

From the Kitchen

It's always busy in the kitchen at John Wesley's house. Have a go at baking some of the traditional recipes as recommended by our re-enactors.



Easy

Baked Apples

From Hannah Glasse's 'The Art of Cookery Made Plain and Easy'

4 whole cooking apples

1 tbsp whole cloves

Zest of one lemon

Sugar to taste

Enough red wine (or non-alcoholic punch) to cover the bottom of the apples

Method

Prick the skins of the apples and place them in an ovenproof baking dish

Add the cloves, lemon zest and sugar to the dish. Add enough red wine or punch to cover the bottom of the apples well.

Bake at 180°C fan, (200°C), (400°F), until the apples are tender when poked with a fork, but not mushy. Bake times will vary depending on the apples used but should be between 45-60 minutes.

A bit more involved...

Pumpkin Bread

This recipe is inspired by a recipe for Pompion Bread, from 'The Family Magazine' in 1741.

600g piece of pumpkin or other squash, deseeded weight

500g (1 lb 2 oz) strong white flour

50g (2 oz) fine oatmeal



1 ½ tsp mixed spice
25g (1 oz) fresh yeast, or 1 tsp dried instant yeast
2 tsp salt
50g (2 oz) sugar
25g (1 oz) softened butter or olive oil
225g (8 oz) warm water
Olive oil
Extra flour
Extra oatmeal

Method

Begin by roasting the pumpkin in a little olive oil until soft – around 30 minutes at 180°C (350°F). When cooked, remove from the oven, cool, remove skin and mash to a pulp.

Mix the flour, oatmeal, mixed spice and sugar in a bowl, then crumble the fresh yeast on one side of the bowl, and spoon the salt on the opposite side. Make a well in the centre and pour in the water along with the olive oil. (Weight of liquids is given for accuracy but for most water-based liquids one millilitre weighs one gram). Lastly, add the cool pumpkin.

Using your hands, mix everything to a sticky dough – it will be very sticky!

Rub a teaspoon or two of olive oil on to your work surface and turn out your dough onto it; the oil makes it easier to knead. Keep kneading and adding more oil if need be.

When the dough is smooth, do a final kneading on a little flour, then put into a clean bowl that has been lightly coated with oil to prevent sticking. Cover with clingfilm and allow to prove until it has at least doubled in size.

Knock back the dough and shape into two loaves – you can do round cobs on a greased baking sheet or in greased tins, whichever you prefer.

Cover and allow to prove. Make appropriate cuts and dustings of flour or oatmeal. When doubled in size put into a cold oven. Set the temperature to 220°C (425°F) and leave for 15 minutes. Turn the heat down to 180°C (350°F) and bake for a further 15 minutes. Allow to cool on a rack completely before breaking into it.