

The Mag

May 2024

The monthly magazine from Adeyfield Free Church containing thoughts, ideas, recommendations, prayers and other things from the congregation. This month we think about a.....



Recipe Book?

From the Editor.....

In my childhood there were favourite dishes that my Mum conjured up on a regular basis. She was a magician at making something very delicious out of precious little....a skill developed in the waste-not-want-not era of the Second World War. She and Dad started their married life bang in the middle of that time and had to be very creative. Amazing meaty rissoles from the leftovers, bread puddings from stale bread, egg custard tarts that made one egg go such a long way, bacon and onion pudding, bubble and squeak, sausage toad all graced her tables regularly.

As you probably know our community space, Meet and Eat, is now up and running and the cakes and savouries we are enjoying are delicious



although not conducive to my diet!!!!

I was chatting with Pat and John there last week and we were reminiscing about our favourite old recipe books with dishes we have fallen back on time and again over the years. John brought in an old recipe book he had bought at a church some time ago and our mouths watered as we looked through it. Cakes, puddings, hearty lunches and snacks came page on page, many of them tasty bites that seem to have gone out of fashion much to our chagrin.

I got to thinking how good it would be to have our church recipe book so I'm putting out feelers through The Mag this month to see if there are recipes lurking in your kitchens and your brains that could go into it. I'm hoping to kick off with recipes here in the May Mag that could go into it alongside other recipes from members of the congregation in the future. I have sent out this request to the congregation and hope that here, in the May Mag we will see the response.



The first 3 recipes come from the book that John brought in. It is called 'Young Wives' Cook Book' and was created at All Saints' Church, Woodford Wells in 1978.

Kipper Starters

Contributed by Chris Spear

8oz kipper fillets

2 tbsp. double cream

2 oz butter

Juice of 1 lemon

Salt and pepper

Garnish: chopped parsley and lemon wedges

Remove the skin from the kippers or use canned fillets

Blend kippers at medium speed

Add lemon juice and continue to blend until smooth

Add cream and seasoning and blend for a few seconds.

Beat together with softened butter until creamy

Serve with hot buttered toast

Freezes well.

Note to self..... the next time Jesus suggests a picnic, don't bother to ask how many we are catering for.....

Beef Sausage Casserole

Contributed by Jane Baitup

1/2 lb carrots

3 sticks celery

1lb beef sausages

1 medium onion

1/2 oz lard

1 10 1/2 oz can kidney soup

Salt and pepper

Parsley

Set a cool oven [325F gas 3]

Peel and finely slice carrots and onion

Wash and chop celery.

Melt lard in medium frying pan over moderate heat

Fry sausages quickly until browned and place in casserole dish

Add vegetables to frying pan and fry for 5-6 minutes until onion is transparent

Place in casserole dish

Pour soup and ½ can of water into a pan and bring to the boil.

Stir into the contents of the casserole.

Cover and cook in centre of the oven for about 1 hour until the vegetables are tender

Taste and season with salt and pepper

Garnish with chopped parsley before serving

Serve with creamed potatoes and green vegetables.

Marzipan Rum Truffles

Contributed by Janet Finch

4oz marzipan

Chocolate vermicelli

Rum or rum essence

Flatten the marzipan in the hand and pour in 1bsp rum or rum essence to taste

Knead it in

Make into small pieces

Roll into balls

Coat in vermicelli and place into sweet cases.

And the rest of the recipes are from our own congregation

Pork and Potato Pie

This is one of my mum's Monday dinners. She would always use up the leftover meat from the Sunday roast and when we had pork this was often the recipe on a chilly Monday.

Cold cooked pork cut into small cubes
Onion, chopped and sweated down
Cooked potatoes sliced
Baked beans
Sage or any herb of your choice
Fairly thick pouring gravy
Additional.....some grated cheese

In a baking dish cover the bottom of the dish with a layer of pork with herbs sprinkled on, then a layer of onion, then beans then potatoes.

Repeat the layering until all is used up except the last layer of potato slices.

Pour the gravy over and allow it to sink through the layers. The gravy should not be too watery.

Finish with the final layer of potato.

If desired add a sprinkling of grated cheese.

Bake in a hot oven until the food is thoroughly heated through and the topping is browned and beginning to be a little crunchy.

Serve with green vegetables and carrots.



Gooseberry Tansy

Dad grew gooseberries in the top part of our garden in Windmill Road. They were big, juicy and yellow when ripe with a sweet flavour that had a bit of a sour kick to them. This is a very simple quick summer sweet, light and palette cleansing.

Stew the gooseberries down with sugar to taste until they are mushy but not too runny. [You can always pour off any excess liquid and freeze it to use later as a flavour booster.]

Stir them until they are almost a thick sauce and leave to cool.

Make [or buy *there were no made-up custards available when Mum made this*] custard that is of a thick pouring but not solid consistency

Fold the gooseberry mush and the custard together so that the streaks of gooseberry can still be seen. You need about equal amounts so that the custard doesn't take over from the fruit.

Spoon into large wineglasses or sundae dishes and leave in the fridge until cold.

Serve with any topping you like. Be creative.

You may like to include plain yoghurt at the folding stage which cuts across the milkiness of the custard. If you use double cream instead of yoghurt it becomes gooseberry fool.

This works well with rhubarb too which Dad also grew. Add some ginger when cooking the rhubarb for a surprisingly sophisticated taste.



When you pray

A Celtic Grace

Bless, O Lord, this food we are about to eat
And we pray You, O God,
That it may be good for our body and soul



And if there is any poor creature
Hungry or thirsty walking the road
May God send them in to us
So that we can share the food with them,
Just as Christ shares all His gifts with all of us.

Note to self.....

The next time I bump into Ezra, ask him to ask his wife for the recipe for those candied dates we had at Rebekkah's wedding..... also where he got that amazing wine he served right at the end of the do.

Winter Vegetables with Mince Dumplings.

This is a very versatile idea which can be cooked in several different ways. You don't have to wait for winter to enjoy it.

Vegetables

Root vegetables, sweet peppers, sprouts, cauliflower, broccoli.....
Whichever is your taste.

Either..... Make a vegetable stew

Or make a vegetable soup either chunky or creamed

Or roast the vegetables all together in the oven

Dumplings

Minced beef or Quorn mince

Mushrooms finely chopped

Oxo or rich beef/vegetable cubes

Onion finely chopped

Oil or butter

Fry the mince with the mushrooms and onions in the butter or oil until it starts to become brown and unctuous. Skim off any excess fat from the mixture. Crumble the cube into the mixture and continue to cook until the meat is done. Put to one side to cool a little.

Make a batch of suet dumpling dough like this.

For every 4 ozs self raising flour you need 2 ozs suet, a pinch of salt and one tablespoon cold water. [Sorry about the imperials] You can add mixed herbs to the flour if you wish.

Put all the dry ingredients into a bowl and mix them thoroughly

Add the water a little at a time until the dough is firm, holding together well but not wet.

Divide the dough into equal pieces each about the size of a small orange.

Roll out each ball of dough into a circle as though you were rolling out ordinary pastry.

Put a spoonful of the meaty mixture in the centre of each circle with enough pastry around the edge to be able to draw the whole circle up around the mixture and create a ball of dough with the mixture sealed inside. You can use a dab of water around the edge to make the seal. This is so that the mixture does not burst out when the dumplings are cooked.

If you are serving the dumplings with a chunky veg stew or chunky soup you can cook them in the stew or soup for about the last half hour until the pastry is cooked. They may swell and take on some of the liquid from the stew or soup.

If you are serving them with the creamed veg soup or the roasted vegetables it is better to boil the dumplings in a separate pan either in boiling water or a thin gravy until the pastry is cooked through.

I have sometimes eaten them with a little horseradish cream or mustard when served with the roasted vegetables.



Pastor Alan Evans once told me he never said a long grace before a meal as he didn't want it to get cold. That would be an insult to the cook. So, he would say 'Holy Pa, Ta!' And then pray a nice Thank You once he had eaten!!!!!!

Meet and Eat Our Community Space

At the moment we are open on Wednesday and Thursday mornings from 9.30-12.30. next to Reception.

Tell everyone you know

Bring your friends and neighbours for a tea, coffee or hot chocolate, a homemade cake, a biscuit or savoury snack and time to chat and relax.

The aim is to provide a space where local people and families can come for some friendly social time and relaxation. Small children can play in our play space. There are tables and chairs, sofas and coffee tables. Our volunteers will serve you.

We run on donations and not profit. Everything is ploughed back into the enterprise.

We look forward to seeing you soon.

Thank You

Thank you to Brian as he stands down from serving eldership. Thank you to Heather as she seeks to hand over the position of Church Secretary. Thank you to Yvonne for agreeing to join the serving eldership and to Heather and Dave to agreeing to serve for another three years.

Tiffin

A recipe by June Neilson

Joy says 'Always in our house in case visitors knocked on the door any time of the day or night.'



4oz. margarine

2 teaspoons golden syrup

3 dessert spoons of drinking chocolate

1 dessert spoon of castor sugar

Half a slab of cooking chocolate

Half a pound of rich tea biscuits

1 cup of raisins or sultanas

.....



Melt together margarine, syrup, sugar and drinking chocolate

Add fruit and crushed biscuits



Mix well

Spread the mixture in a Swiss Roll tin or equivalent

Melt the chocolate block and pour over the mixture

Leave to get cold and set.

Cut into pieces.



Dear Mariamne

Sending you this letter and hoping you have had a good Passover. What a lot of work it is to clear out all the leaven and unpack the crockery but it's worth it isn't it.

I had a stroke of luck. You know I said we had been praying about what to do with the top floor, well out of the blue I had a request to let out our upper room. You know we haven't needed to use it since Joshua went. I had no idea who it was who wanted it. Two chaps said they had heard on the grapevine that it was available. David started his calculations as to how much we would charge but when we saw who it was, he changed his mind.

There were 13 of them, all men, and quite a noisy bunch to begin with. We could hear them laughing and joking but about half an hour into the meal it all went quiet then we heard one of them leave. He fairly jumped down the stairs two at a time and ran off down the street. Not the thing to do after dark on Pesach was it.

The food all went up and they sorted out the Seder story for themselves. We sent our best wine up because of who it was. What a privilege. When they had finished, they were very quiet and they all went off in the direction of Gethsemane. A couple of them were yawning and one of them kept asking questions. I heard him asking 'why'. Later on we heard some noises out in the street. People shouting, marching feet but we didn't look out. It's best not to.

Anyway, what I am really writing for is to say every year since you sent the recipe for the dates, we served them and they always steal the show.

Looking forward to seeing you soon.

Love from Naomi and David. xxx

Fund Raising is so important

There is sometimes a stigma in churches relating to fund raising. ‘The Lord will provide and we should not be focussing on money but on Him’ is sometimes said. **It is very true that God must be our primary focus and we should be led by Him in all things including our finances.** But it is also true that for most of the time He does not expect us to stand with our hands open thinking the money will drop from the sky. During a discussion at a church meeting several years ago two people in the meeting, independently, heard from God the instruction **that if we do the little things to raise money for the work He is setting us to, He will do the big things. But if we just don’t make that effort and leave it up to Him, He will not provide.** He made it clear that this should be a joint partnership between Him and us, with Him taking the giant’s share of the task.

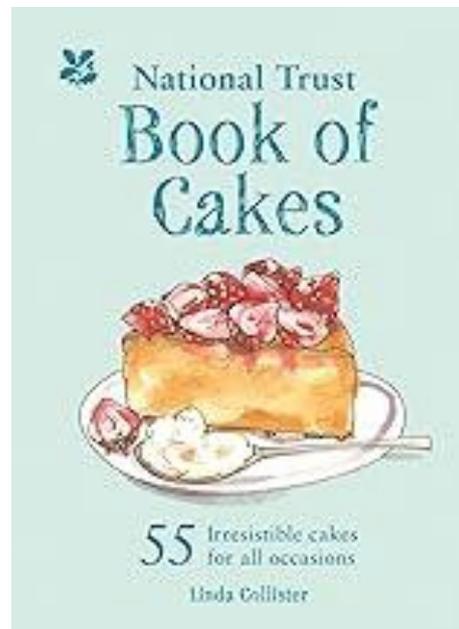
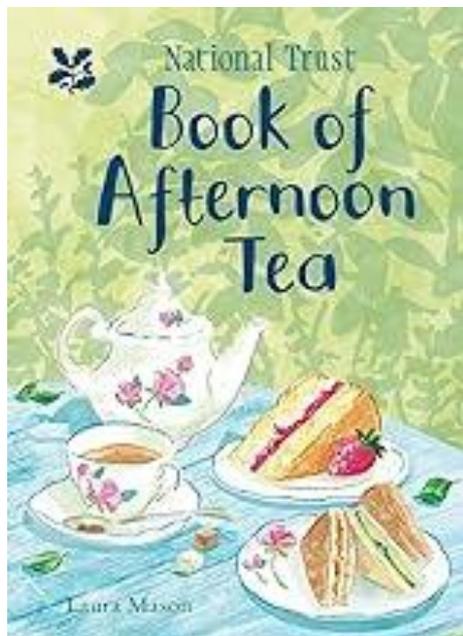
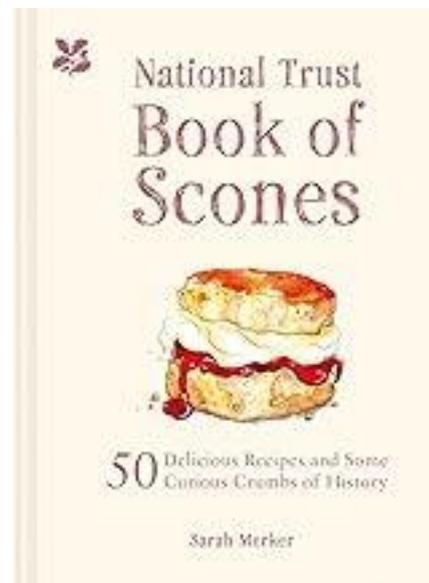
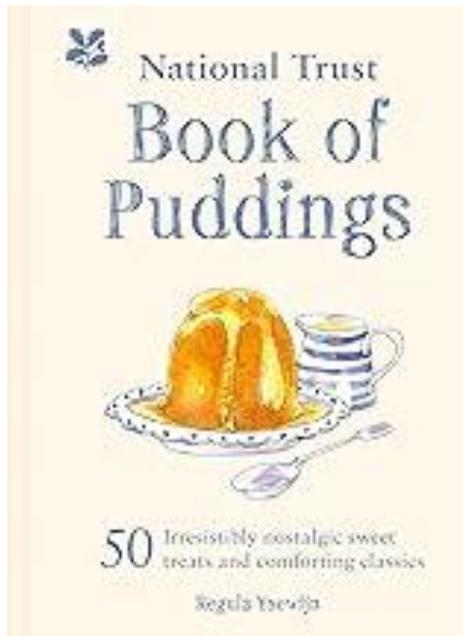
Fund raising has not been much of a focus across the congregation since then with one or two events happening now and then. **When we do put on an event, we see that God honours it and we are successful.** So, can you be inspired by Him for the next one? **He is creative even when we are not.** If each small group claimed a month to organise a fundraising event, no matter how small we would see such an improvement in our finances and we would be released into the ministry God has for us.

- ✓ Once you have prayed and decided what you are going to do you need to decide which part of the church ministry you would like to donate it to. It should not just go into the general fund. You could earmark it for anything the church needs money for and it will go to that.
- ✓ Choose a date and check with admin that it does not clash with anything else.
- ✓ Put it in the newsletter, the Mag and in the notices on Sundays. Let Janiel know and ask her to put it on the screens on Sunday mornings. Do it for several weeks before the event.
- ✓ **Cover the event with prayer from the very start.**

It’s great to see God directing us and working through us. What a privilege. God bless your enterprise with Him.

A Child’s Grace

Thank you for the world so sweet
Thank you for the food we eat
Thank you for the birds that sing
Thank you, God, for everything.



I have the scone recipe book [thank you Pat].
I could never bake scones properly.
I can now!

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Mag Wordsearch

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 BOWL-FLOUR-GRAVY-HEAT-LARGE EGGS-MINCE-ONIONS-
 PASTRY-PEARS-PEPPER-PIE-POACH-POTATOES-POUR-
 RECIPES-ROLL OUT-SAUCE-SLICE-STIR-SUGAR-TIMED-
 WOODEN SPOON-WHISK-

Complete the nursery rhymes..... answers on back page

1 Half a pound of half a pound of
 That's the way the goes
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2 The Queen of She made some.....
 All on a day
 The Knave of he those.....
 And them all away

Back Page

Contacts

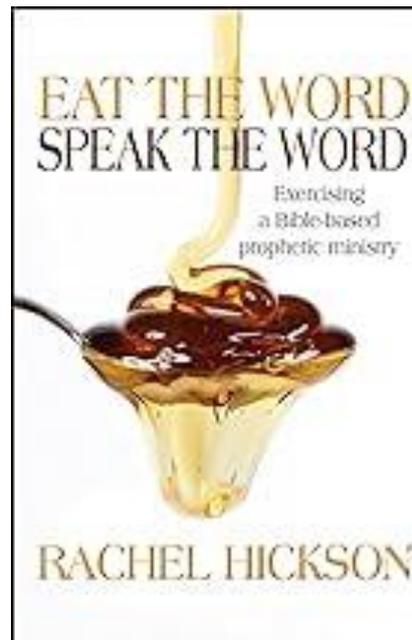
Editor pamramannison@gmail.com

Church Office admin@adeyfieldfree.org.uk

Complete the nursery rhymes.....

1 Half a pound of tuppenny rice half a pound of treacle
That's the way the money goes
Pop goes the weasel

2 The Queen of Hearts she made some tarts
All on a summer's day
The Knave of Hearts he stole those tarts
And took them all away



Exercising a Bible based prophetic ministry
Rachel spoke at one of our Ladies' Days.