes out clean through the centre.



Irish Barmbrack

Barmbrack is a sweet fruit bread from Ireland. Sometimes called Bairín Breac, it is part of an Irish Halloween tradition where objects such as coins, rings, and pieces of cloth would be baked into the bread as part of a fortune-telling game.

There are a range of variations that can be made to this recipe such as including 'a good swig of whiskey' or warm milk. The recipe below uses sultanas and raisins but any dried fruit will work, and includes self-raising flour rather than yeast.



20 mins



90 mins

Ingredients –

- Self-Raising Flour (225g)
- Demerara Sugar (200g)
- Egg (1)
- Mixed Spice (¼tsp)
- Raisins (275g)
- Sultanas (100g)
- Mixed Peel (60g)
- Warm, Black Tea (300ml)

Method –

1. Mix the fruit, peel, and tea in a bowl. Cover it and set it aside for the night.
2. The next day, preheat the oven to 180°C or gas mark 4.
3. Grease a cake tin and line it with baking parchment.
4. Add the sugar, flour, mixed spice, and egg to the fruit mix, and stir until combined.
5. Put the batter into the cake tin and bake for an hour and a half, until it feels firm.
6. Store in an airtight container for a couple of days for an even better flavour.



Dundee Cake

Like the Irish and the Welsh, Scotland also have a signature fruitcake. Dundee Cake was originally mass produced by a marmalade company called Keiller's. It contains currants and sultanas, as well as almonds and sometimes fruit peel.

Some recipes also call for glace cherries, however, a story attributed to the cake recounts that Mary Queen of Scots disliked the cherries, and almonds were used in their place.



20 mins



2 hours

Ingredients –

- Butter (175g, softened)
- Light Brown Sugar (175g)
- Marmalade (3tbsp)
- Eggs (3, beaten)
- Self-Raising Flour (225g)
- Ground Almonds (25g)
- Mixed Spice (1tsp)
- Mixed Dried Fruit (400g)
- Milk (2tbsp)
- Almonds (40g, blanched to decorate)

Method –

1. Preheat the oven to 150°C or gas mark 2.
2. Grease a deep cake tin and line it with baking parchment.
3. Beat the butter and sugar together until light and fluffy.
4. Add the marmalade, and then slowly add the eggs one at a time, beating after each egg.
5. Add the flour, almonds, and spices, mixing until combined, then stir in the dried fruit.
6. Stir together, and add the milk.
7. Put the mix into the cake tin and decorate the surface with the blanched almonds. Bake for an hour and a half to two hours.
8. Leave to cool for 10 minutes before removing from the tin.



Eccles Cake



Hailing from Eccles in Greater Manchester, Eccles Cakes are small and made from pastry rather than batter or dough.

Filled with juicy currants, fruit peel, and a few spices, these cakes are delicious served with a nice cuppa.



15 mins



90 mins

Ingredients –

- Unsalted Butter (75g)
- Brown Sugar (150g)
- Currants (150g)
- Ground Cinnamon (1tsp)
- Ground Nutmeg (1tsp)
- Ginger (1tsp)
- Allspice (1tsp)
- Orange (1, juice and zest)
- Mixed Citrus Peel (50g)
- Puff Pastry (1 block)
- Milk (2-3tbsp)
- Icing Sugar (sprinkle)

Method –

1. Melt the butter in a small saucepan.
2. When melted, remove the pan from the heat and stir in the brown sugar, currants, cinnamon, nutmeg, ginger, allspice, orange, and mixed peel.
3. Set the mix aside to cool.
4. Roll the pastry out to around 3mm thick, and cut into 6cm rounds.
5. Put a teaspoon of the mix into each puff pastry circle, dab half of the pastry with milk, and seal each circle closed.
6. Roll the parcels out to about half a centimetre thick, and arrange them on the baking tray.
7. Score each cake across the top, and brush with milk before sprinkling the icing sugar.
8. Bake for 15 minutes.



West Country Apple Cake

The origin of the apple cake is unclear, as it has been attributed to both Dorset and Somerset. One thing is clear, however – the recipe is a West Country classic.

Scrumptiously moist, the cake uses two of the West Country's most famous products, apples and cider, to create a dessert that goes down incredibly well with a side of double cream.



15 mins



90 mins

Ingredients –

- Butter (175g, softened)
- Brown Sugar (175g)
- Mixed Dried Fruit (150g)
- Bicarbonate of Soda (½tsp)
- Stewed Apple (170g)
- Plain Flour (250g)
- Mixed Spice (½tsp)
- Cider (120ml)

Method –

1. Preheat the oven to 170°C or gas mark 3.
2. Mix the sugar and butter until soft and creamy.
3. Add the mixed fruit and stir.
4. Mix the bicarbonate of soda with the cider, quickly add to the apple, and then mix with the butter mixture.
5. Stir in the flour and mixed spice.
6. Bake for an hour and a half in a baking tin.



Welsh Cakes



Welsh Cakes have been popular in Wales since the 19th century. They are made on a griddle or bakestone rather than in an oven, and can contain raisins and currants.

Perfect with some butter and jam, this recipe calls for sultanas and spices to make these tasty Welsh Cakes.



10 mins



10 mins

Ingredients –

- Self-Raising Flour (225g)
- Salted Butter (110g)
- Egg (1)
- Cinnamon (1tsp)
- Nutmeg (1tsp)
- Sultanas (50g)
- Milk (100ml)
- Caster Sugar (85g)

Method –

1. Combine the butter, flour, cinnamon, and nutmeg together until they form breadcrumbs.
2. Add the sugar, sultanas, and the egg, and mix until combined.
3. Once you have a dough-like consistency, roll it into a ball and roll it out to around 5mm thick.
4. Butter a griddle and put it onto heat. Once hot, place the cakes on and cook for 2-3 minutes on each side.
5. Finish with a dusting of sugar.



Derbyshire Bakewell Tart

The Bakewell Tart is a classically English dessert with many faces. Originating from the Derbyshire Dales in the East Midlands, the tart is made from raspberry jam and almond sponge filling, completed with one of many possible toppings from almonds to fondant - some recipes will also include a glace cherry.



35 mins



30 mins

Ingredients –

- Short Crust Pastry (1 block)
- Filling
- Butter (75g)
- Golden Caster Sugar (75g)
- Ground Almonds (75g)
- Plain White Flour (1tbsp)
- Almond Extract (1tsp)
- Lemon Zest (1 lemon, grated)
- Egg (1, beaten)
- Topping
- Icing Sugar (200g)
- Almond Extract (1tsp)
- Red Food Colouring
- Raspberry Jam (2tbsp)

Method –

1. Preheat the oven to 180°C or gas mark 4.
2. Roll the pastry out to cover the bottom of a baking tray, trimming the edges and poking small holes in the base with a fork.
3. Cover the pastry with a sheet of baking parchment and fill it with baking beans.
4. Blind bake for 15 mins.
5. When the blind baking is done, spread the raspberry jam over the bottom of the pastry, leaving a 1cm clean border around the edge.
6. FILLING: In a separate bowl, mix the butter and sugar together until light and fluffy. Fold in the almonds, flour, almond extract, lemon zest, and the egg.
7. Spread the mix evenly over the jam.
8. Bake for 25-30 minutes or until the filling is golden.
9. Leave to cool.
10. TOPPING: In a separate bowl, mix the icing sugar and almond extract with a little water until it becomes like fondant.
11. Take 2 tablespoons of the fondant and colour it red.
12. Pour the white fondant into the tin, then pipe lines of red fondant across it. Drag a toothpick across the lines for a feathered effect.



Scottish Cranachan



Cranachan is a dessert that hails from the land of scotch whisky, using a liberal amount of the warming drink in the recipe. A traditional dish that also has honey, oats, and fresh raspberries, cranachan is a simple but very popular Scottish dessert.

Custom dictates that the ingredients would be brought to the table individually so diners could assemble their own, which offers a nice twist and truly unique combination each time you eat the desert!



5 mins



5 mins

Ingredients –

- Double Cream (570ml)
- Porridge Oats (85g)
- Whisky (20ml)
- Honey (3tbsp)
- Fresh Raspberries (450g)

Method –

1. Toast the oats in a pan without burning them.
2. Whip the cream until it's soft and forms peaks.
3. Fold in the whisky, honey, oatmeal, and raspberries.
4. Serve in a dessert glass.



Eton Mess



There's an old story about the invention of the Eton Mess that says during the annual cricket match at Eton College, sometime during the 1920s, a Labrador sat on a strawberry pavlova. It was crushed, but the students didn't care and ate it anyway.

This isn't true – it was actually invented by a chef in the 1930s, but it's still a wonderfully tasty dessert made with meringue, strawberries, and cream.



10 mins



0 mins

Ingredients –

- Strawberries (500g, hull removed)
- Double Cream (400ml)
- Ready Made Meringue Nests (3, crushed)
- Mint (3-4 sprigs, to garnish)

Method –

1. Puree half the strawberries and chop the other half, saving a couple for decoration.
2. Whip the cream into stiff peaks, and fold in the strawberry puree and meringue.
3. Mix in the chopped strawberries.
4. Serve in wine glasses garnished with mint leaves.



Liverpool Tart



With the earliest mention of the recipe for the Liverpool Tart dating back to 1897, a revival in 2006 aimed to make the dish as well-known as the Eccles Cake or Bakewell Tart.

Famous for its use of whole boiled and minced lemons, the tart might be seen topped with a cut out of the famous Liver Bird, the symbol of the tart's namesake city



35 mins



25 mins

Ingredients –

- Ready Made Shortcrust Pastry (1 block)
- Lemons (4)
- Unsalted Butter (150g)
- Caster Sugar (250g)
- Eggs (2)

Method –

1. Preheat the oven to 180°C or gas mark 4.
2. Put the lemons into a pan of water and bring to the boil.
3. Simmer for an hour or until the lemons are soft, then blend them with the butter, eggs, and sugar.
4. Roll the pastry out to cover a tart tin, line it with baking parchment and blind bake with baking beans for 25 minutes.
5. Turn the oven down to 160°C or gas mark 3, fill the tart case with the lemon filling and bake for 25 minutes, or until the filling is a golden brown and slightly wobbly.



Manchester Tart

The Manchester Tart is thought to be based on the Manchester Pudding, using milk, sugar, eggs, jam, and lemon juice in a recipe first recorded by the legendary Victorian cook Mrs Beeton.

This recipe calls for a glace cherry and liberal helpings of desiccated coconut, making for a delicious dessert best served with hot custard.



40 mins



25 mins

Ingredients -

- Ready Made Shortcrust Pastry (500g)
- Plain Flour (2tbsp)
- Raspberry Jam (200g)
- Desiccated Coconut (6tbsp, 3 toasted to serve)
- Fresh Raspberries (300g)
- Full Fat Milk (500ml)
- Vanilla Pod (1, split, seeds scraped out)
- Egg Yolks (5)
- Caster Sugar (125g)
- Cornflour (4tsp)
- Icing Sugar (2tbsp)
- Double Cream (400ml)

Method -

1. Preheat the oven to 200°C or gas mark 6.
2. Grease a tart tin with butter.
3. Roll out the pastry and line the tart tin.
4. Prick the surface of the pastry and chill it for a half hour.
5. Line pastry case with baking parchment blind bake with baking beans for 15 minutes. Remove the baking beans and bake for another 5 minutes.
6. Spread the raspberry jam over the base of the pastry, then sprinkle over three tablespoons of the non-toasted coconut. Add half of the raspberries and set aside.
7. Add the milk, vanilla pod, and vanilla seeds to a pan and bring to the boil. Simmer for 2 minutes, then remove the vanilla pod.
8. Beat the egg yolks and sugar together in another bowl, add the hot milk and vanilla mix and whisk together until it combines.
9. Return it to the pan on a medium heat and stir in the cornflour gradually until it is thick enough to coat the back of a spoon.
10. Put the custard into a bowl and chill for 30 minutes, then whip the double cream to soft peaks and stir it into the custard. Pour the mix into the tart.
11. Sprinkle over the rest of the raspberries and the toasted coconut.



Norfolk Treacle Tart



What distinguishes the East Anglian version of the treacle tart is the noticeable absence of breadcrumbs, compared to more traditional recipes.

This version is shared by locals of Suffolk and Norfolk, and was said to be a particular favourite of the author Charles Dickens.



30 mins



30 mins



Ingredients –

- Shortcrust Pastry (175g)
- Unsalted Butter (115g)
- Golden Syrup (8tbsp)
- Eggs (2, beaten)
- Double Cream (4tbsp)
- Lemon Zest (2 lemons)

Method –

1. Preheat the oven to 200°C or gas mark 6.
2. Line a tart tin with the pastry. Cover the pastry with baking parchment, fill it with baking beans, and blind bake for 20 minutes.
3. Warm the butter and syrup in a pan until the butter starts to melt. Take it off the heat and let it cool slightly.
4. In a separate bowl, whisk the eggs, cream, and lemon zest together, gradually adding the butter and syrup.
5. Pour into the pastry case and bake for 30 minutes.
6. Serve with fresh cream or ice cream.

With thanks

Thank you for reading our 'Regional Recipes ECookBook' – we hope it has inspired you to try some local recipes from around the UK and Ireland.

At Jurys Inn we are passionate about food. We have filled this cookbook with some of our favourite traditional dishes - warm, hearty and relaxed - just like the dishes we serve at our hotels.

Don't forget to share this ebook with any food lovers, bake off masters, or cooking enthusiasts who might want to try their hand at something a bit different.

Happy baking!

[Jurys Inn Hotels.](#)

