



today?

recipes?



Times for boiling Orgatables. Beetroot. Cabbage. Brussel Sprouts. Cauliplower. Leeks. Canoto (new) French Beans. Spinach.

COLLECTING RECIPES WITH MISS MUIRHEAD

HANDWRITTEN COOKERY BOOK, 1950s, REFERENCE: NRO 11108/2

FAMILY RECIPE BOOKS

Many of us will have in our family handwritten recipes which have been copied out into a book and passed down through different generations. This book contains various recipes for sweet and savoury dishes, biscuits and cakes. It belonged to Miss Muirhead from Hexham and was compiled in the 1950s.

Throughout the centuries, people have written out recipes they have liked and passed them on to others. They might even write who has given them. For example, Miss Muirhead's

iead's ok recipes came from?

Can you make a recipe book like this

using your family's favourite recipes?

Do you have a family recipe book?

Does your family have any special

Can you find where or who your family

How do people find and collect recipes

book contains

a recipe for Cheese Rings from her Aunt D and Ladies Delight from L Lee.

Ladies Deliph. (L. Lee)

Music together 8 or chopped apples

Sony chopped onems 6 chillies (according to
leaste)

Put unt a jai or pour over them I pent
of borling tring you or about a level descent- spoon salt. Stu well or leave the cold, when
the relish so fit for use.

Cheese Rings (Quant D)
20 g. Butter. 22 og flour
3 og Cheddon Cheese. 12 g. Salt & pepper.
Rub butter in to flour, or add pated Cheese
of Seasoning. Bear the yolk of the egg
with a teaspoonful of cold water or other
into the misclure, adding a little more
water if recessary. Work into stiff
paste, roll out thinky on a floured board
of samp into winds about 2" in diameter. With
a smaller cutter remove the cutte of sa ch
roined. Bake in a moderate own with







COOKING VEGETABLES

On this page Miss Muirhead notes the times for boiling various vegetables including cabbage, carrots, celery, spinach, leeks, Brussel sprouts and cauliflower. By today's standards, these vegetables would have been very well cooked – 90 minutes for cabbage, 45 minutes for Brussel sprouts and 20 minutes for spinach.

However, tastes change, and people are more aware of preserving the nutritional content of these vegetables in our diet.



How long do you cook your vegetables for?



Are you surprised by how long Miss Muirhead boiled her vegetables?



What colour and texture do you think Miss Muirhead's vegetables were?



Why do you think the vegetables were cooked for so long?



Why do you think we cook vegetables for less time now?



What do you think happens to the nutritional content of vegetables when they are cooked for so long?



Can you make an updated guide for how long to boil vegetables?

Can you make a dish showcasing the different textures and colours of vegetables? You could think about which vegetables are currently in season too. Can you write a recipe for your dish?







LEE'S UNCOOKED CHOCOLATE CAKE

Choevlate Cake (Un cooked). (Lee)

3 lb. Sweet biscuits, crusted. iptb. mayarine
2° bar plain choevlate. 2 tablesp. Frys cocra.

I table sp. coster super. I syrup:
Beat mang, suyar o cocra together, add melted
Syrup, into this add crusted biscuits. Mise
until biscuits are well evered. Then put
miscure into a well preased cake tin, press
frimly down (loose bottom one is best). Melt
chocolate in a small drop of water. Pour close
over or leave 2 hrs. there time out. Decreate
round the side.

Miss Muirhead's book includes a recipe for uncooked chocolate cake from Lee.

Have you ever eaten an uncooked cake? Can you think of any other names it might be known by?

Have a go at making uncooked chocolate cake. How does it taste?

Are there any changes you did, or would, make to the recipe? Can you rewrite a new recipe?

Can you think of any other 'uncooked' cakes or other dishes?

Have a go at making your own version of uncooked cakes or other dishes.

Can you make and rewrite any more of the recipes from Miss Muirhead's book?