

# The Sugar Plum Fairy Cook Book



Old English Recipes & High Tea

*By L.E. Larson*

# The Sugar Plum Fairy Cook Book

By L.E. Larson, Author



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*Do you Love Brambleberries?*



*Fairies Love Brambles... Brambleberries & Brambleberry Scones!*

# Brambleberry Fairy Scones

*2 ¼ Cups Flour*

*2 Tablespoons Sugar*

*1 ½ Teaspoons Baking Powder*

*1 Teaspoon Salt*

*4 Ounces Butter (one stick butter, room temperature)*

*2 Tablespoons Orange Zest*

*¾ Cup Buttermilk*

*½ Teaspoon Vanilla Extract*

*1 Egg*

*¼ Cup Milk*

*½ Cup Brown Sugar*

*2 Cups Frozen Brambleberries (do not over-mix)*

*In a large mixing bowl sift the flour, sugar, baking powder, and salt ingredients together. Mix the butter in with a spatula until the batter resembles small crumb consistency. Add the orange zest, buttermilk and frozen brambleberries (or blackberries) making sure that you stir very gently as to not break the berries up too much (be careful not to over mix). Gently place small dollops for your scones onto a parchment lined baking sheet molding them into rounds or triangles. Brush the tops with the beaten egg/milk mixture (for making the scones a golden brown top during baking). Bake in a preheated 400 degree oven for 15 minutes until risen and golden brown in color. You can serve this with a choice of Devonshire cream, whipped cream or ice cream on the side. Yummy Favorite Fairy Food!*



# Apple-Brambleberry Fairy Pandowdy Cobbler

*6 Large Apples, peeled and cored  
2 Cups Brambleberries  
1 Cup Sugar  
1 Teaspoon Cinnamon  
½ Teaspoon Nutmeg  
2 Cups Flour  
1 Teaspoon Salt  
2 Teaspoons Baking Powder  
½ Cup Butter, melted  
½ Cup Milk*

*Peel, core, and thinly slice the apples into a large bowl. Add the brambleberries (or blackberries), half of the sugar, cinnamon, nutmeg, and gently stir apples and berries together until evenly coated. Spoon the mixture into a large buttered deep-sided baking pan.*

*Sift and mix the flour, salt, baking powder and sugar into the bowl. Add the melted butter and the milk. Stir to make a smooth batter, and pour over the apple-brambleberry mixture.*

*Bake in a preheated oven at 350 degrees for 40 to 45 minutes, or until the sponge topping has risen and is browned. Serve hot with your choice of Devon-shire cream, whipped cream or ice cream. Enjoy a very delicious dessert, and use any fruit to make this delectable pandowdy!*



# Fairy Snows A Fallin'

A tingle Lin...

Fairy Snows a fallin'

Counting snowflakes,  
A stratosphere in white...

Show me a numbering  
Of how many sides I must count  
Before it falls and does melt...

Mouth open...shivering-

It's Fairy snow a fallin'  
And I lost count!



# *Hungry for more?*

Get a copy of *The Sugar Plum Fairy Cook Book Old English Recipes & High Tea*, my first retail cookbook and get access to 55 pages of great tasting recipes totally inspired by readers just like you.

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*Hi, Linda – I spent the weekend reading the recipes. Wow, is all I can say! I can't wait to start trying some of the recipes, especially the High Tea Recipes with friends. We are not gourmet cooks, but still enjoy a decadent party once in a while. I appreciate the effort you put into this project.*  
Thank you.  
Mary

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***"What a lovely charming book for a cozy day in the kitchen! All little girls and their mothers will enjoy the Fairy Poetry and Recipes for their next Tea Party." - Mary at Quote n' Garden***

# Apple or Plum Butter

*5 Lbs. Finely Chopped, Peeled and cored Apples*

*3 1/2 Lbs. White Sugar*

*4 oz. Butter*

*4 tsp. Cinnamon*

*2 tsp. Nutmeg*

*1/2 tsp. Clove*

*1 Tblsp. Clear Gelatin*

*Put apples in a pan with a teacup of water. Simmer until tender. Bring to a boil for 5 minutes before adding sugar and gelatin. Then boil well for 30 minutes. Stir in butter, cinnamon, nutmeg, clove at the end. Bottle and store in a cool place. Seal well with air tight canister if you want to keep more than a few months.*





# Blackberry, Brambleberry or Plum Fairy Chutney

*1 Gallon Water  
1 Pint Malt Vinegar  
1oz. Salt  
1Lb. Finely Chopped Apples  
6 Cups Berries or Plums  
6oz. Chopped Raisins  
1/2 Lb. Brown Sugar  
1 tsp. Garlic  
1 tsp. Ground Ginger  
1tsp. Mustard Seed*

*Put vinegar and brambleberries, blackberries or pitted cut in half plums in pan and crush. Simmer 30 minutes and sieve. Put with apples, raisins, garlic, spice and salt. Bring to a boil, add sugar and cook for 30 minutes. Stir in a teaspoon of mustard seed. Bottle and store in a dark cool place. Optional: Add a teaspoon of curry spice for a little spicier fairy flavor!*

# *Like what you see here?*

*Check out my first interactive child-parent cookbook, **The Sugar Plum Fairy Cook Book Old English Recipes & High Tea** 55 pages of FAE` Old English inspired cuisine sure to satisfy any palate. Exclusive Recipes Not On The Site including recipes for YUMMY party finger foods, pies, jams and desserts (need I say more?)*

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*I downloaded the **The Sugar Plum Fairy Cookbook** for my 10 year old daughter last night. You did a really good job on it, as the passion for Fairies you put into it really shows. I was really anxious to try one of the recipes, and discovered I had on hand all the ingredients for the "Magical Fairies Trifle" so I fixed it this afternoon.....  
YUM YUM!!! Keep up the good work!  
Miley*

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Love your Fairies!

# My Fairy's Favorite Shortbread

*8 ounces (2 sticks) unsalted butter, softened at room temperature*

*3 cups sugar*

*2 1/4 cups flour*

*1/4 cup cornstarch*

*1/2 cup water*

*2 tablespoons salted butter*

*1/2 cup heavy cream, heated to lukewarm*

*8 ounces semisweet chocolate*

*1 1/2 teaspoons vegetable oil*

*Zest from 1 Lemon (Optional)*

*Preheat the oven to 350 degrees F. Line a 9 by 13-inch baking pan with parchment or waxed paper. In a mixer fitted with a paddle attachment (or using a hand mixer), cream the butter until soft. Add 1/2 cup of the sugar and mix until incorporated. In a separate bowl, stir together the flour and cornstarch. Add the dry ingredients to the butter mixture and mix at low speed just until the ingredients are incorporated and the dough comes together. Turn the dough onto a floured work surface and knead it 5 to 10 times, to bring the dough together and smooth it out. Re-flour your work surface. With a rolling pin, roll the dough out to fit the sheet pan. To transfer to the sheet pan, roll the dough up onto the rolling pin, lift it up, and unroll into the pan. Using light strokes of the rolling pin, roll the dough into the corners and edges of the pan, and roll out any bumps (or press the rolled-out dough thoroughly into the pan with your fingers). Prick the shortbread all over with a fork to prevent any buckling or shrinking.*

*Bake in the center of the oven for 15 minutes. After 15 minutes, rotate the pan and knock it once against the oven rack, to ensure even cooking and a flat surface. Bake 10 to 15 minutes more, until very lightly browned. Let cool in the pan. Pour the remaining 2 1/2 cups sugar into the center of a deep saucepan. Carefully pour the water around the sugar, trying not to splash any sugar onto the sides of the pan. Do not stir; gently draw your finger through the center of the sugar twice, making a cross, to moisten it. Over medium-high heat, bring to a boil without stirring. Reduce the heat to a fast simmer and cook without stirring until amber-caramel in color, 10 to 20 minutes. Immediately remove from the heat and stir in the butter with a wooden spoon. Slowly and carefully pour in the lukewarm cream, stirring slowly but constantly (it will bubble up and may splatter). Pour over the baked shortbread and smooth the top.*

*Place in the refrigerator, uncovered, to harden slightly. When the caramel has set, melt the chocolate in the top of a double boiler (or in a mixing bowl) set over barely simmering water, stirring frequently. Stir in the vegetable oil (this will make the chocolate less brittle when it hardens). Pour over the cooled caramel and spread quickly with the back of a spatula or spoon to cover the entire surface. Let cool in the pan. With a heavy knife, cut into 1 1/2-by-3-inch bars. Store in an air tight container.*



*.....psst, by the way, this is just the appetizer*

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