



PLOT TO PLATE

WOODBANK NURSERIES STOCKPORT
THURSDAYS 10 - 12.30PM

GROWING, COOKING & LAUGHING

IF THESE THREE THINGS APPEAL, WE
HAVE A COURSE FOR YOU.

FATHERLESS PIE WAS POPULAR AT
THE BEGINNING OF THE 1900'S. IT IS
ALSO TRADITIONALLY SERVED WITH
FISH ON GOOD FRIDAY.

WEEK EIGHT

FATHERLESS PIE

Ingredients for 4/6 people.

Ingredients

2 lbs potatoes, sliced
6 oz butter
1 cup milk
1 leek if you have it
Salt and pepper to taste
Short pastry

Instructions

Slice the potatoes and boils until they soften but still hold their shape.

Slice leeks thinly.

Butter a regular pie pan and and then add a layer of sliced potatoes. Then top with leeks.

Top with pieces of butter and some salt and pepper. Repeat until you've used up all the potatoes, leeks and butter.

Pour the milk over the pie. Now top with your pie crust and make a couple of slits to let steam escape.

You could egg wash at this point if you have it.

Bake at 350 degrees / Gas mark 4 / 177 C for 30 to 45 minutes, or until the pastry is golden.

More recipes like this are available on the national trust website. This is a traditional northern dish, most popular in Lancashire and the Isle of Man.



PLOT TO PLATE

WOODBANK NURSERIES STOCKPORT

THURSDAYS 10 - 12.30PM

GROWING, COOKING & LAUGHING

IF THESE THREE THINGS APPEAL, WE
HAVE A COURSE FOR YOU.

Eccles cakes are not to be confused with Chorley cakes, which use many of the same ingredients but are made with shortcrust pastry. Get them confused and you'll be a laughing stock among the locals.

WEEK EIGHT

ECCLES CAKE

A true Manchester favourite, these authentic Eccles cakes are made with puff or flaky pastry. Packed with fruit, they make a delicious snack with a cup of tea or on their own.

30 grams butter
150 grams dried currants
2 tablespoons candied fruit peel, chopped
50 grams Demerara sugar
3/4 teaspoon mixed spice
500g shop-bought puff pastry
1 egg white, beaten
Caster sugar for decorating, flour for dusting

Set your oven to Gas Mark 7/220C and sprinkle a baking tray with water.

Melt the butter in the saucepan and stir in the currants, mixed spice, candied peel and sugar until all the sugar is dissolved and all the fruit covered.

Lightly dust your work surface with flour and roll out your pastry until it is around 5mm thick.

This thickness is vital, as if it's too thin your cakes will fall apart and if it's too thick the dough will not be fully cooked.

Cut out eight circles.

Place a small amount of fruit at the centre of each circle. You will be folding the edges in so don't cover the whole thing.

Fold the edges of the dough into the middle and pinch everything together in the middle.

Flip the cakes over and very gently roll them so they become a little flatter. Be extra careful not to break the pastry.

Brush the top of each cake with your beaten egg white and sprinkle liberally with caster sugar.

Make two or three small parallel cuts across the top of each one and place them on the baking tray.

Cook for 15 minutes. A good way to see if your cakes are ready is to check to see if they are golden brown on top.

