

## From the Kitchen

It's always busy in the kitchen at John Wesley's House. Maureen (pictured here on the right) is an expert cook and has shared some of her traditional recipes. Have a go at making them!



## Maureen's Wigs

Wigs are a sort of spiced bun, known as far back as the 15<sup>th</sup> century but seemingly very popular in the 18<sup>th</sup> century. They taste rather like hot cross buns.

2tsp dried yeast

115g (4oz) strong white bread flour

340g (12oz) wheatmeal flour

225ml milk, water

140g (5oz) butter

1 tsp each salt, ground mace, ginger, nutmeg and ground cloves

1 tblsp caraway seeds

1 tblsp sugar

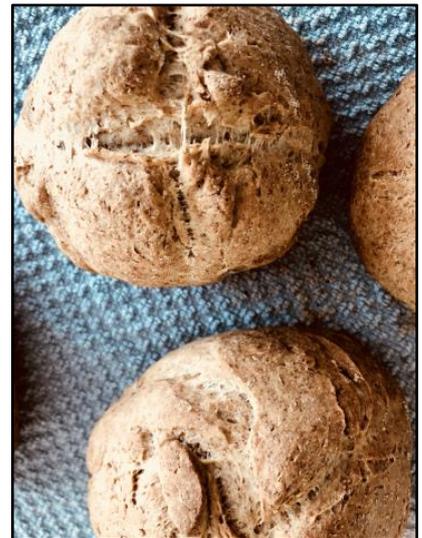
2 eggs

(You may find you need a little more liquid, if so, use water but not too much)

### Method

Sift flours together in a mixing bowl, leave in a warm place. Separately, dissolve the yeast in warm water as per packet instructions (some dried yeast can be added dry, check the packet).

Cut the butter into small pieces and rub it in to the flour until it feels like breadcrumbs. Then mix the other dry ingredients into the flour.



Whisk the eggs.

Warm the milk to body temperature and mix the eggs into the milk. Mix this with the dissolved yeast then stir into the flour (add dry yeast at this point).

Knead the dough until soft adding a little more warm water or flour as necessary to make it smooth and malleable. Cover the bowl with a cloth and leave to rise until it has doubled in size.

Shape the dough into two round, flat buns and bake on a greased tray at 200°C (180°C fan, 400°F) for about 30 minutes.

## Maureen's Rosewater Macaroons

Makes 20-25

2 egg whites

170g (6oz) ground almonds

115g (4oz) sugar

1/8 tsp almond essence

1 tsp rosewater

Rice paper

A little demerara sugar or flaked almonds for decoration

### Method

Whisk the egg whites until stiff.

Stir in the ground almonds, sugar, rosewater and mix well but gently, don't knock all the air out of the egg whites.

Put the rice paper on baking trays and place the macaroon mixture on in teaspoons. Sprinkle with a little demerara or place a flake of almond on each.

Bake at 150°C (300°F) for 30 minutes then leave them to cool before removing them from the trays and trimming the rice paper.

