

YUMMY NORTHWEST

MARY ROSEWOOD, EDITOR AND PUBLISHER
 LESLIE PHILLIPS, COPY EDITOR
 KENT, WASHINGTON

LOTS OF DOUGH

Instead of stuffing myself with turkey at Thanksgiving, I spent a grateful holiday in the English Isles of Scilly wrestling with croissant dough, getting intimate with the sourdough starter ("poolish") for Pain de Campagne (Country Bread) and eating many slices of savoury Homity Pie.

Now that I'm back home, various friends have enjoyed my solo versions of authentic Cornish pasties, eggplant-and-tomato-laden Provence Tart and memorable Tart Tatin, oozing with sugary cinnamon apples.

Alas! I can't share the tastes with all you faithful readers, but here are some visual highlights from the course.

If you're searching for paradise, you may well find it in the St. Martin's Bakery.



What did we make?

Rosemary Ciabatta, Pumpernickel, Homity Pie, Provence Tart, Croissants, Cornish Pasties, Irish Soda Bread, Tart Tatin, Apple Sourdough Bread, Pain de Campagne, Pizza, Russian Black Bread, French Lemon Tarts

Happiness is a warm slice of bread



Yummy photo

Loaves of handmade Pain de Campagne, Irish Soda Bread and Apple Sourdough are as beautiful as they are delectable.



Sound British food

If you live in the Puget Sound area and are feeling a bit peckish, stop in at the British Pantry in Redmond.

The restaurant serves afternoon tea, wholesome meals and, at Christmas, a lovely plum pudding.

The shop and deli have all sorts of treats – Cadbury candy bars, homemade sausage rolls and Bird's Custard Powder, to list a few.

You'll have to visit and check out the inventory for yourself.

British Pantry
 8125 161th Ave. N.E.
 Redmond, Wash. 98052
 (425) 883-7511

A good beginning



Yummy photo

"Poolish" – water and flour combined with a bit of yeast and left out for days to ferment – is the basis of several fantastic breads. But first it must be tamed into submission as shown here. Notice the washing tubs used as bowls; we needed them to make the many baked goods.

The real thing



Yummy photo

Here you see our Cornish pasties, tightly packed with potatoes, onions and meat (or peppers for vegetarians). These can only be made with authenticity in Cornwall, but those made in the Northwest are nice, too.

NOT HARD AT ALL

These cakes are much easier to eat than the ones Hagrid served to Harry Potter.

Rock Cakes

Put 1 cup flour and 2 teaspoons baking powder in a bowl, and with your fingers mix in 4 ounces soft butter until it looks like fine breadcrumbs. Stir in 1/4 cup sugar and 1/4 cup dried currants. Add 1 egg and 1-3 tablespoons milk until batter is stiff (add more milk if too dry). Shape the mixture into 12 mounds on two greased baking sheets and sprinkle with sugar. Put in a 400-degree oven for about 15 minutes or until a pale golden brown at edges.



Listen carefully!



Yummy photo

If bread sounds hollow when you tap it, it's finished baking. Here Toby checks the ciabatta.

Baking with pride



Yummy photo

Rolls! Beautiful rolls! The first things we created on the course! Bread baker Barney McLachlan took great pride in them as he pulled them from the oven. After all, he taught us how to make them!



Authentic recipe

Reader Nick Park shares this recipe. Check out his animation work at www.aardman.com. But first, make this pie!

Banoffee Pie

Crumble digestive biscuits (chocolate ones add nice flavour) in a pie tin. Simmer a can of sweetened condensed milk in a pan of water – for an hour if you dare (the cans now warn not to do this at all); less time is OK but the toffee won't be as golden – and then mix with sliced bananas and pour over crumbled biscuits. Put more sliced bananas on top and add a fluffy layer of whipped cream.

Editor's note: The origins of this unique British delicacy are in question. But according to an article in the London Daily Telegraph (May 5, 1994), the owner of the Hungry Monk restaurant in Jevington, near Eastbourne, Sussex, is offering a £10,000 reward to anyone who can find reference to the pie before his invention of it in 1971. I've tasted the Hungry Monk version and think it's fair to call it a lip-smacking original.

Happy bakers



photo by Barney McLachlan

Pictured with baking master, Toby Tobin-Dougan (left) are enthusiastic students Nicola Jaubert, your Yummy editor and Dian Jaubert (left to right) who started each day with smiles that lasted till the lights were turned off each evening.



Where do I sign up?

To join a baking course (beginners and experts equally welcome), contact:

Toby Tobin-Dougan

St. Martin's Bakery

Moo Green

St. Martin's

Isles of Scilly TR25 0QL England

E-mail:

Stmartinsbakery1@btopenworld.com

Web site: www.stmartinsbakery.co.uk



About YUMMY NORTHWEST

Each monthly issue highlights an edible delight available in the Pacific Northwest.

Contact the editor

Comments, corrections, topic ideas and submissions are all most welcome.

Yummy_Northwest@hotmail.com