Atora Recipes

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A New Look at Old Favourites

Classic Winter Cooking

Delicious Dumplings

Perfect Pastry

Pleasing Puddings

Hints and Tips
A New Look at Old Favourites

- Beef with Walnut Cobbler
- Date Citrus Spotted Dick
- Luxury Homemade Mincemeat
- Old Fashioned Sussex Pond Pudding
Beef with Walnut Cobbler

Portions: 6

300 g (2 lbs) lean skin of beef, diced into 3.5 cm (1/2 inch) pieces
150 ml (1/4 pt) red wine
2 x 15 ml spoon vegetable oil
(2 tbsp)

parsnips, peeled and cut into strips
garlic clove, peeled and crushed
onion, peeled and finely chopped

1 x 5 ml spoon
(1 tsp)
2 x 15 ml spoon
(2 tbsp)
150 ml (1/4 pt)

ground allspice

To make the dough:
100 g (4 oz) Atora Original Suet or Atora Vegetable Suet
450 g (1 lb) M&G Dougalls or Ba-Ro Self Raising Flour, sifted
1 x 2.5 ml spoon salt
(½ tsp)
50 g (2 oz) Cheddar cheese, grated
3 x 15 ml spoon walnuts, shelled and finely chopped
(2 tbsp)

sufficient cold milk, to bind
Garnish: a little freshly chopped parsley

1 Preheat the oven to 170°C, 325°F, Gas Mark 3. Put the diced beef into the wine and leave for 30 minutes.
2 Drain the beef from the marinade and reserve. Heat the oil and fry the parsnips, garlic and onion for 2-3 minutes. Transfer the vegetables to an oven proof dish. Fry the meat, stirring all the time, for 3-4 minutes then transfer into the casserole dish.
3 Stir the allspice, flour, reserved beef marinade, and stock into the meat. Season to taste.
4 Cover and bake for 2½ hours or until the meat is really tender.

Meanwhile, make the cobbler by mixing together the flour, salt, Atora Suet, cheese, half the walnuts and seasoning. Stir in enough milk to bind the dough together. Increase oven temperature to 220°C, 425°F, Gas Mark 7.
5 Turn out onto a lightly floured surface and roll out to a thickness of 1 cm (½ in) then stamp out into 5 cm (2 in) rounds with a cutter.
6 Carefully take the casserole out of the oven 10-15 minutes before the end of cooking.
7 Arrange the cobbler rounds around the dish overlapping the meat around the outer edge.
8 Brush with a little milk and sprinkle with the remaining walnuts.
9 Return to the oven and bake uncovered for 15-20 minutes until golden brown. Garnish with a generous sprinkling of parsley.
**Date Citrus Spotted Dick**

- 75 g (3 oz) Atora Original Suet or Atora Vegetable Suet
- 75 g (3 oz) HP Dressings or Be-Ro Self Rising Flour, sifted
- 100 g (4 oz) fresh fine white breadcrumbs
- 40-50 g caster sugar
- (1½-2 oz)
- 175 g (6 oz) stoned dried dates, chopped
- (preferably medjool dates)
- grated lemon, rind and juice
- ⅓ cup milk, approximately
- 5 x 15 ml spoon
- (1 tsp)
- Dredging: a little extra caster sugar
- Decorating: a little extra lemon zest

1. Put a steamer on or half fill a saucepan with water and bring to the boil.
2. In a mixing bowl, thoroughly stir the breadcrumbs, flour, Atora Suet, sugar, dates and lemon rind.
3. Spoon in the lemon juice and enough milk to make a soft, slightly sticky dough. Knead gently on a lightly floured surface.
4. Shape the mixture into an oblong roll, about 15 cm (6 inch) long.
5. Place the dough into a double layer of greased greaseproof paper making a 5 cm (2 inch) pleat across the centre, allowing for the pudding to rise during cooking. Tie the ends with string like a 'Christmas cracker'. Overwrap the greaseproof paper with foil to repel any water.
6. Steam for about 1½ hours or until cooked through. Dredge liberally with sugar and sprinkle over lemon zest.

**Variation** - Replace dates with same quantity of mixed dried fruit.
Luxury Homemade Mincemeat

Makes 2.5 kg
(5½ lbs)

Ingredients:
- 175 g (6 oz) Atora Original Suet or Atora Vegetable Suet
- 1.6 kg (3 ½ lbs) mixed dried fruit, currants, sultanas, raisins, prunes - chopped finely
- 225 g (8 oz) glacé cherries or semi dried cherries
- 1 large eating apple peeled, cored and grated
- 100 g (4 oz) shelled almonds, blanched, chopped
- 450 g (1 lb) dark soft brown sugar
- 1 x 5 ml spoon (1 tsp) freshly grated nutmeg
- 1 x 5 ml spoon (1 tsp) ground cinnamon
- 1 medium lemon, grated rind and juice
- 300 ml (1¼ pt) brandy, whisky or sherry

Instructions:
1. In a large mixing bowl mix all the above ingredients together well.
2. Cover and refrigerate. Leave the mincemeat for two days, stirring a couple of times each day.
3. Pot the mincemeat in sterilised jars. Cover with an air tight lid and leave to mature for one week or more before using in mince pies, fruit cakes, tarts etc.
4. Label and store in a cool, dark place.

Variation - Combine half the dried fruit with a mixture of finely chopped dried fruits like pineapple, paw paw, mango, kiwi, blueberries, apricots etc.

Mincemeat without alcohol - replace alcohol with a blend of orange and lemon juice but use only 225 ml (8 fl oz).
Old Fashioned Sussex Pond Pudding

1 Lightly grease and line the base of 1.2 litre (2 pint) pudding basin. In a mixing bowl stir together the flour, Atora Suet and enough water to make a soft, but not sticky dough.

2 Roll out two thirds of the dough on to a lightly floured surface to 5 mm thick (¼ inch). Line the basin with the dough making sure any splits are sealed well.

3 Put half the butter and sugar into the centre of the basin. Prick the lemon well with a skewer and place in the middle, and then surround with the remaining butter and sugar.

4 Brush the top edges with a little water and roll out the remaining dough into a round shape the same size as the basin. Cover the pudding with the dough and press down well to seal the edges.

5 Cover with greased greaseproof paper and cook in microwave oven on two third maximum (medium/high) 700 watt for 7-8 minutes or until well risen and just firm to the touch. Leave the pudding to stand for 2-3 minutes before turning out onto a warm dish.

6 Serve immediately with yogurt, custard or cream.

Variation (as illustrated) - If liked, sprinkle 175 g (6 oz) dried fruit around the lemon to give a more solid filling. If time is on your side, steam pudding for 1½ - 2 hours conventionally, making sure pan does not boil dry.
Classic Winter Cooking

- Beef Stew & Dumplings
- Chicken & Mushroom Pie
- Christmas Pudding
- Farmhouse Flan
- Fin Pinwheels
- Muesli Cakes
- Raspberry Roly Poly
- Savoury Eccles Cakes
- Steak & Kidney Pudding
- Steamed Puddings
- Winter Stollen
Beef Stew & Dumplings

Serves 3-4

525 g (1 1/4 lb) stewing steak
2 x 15 ml spoon M'Dougalls or Be-Ro Plain Flour, seasoned
3 carrots, sliced
1 large onion, sliced
1 x 15 ml spoon oil
375 ml (1 1/2 pt) stock
1 x 3 ml spoon tomato puree
1 x 3 ml spoon salt and pepper

Dumplings:
100 g (4 oz) M'Dougalls or Be-Ro Self-Raising Flour
50 g (2 oz) Atora Original Suet
1 x 2.5 ml spoon salt
(½ tsp)
cold water to mix

1 Preheat oven to 180°C, 350°F, Gas Mark 4

2 Cut meat into cubes and toss in seasoned flour. Fry vegetables in oil until golden, then remove from pan. Divide the cubes of meat into four batches, browning each batch separately in the oil.

3 Place meat, vegetables, stock and tomato puree in a casserole dish and season well. Cover with a tight fitting lid and cook for 2 ½ hours until tender.

4 To make dumplings: mix flour, Atora Suet and salt with sufficient water to form a firm but soft dough. Divide into 6 or 8 pieces, drop into bubbling stew 20 minutes before the end of the cooking time.

Cook’s Tip For extra light dumplings, always add them to a boiling stew and never open the lid during the cooking time.
Chicken & Mushroom Pie

Serves 4

400 g (1 lb) chicken, diced
100 g (4 oz) button mushrooms
375 ml (¼ pint) chicken stock
40 g (1½ oz) cornflour
150 g (6 oz) sweetcorn, cooked
125 ml (½ pint) single cream
salt and pepper to taste

Pastry:
250 g (10 oz) McDougalls or Re-Ro Self-Raising Flour
125 g (5 oz) Atora Original Suet
pinch salt
cold water to mix
beaten egg or milk to glaze

1. Preheat oven to 180°C, 350°F, Gas Mark 4. Place chicken and mushrooms with stock into a casserole dish and bake approximately 1 hour until chicken is tender.

2. Place cooked chicken and mushrooms into a 1 litre (2 pint) pie dish. Thicken 375 ml (¼ pint) stock with cornflour, add sweetcorn, season well, stir in cream and pour into pie dish.


Cook’s Tip Vary the vegetables - try chopped onion and red pepper with the chicken instead of the sweetcorn and mushrooms.
Christmas Pudding

150 g (6 oz) raisins
150 g (6 oz) sultanas
100 g (4 oz) Atora Original Suett
100 g (4 oz) McDougalls or Be-Ro Self-Raising Flour
100 g (4 oz) fresh breadcrumbs
75 g (3 oz) dark brown sugar
50 g (2 oz) peel, chopped
50 g (2 oz) almonds, chopped
1 x 2.5 ml spoon mixed spice
(½ tsp)
½ x 2.5 ml spoon (¼ tsp)
1 small apple, peeled, cored and chopped
2 eggs, size 4
75 ml (3 fluid oz) milk
50 ml (2 fluid oz) brandy, sherry or extra milk

1. Mix all dry ingredients and apple together. Beat eggs, milk and brandy together and stir into dry ingredients. Mix well.
2. Spoon into a well-greased 2 pint (1 litre) basin, cover with lightly oiled greaseproof paper and kitchen foil. Steam for 8 hours.
3. Replace covering with fresh greaseproof and store in a cool dry place until required. To re-heat, allow 3 hours steaming.

Cook's Tip Christmas puddings store well, so make an extra one for eating later in the year. Spoon some brandy over the top on the pudding every 3-4 months to keep it moist.
Farmhouse Flan

Pastry:
- 150 g (5 oz) self-raising flour
- 75 g (3 oz) suet
- pinch salt
- 1 egg, size 4, beaten
- cold water to mix

Filling:
- 1 large onion, sliced
- 75 ml (3 fluid oz) milk
- 125 ml (1/2 pt) single cream, or extra milk
- 2 eggs, size 4, beaten
- 75 g (3 oz) cheddar cheese, grated
- 1 x 5 ml spoon chives, chopped
- salt and black pepper

Serves 4-6

1. Preheat oven to 200°C, 400°F, Gas Mark 6. Have ready a 20cm (8 inch) flan ring.
2. To make pastry: mix together flour, suet and salt, add egg and sufficient water to form a firm but soft dough. Roll out and line flan ring.
3. Prick base of pastry well and bake blind (line pastry with foil or greaseproof filled with baking beans) for 10 minutes.
4. Prepare filling: gently cook onion in milk until soft, then drain onions and place in flan. Wisk together remaining milk, cream and eggs. Pour over onions, scatter with cheese and chives. Season with salt and pepper, reduce oven temperature to 190°C, 375°F, Gas Mark 5 and bake for 25-30 minutes.

Cook’s Tip Adding an egg to suet crust pastry, makes the pastry crisp and improves its keeping quality. If you are diet conscious replace the egg with extra water.
## Fish Pinwheels

### Filling:
- 1 onion, diced and fried in...
- 25 g (1 oz) butter or margarine
- 100 g (4 oz) smoked haddock, cooked and flaked
- 75 g (3 oz) cheddar cheese, grated
- black pepper to taste

### Pastry:
- 200 g (8 oz) McDougalls or Isle-of-Ro Self-Raising Flour
- 100 g (4 oz) Atora Original Suet
- salt
- cold water to mix
- beaten egg or milk to glaze

2. Blend together filling ingredients, season to taste.
3. Mix flour, Atora Suet and salt together and add enough water to form a firm but soft dough. Roll out on a lightly floured board to a rectangle 15 x 25 cm (6 x 10 inch).
4. Spread filling over dough and roll up from the short edge. Cut onto 6 slices, glaze with beaten egg and bake for approximately 25 - 30 minutes until golden brown. Serve hot.

**Cook's Tip** For a picnic, add an egg to the pastry, place cut wheels in an 18 cm (7 inch) sandwich tin and cook as above.
Muesli Cakes

Makes 10-12 cakes

200 g (8 oz) plain flour or Hovis Strong Wholemeal Bread Flour

3 x 5 ml spoon (3 tsp) baking powder

1 x 5 ml spoon (1 tsp) ground allspice

75 g (3 oz) Atora Vegetable Suet

50 g (2 oz) demerara sugar

50 g (2 oz) glace cherries, chopped

50 g (2 oz) hazelnuts, chopped

25 g (1 oz) sultanas

1 egg, size 4, beaten

milk to mix


2 Mix together flour, baking powder and allspice and add Atora Suet, sugar, fruit and nuts.

3 Add an egg and enough milk to give a dropping consistency and place 10-12 rounds on to the baking sheet.

4 Bake for 10-15 minutes until golden.

Cook’s Tip Leave one day before eating so the texture and flavour can mature.
Raspberry Roly Poly

150 g (6 oz) McDougall’s or Ba-Ro Self-Raising Flour
75 g (3 oz) Atora Original Suet
½ x 2.5 ml (¼ tsp) milk or cold water to mix
3 x 15 ml (3 tbsp) raspberry jam

Serves 4-6

1. Have ready a sheet of oiled greaseproof paper and some kitchen foil.
2. Mix the flour, Atora Suet and salt with sufficient milk to form a firm but soft dough.
3. Roll into a oblong 15 x 20 cm (6 x 8 inch), spread with jam and roll up the short end.
4. Loosely wrap in greaseproof paper and foil and steam for 2 hours. Serve with custard.

Cook’s Tip By replacing the jam with 3 x 15 ml spoon (3 tbsp) golden syrup and 1 x 15 ml spoon (1 tbsp) fresh breadcrumbs.
Savoury Eccles Cakes

Serves 6

Filling:
150 g (6 oz) beef, lean minced
1 small onion finely chopped
125 ml (¼ pt) stock
1 x 15 ml spoon tomato puree
(1 tbsp)
1 x 15 ml spoon red pepper, chopped
(1 tbsp)
1 x 15 ml spoon paprika
(1 tbsp)
salt and pepper

Pastry:
150 g (6 oz) McDoqualls or Be-Ro Self-Raising Flour
75 g (3 oz) Atora Original Suet
pinch salt
cold water to mix
beaten egg or milk

1 Preheat oven to 230°C, 450°F, Gas Mark 8. Have ready a baking tray and 5 inch cutter.
2 Brown mince in its own fat. Add half the onion and the remainder of the filling ingredients and simmer until thick, approximately 20 minutes.
3 Add remaining onion to the flour, Atora Suet and salt. Mix with sufficient water to form a firm but soft dough. Roll out and cut into 6 rounds.
4 Brush with beaten egg and divide filling between rounds. Gather pastry over filling, seal and turn over flattering slightly into an oval shape.
5 Place on baking tray, make 3 cuts in each and glaze. Bake for 5 minutes. Reduce oven temperature to 190°C, 375°F, Gas Mark 5 and cook for a further 15 minutes.

Cook’s Tip For a different flavour replace the beef with finely chopped chicken and the paprika with curry powder.
Steak & Kidney Pudding

Serves 4

400 g (1 lb) braising steak
150 g (6 oz) lamb’s kidney, diced
2 x 15 ml spoon McDougalls or Be-Ro Plain Flour, seasoned
2 x 15 ml spoon oil
1 small onion, chopped
375 ml (¾ pint) stock
1 x 5 ml spoon tomato puree (1 tsp)
1 x 2.5 ml spoon mixed herbs (½ tsp)
Pastry
200 g (8 oz) McDougalls or Be-Ro Self Raising Flour
100 g (4 oz) Atta Original Suet
1 x 2.5 ml spoon salt (½ tsp)
cold water to mix

1 Preheat oven to 180°C, 350°F, Gas Mark 4.
2 Dip meat in seasoned flour and fry lightly. Add onions and fry until golden. Place in casserole with stock, tomato puree and herbs and cook for 2 hours. Cool.
3 Put flour, Atta Suet and seasoning in a bowl. Add sufficient water to form a firm but soft dough. Roll ½ pastry into a circle, and line a greased 1 litre (2 pint) basin with the dough, making sure any splits are sealed well.
4 Fill with the meat, reserving some of the gravy to thicken and serve separately. Roll remaining dough to fit the top, dampen edges and neatly tuck over the meat. Steam for 2 hours.

Cook’s Tip Always top up the steamer with boiling water - adding cold water will make the pudding heavy.
**Steamed Puddings**

**Ingredients**
- 150 g (6 oz) Self-raising flour
- 75 g (3 oz) Atora Original Suet
- 75 g (3 oz) caster sugar
- 1 egg, beaten
- milk to mix

**Serves 6**

1. Have ready a 750 ml (1 ½ pint) bowl and a sheet of greaseproof paper and kitchen foil.
2. Mix flour, Atora Suet, sugar and any extra dried ingredients together. Add egg, any liquid flavour such as syrup and sufficient milk to mix to a soft dough.
3. Fill into bowl, cover with greaseproof paper and foil and steam for 2 hours. Serve with treacle sauce.

**Maple Syrup & Walnut**

Use wholemeal self-raising flour with 40 g (1 ½ oz) chopped walnuts and 2 x 15 ml spoon (2 tbsp) maple syrup. Put extra syrup and nuts into the bowl before filling with the pudding mixture.

**Date & Ginger Pudding**

Use brown sugar with 50 g (2 oz) chopped dates and 2 x 15 ml spoon (2 tbsp) of treacle and 2 x 5 ml spoon (2 tsp) ground ginger.

**Spotted Dick**

Add 75 g (3 oz) currants to the basic mixture. Divide between 6 individual bowls and steam for 1 hour.

**Cook's Tip** For a larger, lighter pudding replace half the flour with fresh breadcrumbs.
Winter Stollen

Shelfish:
- 300 g (12 oz) Hovis Strong White Flour
- 50 g (2 oz) Atora Vegetable Suet
- 50 g (2 oz) caster sugar
- 1 Sachet Hovis Fast Action Bread Yeast
- ½ x 5 ml spoon salt
- 3 eggs, size 4 beaten
- 4 x 15 ml spoon milk
- Filling:
  - 200 g (8 oz) mixed dried fruits, raisins, cherries etc.
  - 1 apple, peeled and chopped
  - 50 g (2 oz) walnuts
  - 50 g (2 oz) brown sugar
  - 25 g (1 oz) Atora Vegetable Suet
  - ½ x 5 ml spoon mixed spice
- Icing sugar

1. Have ready a greased bowl and baking tray and a sheet of lightly oiled polythene.
2. Mix stollen ingredients together to form a soft dough. Turn on to a lightly floured board and knead for about 5 minutes till smooth. Place dough in bowl, cover with polythene and leave in a warm place to double in size.
3. Turn dough on to the board and roll into an oblong 30 x 22 cm (12 x 9 inch) and brush with water. Mix together filling ingredients and scatter over surface.
4. Roll both short ends towards the centre and place stollen on baking tray. Seal ends to prevent filling leaking, cover with the polythene and leave to double in size.
5. Remove polythene and bake in a preheated oven 220°C, 425°F, Gas Mark 7 for 25-30 minutes. Check in last 15 minutes of baking and cover if necessary. Allow to cool overnight and dust with icing sugar before serving.

Cook's Tip: Vary the dried fruit - why not try dried apricots and dried prunes?
Delicious Dumplings

- Chicken in White Wine with Bacon Dumplings
- Plum Dumplings
- Roast Curried Cod with Savoury Dill Dumplings
- Roasted Vegetable Soup with Pesto Dumplings
- Tropical Fruit Compote with Pistachio Dumplings
# Chicken in White Wine with Bacon Dumplings

| Portion: 6 |

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>50 g (2 oz)</td>
<td>McDougalls or Be-Ro Plain Flour</td>
</tr>
<tr>
<td>225 g (8 oz)</td>
<td>button onions, peeled</td>
</tr>
<tr>
<td>6 x 15 ml (spoon)</td>
<td>vegetable oil</td>
</tr>
<tr>
<td>225 g (8 oz)</td>
<td>button mushrooms, wiped</td>
</tr>
<tr>
<td>6 x 225 g (8 oz)</td>
<td>chicken pieces</td>
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<td>salt &amp; freshly ground black pepper (mixed together with the flour)</td>
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<tr>
<td>300 ml (½ pt)</td>
<td>dry white wine</td>
</tr>
<tr>
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<td>garlic clove, peeled and crushed</td>
</tr>
<tr>
<td>300 ml (½ pt)</td>
<td>chicken stock, hot</td>
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<tr>
<td></td>
<td>bay leaves</td>
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**Dumplings:**

| 50 g (2 oz)          | Atora Original Suet or Atora Vegetable Suet |
| 100 g (4 oz)         | McDougalls or Be-Ro Self Raising Flour, sifted |
|                     | riceless bacon |
|                     | raisins, grilled and chopped finely |
| 1 x 5 ml (spoon)     | grainy mustard |

**Garnish:**

<table>
<thead>
<tr>
<th>a little cold water, to mix</th>
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<tbody>
<tr>
<td>Fresh bay leaves</td>
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<tr>
<td>a little freshly chopped parsley</td>
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1. Preheat the oven to 170°C, 325°F, Gas Mark 3. Fry the onions in half the vegetable oil until golden brown, then add the mushrooms and fry for a further 2 minutes. Place into a large oven proof dish.

2. Coat the pieces of chicken with the seasoned flour. Shake off any residue. Heat the remaining oil and brown the chicken all over. Transfer the chicken into the oven proof dish.

3. Slowly pour the white wine and garlic into the frying pan and bring to the boil, stirring in all the sediment from the base of the pan, before pouring over the chicken joints.

4. Add the chicken stock and season well before finally adding the bay leaves.

5. Cover and place into the preheated oven and cook for 1-1½ hours or until the chicken is tender. Discard the bay leaves.

6. Meanwhile, mix all the dumpling ingredients together in a bowl and bind with enough cold water to make a firm dough.

7. Roll the dough into 12 small balls with lightly floured hands. Place the dumplings into the casserole 15-20 minutes before the end of cooking. Keep the casserole covered during cooking as this gives a much fluffier dumpling.

8. Serve with tomatoes and seasonal vegetables of your choice. Garnish with fresh bay leaves and a sprinkling of parsley.
Plum Dumplings

| Portions: 4 |

75 g (3 oz)  | Atora Original Suet or Atora Vegetable Suet |
175 g (6 oz) | HC Dougalls or Be-A Ro Self Raising Flour, sifted |
75 g (3 oz)  | caster sugar |
1 x 15 ml spoon | poppy seeds |
(1 tbsp)      | lemon, grated rind and juice |
2 x 15 ml spoon | ground almonds, skinned |
(2 tbsp)      | a little cold milk, to mix |
|              | firm ripe plums, stoned carefully |
|              | whole almonds, shelled |
|              | a little melted butter |
Decoration:   | sprig of mint or dill, if liked |

1. In a mixing bowl, mix together the flour, Atora Suet, sugar, poppy seeds, lemon rind and ground almonds.
2. Add enough cold milk to make a firm dough. Divide the dough into 8 pieces.
3. Roll out each piece of dough large enough to wrap around the plum. Insert a whole almond into each plum and close back together.
4. Wrap the dough around the plum and seal the edge with a little water to form a neat parcel.
5. Drop the dumpling into a little simmering water flavoured with the juice of the lemon. Cook for 12-15 minutes. Remove from the cooking liquid with a slotted spoon.
6. Once cooked drain well then brush with the butter. Serve with a sprig of mint or dill.

**Cook's Tip** For a speedy sauce (as illustrated), heat 90 ml (6 tbsp) ready made lemon curd and spoon around dumplings on serving plate.
Roast Curried Cod with Savoury Dill Dumplings

Portions: 4

Ingredients:
4 x 175 g (6 oz) pieces of cod, thawed if frozen
50 ml (2 fl oz) corn or olive oil
2.5 g (1 oz) curry powder
Dumplings:
50 g (2 oz) Atora Original Suet or Atora Vegetable Suet
100 g (4 oz) HF Dougal’s or Be-Lo Self Raising Flour, sifted
1 x 2.5 ml spoon salt
(1 tsp)
1 x 5 ml spoon dried dill
(1 tsp)
OR
2 x 5 ml spoons freshly snipped dill
(2 tsp)
capers, drained well and chopped
a little cold water, to mix
Garnish:
bulbs garlic, cloves peeled
sprigs of fresh thyme
caper berries (available in large supermarkets)

1. Preheat the oven to 200°C, 400°F, Gas Mark 6. Wipe the cod with kitchen paper. Mix together the oil and curry powder and brush onto the fish. Leave in a glass dish, covered for 30 minutes.

2. Meanwhile, mix the flour, Atora Suet, salt, dill and capers with sufficient water to form a firm but soft dough.

3. Divide into 8 pieces, roll out and cut into crescents with a knife or pastry cutter.

4. Put the cod, dumplings and garlic onto a baking tray and bake for 10-12 minutes or until the cod is just cooked and the dumplings are golden brown.

5. Serve the fish on a serving plate with two dumplings, garlic and deep fried sprigs (see Cook’s note) of thyme. Pour any remaining sauce around the fish along with the caper berries.

Cook’s Tip: To fry the thyme, cook in a little hot oil to get a crisp garnish. Drain well on crumpled kitchen paper before using.
Roasted Vegetable Soup with Pesto Dumplings

Portions: 6

Ingredients:
- 150 ml (¼ pt) red sweet peppers, de-seeded and quartered
- 150 ml (¼ pt) yellow sweet pepper, de-seeded and quartered
tomatoes, halved
- courgettes, trimmed and halved lengthways
- plum tomatoes, halved
- red onions, peeled and halved
- eggplant, topped and sliced thinly
- cloves garlic, peeled
- olive oil
- vegetable stock
- salt & freshly ground black pepper
- a little sugar, to taste

Dumplings:
- 50 g (2 oz) Atora Original Suet or Atora Vegetable Suet
- 100 g (4 oz) McDougalls or Re-Ro Self Raising Flour, sifted
- 1.5 x 15 ml spoon (1½ tbsp) ready made green pesto sauce
- a little cold water

Garnish:
- sprig of basil

1. Preheat the grill. Place all the peppers into a roasting tin and drizzle over half of the olive oil.
2. Cook under the grill until the skin blisters on all sides. Wrap the peppers up in a clean polythene bag for 20 minutes.
3. Meanwhile, grill the remaining vegetables sprinkled with the remaining oil until soft but not coloured, turning occasionally. Leave to cool.
4. Peel the skin from the peppers and discard. Then chop the peppers. Place all the vegetables into a saucepan along with the stock. Bring to the boil, then simmer for 15-20 minutes.
5. Meanwhile, in a mixing bowl, mix together the flour, Atora Suet of your choice, pesto sauce and enough cold water to make a firm dough. Divide the dough into 6 pieces.
6. Roll each piece of dough into a ball with lightly floured hands. Drop the dumplings into the simmering soup. Cover and cook for 12-15 minutes. Remove from the cooking liquid with slotted spoon. Keep warm.
7. In a food processor, blend half the soup until smooth and leave the remainder chunky.
8. Reheat and season to taste.
9. Pour the puréed soup into warm soup bowls, ladle the chunky soup over, then add the dumplings. Garnish with sprigs of basil.
Tropical Fruit Compote with Pistachio Dumplings

Portions: 4

Ingredients:
- 450 g (1 lb) dried or semi-dried fruits like figs, paw paw, mango
- apricots, apples, raisins
- a long strip of lemon rind
- granulated sugar, to taste
- 75 g (3 oz)
  - Dumplings:
    - 75 g (3 oz) Atora Original Suet or Atora Vegetable Suet
    - 175 g (6 oz) self-raising flour, sifted
    - 50 g (2 oz) caster sugar
    - 1 medium egg, separated
    - a little cold water
    - 4-5 x 15 ml spoon (4-5 tbsp) ground or finely chopped pistachio nuts
    - 1 x 1.25 ml spoon (1/4 tsp) ground cinnamon
    - lemon geranium leaves or mint

Instructions:
1. Soak the fruit overnight in enough cold water to cover.
2. Gently poach the fruit in the soaking liquor with the lemon rind and sugar to taste, for three minutes.
3. Meanwhile, make the dumplings by mixing together the flour, Atora Suet, sugar and egg yolk adding enough water to make a firm dough. Bind the pistachio nuts and cinnamon with a little of the egg white to make a paste.
4. Divide the dough into 8 even sized dumplings. Using a floured spoon make a well in the centre of the dough and fill with a little of the pistachio paste and re-seal well.
5. Drop the dumplings into the compote and continue to cook for 12-15 minutes or until cooked through.
6. Remove the dumplings with a slotted spoon and then spoon the fruit compote into a warmed dish. Place the dumplings back on top.
7. Serve with Greek yogurt and decorate with lemon geranium leaves.
Perfect Pastry

- Apricot Tartlets with Amaretto
- Baked Stuffed Apples
- Champagne Salmon
- Chilli Mince Tostadas
- Gooey Caramel Squares
- Mini Goat’s Cheese, Pear & Walnut Cobbler
Apricot Tartlets with Amaretto

75 g (3 oz) Atora Original Suet or Atora Vegetable Suet
175 g (6 oz) McDougall’s or Bo-Ro Self Raising Flour, sifted
25 g (1 oz) pinch castor sugar
salt
ice cold water to mix

Filling:
24
fresh or canned, (drained) stoned
apricot halves
5 x 5 ml spoon (5 x 1 tsp) amaretto, brandy or kirsch liqueur
6 x 5 ml spoon (6 x 1 tsp) demerara sugar

To Serve:
a little icing sugar for dredging
a little double cream or crème fraiche

2. In a mixing bowl, mix the sugar, flour, Atora Suet and salt together. Add enough cold water to form a soft but not sticky dough. Roll the dough out onto a very lightly floured surface to 23 x 32 cm (9 x 13 inch). Stamp out 6 x 10 cm (4 inch) rounds using a pastry cutter. Place onto the baking sheet.
3. Place 4 fresh or canned apricot halves onto each round of the dough hollow side uppermost. Sprinkle over the liqueur and demerara sugar.
4. Bake in the oven for about 10 minutes or until the pastry is crisp and golden brown and the apricots start to caramelise.
5. Serve with a liberal dredging of icing sugar and a generous spoonful of cream or crème fraiche.
Baked Stuffed Apples

Filling:
- 4 large Cox's or similar crisp apples
- 75 g (3 oz) cranberries, dried ready-to-eat
- 4 x 15 ml spoon runny honey
- 1 x 1.25 ml cinnamon, ground

Suet Crust
Pastry:
- 100 g (4 oz) Atora Original Suet or Atora Vegetable Suet
- 225 g (8 oz) HP Dougalls or Be-Ro Self Raising Flour, sifted
- pinch salt
- a little cold water, to mix

Glazing:
- 1 medium egg, beaten

Portions: 4

1. Preheat the oven to 190°C, 375°F, Gas Mark 5. Peel and core the apples.
2. In a bowl mix together the cranberries, honey and cinnamon then spoon into the centre of each apple.
3. Mix together the flour, salt and Atora Suet. Gradually add enough water to give a soft rolling consistency to the dough, but not enough to make it sticky. Knead before dividing the dough into 4 even pieces.
4. Roll out the dough on a lightly floured surface, large enough to wrap around the complete apple. Tuck the edges underneath the base of the apple, trimming off any excess dough.
5. Seal well with the beaten egg.
6. Place onto a baking tray; glaze the over top with the beaten egg and sprinkle with a little extra sugar if liked. If any trimmings are left over, make decorative leaves and place onto the top of the apples.
7. Bake for about 30 minutes or until the pastry is golden brown.
8. Serve hot with cinnamon flavoured ice-cream, cream or custard.
Champagne Salmon

Serves 4

175 g (6 oz) Atora Original Suet or Atora Vegetable Suet
350 g (12 oz) McDougalls or Be-Ro Self Raising Flour, sifted
pinch salt
1 x 15 ml spoon dill, freshly chopped
(1 tbsp) cold water to mix

Filling:
575 g (1 lb) fillet of salmon, skinned and boned
1 x 15 ml spoon dill, freshly chopped
(1 tbsp) lemon, squeezed
1 medium egg, beaten

Sauce:
150 ml (5 fl oz) champagne or sparkling dry white wine
600 ml (1 pint) good fish stock
basil leaves
450 ml (15 fl oz) double cream
cold & freshly ground black pepper

Garnish:
slices of lemon halve
sprig of fresh dill

1 Heat the oven to 190°C, 375°F, Gas Mark 5.
2 Mix together the flour, Atora Suet, salt and dill. Add sufficient water to form a firm but soft dough. Roll out the dough on a lightly floured surface to a large rectangle about 33 x 28 cm (13 x 11 inches).
3 Place the salmon in the centre and sprinkle over the dill and lemon juice. Brush the edges of the pastry with the egg.
4 Fold the pastry edges over lengthways and turn the parcel over so that the join is underneath. Fold the ends under the salmon and put onto a baking tray.
5 Glaze with the beaten egg and bake in the oven for 25-30 minutes or until golden brown.
6 Meanwhile, to make the sauce pour the champagne and fish stock into a saucepan and bring to the boil. Add the basil leaves and boil to reduce in quantity to about 50 ml (2 fl oz). Strain the sauce into a clean pan, stir in the cream. Season to taste and reheat.
7 Serve the salmon with the sauce, and garnish with the lemon and fresh dill.
Chilli Mince Tostadas

Serves 6

Ingredients:
- 75 g (3 oz) Atora Original Suet or Atora Vegetable Suet
- 50 g (6 oz) M'Dougalls or Be-Ro Self Raising Flour, sifted
- pinch salt
- 1 medium egg, beaten
- 1 x 15 ml spoon (1 tsp) coriander, freshly chopped
- cold water to mix

Filling:
- 1 x 15 ml spoon (1 tsp) vegetable oil
- 1 onion, peeled and finely chopped
- extra lean minced beef
- 1 clove garlic, peeled and crushed
- salt & freshly ground black pepper
- 1 x 5 ml spoon (1 tsp) ground chilli powder
- 1 x 15 ml spoon (1 tsp) small can red kidney beans, drained
- 1 x 25 ml spoon (1 tsp) tomato purée
- 1 x 394 g (14 oz) can chopped tomatoes
- fresh coriander
- 40 g (1½ oz) Cheddar cheese, grated

Method:
1. Heat oven to 190°C, 375°F, Gas Mark 5
2. Mix the flour, Atora Suet and salt together. Add egg, coriander and sufficient water to form a firm soft dough. Roll out and line 6 Yorkshire pudding tins.
3. Prick the pastry with a fork and bake blind (line the pastry with foil, filled with baking beans) for 10 minutes. Remove the baking beans and cook for a further 5-8 minutes.
4. Heat the oil in a saucepan. Fry the onion until softened, then stir in the meat and garlic. Cook until brown, then stir in the remaining ingredients. Bring to the boil, then simmer for 25-30 minutes stirring occasionally.
5. Divide the filling evenly into the tostadas and place back into the oven for 10 minutes or until reheated.
6. Just before serving, garnish with a sprinkling of cheese and coriander and serve with a fresh tomato salsa.
Gooey Caramel Squares

Makes 16

**Base:**
- 100 g (4 oz) Atora Original Suet or Atora Vegetable Suet
- 225 g (8 oz) M'Dougalls or Be-Ro Self Raising Flour, sifted
- 50 g (2 oz) ground almonds
- 40 g (1 1/2 oz) caster sugar
- a little cold water to mix

**Caramel:**
- 100 g (4 oz) block margarine
- 8 x 15 ml spoon sweetened condensed milk
- 2 x 15 ml Spoon golden syrup
- 100 g (4 oz) caster sugar

**Topping:**
- 100 g (4 oz) plain or milk chocolate

1. Heat oven to 180°C, 350°F, Gas Mark 4. Base line and grease 20 x 20 cm (8 inch) square tin.
2. Mix the Atora Suet, flour, ground almonds and sugar together with sufficient cold water to form a firm but soft dough.
3. Roll out the dough to form a square to fit the tin and bake for about 20 minutes or until light golden brown.
4. Meanwhile, place all the caramel ingredients together into a heavy based saucepan. Heat gently until the sugar has dissolved then bring to the boil for 4-5 minutes, stirring all the time. The mixture should be pale golden brown.
5. Pour the caramel over the cooked base and leave to cool.
   - Melt the chocolate in a bowl over hot water. Spread over the caramel.
6. Leave to set before cutting into squares.
Mini Goats Cheese, Pear & Walnut Cobbler

**Portions:** 4 as a starter

50 g (2 oz) Atora Original Suet or Atora Vegetable Suet
100 g (4 oz) HF Dougalls or Be-Ro Self Raising Flour, sifted
50 g (2 oz) fresh white breadcrumbs
1 egg beaten
a little salt & freshly ground black pepper
a little cold water

**Filling:**
- 1 medium pear, peeled, cored and sliced
- milk
- salt & pepper
- goats cheese, slices
- walnuts, shelled and halved

1. Preheat the oven to 200ºC, 400ºF, Gas Mark 6. Make the suet pastry by mixing together the flour, Atora Suet, breadcrumbs and then season. Stir in enough water to make a firm but not sticky dough. Divide into 4 pieces.
2. Roll out the dough to line four sectional non-stick Yorkshire pudding tins.
3. Mix together the egg, milk, and then season. Pour mixture evenly into the dough.
4. Fan out the pear slices and top with the goats cheese half way through cooking.
5. Bake for 15-20 minutes or until golden brown.
6. Garnish with a walnut half.
7. Serve with crisp seasonal salad leaves of your choice.
Pleasing Puddings

- Cranberry & Orange Millennium Pudding
- Lamb with Red Wine & Rowan Jelly Pudding
- Mini Steamed Puds
Cranberry & Orange Millennium Pudding

Serves 6-8

75 g (2 oz) Atora Original Suet or Atora Vegetable Suet
175 g (6 oz) M"Doughalls or Be-Ro Self Raising Flour, sifted
75 g (3 oz) soft brown sugar
50 g (2 oz) breadcrumbs
25 g (1 oz) shelled assorted nuts, chopped
50 g (2 oz) cranberries, fresh or dried ready-to-eat
2 oranges, grated rind and segments
1 egg, beaten
2 x 15 ml spoon orange marmalade
(3 tbsp)
Serve: little extra warmed marmalade or golden syrup

1 Grease a 750 ml (1½ pint) pudding basin. Place a small disc of greaseproof paper at the bottom. Put a steamer or saucepan of water on to boil.
2 In a mixing bowl stir together the flour, Atora Suet, sugar, breadcrumbs, nuts, cranberries and orange rind. Add the egg and enough milk to make a soft consistent mixture then fold in the orange segments.
3 Spoon the marmalade in the base of the basin and arrange remaining orange segments in the basin. Spoon the mixture into the basin, cover with greased greaseproof paper and foil. Secure tightly with string.
4 Place the pudding into the steamer or saucepan and top up with boiling water to half way up the pudding basin. Steam for 2-2½ hours.
5 Carefully turn out the pudding onto a serving plate. Serve with extra marmalade or syrup, vanilla custard or cream.

Microwave (650 watt)

This pudding can be cooked in the microwave but best results are when the pudding is steamed. Cover the pudding bowl with pleated cling film. Microwave on High for 5 minutes. Leave to stand for 5 minutes before turning out.
Lamb with Red Wine & Rowan Jelly Pudding

**Filling:**
- 100 g (4 oz) Atora Original Suet or Atora Vegetable Suet
- 225 g (8 oz) McDougalls or Be-Ro Self Raising Flour, sifted
- 450 g (1 lb) lean fillet of lamb, diced
- 100 g (4 oz) shallots, peeled
- 100 g (4 oz) button mushrooms, wiped
- 2 x 15 ml (1 tbsp) seasoned McDougalls or Be-Ro Plain Flour
- 1 x 15 ml (1 tbsp) raspberry vinegar
- 5 x 15 ml (1 tbsp) lamb stock
- 5 x 15 ml (1 tbsp) red wine
- 5 x 15 ml (1 tbsp) mixed herbs, finely chopped
- Salt & freshly ground black pepper
- Salt & fresh rosemary
- A little cold water, to mix

**Garnish:** sprigs of fresh rosemary

**Portions:** 4

1. In a bowl toss the lamb, shallots and mushrooms in the seasoned flour. Add the vinegar, lamb stock and wine.
2. In a mixing bowl stir together the self raising flour, Atora Suet, herbs and seasoning. Add enough cold water to make a firm but not sticky dough. Roll out two thirds of the pastry, large enough to line the base and sides of a lightly greased 500 ml (2 pint) pudding basin, on a lightly floured surface. Line the basin with the dough, making sure that any splits are well sealed.
3. Spoon in the meat mixture. Press down lightly with the back of a spoon. Roll out the remaining pastry into a circle large enough to cover the top of the basin. Dampen the edges with the water and seal the lid down well.
4. Cover the top with a layer of pleated greaseproof paper and foil and secure well onto the basin with string. Steam well for 3-4 hours.
5. Serve the lamb pudding with rowan or redcurrant jelly, sprig of fresh rosemary and seasonal vegetables of your choice.
Mini Steamed Puds

Basic Steam Pud:
75 g (3 oz) Atora Original Suet or Atora Vegetable Suet
175 g (6 oz) McDougall’s or B&H Self Raising Flour, sifted
75 g (3 oz) caster sugar
1 medium egg, beaten
milk, to mix

Classic Syrup and Lemon Pud:
1/4 lemon, cut into 6
6 x 15 ml spoon (1 tbsp) golden syrup
a little extra poached lemon rind

Double Choc & Orange Pud:
1 small orange, finely grated rind
175 g (6 oz) white and dark chocolate, broken into pieces
sprigs of mint

Sticky Toffee Pud:
175 g (6 oz) toffee, crushed
6 x 15 ml spoon (1 tbsp) milk

Makes 6

1. Lightly grease and line the base of 6 x 150 ml (½ pt) mini pudding bowls with greaseproof paper.
2. Mix all the basic ingredients together in a bowl, omitting the milk.
3. If making the Classic Syrup and Lemon, stir in the lemon rind and juice and enough milk to make a soft dropping consistency. Line the mini bowls with 1 slice of lemon and 1 x 15 ml spoon (1 tbsp) golden syrup before spooning in said mixture.
4. For the Double Choc & Orange, stir in the orange rind before adding the milk. Half fill each mini bowl, then add 25 g (1 oz) mixed chocolate pieces in the centre before adding the remaining mixture.
5. For the Sticky Toffee, add half the toffee to the basic ingredients before adding the milk. Spoon the mixture into the prepared bowls.
6. Cover with pleated greaseproof paper and foil. Steam for 30-45 minutes or until well risen.
7. Meanwhile, heat the remaining toffee and milk together over a very gentle heat, stirring until smooth. Keep warm.
8. To serve the puddings, invert onto warm serving plates. For the Classic Syrup and Lemon, top with golden syrup and lemon rind; for Double Choc, dredge liberally with the cocoa powder and decorate with orange segments and mint; and for the Sticky Toffee, spoon the toffee sauce over the top of each pud.
9. Serve with custard, Greek yogurt or cream.
Hints and Tips

- Use a proportion of half suet to flour for pastry, dumplings and puddings.
- Never leave uncooked dumplings standing, cook immediately for best results.
- Always simmer dumplings - do not boil, otherwise the mixture will break up.
- For extra light dumplings never open the lid during cooking.
- When making pastry, always use suet at room temperature for best results.
- Before cooking baked suet dishes, always make sure the oven is preheated to the correct temperature.
- Fill pudding basins only two-thirds full to allow room for expansion.
- When steaming puddings make sure the water is boiling before the pudding is placed in the steamer or pan. Always top up the level with boiling water from a kettle.
- Cover puddings with a double layer of foil, sealing the edges well. To allow room for the pudding to expand during cooking, fold a pleat in the foil before covering.