

Nelson's  
Journey  
**Purple  
Picnic**  
bringing back smiles to bereaved children



Kate Barmby's  
Gala picnic loaf

## GALA PICNIC LOAF

The pastry for this loaf is fairly robust thanks to the addition of the strong bread flour. This makes it easier to crimp the pastry along the top and it also means it will withstand a bit of a rough ride in a picnic basket! You will have a good amount of pastry left over, from this recipe, which you could either freeze or try making sausage rolls.

### PASTRY

400g strong white bread flour  
400g plain flour  
1 teaspoon fine salt  
200g chilled unsalted butter cut into small pieces  
200g chilled lard cut into small pieces  
Approximately 150ml cold water

### FILLING

2 tablespoon olive oil  
2 medium onions finely chopped  
(approximately 300g total weight)  
½ large green pepper plus ½ large red pepper  
1 fat clove garlic  
1 teaspoon salt  
400g good quality butcher's sausage meat  
400g good quality minced beef  
1 teaspoon dried oregano  
1 tablespoon chopped fresh or frozen parsley  
150g Panko bread crumbs  
1 egg plus 6 large eggs for hard boiling  
1 tablespoon plain flour  
1 egg beaten for glazing

### COOKING INSTRUCTIONS

- 1 For the pastry put the plain flour, bread flour and a teaspoon of salt in a large bowl and combine with a dry whisk.
- 2 Add the butter and lard in small pieces and rub in with your finger tips.
- 3 Add enough cold water whilst mixing with a round ended table knife to make a smooth dough. Knead briefly with your hands.
- 4 Shape the dough into a rectangular block, wrap in cling film and chill in the fridge for at least 30 minutes. Allow the pastry to return to room temperature before rolling.
- 5 Bring a pan of water to the boil and add 6 eggs, boil for 9 minutes. Drain and run under cold water until they are cold and set aside until needed.
- 6 Finely chop the onions and cut the peppers into small dice.
- 7 Heat 2 tablespoons of oil in a frying pan, add the onions and peppers along with a teaspoon of salt. Cook over a medium heat for approximately 10 minutes stirring frequently until they are soft but not coloured.
- 8 Add the crushed garlic, stir and cook for a further couple of minutes. Leave to cool completely.
- 9 In a large bowl combine the meat, breadcrumbs, oregano, parsley, egg, salt, pepper and cooled cooked onion and peppers with your hands.
- 10 On a floured surface roll the pastry out into a square approximately 40cm x 40cm and about 5mm thick.
- 11 Spread half the meat mixture across the centre of the pastry leaving about a 2cm border at each end and about 15cm either side.
- 12 Peel the eggs, toss them in flour and trim off either end so there is just a few mm of egg white either side of the yolk.
- 13 Arrange the eggs along the length of the meat and cover with the remaining mix.
- 14 Brush the edges of the pastry with beaten egg and bring up the sides to enclose the filling. Press the edges together and trim with kitchen scissors or a sharp knife leaving 1 – 2cm strip along the top. Crimp this strip using your thumb and forefinger.
- 15 Trim the ends of the pastry.
- 16 Score the sides with a diamond pattern being careful not to cut right through the pastry.
- 17 Carefully lift the pie onto a baking tray lined with baking parchment.
- 18 Bake in the pre heated oven for 20 minutes.
- 20 Remove from the oven and brush with beaten egg, return to the oven and continue to bake for approximately 45 minutes until golden brown and the internal temperature is 75°C if checked with a digital probe.
- 21 Leave to cool before slicing and serving.

Love Kate x



# Kate Barmby's Cheese scones

## CHEESE SCONES

Best eaten on the day they're made these scones are delicious split and spread with butter, they also freeze well if you want to make them in advance.

Makes approximately 12 scones.

### INGREDIENTS

550g self raising flour, plus extra for dusting

2 teaspoons baking powder

2 teaspoons English mustard powder

125g soft unsalted butter or baking spread

225g strong hard cheese grated (e.g. Cheddar)

2 large eggs lightly beaten

Approximately 150ml milk, plus a little extra to brush the surface of the scones

1 teaspoon lemon juice

### COOKING INSTRUCTIONS

- 1 Pre-heat the oven to 200°C (fan).
- 2 Put flour, baking powder and mustard powder in a large bowl and combine with a dry whisk.
- 3 Add the butter in small pieces to the flour mix and rub in with your finger tips.
- 4 Stir in the grated cheese.
- 5 Add the lemon juice to the milk, don't worry it will curdle but the acidity will react with the baking powder to make lighter scones.
- 6 Mix in the eggs with a metal fork adding enough of the soured milk to make a soft dough.
- 7 Turn the dough onto a floured surface and knead briefly.
- 8 Pat out the dough with your hands and use a cutter or an upturned glass to cut out approximately 12 rounds.
- 9 Place on a baking tray lined with baking parchment and brush the tops lightly with milk.
- 10 Bake in the pre-heated oven for 10 to 15 minutes until golden brown.
- 11 Transfer onto a wire rack to cool.

Love Kate x



**Kate Barmby's  
Chocolate Fudge  
Cake**

## CHOCOLATE FUDGE CAKE

This simple chocolate cake is made to the same recipe that my mum used when I was a child and it's what I always bake if I want a nice cake that doesn't take long to make. It makes a great addition to a picnic as the fudge icing sets fairly hard which makes it much easier to pack and transport.

Approximately 12 slices.

### CAKE

225g soft unsalted butter or baking spread  
225g caster sugar  
4 large eggs  
1 teaspoon vanilla extract  
175g self raising flour  
50g cocoa powder  
2 teaspoons baking powder

### CHOCOLATE FUDGE ICING

75g unsalted butter  
4 tablespoons cocoa powder  
225g icing sugar  
1 teaspoon vanilla extract

### COOKING INSTRUCTIONS

- 1 Pre-heat the oven to 160°C (fan oven).
- 2 Lightly grease two 21cm loose bottomed cake tins with butter and base line with baking parchment.
- 3 Beat the soft unsalted butter (or baking spread) in a large bowl with an electric hand held mixer until pale and light (almost like a mayonnaise like consistency).
- 4 Measure the caster sugar into a measuring jug and gradually add to the butter whilst continuing to beat. Stop occasionally to scrape the mixture back down the sides of the bowl with a silicone scraper.
- 5 Break the large free range eggs into a jug and beat lightly with a fork.
- 6 Measure the self raising flour, cocoa powder and baking powder into a medium sized bowl and combine with a dry whisk.
- 7 Gradually add the beaten eggs to the butter and sugar mixture whilst continuing to beat followed by the vanilla extract. As you get to the final few additions add a tablespoon of the measured flour each time to prevent the mix from curdling.
- 8 Sift the remaining self raising flour and cocoa powder into the mixture then fold in using a large metal mixing spoon.
- 9 Divide the mixture equally between the tins. Bake the cakes on the middle shelf of the pre-heated oven for 20 - 25 minutes until they spring back when you press them and a metal skewer comes out clean when inserted into the cake.
- 10 Allow the cakes to cool for 5 minutes before loosening the edges with a round bladed knife and then removing. Leave to cool completely on a wire rack.
- 11 To make the icing melt the butter in a medium sized saucepan over a gentle heat.
- 12 Stir in the cocoa powder, icing sugar, milk and vanilla extract.
- 13 Continue to stir over the gentle heat until the icing is smooth and glossy.
- 14 Pour half the warm icing over the bottom layer of the cake and sandwich the top layer on.
- 15 Pour the remaining icing over the top of the cake.
- 16 Leave to set.

Love Kate x