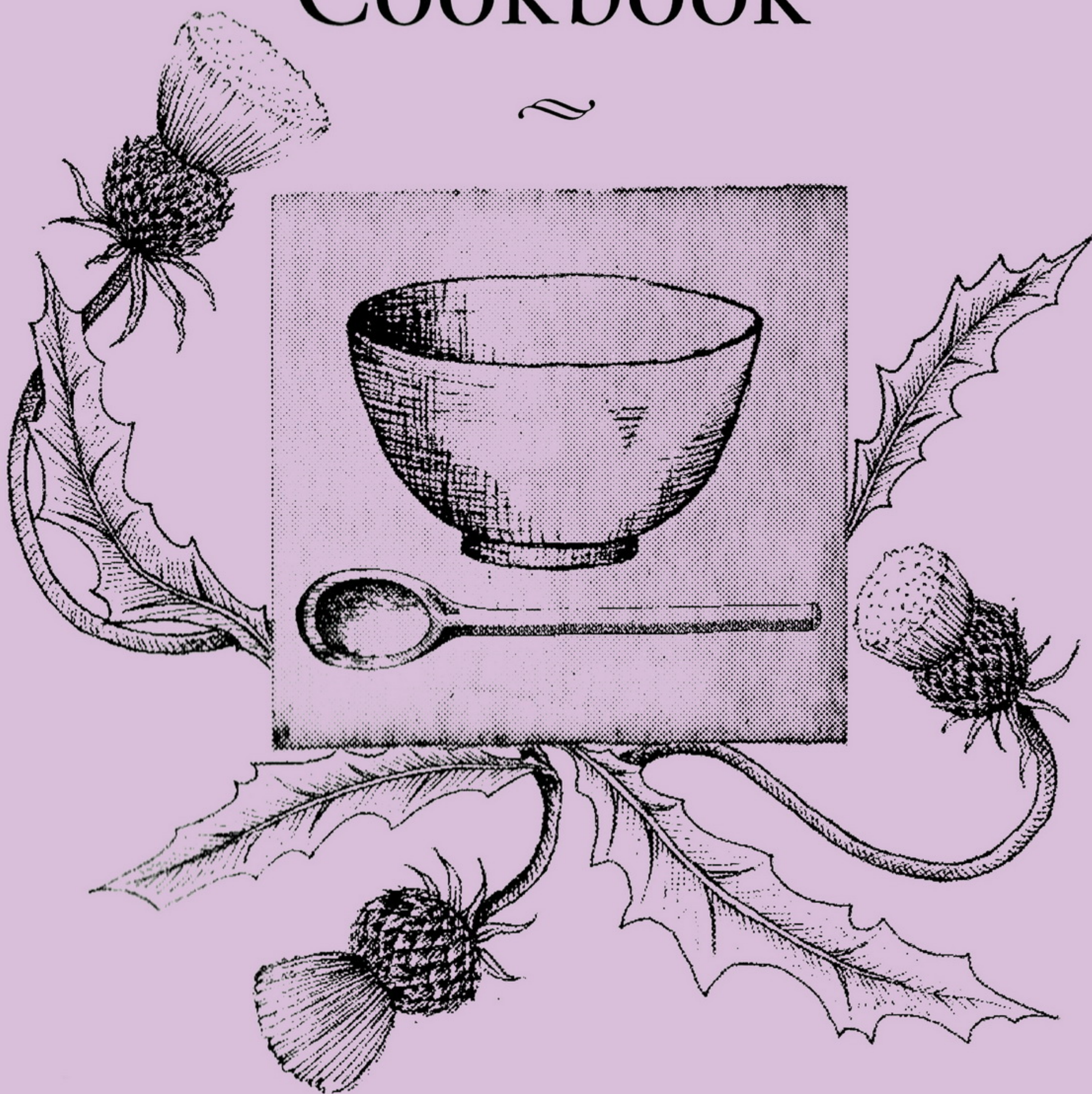


The Caerlaverock Cookbook





Caerlaverock Church

Introduction

The members of the Kirk Session of Caerlaverock and Glencaple Church hope that you enjoy our “Caerlaverock Cookbook”.

Caerlaverock is a small country Parish, lying south of Dumfries and bounded by the River Nith and the Solway Firth. It is the kind of place where generations of the same families stay and many of the recipes are tried and tested, having been handed down over the years. However, some recipes are new and all are interesting. Have fun trying them out – and then pass them on to your future generations!

Funds are always required for the upkeep of our buildings and to keep the flame of faith burning in our community. Proceeds from the sale of this book are being channelled to our Organ Fund to get much-needed replacements for the instruments in both our churches.

Many thanks to all who contributed in any way to produce this publication – and of course, to all of you who have bought it.

Greta Crosbie

Greta Crosbie, Session Clerk.



Eating – then and now

These days residents of Caerlaverock Parish do their food-shopping at one of the many supermarkets in and around nearby Dumfries – or in the local village shop. But it wasn't always the case.

Until the late 19th century, folk were largely self-sufficient and needed very little from the town except salt and latterly, sugar, tea and coffee. Oatmeal was produced in every village. The mill at Bankend Village which ground oats into oatmeal closed early in the 20th century when milling began to be done on a large scale.



Cattle were killed at the back-end of the year and the meat salted down for the winter. Most families kept a pig and virtually every cottage had its own pig-house.

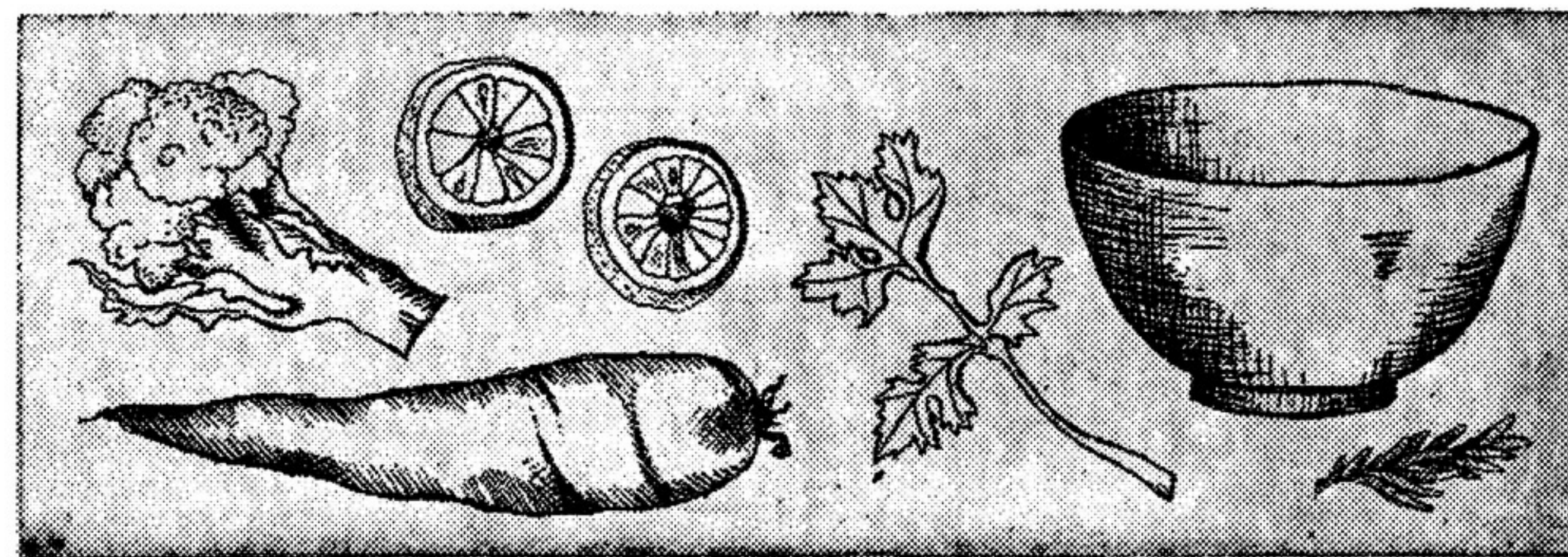
Salmon was abundant and often eaten twice a day. Farmworkers were traditionally paid partly in salmon and bitterly complained if they were fed it more than twice weekly. A barrel of salt herring was often laid by for the long winter months. At one time herring were said to have been so plentiful in the Nith at Glencaple that farmers carted them off to the fields for manure. Sadly, there are no longer shoals of herring in the area but salmon are still fairly plentiful.

There was generally milk enough and buttermilk was a favourite drink. Each village had its own "sweetie shop" selling home-made toffee. Most villagers grew their own vegetables in kitchen gardens.

Even if nowadays most of the food eaten in the parish comes packaged and vacuum-packed from supermarkets, the tradition of good home-cooking and baking remains – as we hope this cookbook testifies.

Bon appetit.

Soups and Starters



Cauliflower Soup

1 medium-sized Cauliflower
2oz Butter
1 large Onion
1 pint Chicken Stock
¼ teaspoon Mixed Spice

Fry onion in butter until soft not brown. Add cauliflower, stock and spice. Simmer until cooked. Liquidise. Add milk to thin.

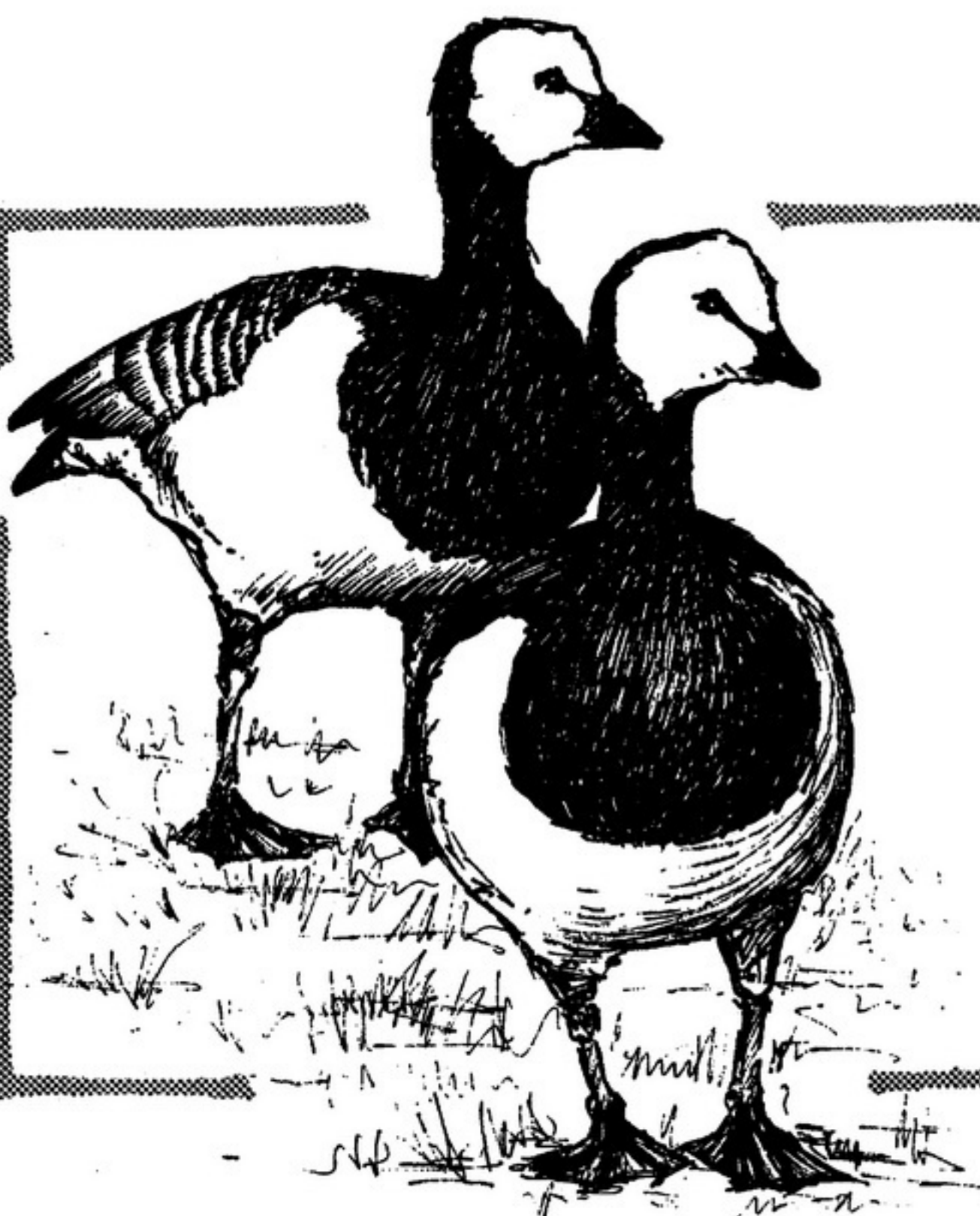
Mrs Wells, Ghadir, Glencaple

Courgette Soup

1 oz Butter
1 Onion finely chopped
¾ - 1 lb Courgettes washed and finely chopped
1 tin Tomatoes
1 tablespoon Flour
¼ teaspoon Turmeric
1½ pints Chicken Stock
Pinch Salt and Black Pepper

Melt butter in pan and add onion and courgettes. Cover and cook gently for 5 minutes, shaking pan occasionally. Add tomatoes. Stir in flour and continue cooking for 2 minutes. Stir in remaining ingredients and bring to the boil. Lower heat and simmer gently for 20 minutes. Puree and finally adjust seasoning.

Mrs Wells, Ghadir, Glencaple



BARNACLE GEESE

Every autumn the entire population of Barnacle Geese from Svalbard arrive on the Solway at Caerlaverock to feed and roost. Watching the 20,000 geese as they fly in is a truly wonderful sight.

Curried Parsnip Soup

1½ lbs Parsnips
½ lb Potatoes
1 large Onion
¼ pint of Single Cream
2 teaspoons Curry Powder
1½ pints of Chicken Stock
¼ pint of Milk
1oz Butter or Margarine
Salt and Pepper

Prepare vegetables and slice thinly. Melt butter in a large pan and gently fry the vegetables for 5 minutes, stirring frequently. Pour in stock, curry powder and bring to the boil. Lower the heat and simmer for about 1 hour or until vegetables are tender.

Liquidise soup. Return soup to the pan and reheat gently adding milk and cream.

Anne McCall, 11 Low Road, Collin.

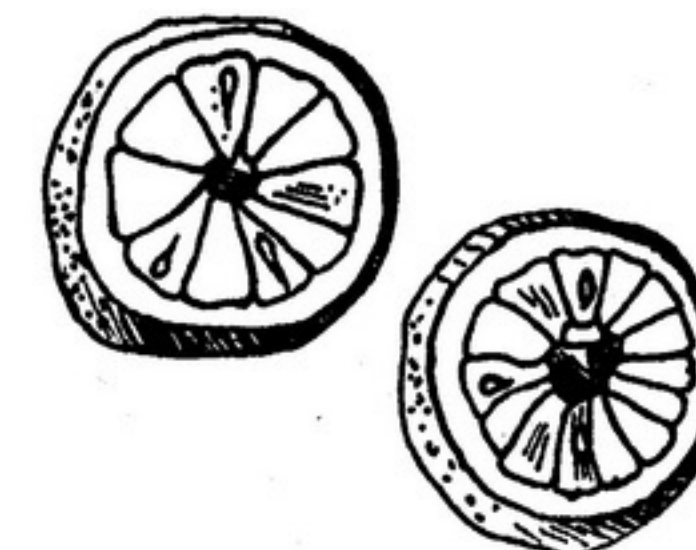
Salmon Mousse

1 tin Red Salmon (400g)
3 tablespoons of Mayonnaise or Seafood Sauce
Dash of Tabasco Sauce and Lemon Juice
1¼ sachets of Gelatine
Small pot of Double Cream
2 Egg Whites

Flake salmon with fork until fine. Add tabasco and lemon juice. Mix well. Add mayonnaise or seafood sauce. Mix well. Make up gelatine with ½ cup of water. Allow to cool slightly and add to mixture. Whip cream and add to mixture. Beat egg whites until stiff and add to mixture until well blended. Turn into a bowl or mould and leave to set.

This mousse freezes well.

Anne McCall, 11 Low Road, Collin.



Haddock Paté

12 oz Smoked Haddock
2 oz Butter
½ pt Double Cream
(12 tablespoons)
Pepper and Cayenne Pepper
(½ - 1 teaspoon)
2 teaspoons Lemon Juice
1 teaspoon Worcester Sauce
1 tablespoon chopped
Parsley

Poach fish, skin and flake. Put fish in blender with butter. Mix well. Whip cream until almost thick. Fold into fish, along with other ingredients (lemon juice, worcester sauce, cayenne pepper and parsley). Put in dish and cover with a little melted butter. Allow to cool and set.

Anne McCall, 11 Low Road, Collin.

Smoked Mackerel Paté

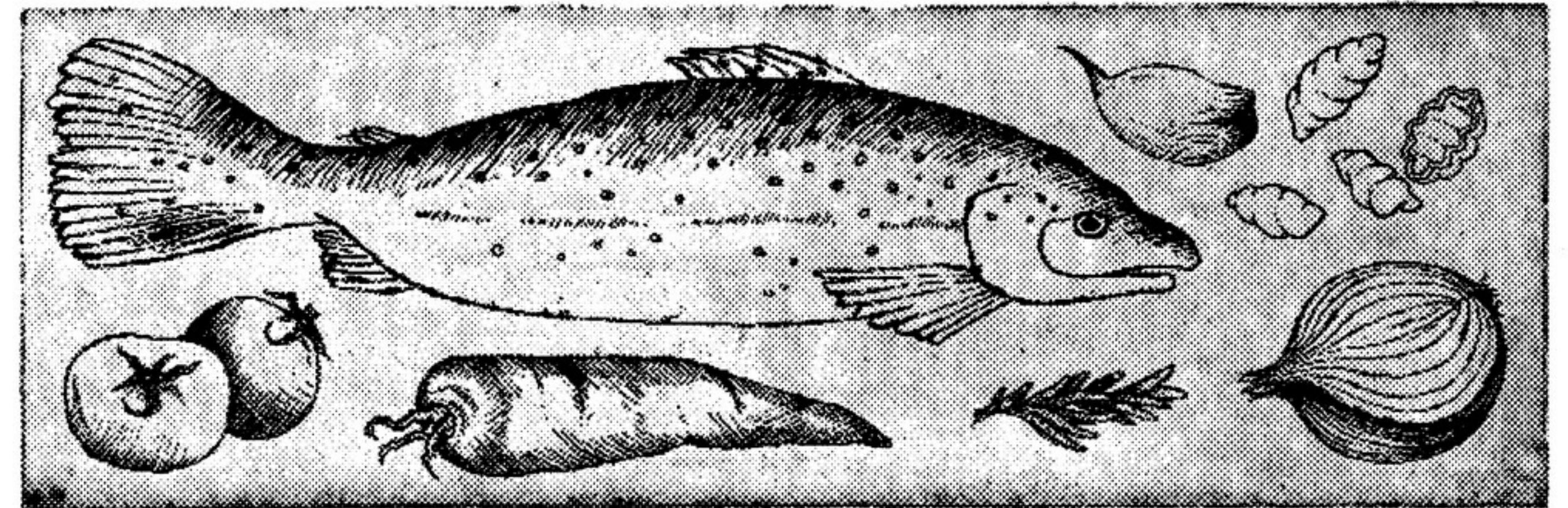
10 oz Smoked Mackerel
3 oz Butter (melted)
3 oz Natural Yoghurt
1 tablespoon Lemon Juice
Salt and Pepper

Skin and remove bones from fish. Put everything into liquidiser and blend till smooth. Sprinkle on cayenne pepper and decorate with parsley.

Mrs. Leyland, Glencaple



Main Dishes



Chicken in Cheese Crust with Tomato Sauce

4 skinless, boneless
Chicken Breasts
1 oz Plain Flour
2 Eggs (lightly beaten)
1 slice White Bread
3 oz Parmesan Cheese
3 tablespoons Olive Oil
1 Onion (chopped)
1 clove Garlic (crushed)
14 oz can chopped Tomatoes
Pinch of Salt

Season chicken to taste. Place flour and lightly beaten egg in separate dishes. Blend bread in processor to form fine breadcrumbs. Mix with parmesan cheese. Place in a shallow dish.

Dip each chicken breast in flour, egg and cheese mixture. Repeat and place on greased baking tray. Drizzle over 2 tablespoons of olive oil. Bake for 25 minutes until chicken is cooked and crust is pale golden.

Meantime, heat 1 tablespoon of oil in pan, add onion and garlic and cook for 3–4 minutes. Add tomatoes and season to taste. Simmer for 5 minutes, then blend in a processor until smooth. Serve with chicken.

Gill Lines, Church Street, Glencaple.

Hot Chicken Salad

4 Chicken Breasts
4 stalks chopped Celery
1 Green Pepper
1 large Onion
1 can Campbell's
Condensed Mushroom Soup
1 cup Hellmann's Mayonnaise
1 cup grated Cheddar
Cheese
3 packets crushed Potato
Crisps
4 tablespoons Lemon Juice
1 teaspoon Salt

Grill the chicken breasts for about 15–20 minutes, then cut into cubes. Gently fry onion and pepper for a few minutes. Toss together with the chicken, celery, mayonnaise, soup, lemon juice and salt. Place in buttered fireproof dish and mix cheese and crisps and sprinkle over the top.

Bake in oven at 350°F/180°C or Gas Mark 4 for 30 minutes. Serves 4. Delicious!

Stephen Powell, Barnacle, Glencaple

Deville Chicken

1 medium Chicken roasted
and cut into large pieces
(you can use 4–6 chicken
breasts if preferred)
1 pint of Double Cream
Worcester Sauce (about
6 tablespoons)
1 ½ teaspoons of Mustard
Seasoning

Whip cream until stiff. Fold in worcester sauce and mustard. Place chicken in an open casserole dish. Pour sauce over chicken. Put in a fairly hot oven and brown.

Anne McCall, 11 Low Road, Collin.

Chicken, Mushroom and Cheese Pasta

12 oz Penne Pasta
4 Chicken Fillets (large)
1 cup Mushrooms
1 lb White Cheddar Cheese
3 oz Flour
½ pint Milk
1 oz Margarine
Salt and Fresh Ground
Pepper
2 tablespoons Olive Oil

Cut chicken fillets into cubes, fry gently in olive oil for 15 minutes until tender. Chop mushrooms into quarters and add to chicken and cook for 5 minutes.

Put pasta in boiling water and cook for 10 minutes.

Place saucepan on a low heat, add flour and margarine until it forms a paste. Add milk gently and stir until thickened. Add grated cheese and stir until cheese has melted. Pour cheese sauce over chicken and mushrooms. Add cooked pasta and serve immediately with garlic bread.

Stephanie Dixon, Laverock House, Bankend.



Roast Pheasant with Shallot and Bacon Sauce

4 Pheasant Breasts
2 oz Butter
1/4 Glass Red Wine
6-8 Shallots
4 slices Bacon
1 packet Gravy (Basic Mix)
Small bunch Parsley

In a heavy-based pan, fry the pheasant breasts in 1oz butter over hot heat. Cook until nicely brown on both sides but still pink in the middle. Place in an ovenproof dish.

To same pan, add the extra butter, chopped shallots and chopped bacon. Fry until crisp. Place over pheasant. Put pan back on the heat and swill out the wine. Make gravy, add to wine, bring to the boil and pour over pheasant.

Place in a medium oven and heat gently for 15 minutes.

Just before serving stir in chopped parsley.

Nith Hotel, Glencaple

Baked Bean Casserole

25-30 ozs Baked Beans
(2 large tins)
1/2 lb Smoked Sausage
3 tablespoons Brown Sugar
2 tablespoons Bacon Fat
1/2 teaspoon Tabasco Sauce
1/2 teaspoon Salt
5 tablespoons Tomato
Chutney (Bicks) or relish
1 chopped Onion

Chop sausage into 1/4 inch slices. Mix everything together in a casserole dish and cook in a medium oven for 30 minutes.

*Group Captain Anthony Mumford,
Lantonside*

1 1/2 lbs Minced Ham
1/2 lb Minced Pork
2 Eggs
2/3 cup Crushed Crackers
(Ritz, Jacob's Cream etc)
1/3 cup Porridge Oats
1 - 1/4 cups Milk
Salt and Pepper to taste

Mrs Glenn's Meat Loaf

Mix ingredients, shape into a loaf. Place in 2lb loaf tin and pour on dressing. Bake at 180°C/350°F or Gas Mark 4 for 1 1/2 to 2 hours. Baste now and then.

Dressing:

Mix together 1/4 cup of vinegar, 1/2 cup of water, 1/2 cup brown sugar and 1 tablespoon prepared mustard. Boil for several minutes.

"Mrs Glenn was the mother of John Glenn who in 1962 was the first American to orbit the earth. This recipe came from my cousin, Mrs Ermal Shankland of Cleveland, Ohio (where John Glenn was a senator). She told me this is one of Senator Glenn's favourite meat dishes. He was raised on it!"

Charles Anderson, Bankend.

Highland Loaf

Mix all ingredients well. Stir in milk, water and egg to make a moist mixture. Turn into greased loaf tin. Smooth top and cover loosely with greased paper. Bake in oven for 1 1/4 hours at 180°C/350°F/Gas 4 or until firm and brown on top.

*Mrs Irene Anderson, Wellington Street,
Glencaple*

St. James Beef

2lb (900g) lean
Stewing Steak
3 tablespoons Sunflower Oil
1 1/2 oz (40g) Flour
3/4 pint (450ml)
good Beef Stock
2 tablespoons
Worcester Sauce
2 tablespoons
Redcurrant Jelly
4 oz (100g) Button
Mushrooms quartered
A little Salt
Freshly ground Black Pepper

Heat the oven to 325°F/160°C or Gas Mark 3.

Cut the meat into 3/4 inch (2cms) cubes. Measure the oil into a large non-stick pan and brown the meat on all sides. Sprinkle in the flour, turning the meat at the same time, then stir in stock. Add the Worcester sauce, redcurrant jelly and mushrooms. Season lightly and bring to the boil.

Transfer to an oven-proof casserole and cook in the oven for around 2 hours until the meat is tender.

Taste and check seasoning before serving with creamy mashed potato or rice. Serves 6.

Mrs Spence, Boreland

Beef Stroganoff

1 lb Popeseye Steak
(cut into 1" strips)
2 Onions
1/4 lb Mushrooms
(thinly sliced)
1 Green Pepper
1 (10 1/2 oz) can Campbell's
Condensed Tomato Soup
1 (5 oz) carton Soured
Cream
1 teaspoon Garlic Salt

Heat a little oil in saucepan and fry beef. Add onions and green pepper and fry until they are soft. Add tomato soup and garlic salt and simmer for 45 minutes. Add mushrooms and simmer for 15 minutes. If meat is tender add soured cream and heat gently – but do not boil.

Alison Kerr, Kirkblane Farm.

Beef and Potato Pie

1lb Minced Beef
1 chopped Onion
4 tablespoons Milk
2 tablespoons Tomato Sauce
2 oz quick cooking
Porridge Oats
1 Egg
1 teaspoon Sea Salt
1/2 teaspoon Dry Mustard,
Thyme and Pepper
1 1/2 lb Potatoes
1 tablespoon Parmesan
Cheese

Combine all the ingredients except the potatoes and cheese, put in a large pie dish and bake in oven 350°F/180°C or Gas Mark 4 for 30 minutes. Boil potatoes. Mash with milk and butter and season well. Add parmesan cheese. Put the potato on top of meat mixture. Brush with melted butter and return to the oven for a further 20 minutes.

Sue Greig, c/o 3 Church Street, Glencaple.

Pork and Apple Burgers

450g minced Pork
1 Cooking Apple peeled,
cored and grated
Spring Onion chopped
Grated rind of 1 Lemon
Salt and Pepper

Mix together all the ingredients. Divide into 8 equal portions. Shape into burgers and grill or barbecue for about 5–7 minutes each side until cooked.

Mrs Irene Anderson, Wellington Street, Glencaple



CATCHING FLOUNDERS

Flounders were traditionally caught in nets but also by "tramping" – wading barefoot through the mud, feeling the flounders underfoot.

Bacon and Egg Pie

4 oz Shortcrust Pastry
3 oz Bacon Rashers
2-3 oz Grated Cheese
¼ teaspoon Dry Mustard
2 Eggs
Small tin Carnation Milk
Tomato (optional)

Line 7" flan tin or deep plate – prick well.

Beat eggs, add chopped bacon, cheese and mustard. Stir in Carnation milk.

Pour into the pastry case. Top with sliced tomato if liked.

Bake in a hot oven (400°F/200°C or Gas Mark 6) for 40 minutes.

Mrs. H. Clark, 1 Wardlaw Drive, Glencaple.

Foolproof Poached Salmon

Put salmon in roasting tin/large frying pan with onion, carrot, parsley and peppercorns. Pour in wine. Cover with foil and bring to the boil slowly. As soon as liquid boils, remove from heat and cool. It doesn't matter what size of salmon is being used – it should cook in the time it takes for the liquid to cool.

When liquid has cooled completely, remove salmon and put on a plate. Remove skin and bones, then chill in the fridge.

Make up aspic according to packet instructions. Leave to cool. Brush a thin layer of aspic over the salmon. Arrange lemon slices on top of salmon, then put another layer of aspic. Leave for 10 minutes to set.

David Crosbie, Townfoot Farm, Glencaple.

Deep Sea Pie

1 ¼ lb Fish (white and smoked or all white)
Seasoning
2 oz Butter or Margarine
2 Onions
2 rashers of Bacon
1 oz Flour
8 oz can of Tomatoes
Mashed Potatoes to cover

Put the fish into saucepan and just cover with cold water. Season. Bring to the boil and simmer till the fish is tender but unbroken. Lift the fish carefully out of liquid and put on one side. Strain the liquid and reserve ½ pint. Heat butter or margarine in frying pan. Slice onion and bacon finely and fry in hot fat until onions are tender. Put this mixture into a deep pie dish.

Stir the flour into the fat remaining in the pan and cook for 2 minutes. Gradually add the can of tomatoes and ½ pint fish stock. Bring to the boil, stirring all the time and cook gently until thickened and smooth. Flake the fish and add it to the tomato sauce. Pour this over the bacon and onions. Cover with mashed potatoes as in shepherds pie. Bake in oven 400°F/200°C or Gas Mark 6 for 35 minutes. Serves 4-6.

Pat Greig, 3 Church Street, Glencaple.



4 Salmon Fillets or Cutlets
1 bottle of White Wine
1 Onion (quartered)
1 Carrot (thickly sliced)
Parsley (chopped)
4 Peppercorns

For Glaze:

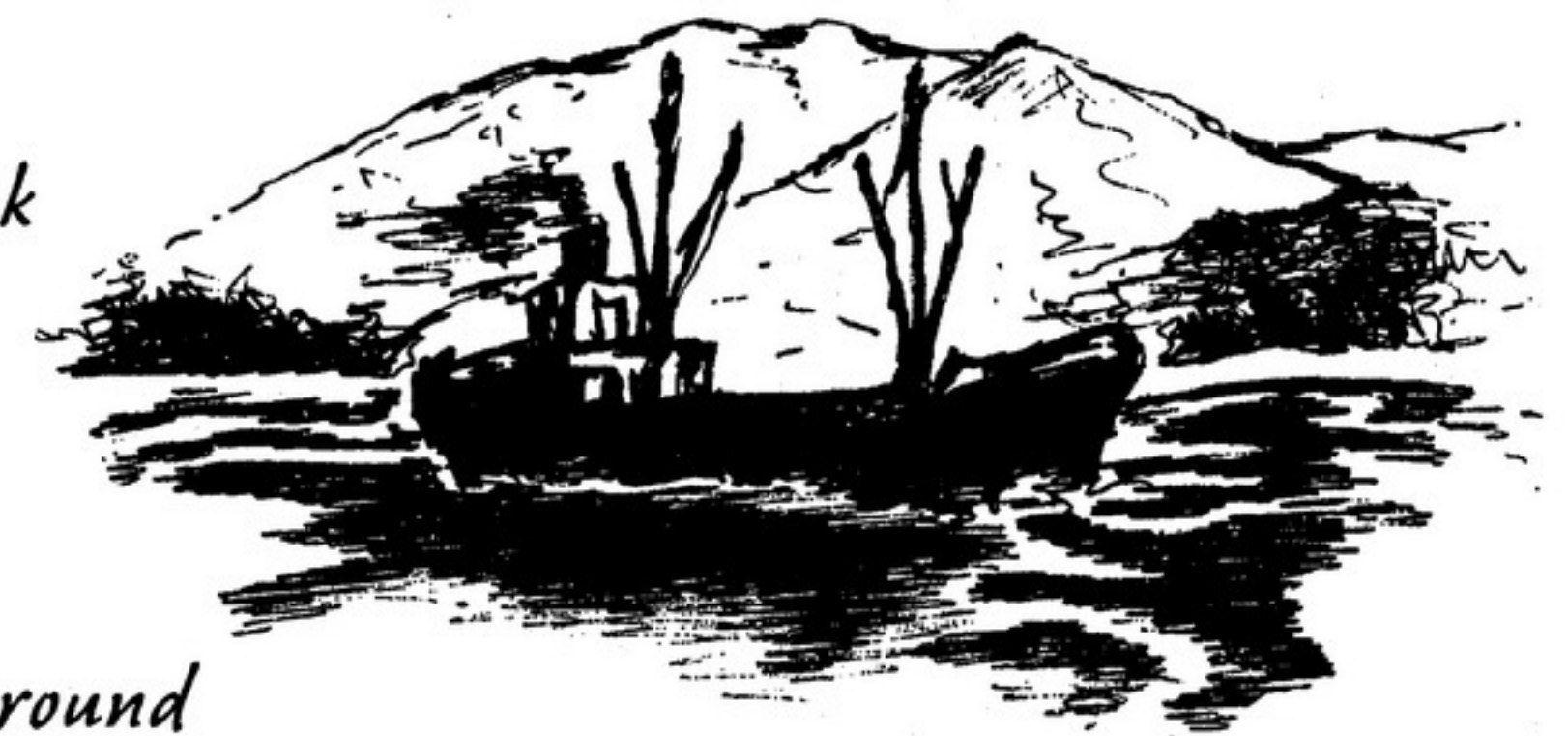
1 packet (24g) Aspic Powder
1 very thinly sliced Lemon



SHIPPING

At one time Caerlaverock Parish had a thriving ship-building industry based at Glencaple.

In the mid-nineteenth century two vessels of around 60 tons were launched every year. In its heyday ships left the quay at Glencaple bound for ports all over the world.



Tikka Marinated Salmon

4 x 6-8oz Salmon Fillets
1 Lemon
1 tablespoon Olive Oil
1 jar of Tikka Marinade

Place the salmon in a deep dish side by side. Squeeze the juice from lemon and sprinkle over. Add olive oil and tikka marinade. Chill for 1 hour, turning as often you like. Heat a skillet or griddle frying pan.

Fry salmon fillets for about 15 minutes until firm. Serve on a bed of greens, such as watercress, rocket or baby spinach.

Nith Hotel, Glencaple

Salmon or Sea Trout

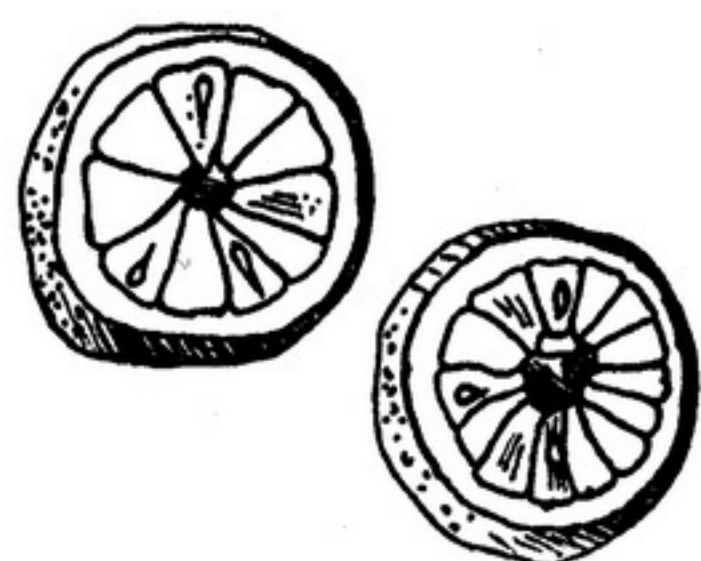
Wipe fish. Put half the butter in the cavity along with slices of lemon. The remainder of the butter and more lemon slices go on top.

Put fish onto buttered foil. Fold into a loose, but well sealed parcel.

Place in the middle of a medium-hot oven (350°-400°F/180°-200°C or Gas Mark 4-5) for 45 minutes.

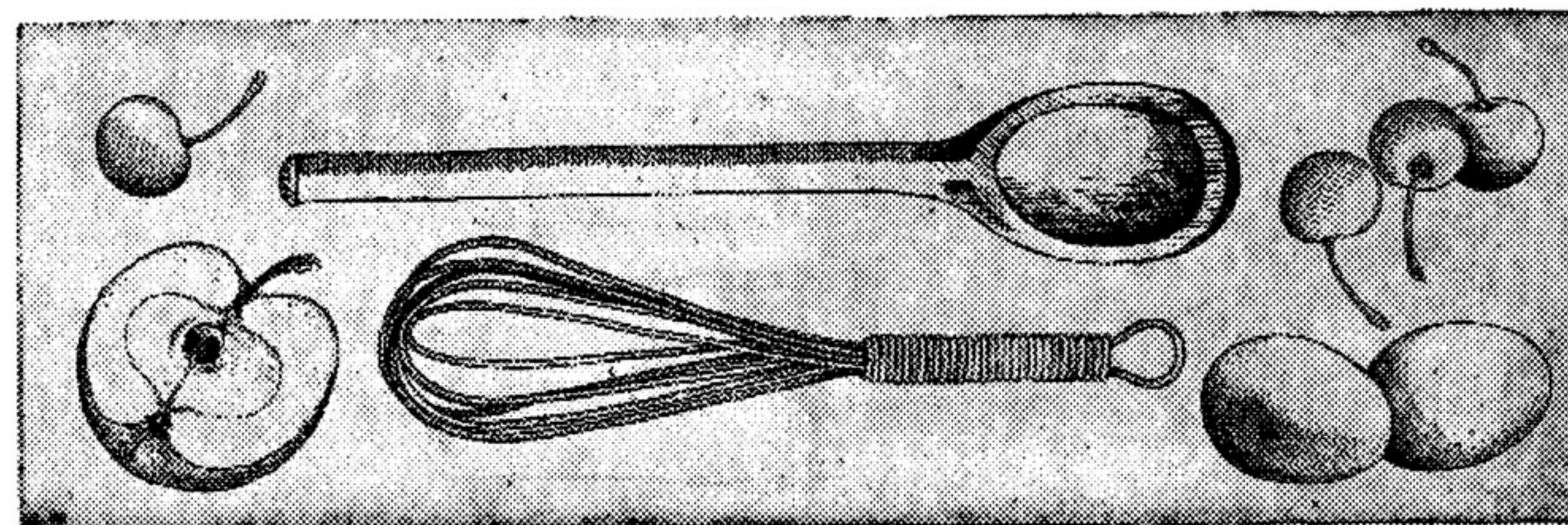
This method can be used for salmon steaks/cutlets which require slightly less cooking time.

Greta Crosbie, Townfoot Farm. Glencaple.



1½ lb piece of Fish
2 oz Butter
1 or 2 Lemons

Cakes, Biscuits and Puddings



Gingerbread (1)

8oz Plain Flour
4 oz Sugar
4 oz Margarine
2 Eggs
½ cup of Milk
1 teaspoon Mixed Spice
1 teaspoon Ground Ginger
1 small teaspoon Baking Soda
Pinch Salt
2 to 4 tablespoons of Treacle

Cream margarine and sugar, add flour and all other dry ingredients. Add egg and milk, lastly treacle. Put into 2lb loaf tin. Bake at 180°C/350°F/Gas Mark 4 for about one to 1½ hours.

Mrs Mabel Wright, Wellington Street, Glencaple.

Gingerbread (2)

8 oz Margarine
8 oz Soft Brown Sugar
8 oz Treacle
12 oz Plain Flour
2 Eggs
3 teaspoons Ground Ginger
3 teaspoons Cinnamon
2 teaspoons Bicarbonate of Soda
½ pint heated Milk

Melt margarine, sugar and treacle in a pan. Add rest of the ingredients. Transfer to two 1lb loaf tins.

Bake in oven for one hour. (150°C / 300°F or Gas mark 2.)

Hazel Brown, Norfolk Avenue, Glencaple.

Gingerbread (3)

1lb Flour
6 oz Butter
6 oz Soft Brown Sugar
6 oz Preserved Ginger
1 teaspoon Bicarbonate of Soda
2 teaspoons Ground Ginger
2 teaspoons of Ground Cinnamon
½ teacup Milk
½ lb Syrup
3 Eggs

Chop ginger, melt butter and syrup together. Mix all dry ingredients. Stir in fruit, syrup and milk. Lastly, add 3 well-beaten eggs. Put in loaf tin. Bake carefully in a moderate oven.

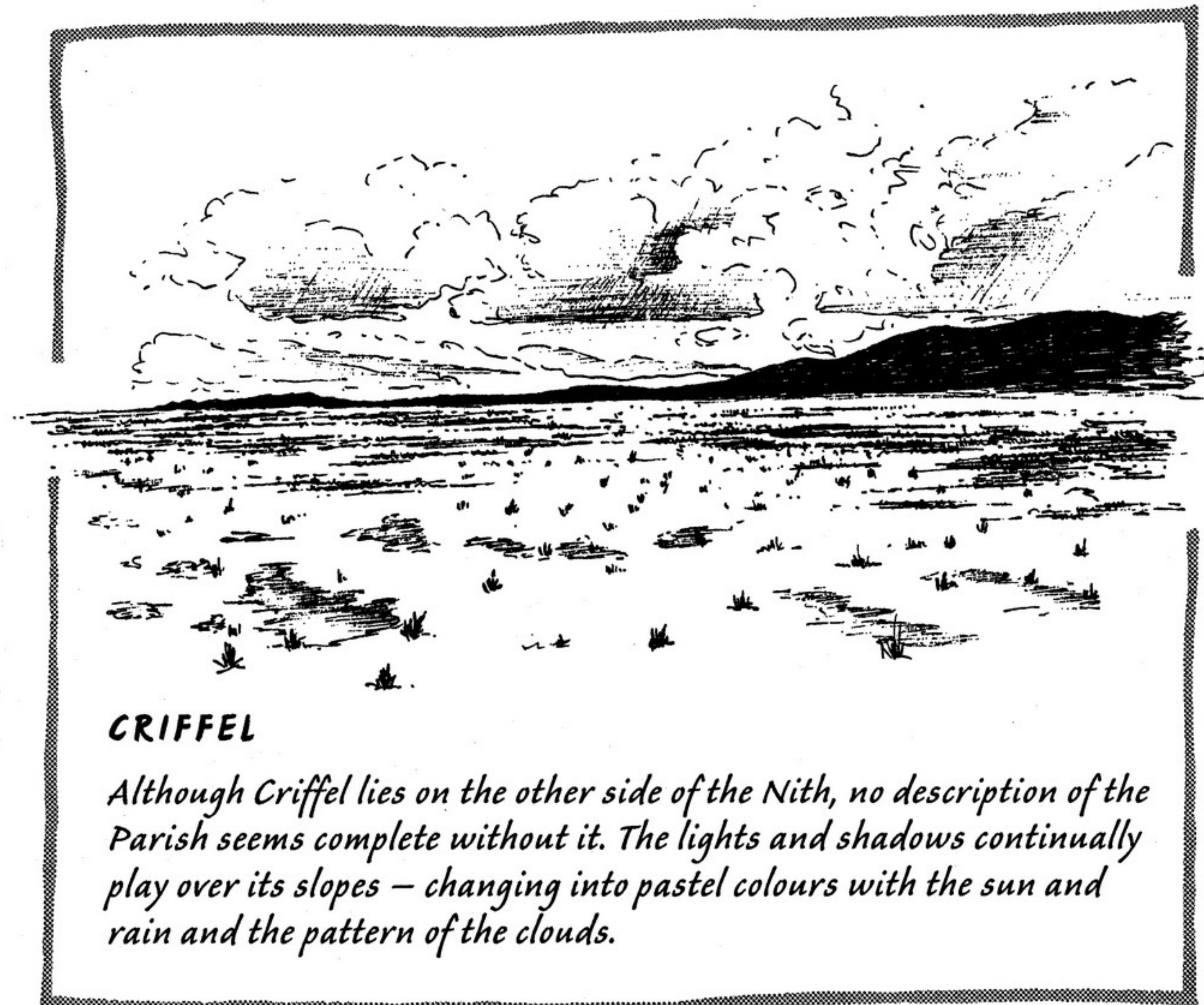
Mrs. Wells, Ghadir, Glencaple.

Gingerbread (4)

2 breakfast cups Plain Flour
1 breakfast cup Sugar
1 breakfast cup Boiling Water
2 teaspoons Baking Powder
1 teaspoon Bicarbonate Soda
2 teaspoons Ground Ginger
½ teaspoon Mixed Spice
3 oz Lard
3 tablespoons Treacle (or Syrup)

Combine dry ingredients except soda. Melt lard and treacle together. Dissolve soda in boiling water and add to dry ingredients. Transfer to well-greased tin and bake in moderate oven for 35 minutes or until cooked.

Mrs. Nell Graham, Kingholm Quay



CRIFFEL

Although Criffel lies on the other side of the Nith, no description of the Parish seems complete without it. The lights and shadows continually play over its slopes – changing into pastel colours with the sun and rain and the pattern of the clouds.

Harvest Loaf

4 oz Margarine
4 oz Sugar
8 oz Self-Raising Flour
2 Eggs
1 teaspoon Mixed Spice
¼ pt Milk
8 oz Mixed Fruit
2 oz Chopped Cherries
2 oz Chopped Walnuts

Cream margarine and sugar together. Add rest of the ingredients. Transfer to a 1½ lb loaf tin. Bake for 1¼ – 1½ hours at 325°F/160°C or Gas Mark 3.

Hazel Brown, Norfolk Avenue, Glencaple.

Sultana Drops

4 oz Margarine
6 oz Self-Raising Flour
1 dessertspoon Syrup
4 oz Granulated Sugar
½ teaspoon Baking Soda
2 oz Sultanas

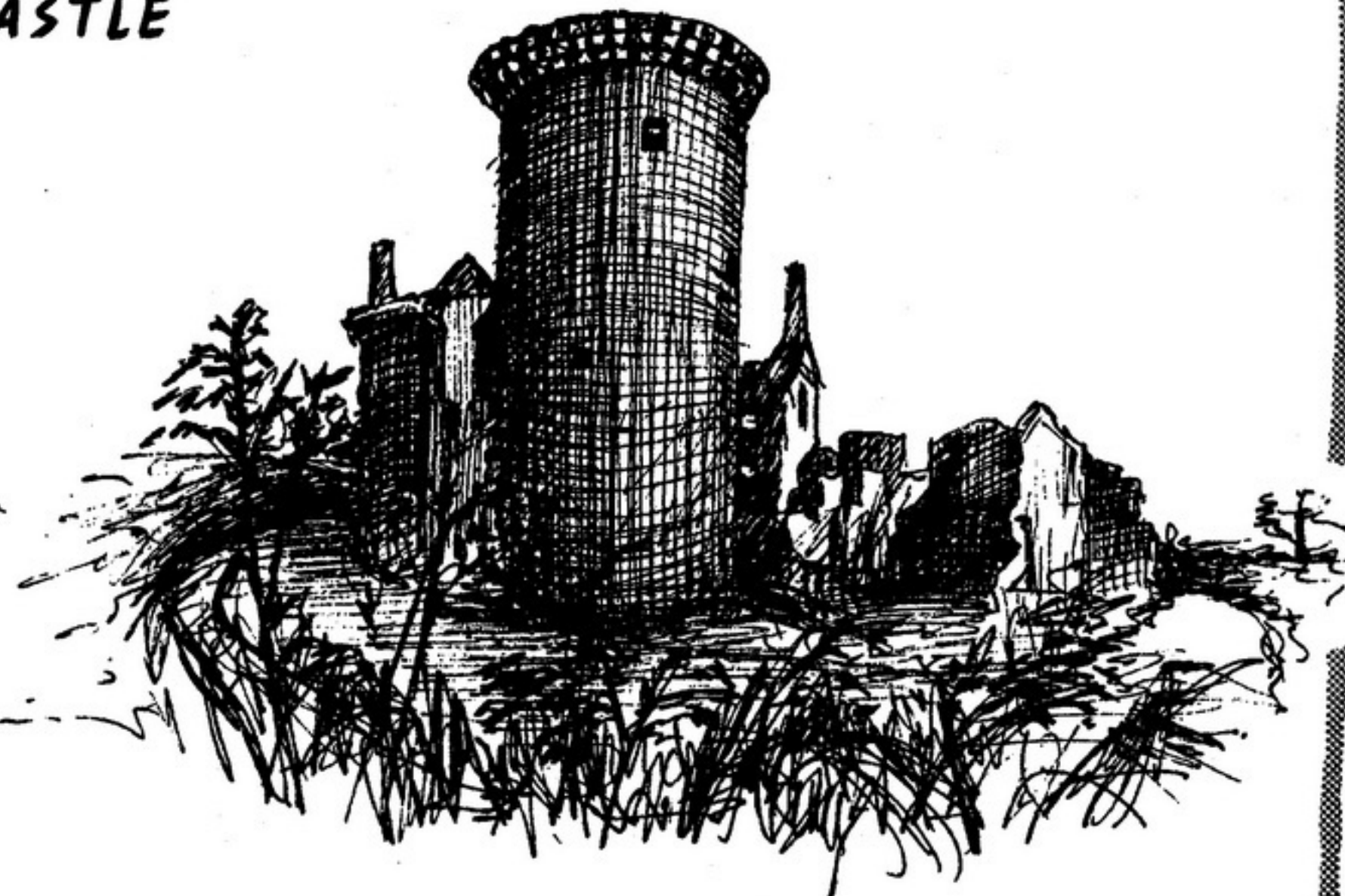
Cream margarine and sugar. Add syrup with baking soda. Add flour by hand and knead in sultanas. Form into walnut-sized balls (makes 24). Bake in moderate oven for 15–20 minutes. (325–350°F/160–180°C or Gas Mark 3–4)

Greta Crosbie, Townfoot Farm, Glencaple.



CAERLAVEROCK CASTLE

The ruins of Caerlaverock Castle lie within the parish. Built in 1270 it has been the scene of much bloodshed. King Edward and his English army besieged the castle in 1300.



Cherry and Almond Slice

8 oz crushed Digestive Biscuits
4 oz Margarine
1 oz Soft Brown Sugar
4 oz Chopped Cherries
4 oz Sultanas
4 oz Halved Almonds
Small tin of Condensed Milk

Melt margarine and sugar and mix with biscuits. Spread mixture into swiss roll tin. Sprinkle with fruit and nuts. Drizzle condensed milk over top and bake for 20 minutes (325–350°F/160–180°C or Gas Mark 3–4). Store in the fridge.

Sheila Wilson, Norfolk Avenue, Glencaple.

Coconut Caramel Slice

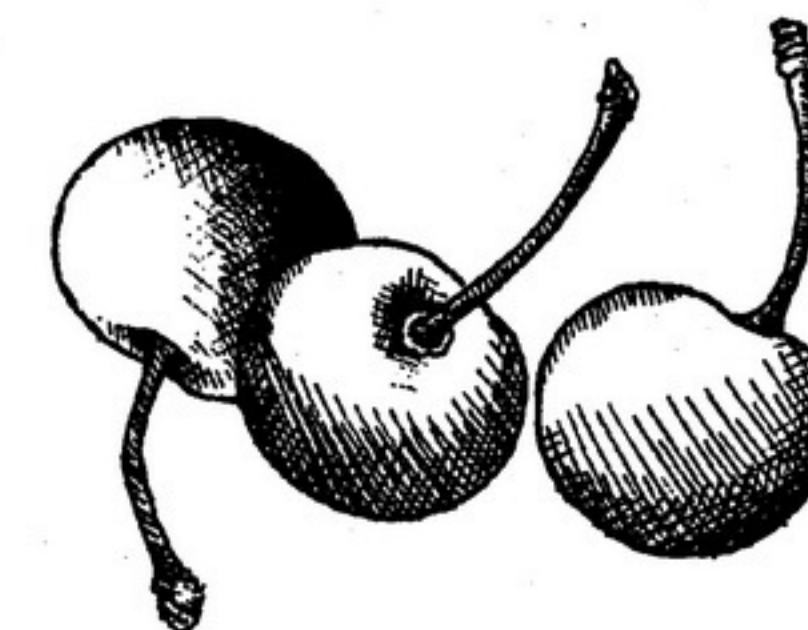
12 oz Chocolate (melted)
4 oz Coconut
2 oz Icing Sugar
2 small tins Condensed Milk
4 oz Margarine
2 tablespoons Syrup

Line swiss roll tin with foil. Cover with 6 oz melted chocolate. Allow to harden. Mix together coconut, icing sugar and one tin of condensed milk. Spread mixture over layer of chocolate.

Melt together margarine, syrup and second tin of condensed milk. Slowly bring to the boil. Boil gently for 5–7 minutes. Pour over coconut mixture. Allow to cool slightly.

Sprinkle with rice crispies and press them down well. Top with remaining melted chocolate.

Sheila Wilson, Norfolk Avenue, Glencaple.



Chocolate Cheese Cake

1 large Galaxy
Chocolate Bar
1 large tub Whipping Cream
(whip separately)
Philadelphia Cheese
(whip separately)
¾ large packet Digestive
Biscuits
3 oz Margarine
2 heaped tablespoons
Chocolate Hazelnut Spread
1 Cadbury's Flake

Make biscuit base by mixing melted margarine and crushed biscuits together. Press into baking tray. Chill. Melt chocolate and hazelnut spread then fold in cheese and cream. Spread onto biscuit base. Crumble flake and put in the fridge.

Sheila Wilson, Norfolk Avenue, Glencaple.

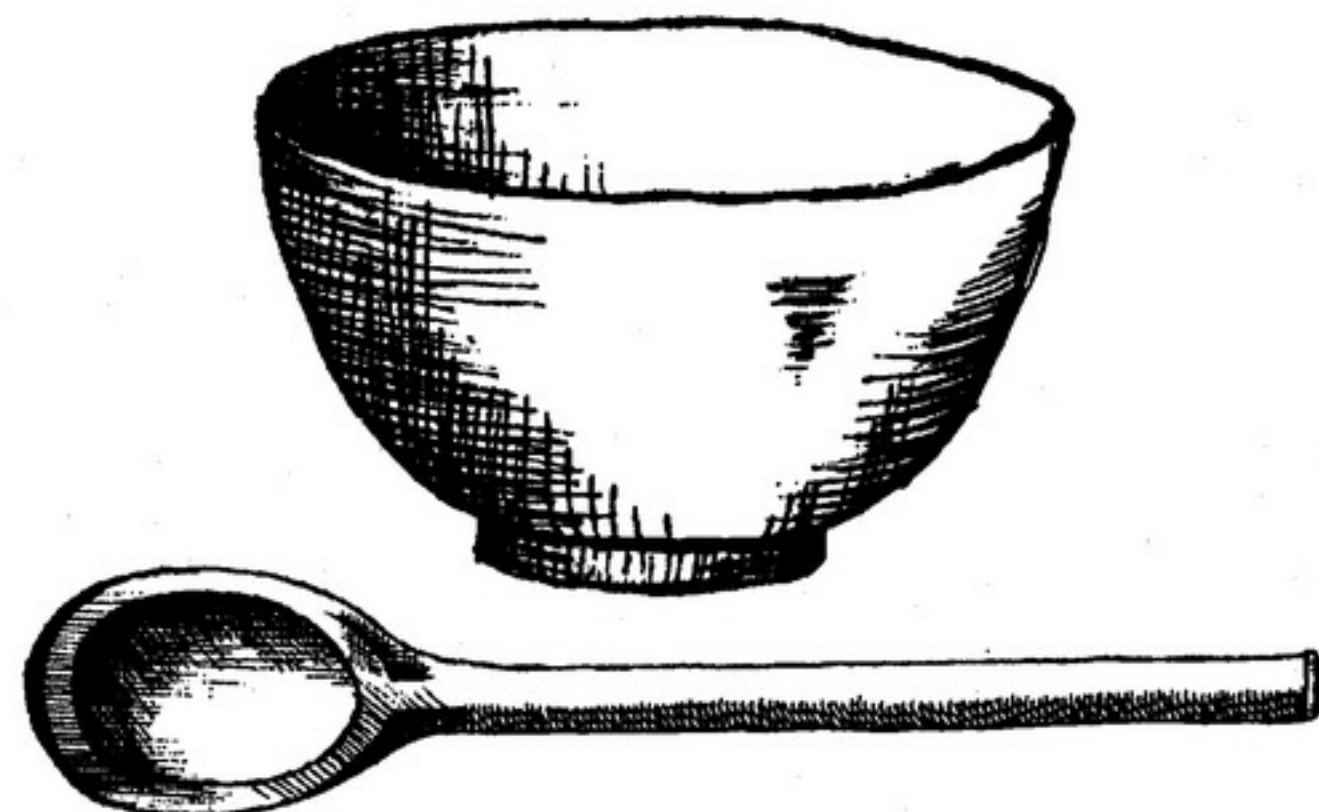
Raisin Cake

1 cup Raisins
1 cup Sugar
1 cup Milk
1 Egg
2 cups Self Raising Flour
1 teaspoon Baking Powder

Put raisins, sugar and milk into pan and bring to the boil. Turn off and when cold, add egg, flour and baking powder. Put in a loaf tin.

Bake at 180°C/350°F/Gas 4 for about an hour.

Mrs Mabel Wright, Wellington Street, Glencaple.



Chocolate Cake

175g (7oz) Self-Raising Flour
200g (8oz) Caster Sugar
1 x 2.5 ml spoon
(½ teaspoon) Salt
25g (1oz) Cocoa
100g (4 oz) Margarine
2 Eggs (size 4) beaten with
5 tablespoons Evaporated
Milk
75 ml (5 tablespoons) Water
Few drops Vanilla Essence

Sieve flour, sugar, salt and cocoa. Rub in margarine. Stir in eggs, essence and liquids. Beat well. Grease and flour 2 x 20.5 (8" tins) – not loose bottomed. Divide mixture between them. Bake in a moderate oven 350°F/180°C or Gas Mark 4 for about 30 – 35 minutes.

When cold, cover and sandwich with milk chocolate icing.

Irene Clark, Woodland View, Glencaple.

Rich Chocolate Cake

4 oz Margarine
4 oz Caster Sugar
1 tablespoon Syrup
½ teaspoon Vanilla Essence
5 oz Self-Raising Flour
½ teaspoon Baking Powder
1 oz Cocoa
2 Eggs
Little Milk to mix

Cream together the margarine, sugar, golden syrup and vanilla essence until soft and light. Sieve together the dry ingredients. Beat eggs well. Stir the eggs and the chocolate mixture alternately into the margarine and just enough milk to make a soft consistency.

Grease and flour a 7 inch cake tin. Add mixture.

Bake 1¼ hours (325°F/150–175°C or Gas Mark 3).

Fill centre with butter icing and dust top with icing sugar.

Stephanie Dixon, Laverock House, Bankend.





1 lb Plain Flour
Pinch Salt
½ eggcup (small) Baking Soda
1 teaspoon Mixed Spice
6 oz Cooking Fat
1 lb Mixed Fruit
1 Egg
Milk
1 eggcup White Vinegar

Vinegar Loaf

Mix flour, baking soda, salt and mixed spice together. Rub in fat, then add sugar, then fruit. Add beaten egg and milk then vinegar.

Put in a 2 lb loaf tin and bake in moderate oven for about 1¼ – 1½ hours.

Mrs. Hanlon, Wardlaw Drive, Glencaple.

Scripture Cake

4 ½ cups 1st Kings, chapter IV, verse 22
1 ½ cups Judges, chapter V, verse 25
Two cups of Jeremiah, chapter VI, verse 20
Two cups of 1st Samuel, chapter XXX, verse 12
Two cups of Nahum, chapter III, verse 12
One cup of Numbers, chapter XVII, verse 8
Six of Jeremiah, chapter XVII, verse 11
Half a cup of Judges, chapter IV, verse 19
Two teaspoons of 1st Samuel, chapter XIV, verse 25
Two teaspoons of Amos, chapter IV, verse 5
A pinch of Leviticus, chapter II, verse 13
Season to taste with 2nd Chronicles, chapter IX, verse 7

Follow Solomon's recipe for making a good boy. Proverbs chapter XXIII, verse 14.

Anon

2 cups Self-Raising Flour
1 cup Sugar
2 cups Mixed Fruit
2 oz Margarine
1 cup cold Water
½ teaspoon Mixed Spice
¼ teaspoon Vanilla Essence
1 teaspoon Baking Soda
2 Eggs

Fruit Cake

Place margarine, sugar, mixed fruit and water into a pot and bring to the boil. Remove from heat and add 1 teaspoon baking soda. Leave to cool. Add vanilla essence to cooled mixture.

Mix flour and mixed spice in a bowl. Whisk eggs and add to the cooled mixture in pot. Add the mixture into the flour and mix well. Pour mixture into lightly buttered loaf tin.

Cook for 45 – 50 minutes in a moderate oven (325°F/150–160°C or Gas Mark 3)

Murial McClung, Laverock House. Bankend.



Pineapple Cake

4 oz Butter
12 oz Mixed Fruit
8 oz Self-Raising Flour
6 oz Soft Brown Sugar
4 oz Cherries
Small tin Crushed Pineapple
2 Eggs

Melt butter, add sugar, fruit and crushed pineapple. Stir in beaten eggs and flour alternatively. Cook for 2 hours (½ hour at 350°F/180°F or Gas Mark 4 – then 1½ hours at 300°F/150° or Gas Mark 2) in a 7" square cake tin.

Catherine Haining, Wellington Street, Glencaple.



Carrot Cake

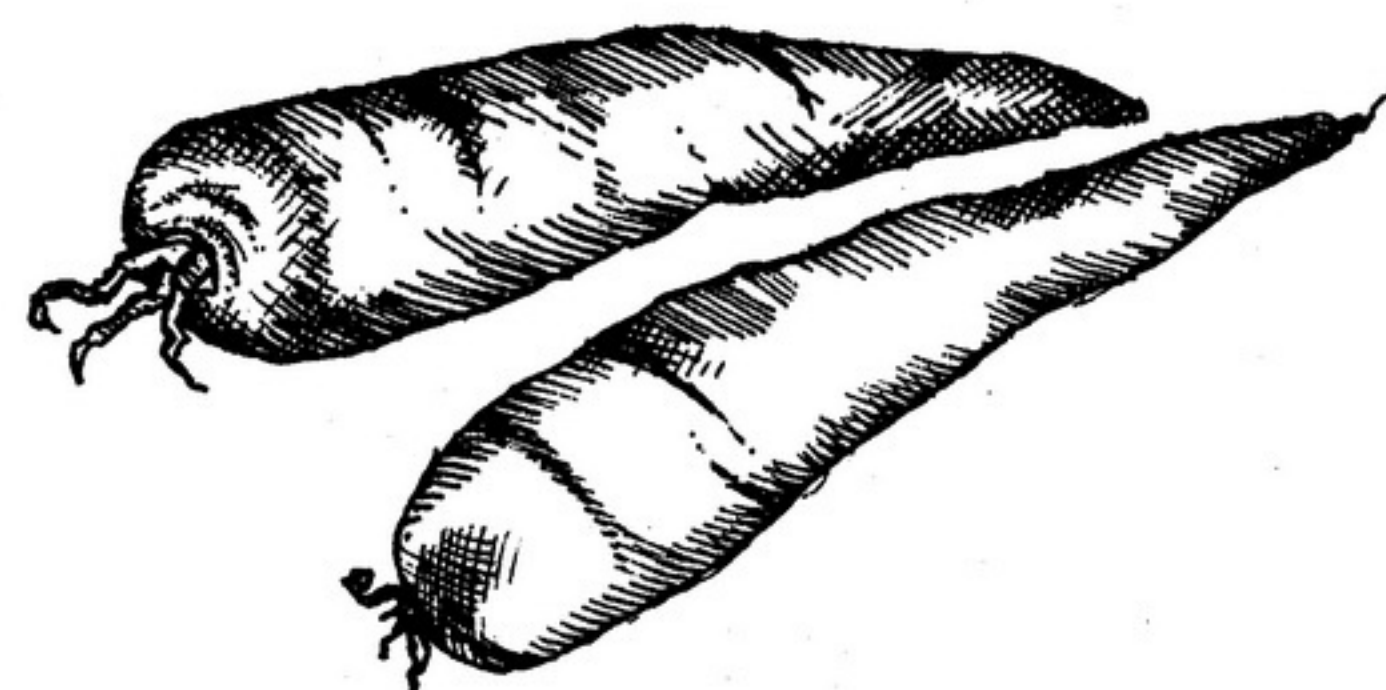
6oz/175g Plain Flour sieved
3/4 teaspoon Baking Powder
3/4 teaspoon Bicarbonate of Soda
3/4 teaspoon Ground Cinnamon
1/4 teaspoon Salt
250 ml Sunflower Oil
12oz/350g Caster Sugar
3 large Eggs
8oz/225 grated Carrot

Sieve dry ingredients. Put oil in a large bowl, add sugar using whisk, beat together. Add eggs, one by one, beating well together. Fold in the dry ingredients and stir in carrot. Grease a 10" (25cms) round tin and line. Put mix in tin and bake at 350°F/180°C or Gas Mark 4 for 45 minutes then lower heat to 325°C/170°F or Gas Mark 3 for a further 20 minutes.

Test with a knife. When cooked, remove from oven and cool for 5 minutes before turning onto a cooling rack. Cool completely.

Cover in butter cream for a cake or leave uncovered. In which case, just sprinkle on icing sugar and serve as a pudding with cream, crème fraîche or yoghurt.

*Mrs Jane Robertson, 266 Annan Road,
Dumfries*



1 pt Double Cream
4 Egg Yolks
1 tablespoon Castor Sugar
2 drops Vanilla Essence
Additional Castor Sugar for caramel

Crème Brûlée

Put the cream in a double saucepan or in a basin over simmering water. Bring slowly to scalding point (about 20 minutes). Meanwhile, beat the yolks in a basin together with the sugar. Pour the scalded cream onto the yolks and stir well. Add vanilla essence.

Return the mixture to the saucepan or basin and – stirring from time to time – slowly thicken over simmering water. About 25 minutes.

Pour the egg mixture into a shallow dish/or six ramekins, set in a pan of boiling water. Cook in a 'cool' oven (300°F/150°C or Gas Mark 2) for 30 minutes. Remove from the pan and leave to stand for a few hours or overnight. Cover the surface evenly with a thin layer of sugar. Melt the sugar with a blowtorch or under a pre-heated grill until it caramelises (about 2 minutes). Leave to cool but not in the fridge as the tops will go soggy.

Fruit such as grapes, peaches etc can be used. Put at the bottom of the dish or ramekins.

Lady Mary Mumford, Lantonside.





Apple Cinnamon Pudding

3 oz Margarine
2½ oz Self-Raising Flour
3 oz Porridge Oats
3½ oz Brown Sugar
½ teaspoon Salt
1½ teaspoons Ground Cinnamon
2 Cooking Apples
Sugar
Lemon Juice

Mix together flour, porridge oats, sugar, salt and cinnamon. Add melted margarine and stir till crumbly. Put half into greased pudding dish and cover with apples (peeled, sliced and cored). Sweeten apples with sugar and sprinkle with lemon juice. Put remaining mixture on top of apples and bake at 375°F/190°C or Gas Mark 5 for 30–40 minutes.

Very simple pudding but delicious with custard, cream or ice cream.

Bridget Threlkeld, Bowhouse, Caerlaverock



HAAF NETTING

Salmon continue to be caught by this traditional method, seen only on the Solway. The net is fastened to a wooden frame with a cross bar and three upright supports. This contraption is held by the fisherman (haafer) while he stands, often breast high, in the running tide. When a fish enters the net the fisherman feels a tug. He then flicks the net quickly to the surface. Haaf netters need strong wrists, lightning reactions and a sure knowledge of the tidal currents and channels.

4 heaped tablespoons Demerara Sugar
1 level teaspoon Ground Cinnamon
Butter for greasing
5 thin slices of White Bread
4oz Butter or Margarine
1 lb Cooking Apples

Crispy Apple Charlotte

Mix sugar and cinnamon together. Thickly butter a 1½ – 2 pint oven-proof dish and sprinkle the sides and base with some of the sugar mixture. Remove the crusts of the bread and cut into triangles.

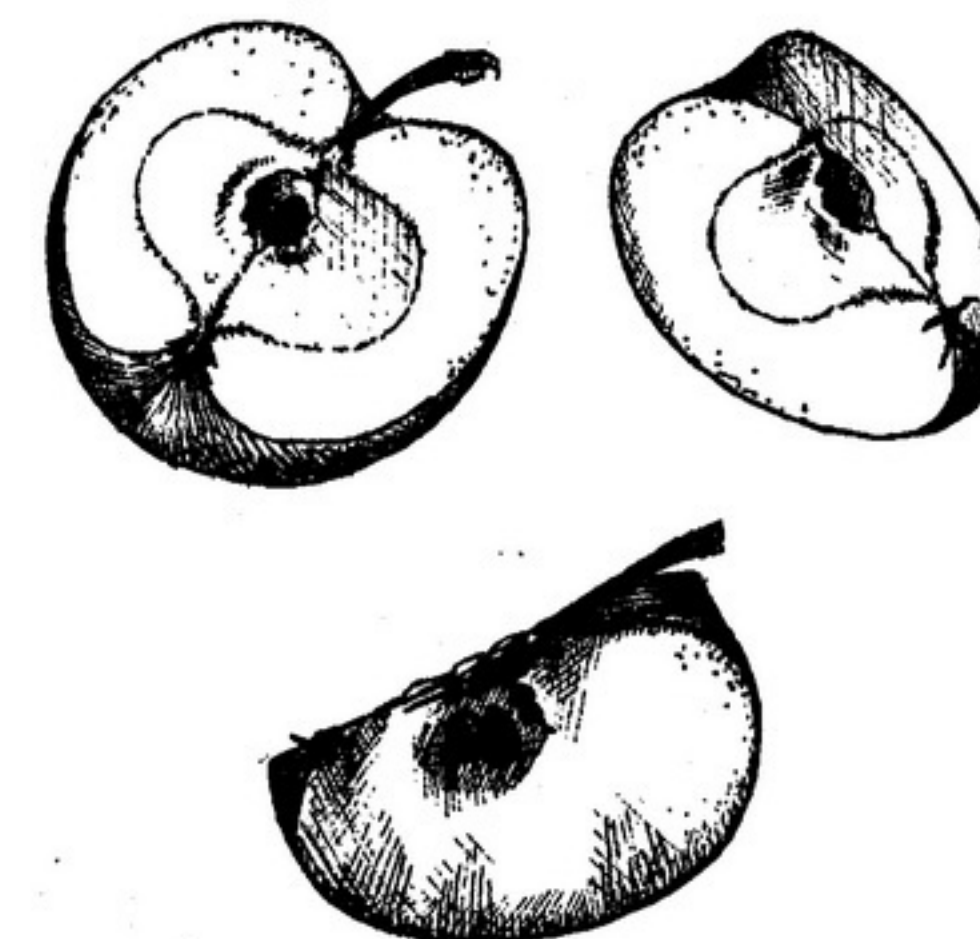
Melt butter in pan, remove from the heat and dip each piece of bread quickly and line the dish with these – reserving enough bread to cover the top.

Peel, core and slice apples. Layer apples and sugar in dish. Reserve enough sugar mixture for the top.

Cover apples with remaining dipped bread and sprinkle with sugar mixture. Bake in oven (200°C/400°F or Gas Mark 6) for about 45 minutes until surface is crispy and apples are cooked.

Serve with lightly whipped cream.

Anne McCall, 11 Low Road, Collin.





3 oz Butter
3 Mars Bars chopped
3 cups of Rice Crispies
2 dessertspoons
of Lemon Juice
4 oz chopped Dates
Cooking Chocolate to cover
or lemon-flavoured water
icing

Date Krispie Cake

Melt butter and Mars Bars. Add dates, crispies and lemon juice. Press in to greased swiss roll tin. Cover with melted chocolate or water icing flavoured with lemon juice (with a drop or two of lemon colouring). Cool and cut into squares.

Anne McCall, 11 Low Road, Collin.

Shortbread

Knead together – bake for 50 minutes in middle of the oven (325°F/160°C or Gas Mark 3).

Sheila Wilson, Norfolk Avenue, Glencaple.

Nan's Cake

Cream margarine and sugar. Add flour with beaten eggs and milk. Add fruit. Place in a 9" tin. Cook 300°F/150°C/ Gas 2 for 2 – 2½ hours.

Mrs Irene Anderson, Wellington Street, Glencaple.

½ lb Sugar
½ lb Margarine
1 lb Sultanas
¼ lb Cherries
10 oz Plain Flour
4 oz Self Raising Flour
Small tin of Carnation Milk
3 Eggs

8oz chopped Dates
1 teaspoon Baking Soda
8 oz Caster Sugar
3 oz Butter or Margarine
1 beaten Egg
1 teaspoon Vanilla Essence
10 oz Plain Flour
1 teaspoon Baking Powder
½ teaspoon Salt
2 oz chopped Walnuts

Topping:

4 oz Brown Sugar
2 oz Unsalted Butter
2 tablespoons Single
Cream/top of Milk

The Queen Mother's Cake

Pour a breakfast cup of boiling water over the chopped dates in a mixing bowl. Add the baking soda. Allow to stand while mixing the other ingredients.

Combine with date mixture. Bake for 35 minutes (375°F/190°C or Gas Mark 4) in a 9" x 12" x 1" baking tray.

Boil the topping ingredients for 3 minutes, spread over cake; sprinkle with chopped walnuts.

"I'm told that this is the Queen Mother's favourite cake recipe."

Charles Anderson, Bankend



Sophie Butler's Malt Loaf

Place bran, sugar, fruit and milk in a mixing bowl. Soak overnight. Next day add flour. Mix thoroughly. Transfer into a well greased 1lb loaf tin. Bake at 350°F/180°C or Gas Mark 4 for 1 hour.

Remove from oven. After five minutes, turn onto a wire tray to cool.

(For a richer, lighter loaf, use less liquid for soaking, add one small egg, a tablespoon of cooking oil, one teaspoon of baking powder with the flour.)

"I usually make this loaf in batches of six . . . just the thing for the cake stall!"

Charles Anderson, Bankend.

1 cup All-Bran
1 cup Soft Brown Sugar
1 cup Dried Fruit
1 cup Milk
1 cup Self-Raising Flour



6 oz Margarine
6 oz Plain Flour
2 oz Custard Powder
2 oz Icing Sugar

Custard Creams

Mix all ingredients together. Roll into small balls and cook in a moderate oven for about 15–20 minutes.

Sandwich together with butter icing or half-dip biscuits in melted chocolate.

Catherine Haining, Wellington Street, Glencaple.

Almond Biscuits

5 oz Self Raising Flour
4 oz Margarine
4 oz Caster Sugar
2 oz Ground Almonds

Cream margarine and sugar. Add flour and ground almonds. Roll into balls. Bake for 15 minutes at 350°F/180°C or Gas Mark 4.

Mrs Wells, Ghardir, Glencaple.

NATTERJACK TOADS

Caerlaverock is the most northernly site in Britain for the rare Natterjack toad.



½ lb Sugar
½ lb Margarine
Small tin of Condensed Milk
12 Digestive Biscuits
Cooking Chocolate

Chocolate Fudge Squares

Put sugar, margarine and condensed milk into pan and bring to the boil. Boil for 7 minutes and beat for 3 minutes. Add 12 crushed digestive biscuits. Press into swiss roll tin and cover with chocolate.

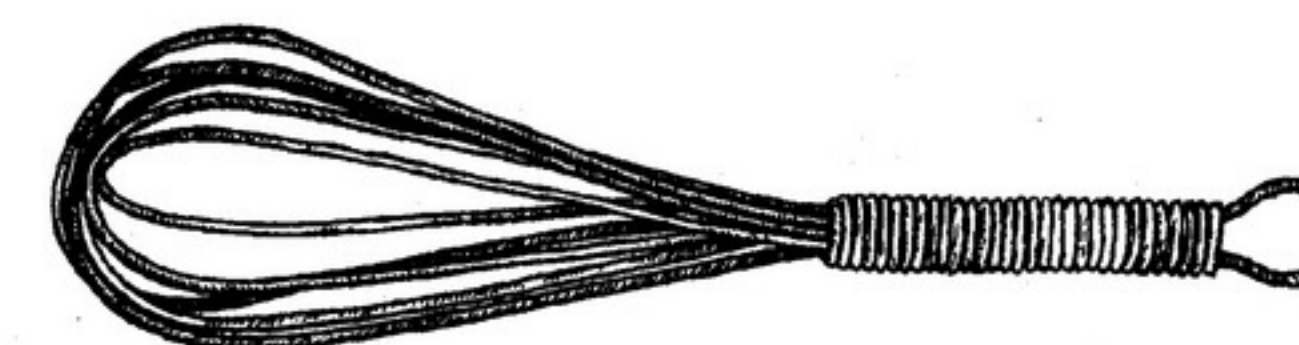
Mrs. J. Crosbie, Wellington Street, Glencaple.

Rock Cakes

8 oz Self Raising Flour
4 oz Margarine
4 oz Sugar
3 oz Fruit
Pinch Salt
1 oz Cherries cut into small pieces
1 Egg
A few drops Lemon Essence (if desired)

Melt margarine in pan. Put all dry ingredients into bowl and mix well. Add beaten egg and mix well. Add melted margarine. Mix well again. Put on baking tray in small heaps and bake in oven at 190°C/375°F or Gas Mark 5 for 10–15 minutes.

Mrs. J. Crosbie, Wellington Street, Glencaple.





4 oz Self-Raising Flour
3 oz Cornflakes
2 oz Margarine
3 oz Sugar
1 teaspoon Syrup
3 teaspoons Boiled Water
1/2 teaspoon Vanilla Essence

Crunchy Biscuits

Mix dry ingredients together. Cream margarine and sugar. Add 3 teaspoonfuls of boiled water to syrup. Add syrup to creamed mixture and mix well then add vanilla essence and mix. Add dry ingredients to mixture and mix well to form a sticky consistency. Break off 24 pieces and roll into marbles. Press marbles with fork to form a biscuit shape. Bake in moderate oven (325°F/150–160°C or Gas Mark 3) for 15 minutes.

Muriel McClung, Laverock House, Bankend.

Date Crunchies

8 oz Chopped Dates
1 level tablespoon Syrup
4 tablespoons Water
1 teaspoon Lemon Juice
Pinch of Cinnamon

6 oz Self-Raising Flour
6 oz Semolina
6 oz Butter or Margarine
3 oz Sugar

Cook dates, syrup, water, lemon juice and cinnamon until tender. Rub together flour, semolina, butter and sugar.

Press half crumb mixture into base of greased swiss roll tin. Cover with date mixture. Sprinkle rest of crumb mixture on top and press down lightly.

Cook for 1/2 hour at 350°F/180°C or Gas Mark 4. Cut into fingers when cold.

Very good hot with custard as a pudding.

Catherine Haining, Wellington Street, Glencaple.

1 cup Milk
1 cup Sugar
1 cup Sultanas
2 cups Plain Flour
4oz Margarine
1/2 teaspoon Baking Powder
1/2 teaspoon Bicarbonate of Soda
1 Egg

Belgian Loaf

Melt sugar, margarine. Add milk and sultanas and bring to the boil. Cool. Add flour, baking powder, bicarbonate of soda and egg. Beat well. Bake in a greased loaf tin at 180°C/350°F or Gas Mark 4 for about an hour. Serve with butter.

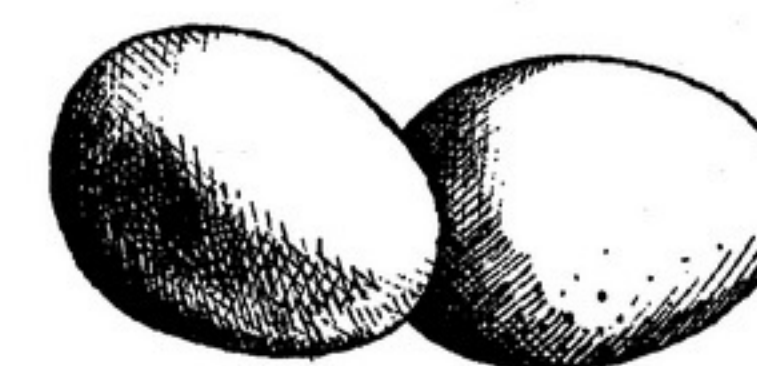
Mrs. J. Crosbie, Wellington Street, Glencaple.

Caramel Log

4 oz Margarine
4 oz Caster Sugar
2 tablespoons Syrup
Small tin of Condensed Milk
1 packet of Ryvita Biscuits
Chocolate and Coconut to cover

Melt margarine, caster sugar, syrup and condensed milk together and bring to the boil. Boil for 5 minutes, stirring constantly. Using a 7" x 7" x 1" tin, spread mixture thickly over layers of Ryvita biscuits (honeycomb-side down) ending with Ryvita. Cover lightly with chocolate and sprinkle with coconut. Cut into strips when cool.

Mrs. E.M. Boyd, Bankend



Irish Coffee Cream Truffles

10 oz White Chocolate
4 fl oz Double Cream
2 tablespoons Whisky
1 teaspoon Instant Coffee
Granules (dissolved in 1
tablespoon hot water)

For coating:

8 oz White Chocolate
1-2 teaspoons Drinking
Chocolate

Break chocolate into small pieces.

In a small pan, gently heat the cream until boiling. Remove from heat. Add the chocolate and stir well until the mixture is melted and smooth. Stir in whisky and coffee mixture.

Transfer mixture to a bowl and leave to cool for about 30 minutes. Beat with a wooden spoon until it's thick enough to hold its shape. Chill in fridge for about 2 hours.

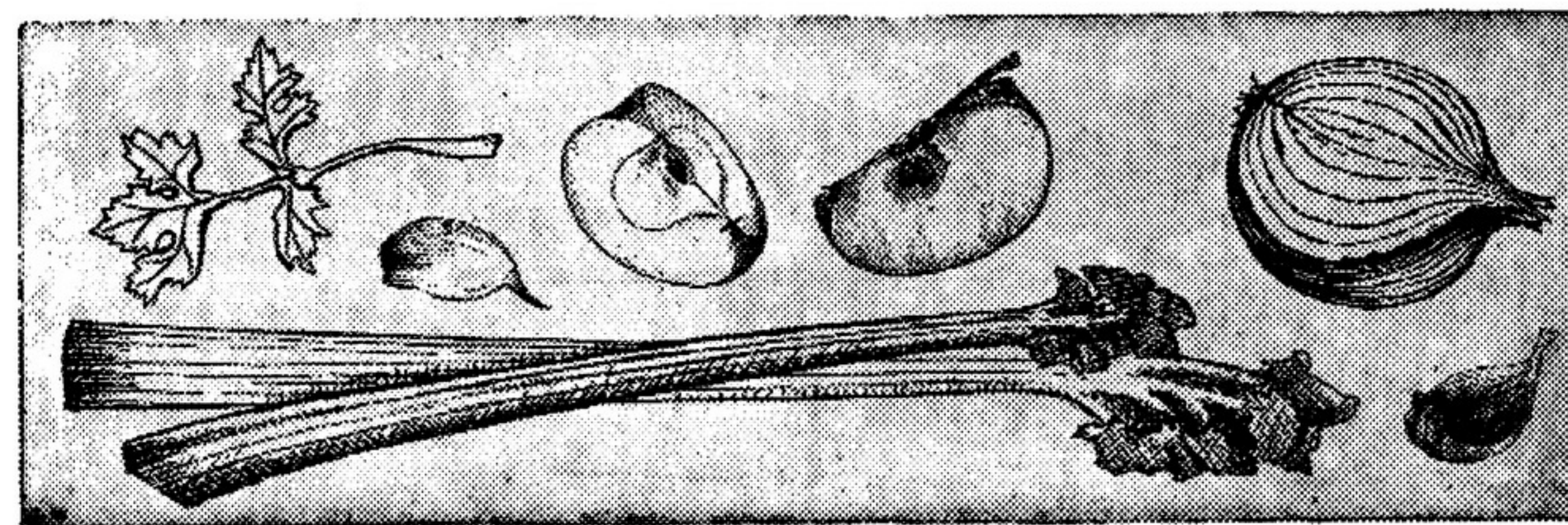
Use 2 wetted teaspoons to roughly shape the mixture into $\frac{3}{4}$ inch balls and place on baking sheet. Then, working quickly, roll the rough balls in the palms of your hands to make neat truffles. Chill again.

Melt white chocolate, cool slightly. Use cocktail sticks to skewer truffle. Dip into melted chocolate. Shake off excess chocolate before placing on baking parchment sheet. Dust with a little drinking chocolate. Chill for two hours.

Place truffles in paper cases – can be stored in fridge for 10 days.

Susan Ball, Rowanbank Road, Dumfries.

Other Things





Sliced Bread
Tomato Ketchup
Grated Cheese
Mixed Herbs

Quick Snack - Mock Pizza

Toast slices of bread on one side only.

Spread untoasted sides with tomato ketchup. Then cover thickly with grated cheese, mixed with herbs.

Put under hot grill till cheese is bubbling.
 Easy and delicious!

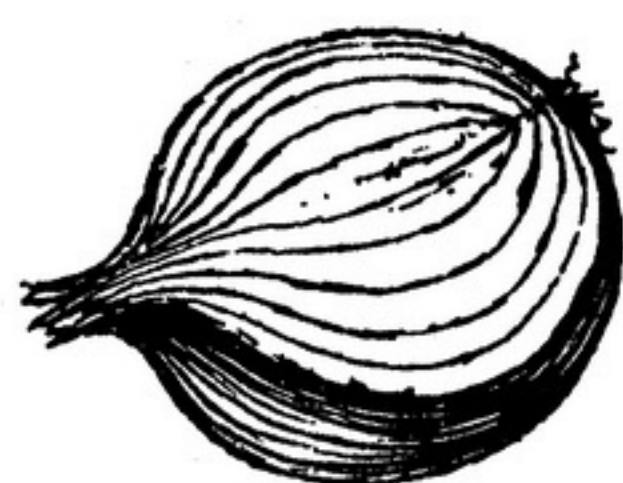
Mrs. Wilkie, wife of our Interim Moderator

Turkey Stuffing

(This stuffing is cooked separately.)
 Mix ingredients together. Transfer to buttered ovenproof dish and bake at 350°F/180°C or Gas Mark 4 until cooked through. Freezes well.

Pauline Fisher, Conheath.

6 oz Breadcrumbs
1/2 lb Pork Sausagemeat
1 1/2 teacups chopped Tomatoes
5 oz Cooked Rice
1 small Onion (finely chopped)
1/2 teaspoon Garlic Salt
1/2 teaspoon Seasoning Salt
1 teaspoon Chicken seasoning
1/2 teaspoon Black Pepper
1 Egg



2lbs Apples
1lb Raisins
1lb Onions (pureed)
1lb Brown Sugar
1 teaspoon Mustard
1 teaspoon Mixed Spice
1 teaspoon Cayenne Pepper
1 teaspoon Salt
Pinch of Curry Powder
1 1/2 pints Brown Vinegar

Apple Chutney (1)

Mince or chop all ingredients and boil for 1 hour or till soft and fairly thick.

Mrs. Leyland, Glencaple

2 lbs Apples
1 large Onion
4 oz preserved Ginger
2 dessertspoons Mustard
1 1/2 pint Vinegar
12 oz Sultanas
2 lbs Demerara Sugar
2 teaspoons Pepper
1 teaspoon Salt

Apple Chutney (2)

Stew apples in vinegar. Add sultanas and all other ingredients. Boil for 20 minutes. Pot and cover.

Mrs. J.J. Kerr, The Bield, Bankend Road.



THE BORE

The Solway is famous for its swift and dangerous tides which create a network of channels and shifting sands. Sometimes as the flood tide rushes up the Nith, it forms a bore topped with foam and with a "head" of up to six feet high.





2lbs Rhubarb
½ lb Sugar
3 large Onions
½ lb Sultanas
¼ lb Currants
1oz Curry Powder
½ teaspoon Ground Ginger
2 tablespoon Salt
¼ teaspoon Cayenne
Pepper
½ pint Vinegar
¼ lb Preserved Ginger
cut small

Rhubarb Chutney

Peel and cut onions into small bits. Put into large basin with currants, sultanas, curry powder, ground ginger, cayenne, salt and vinegar. Boil rhubarb, sugar and preserved ginger. Add to mixture and let it sit for 12 hours before putting into sterilised jars.

Pat Greig, 3 Church Street, Glencaple.

Peach Chutney

Boil slowly together until cooked.
Pot and cover.

Alison Kerr, Kirkblane Farm.

2¼ lbs (approx 1 kilo)
Peaches
½ lb Light Brown Sugar
½ pint White Vinegar
1 teaspoon Garlic Salt
1 small teaspoon Cayenne
Pepper
1 small teaspoon Ground
Ginger
Juice of 1 Lemon
4 oz Sultanas
1 medium Onion
(finely chopped)

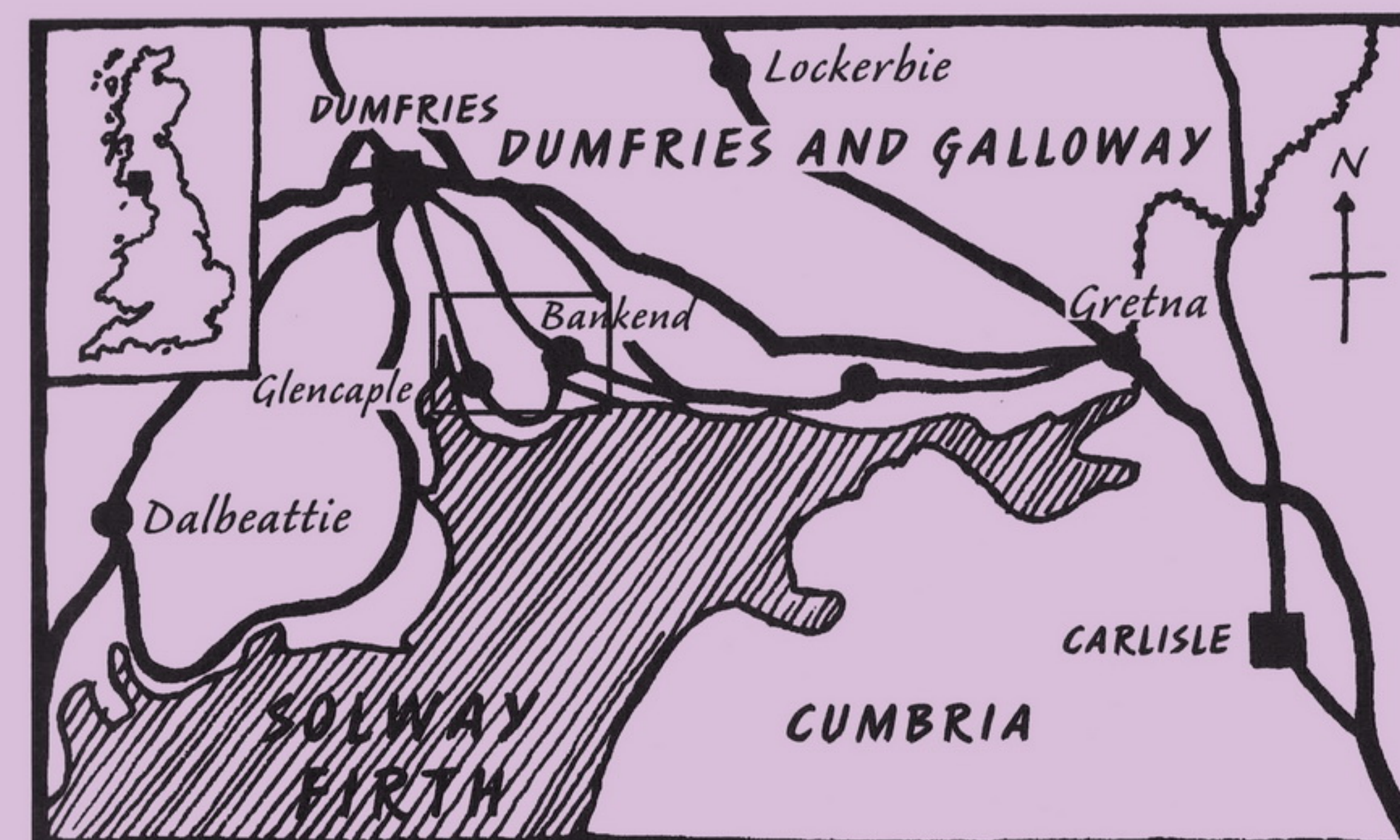
Irish Cream (Baileys)

Blend together and bottle.

Gill Lines, Church Street, Glencaple.

3 Eggs
1 teaspoon Vanilla Essence
½ pint Double Cream
Large tin of Condensed Milk
1 teaspoon Clear Honey
1 teaspoon Coffee Powder
1 cup Whisky

Caerlaverock Parish



The main road from Dumfries to Carlisle used to go through Bankend before the Annan Road was built over the Lochar Moss. Bonnie Prince Charlie, with his ill-fated army passed through the parish on the retreat from Derby in 1745 – on their way to Culloden Moor.



Price £2.50

All proceeds from the sale of this book
will go to Caerlaverock and Glencaple Church.

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