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## Ginger Tea **great on a cold day!**

*Courtesy of Dr David Williams*

**Ginger:** One of the most satisfying tonics when you're not feeling your best is ginger tea. Ginger is a potent diaphoretic, which stimulates perspiration and warms the body from the inside. In addition, ginger is rich in zinc, an important mineral for immune function. To make a therapeutic ginger tea, grind a one-inch slice of fresh ginger, squeeze the juice of half a lemon, and add to a cup of steaming hot water along with 1/4 teaspoon cinnamon.

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## Irish Coffee

Irish coffee was invented in the 1940's to invigorate exhausted travellers during their long transatlantic journeys.

**In order to prepare a real Irish coffee, first warm up a stemmed glass with some hot water.**

1. Get rid of the water and pour in a shot of Irish whiskey.
2. Fill the glass 3/4 full with strong coffee and add a tablespoon of brown sugar.

3. Next, having whipping a small amount of fresh cream, slowly pour it over the back of a spoon into the coffee, to let the cream remain floating on top. Do not stir!
4. Serve the drink immediately.

*Enjoy the sensation of sipping the hot coffee through the layer of cool, fluffy cream!*

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## Nature's Bread

1 kg flour  
1 or ½ glass starter (sour dough = zakwas)  
1 glass oat flakes  
1 glass oat bran  
1/3 glass flaxseed  
some water  
a teaspoonful of salt

- Sift the flour into a large mixing bowl and then pour some water into it.
- Knead it well into medium thick dough.
- Mix in the sour dough (a kind of a starter), flakes, bran and flaxseed and knead the whole lot again for a while.
- Leave it to rise for the night/day.
  
- Knead it again checking that it is all well mixed.
- Leave approximately one cup of the dough for the next time. This way, it will be our future starter/'zakwas'.
- Prepare a narrow baking tin and grease it well.
- Pour the ready mixture into the tin (no more than halfway or two-thirds deep).
- Preheat the oven to about 220 degrees Celsius (approx. 430 degrees Fahrenheit).
- Bake it for about 1 hour 20 mins until a toothpick or a wooden skewer plunged into its center comes out completely dry.

### ***Tips:***

1. The baking tin/tray should be as narrow as possible.
2. Our starter/'zakwas' should be stored in the fridge for up to a week.

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## **Plum Pudding / Christmas Pudding**

### **Ingredients**

120 g whole wheat flour  
50 g shredded suet (hard fat or even lard)  
1 beaten egg  
1 small grated carrot  
500 ml fresh bread crumbs  
1 apple - peeled and shredded  
50 g dark brown sugar  
30 g chopped blanched almonds  
30 g preserved stem ginger in syrup, chopped  
10 g ground almonds  
80 g chopped walnuts  
30 g halved candied cherries  
50 g raisins  
25 g dried currants  
25 g golden raisins  
50 g candied mixed fruit peel (chopped)  
2 plums, pitted and chopped  
1/2 juiced and zested lemon  
1 teaspoon mixed spice  
1/2 teaspoon baking powder  
110 ml ale

### **Directions**

12 In a large bowl, combine flour, suet, egg, bread crumbs, carrot, apple, brown sugar, chopped blanched almonds, stem ginger, ground almonds, cherries, raisins, currants, golden raisins, mixed peel, plums, lemon juice and zest, mixed spice, baking powder and ale. Let each of you in the family take a turn stirring and make a wish. If you have used more dry fruit than fresh, add a little extra ale to make the mixture less stiff.

2. Grease 1 large or 2 small pudding basins. Fill with pudding mixture about 1/5 full. Cover tightly with greased waxed paper, then foil and secure with string. Stand pudding on a trivet in a large pot of boiling water that reaches halfway up the sides of the pudding basin. Steam puddings over medium-low heat in boiling water 5 hours for small puddings and up to 10 hours for large puddings. Top off water regularly until quite firm and set.

3. If not serving immediately, let cool completely, then replace covers with fresh waxed paper and foil and store in a cool, dry place, basting from time to time with rum or brandy, for up to 3 months. To serve, reheat by steaming 2 to 3 hours.

*Makes 10 servings*

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## Shepherds Pie

### Ingredients

450 g ground beef  
1 chopped onion  
1 clove garlic, minced  
1 tablespoon vegetable oil  
1 teaspoon dried basil  
200 g green beans (drained)  
200 g tomatoes, diced  
4 cooked and mashed potatoes  
1 beaten egg  
90 ml water  
30 g shredded Cheddar cheese (optional)

### Directions

1. Preheat the oven to 175 degrees C.
2. Heat oil in a large pan over medium heat. Add onion and saute for 5 minutes. Add the ground beef and basil and saute for 5 more minutes. Add the garlic, tomatoes and green beans. Stir well and simmer for 5 minutes.
3. Pour mixture into a casserole dish. In a separate bowl, combine the potatoes with the egg and water. Mix well and spread over meat mixture.

4. Bake at 175 degrees C for 15 to 20 minutes, or until potatoes start to brown on top. Sprinkle with cheese (optional).

*Makes 4 servings*

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## **Yorkshire Pudding**

### **Ingredients**

330 g all-purpose flour  
1 egg (room temperature)  
120 ml beef drippings  
90 ml milk (at room temperature)  
90 ml water  
1/4 teaspoon salt

### **Directions**

1. Mix flour and salt together until blended. Make a well in the flour, add the milk, and whisk until consistent. Beat the eggs into the batter. Add water and beat again until the mixture is light and frothy. Set aside for an hour (or, cover in the fridge overnight).
2. If the batter has been refrigerated, allow it to come up to room temperature before using. When the roast beef is ready to come out of the oven, prepare the mixture.
3. Preheat oven to 205 degrees C.
4. Pour off drippings from roast beef and measure out up to 60 g. Pour drippings into an approx. 20 cm x 30 cm baking dish and place into the oven until the drippings sizzle. Pour the batter over the drippings and bake for 30 minutes (or until the sides have risen and are golden brown). Cut into portions and serve immediately.

*Makes 4 servings*

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