

BEST SAFFRON CAKE

15 grains saffron	2 cups currants
1 cup boiling water	1-1/2 cups candied fruit
2/3 cup butter	1 cup raisins
4 cups flour	1/2 cup milk
4 tsp. baking powder	1 tsp. lemon extract
1-1/2 cups sugar	2 eggs
1/2 tsp. nutmeg	

Steep saffron in boiling water for 2 hours. Cut butter into dry ingredients until of coarse corn meal consistency. Mix in fruits. Add milk, extract, eggs and steeped saffron. Stir until all flour is moistened. Bake in 4 small loaves for 1 hour at 300°, or 2 large loaves for 1 hour and 15 minutes.

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"CURRANY" SAFFRON BUNS

10-15 grains saffron or 1/4	1/4 cup sugar
to 1/2 tsp. saffron pwdr.	1 egg
3/4 cup boiling water	1/4 cup melted butter
1 pkg. (14-1/2 oz) hot	1 cup dried currants
roll mix	1/2 cup candied fruit
1/2 tsp. nutmeg	(optional)

Steep saffron in boiling water. Cool to warm. Remove yeast from hot roll mix. Stir yeast in warm steeped saffron until dissolved. Add nutmeg and sugar. Beat in egg and butter. Add flour mixture; blend well. Cover and let rise until double in bulk. Punch down and work in currants and fruit. Form dough into 16 balls. Place in greased 10-inch square pan. Allow to double in bulk (about 30 minutes). Bake in preheated 375° oven for 20 minutes.

(P.S. If you get tired of currants' try figgy wans fer a change. Figs is just Cornish for raisins.)

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RHUBARB SHRUB

1 qt. finely cut rhubarb	4 tbsp. lemon juice
1 quart water	Dash of salt
1-1/2 cups sugar	Crushed ice
1/3 cup orange juice	Charged water or ginger ale

Cook rhubarb in water until soft. Strain, Add sugar to rhubarb juice and stir to dissolve. Add fruit juices and salt. Chill. Serve in tall glasses with crushed ice and ginger ale.

COUSIN JACK'S

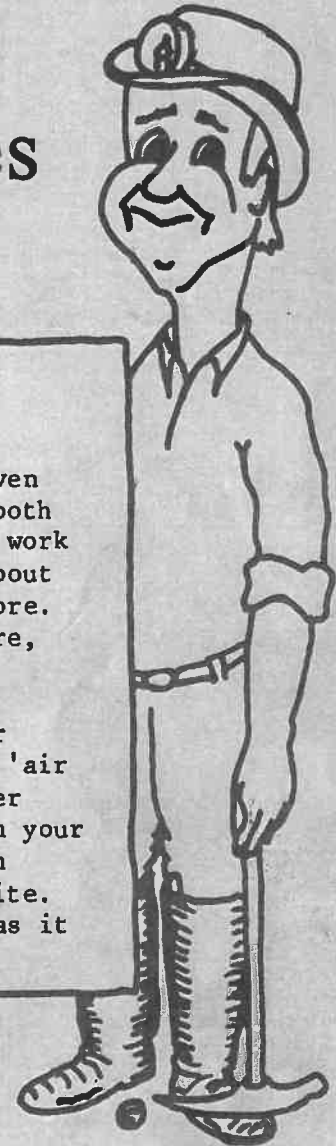
cornish recipes

TO EAT A PASTY

Well, you take 'n hout of the h'oven with lovin' care. Pick 'n up in both 'ands. Start from the corner and work in. Tissn't nawthin' to 'oller 'bout until you get 'bout 'alf way or more. That good old juice is layin' there, restin' comfortable in its bed of taters, 'honions and meat. It's waitin' there to run all over your face, behind your ears and in you 'air - if'n you got any. It gets better with every bite until it runs down your shirt. Its 'ot 'n full of meat 'n taters - right down to the last bite. And that is eatin' a great pasty as it should be et.

Tested and revised recipes
by

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That from Mineral Point you may take
Much comfort for your stomach's sake
Ere's recipes for pasties rare
And saffron cake beyond compare.

CORNISH PASTY
Family Style

English Pastry
2 pounds sirloin steak
6 medium potatoes
6 medium onions

1/2 cup chopped suet
Salt and peper
1/4 cup butter

Roll out half the English Pastry into a rectangular shape to
fit a 9 x 15 x 2-1/2-inch baking pan. Cut meat into



1/2-inch cubes; quarter and
slice potatoes, chop onions.
Mix vegetables with suet,
season and place in lined
baking pan. Dot with butter.
Cover with top crust. Seal
carefully and cut slits into
top. Bake for 20 minutes in
preheated 400° oven. Reduce
temperature to 350°. Bake for
additional 1-1/2 hours. Cut
into squares and serve hot with
cole slaw, pickled beets and
chili sauce.

ENGLISH PASTRY

Sift together 4 cups all-purpose flour, 2 teaspoons salt.
Cut 1-1/2 cups lard into flour. Mix 3/4 cup plus 2
tablespoons cold water and 2 eggs together. Blend and mix
into flour-lard mixture. Roll out as for pastry.

INDIVIDUAL PASTIES (Original Version)

Roll out English Pastry into six 9-inch circles. Place
mixed pasty ingredients on half of each circle. Dot with
butter. Moisten edge of pastry with water and fold over.
Seal tightly with fork or by rope twist crinkling. (If'n
thees knaws 'ow.) Prick top. Bake on cooky sheet in
preheated 400° 'oben for 15 minutes. Reduce temperature to
350° and bake and additional 45 minutes.

TEA BISCUITS

2 cups all-purpose flour 7 tablespoons butter
1 cup sugar 1 cup currants or raisins
4 teaspoons baking powder 1/2 teaspoon lemon extract in
1/3 teaspoon salt 1/2 to 3/4 cup milk
1/2 teaspoon grated nutmeg

Sift all dry ingredients together. Cut butter into mixture
until of corn meal consistency. Add currants. Gradually
add milk, using only enough to moisten and hold mixture
together.

Place dough on floured board and pat to 1/2-inch thickness.
Cut with 2-1/2-inch cookie cutter. (Handle this soft dough
as little as possible.)

Bake at 400° for 20 minutes or until delicately browned.
Makes 24.