

A Taste of Castlewood House

Recipes shared in 2012

We thought you might enjoy some of our recipes so we put our recipes from 2012 into this handy print out!

We will be posting lots more breads, cakes and menu ideas in the coming months and please do not hesitate to contact us if you have any questions at all!

Warm Regards,

Brian & Helen



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Castlewood Breakfast Pancakes

A favourite as voted by our Facebook community!

You will need:

- 1LB of self Rasing flour
- 1 heaped teaspoon of baking powder
- 4 eggs
- 3/4 Pint Milk
- Butter to cook

Firstly, separate your eggs and beat the whites in a bowl until stiff peaks form. In a separate bowl put the four eggs yolks and some of the milk.

Put the flour in a third, larger bowl. Pour the egg/milk liquid into the flour and start mixing with an electric hand whisk.

Add more milk until the mixture resembles a thick but runny consistency. Put a pancake pan on the heat and add a knob of butter - not too hot or the butter will burn. Ladle on a large spoon of the mixture and cook until little bubbles form - then carefully flip over to the other side.

Repeat.

The butter gives them a lovely crispy outside and yet they are still fluffy inside.

We serve our pancakes here with maple syrup and fruit compote but you can try bacon, chocolate sauce... - the sky is the limit really.



Helen's Homemade Lemon Slices

You will need:

- 30cm swiss roll tin
- 175g butter at room temperature
- 175g caster sugar
- large eggs
- 175g self raising flour
- small lemons
- 350g icing sugar

Step 1

In a large bowl mix the butter and caster sugar together and then add the eggs one by one. Then add the flour in stages and mix until light and fluffy.

Step 2

Zest and juice the lemons and add $\frac{1}{2}$ to the mixture. Spoon the mixture in the swiss roll tin.

Step 3

Place into a preheated oven at 180 degrees for 15 - 20 minutes until golden brown. Allow to cool 10 minutes.

Step 4

Sieve the icing sugar into a bowl and pour in the remaining lemon juice gradually until the icing is runny. If it is too thick, add more juice! Allow to set for one hour and then slice and enjoy!



Sweet Fruit Bread

I make this each day and it goes down a treat at breakfast!

You will need:

- 8oz self raising flour
- 1 teaspoon baking powder
- 4 oz sultanas or raisins
- 4 oz Demerara sugar
- 1 large egg
- 100 ml Buttermilk

Mix the dry ingredients together and make a well in the centre. Beat the egg and milk together in a jug and add to the dry ingredients.

Turn into a loaf tin and cook for 1 hour at 160 degrees.

Enjoy!



Brian's Bread and Butter Pudding

We serve this each morning but it is traditionally a dessert. Delicious served with crème fraiche, whipped cream or just on its own.

Before you start, you will need:

- 8in Pottery or China Dish
- 10 – 12 Slices of buttered white bread with crusts removed
- 4 Large Eggs
- 175g /6 oz Castor Sugar
- 200g/7oz sultanas
- 1 Teaspoon Vanilla Essence
- 1 Teaspoon ground Nutmeg
- 450ml Cream
- 200ml Milk

Arrange four slices on the buttered bread on the baking dish (buttered side down). Sprinkle with some nutmeg and some sultanas. Arrange another layer of bread (buttered side down) over the fruit and sprinkle on the remaining sultanas and nutmeg. Cover with the remaining bread buttered side down.

In a separate bowl whisk the eggs and then add the sugar, vanilla essence, milk and cream. Pour the mixture over the bread and leave to stand for one hour or ideally overnight.

Preheat the oven to 180C degrees/350 F/Gas 4.

Cover the dish with tin foil and place the dish in a bain-marie (large baking dish half filled with hot water). The water should go halfway up the sides of the dish. Bake in the middle of the oven for one hour removing the tinfoil 10 minutes from the end ensuring the top gets crisp and golden.



Lemon Biscuits

Simple and tasty!

You will need:

- 175g Plain Flour
- Finely grated zest of one lemon
- 110g soft Butter
- 50g Caster Sugar

Rub the butter into the flour and lemon zest. Add the caster sugar and bring the mixture together in a bowl. Roll out to ½ cm thickness and cut out with a cookie cutter.

Place in a preheated oven 180 degrees Celsius for 10 minutes until pale golden

Remove and cool on a wire rack.

Enjoy!



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