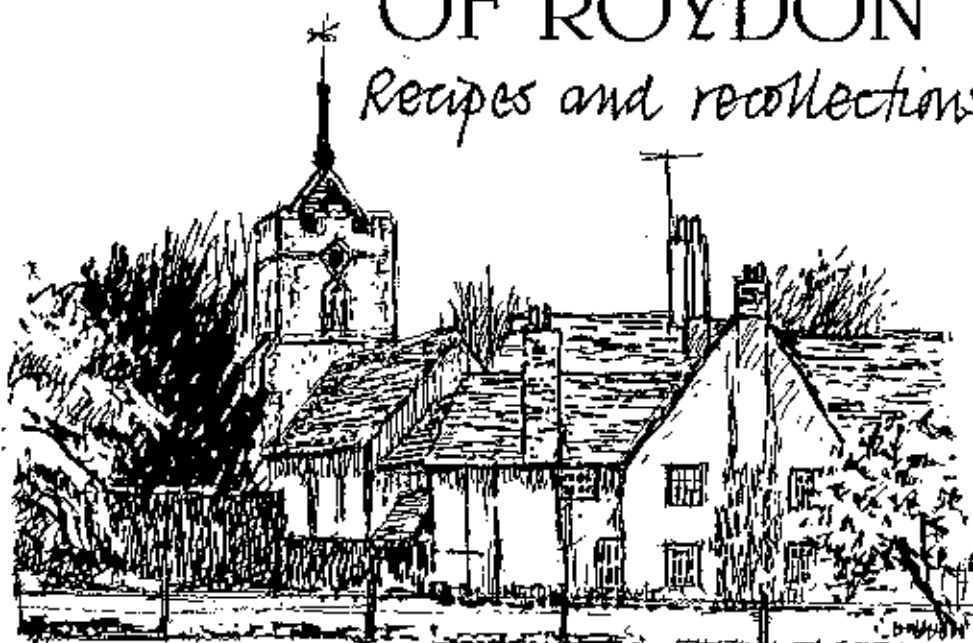


A TASTE OF ROYDON

A TASTE OF ROYDON

Recipes and recollections



*Edited by Faith Davis with
recollections by May Lyne
and drawings by
Alan Burgess*

FOREWORD

"Taste and see" is the advice we read in one of the Psalms: the reference is of course to God, saying that man's experience of faith should be satisfying and enjoyable. We can surely extend this to all that God provides for us, so - here is "A Taste of Roydon".

Visitors will, no doubt, agree that we are very fortunate to live in such an attractive village. The life of our community and St Peter's Church is fully reflected in the parish magazine, which is widely read. Two very popular features appear each month: "Roydon Cook", with every kind of recipe - the unusual, the traditional, the imaginative - and "I Remember", graphic glimpses of life in an earlier Roydon, written by May Lyne who became a pupil at Roydon School when she was 10 and went on to teach two generations of Roydon children.

These articles have given much pleasure, and they have now been brought together to give you "A Taste of Roydon". I am very grateful to all who have worked so hard to produce this book.

We hope that it will bring you interest, enjoyment, and perhaps some inspiration too.

A handwritten signature in dark ink, appearing to read 'P. Collins'. The signature is written in a cursive, flowing style with a large initial 'P'.

Peter Collins (Vicar)

Early Days

A long time ago, 70 years to be exact, we were moving from Lashley Hall near Dunmow and going to Roydon to live. We lived half a mile from the road and when we walked down the Chase for the last time I was very sad. Kind friends had offered to take us to stay the night so that we could get to Dunmow in good time in the morning to catch our train.

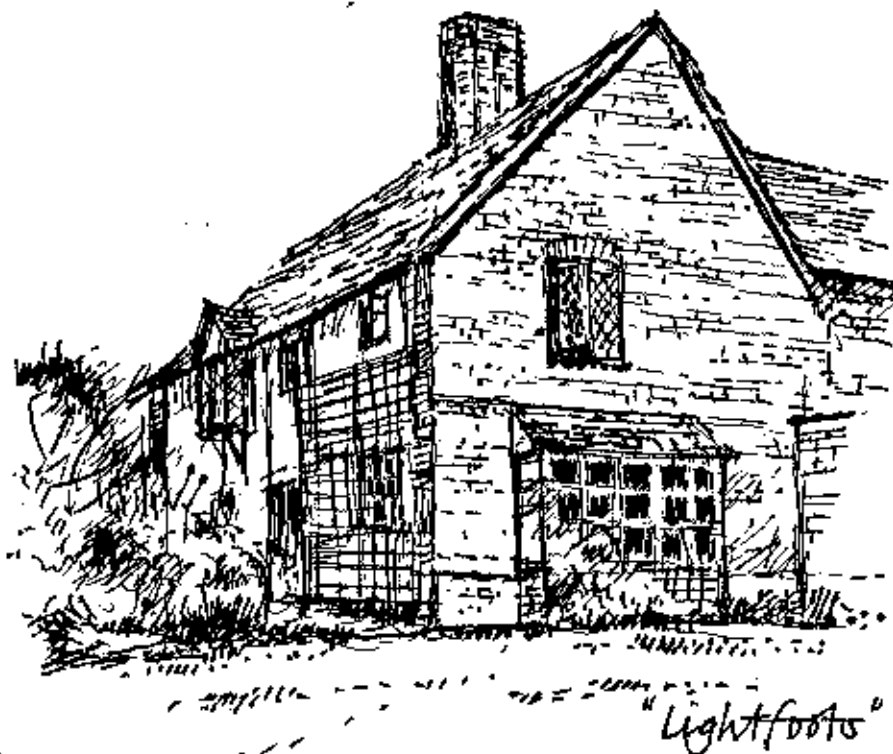
After breakfast my parents called for me, having already collected my brothers, and we all set off for Dunmow Station $3\frac{1}{2}$ miles away. Snow had fallen so it made travelling a little hazardous but quite enjoyable. We arrived at the station, bought single tickets to Roydon, and we were on our way to a new life: all very exciting. We soon found the platform and boarded the train. We were off!

We settled into our seats and viewed a large flattish tank with interest. My mother said it was a footwarmer, and it was getting rather cool, but when we arrived at Bishops Stortford the cold footwarmer was exchanged for a hot one! We were delighted.

At last we arrived in Roydon: snow was here also. We went to friends until our furniture arrived and then we went to see our home. The Old House at East End was then 3 houses; we had the largest, facing the village with no inside water. We had to use the pump at the side of the road which was used by all the other houses there. We soon got used to it, but it seemed cold and bleak after our former house.

However, my parents soon had fires going, and it felt and looked just like home. The bedrooms were large and one enormous room held three single beds and room to spare! We had an uncle with us at that time so he and my two brothers slept in that room. I can vaguely remember seeing an enormous chimney going through the room and out through the roof.

Six months soon went by and we were moved to Lightfoots Farm. To our great joy there were several taps - water laid on, and better still a gas stove and gas lighting! No more trying to cook all the food on an open fire. We were really delighted - plenty of rooms and a nice big garden! It was Heavenly.





MUSHROOM SOUP

3ozs cooking oil
1 large onion finely chopped
4 teaspoon salt
12 ozs large flat mushrooms
Sprig of thyme
1 tablespoon paprika
Pinch cayenne
1 pint stock
Salt and freshly ground pepper
3 teaspoons fresh lemon juice
1/4 pint soured cream

Cook onion gently in oil for ten minutes adding 4 teaspoon salt to bring out juices. Add roughly chopped mushrooms and thyme, paprika and cayenne. Cook slowly with lid on for 7-10 minutes. Pour in stock, bring to boil, simmer for 3 minutes. Cool slightly then liquidise. Add salt and pepper to taste, then soured cream and lemon juice. Heat through without boiling.

GOULASH SOUP

4lb braising steak
1 tablespoon oil
2 large onions (chopped)
1 level tablespoon paprika pepper
1 tin tomatoes
1 beef stock cube
2 large potatoes (diced)
1 green pepper (chopped)
1 carrot (chopped)
2 sticks celery (chopped)
1-2 teaspoons salt
Pepper

Cut meat into very small cubes. Heat oil and gently fry onions until soft. Add beef and brown. Stir in chopped vegetables and stir fry for 2 minutes. Add tomatoes, paprika, stock cube and $1\frac{1}{2}$ pints water. Bring to boil, cover and simmer for 45 minutes or until meat and vegetables are cooked.

CHILLED CUCUMBER AND MINT SOUP

3 medium sized cucumbers
2 ozs butter
1 small onion
1 small potato
 $1\frac{1}{2}$ pints chicken stock
 $1\frac{1}{4}$ pint single cream
Salt
Freshly milled pepper
2 tablespoons finely chopped mint

Cut about 2 inches from one of the cucumbers and set aside for the garnish. Peel the remaining cucumbers, cut in half lengthwise, remove the seeds and chop the cucumber flesh coarsely. Melt the butter in a saucepan. Peel and chop the onion. Add to the pan. Cover and cook gently until the onion is soft, but not brown. Peel the potato and cut into dice. Add the potato, cucumber and chicken stock to the pan and bring up to the boil. Cover and simmer for 20 minutes, or until vegetables are tender. Draw off the heat. Rub the soup through a sieve, or puree in an electric blender. Allow to cool. Add the cream, check the seasoning and then chill well.

Before serving, stir in the chopped mint and garnish with thin slices of reserved cucumber.

The School and Plough Cottage

The first part of the road to Epping has not changed. The school had central heating over 70 years ago, and proper lavatories with hidden tanks (they obviously knew what children could get up to) but pull chains - very up to date. The school was built "back to front" on purpose so that the sun would not shine into the classrooms - thus saving curtains in hot weather! There have been three windows put on the south side since, but they are very high up.

Opposite the school was a dairy where one could buy milk - this was handy and used by locals. Plough Cottage was the next building of note - a house built on tree trunks, holes cut in the trunks for upright poles, and then plastered with a weird mixture of hair, cow manure and powdered lime. The house was at one time a beer house and the cellar and the entrance hall were at the back. The lovely brick floors were taken out after we left, when the house was sold: the rooms were very low and we were always bumping our heads when we lived there. My father had the little porch put on so that callers could wait in the dry, or shelter from the rain.

After the school were two or three houses and then a big field. That field was a meadow full of buttercups etc, and when I was teaching I took my children out there when the weather was warm and sunny for PE, games, or to have a story told to them. Now there are houses all the way along the road.

Hansells Mead and Parkfields were cornfields in my youth. Roydon has become a dormitory village. People work elsewhere and come home to sleep.



*Roydon School
Plough Cottage*



SALMON MOUSSE

Aspic jelly crystals

Water

1 7½ oz can salmon

1/4 pint mayonnaise

1/4 pint double cream

2 egg whites

Salt and pepper

Decoration: watercress and tomatoes

Make up ½ pint aspic jelly according to the instructions on packet. Pour a little into the bottom of an 8" ring mould. Allow to set. When set, arrange cucumber slices on top. Pour over a little more aspic jelly and leave to set. Flake salmon and add mayonnaise. Stir in cold aspic jelly. Lightly whip cream and fold into mixture when it is thick, but not set. Whisk egg whites stiffly and fold in. Season to taste. Turn mixture into prepared ring mould. Leave to set. Quickly dip into bowl of hot water and turn out onto serving plate. Decorate with watercress and tomato segments.

SALMON CHEESE CUSTARD

1 medium tin salmon

2 eggs

½ pint milk

6ozs grated cheddar cheese

Salt and cayenne pepper

¼ oz butter

Flake the fish carefully. Put into a buttered fireproof dish. Beat eggs. Heat and add the milk, cheese and seasoning. Pour over salmon. Dot with butter and bake in a very moderate oven at 310f/160c/gas mark 2 for 45 minutes - 1 hour. Serve hot, or cold with salad. Recommended for slimmers (also good made with tuna).

PERSIAN STYLE TROUT

1 trout per person
1/4 pint orange or lemon juice mixed with water
2 ozs flaked almonds per person
2 ozs butter or 1 tablespoon oil
3/4 lb button mushrooms
1 or 2 teaspoons honey (to taste)
1 tablespoons Loseleys Greek style yoghurt
1 dessertspoon raisins soaked and laid on absorbent paper
Flour

Wrap trout in foil, taking care no juices might escape. and bake in oven approximately 380°F/190°C/gas mark 4 until cooked (depends on size of trout). Unwrap trout carefully, putting juices in a jug with orange or lemon juice. Put trout in serving dish, cover with foil, and keep warm.

Fry almonds in 1 oz butter. Remove and place on absorbent paper. Add a little flour to fat and cook for 30 seconds. Add trout and fruit juices, return to heat and boil. Add honey and continue to boil until syrupy. Add the yoghurt and cook gently until blended. Pour sauce over trout and sprinkle with almonds and raisins.

For the sauce, boil together one tablespoon sugar, a pinch each of salt and pepper, three tablespoons malt vinegar, one teaspoon soy sauce and 1/4 pint water. Blend teaspoon cornflour with a dessertspoon of water. Stir into liquid and allow it to boil gently for a minute. By now the trout should be golden. Drain well and arrange on a hot plate. Give carrot slices a minute in hot oil, drain and garnish trout with carrot and sliced cucumber, and pour a little sauce around fish. Serve with rice salad.

SMOKED MACKEREL PATE

8 ozs smoked mackerel
8 ozs cream cheese
1 clove garlic

Skin mackerel. Process all ingredients until creamy and serve chilled on hot toast.

MARINATED KIPPERS

1 packet frozen kipper fillets
2 tablespoons wine vinegar
8 tablespoons quality oil (Sunflower)
Black peppercorns
Onion

Day before required - partially defrost kippers - skin, then slice as thinly as possible. The ideal would resemble smoked salmon slices but chunkier results are acceptable. Whisk oil and vinegar and pour over kipper. Sprinkle with peppercorns. Refrigerate, stir once or twice during marinating time. Following day - slice small spanish onion and stir into kippers. Serve with brown bread.

Summer Holidays

During the summer holidays we used to go to the river and spend the day there. One place we liked was a backwater which ran on through the mill and turned the big wheel that ground the wheat into flour. The first time we went we sat by the river and decided there were lots of things to see. Then one of us suggested we had our lunch so we ate our sandwiches and drank some of our tea or homemade lemonade. After a while another suggested it was time to go home. So off we went and my mother was surprised to see us. We explained that it felt like tea time so we had come home. We were invited to look at the clock and it was just past 11 o'clock! After that we always took an alarm clock with us so that we knew when to gather our belongings and wander slowly homewards.

Once when we were going fishing I thought I would beat everybody by "borrowing" my uncle's fly fishing rods in a small bag. I knew nothing about them, but when I got to the river and my friends were there, I showed them my rod and line. The pieces of the rod should have been screwed together, I just pushed them! I stood up and in the best way possible threw the line into the middle of the river. To my consternation and horror the top came off and was floating gently out of reach.

Seeing my predicament a boy said "If you sit on my legs so that I don't fall in, I will try to get the rod." Thankfully I sat on his legs and two others held his feet, and yes, he pulled the rod to safety with a hooked stick. After

thanking him he said "If I were you I'd dry it and put it back in its case" which I did. Then, with my own little stick, string and bent pin, I caught four small fish - the one and only time I ever caught anything. My mother cooked them for me and they were ghastly, but I ate every bit and assured everyone they were delicious.



Roydon Mill
near Lower Lock





SAVOURY LIVER

1 lb pigs or lambs liver
1 oz flour
1 onion sliced
2 teaspoons dried sage
1½ lb potatoes, sliced thinly
¼ pint hot water

Seasoning

Pre-heat oven to 350°F/180°C/gas mark 4

Slice liver and dip into seasoned flour. Put into buttered ovenproof dish. Cover with onions and sage. Arrange sliced potatoes on top and pour water over. Sprinkle with salt and pepper and dot with butter. Cook uncovered for 1-1½ hours.

PORK CHOPS BRAISED IN TOMATOES WITH GARLIC SAUCE

6 lean chops 1" thick
3 tablespoons vegetable oil
1 clove garlic minced or crushed
¼ teaspoon oregano
¼ teaspoon thyme, fresh or dried
1 bay leaf
¼ teaspoon salt
¼ pint (approx) dry red wine
Small tin tomato puree
Small tin tomatoes or 1 lb fresh skinned tomatoes
¼ green pepper (chopped)
¼ lb mushrooms quartered

Heat 2 tablespoons of the oil and saute chops for 2-3 minutes on each side. Remove, pour off excess oil, add garlic, oregano, thyme, bay leaf and salt. Cook and stir for 30 seconds. Add wine and boil to reduce to a quarter. Stir in puree. Add tomatoes and add chops. Cover and simmer for an hour. Meanwhile heat remaining oil in another frying pan. Stir fry the peppers for 3-4 minutes. Add mushrooms and stir fry for 2 minutes. Transfer all to the chop pan. Cover and simmer for a few minutes longer until the meat is tender and sauce reduced.

GIGOT QUI PLEURE (Weeping Lamb)

Leg of lamb
2 tablespoons olive oil
2 ozs butter
2 cloves garlic
1 level teaspoon thyme and rosemary
Salt and pepper
6 potatoes
4 onions
2 carrots
3/4 pint stock (using stock cube)

Using a small sharp knife, make deep cuts over joint. Slice garlic into slivers and press them into cuts. Rub butter over joint, and press in herbs. Stand in a roasting tin. Spoon over the oil, and start cooking in a pre-heated oven at 450°F/225°C/gas mark 8 for half an hour. Peel vegetables and season well. After lamb has cooked for 1/2 hour, remove from tin, whilst you layer vegetables (sliced) into the juices. Place the rack from your grill pan

over the vegetables, and replace the joint on top. Lower the temperature and cook slowly for a further hour. The juices will 'weep' onto the vegetables giving this dish its name.

PORK WITH TOMATOES AND BARLEY

4 spare rib pork chops
8 oz onions
1 14oz tin tomatoes
½ pint stock
2 ozs pearl barley
Oil, oregano, seasoning

Remove bones and divide each chop into three. Brown well in oil and remove. Brown sliced onions. Add tomatoes, stock, barley, oregano, seasoning, and bring to boil. Replace pork, cover tightly and cook at 320°F/160°C/gas mark 3 for 1½ hours.

SAVOURY SAUSAGEMEAT

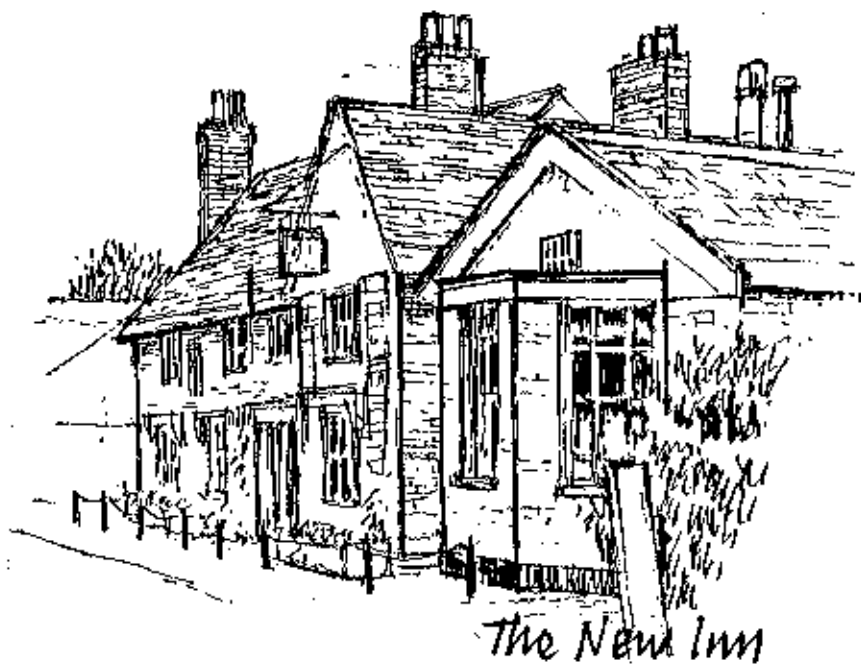
2 lbs pork sausagemeat
1 packet sage and onion stuffing mix
1 egg

Beat egg, and stir in stuffing mix (dry). Add sausagemeat, using a fork to ensure a thorough mix. Place mixture in a foil lined loaf tin. Bake on middle shelf for 30 mins 350°F/180°C/gas mark 4. Allow to cool before removing foil or slicing.

BETTY'S CASSEROLE

1 lb braising steak
1 can Campbells tomato soup
1 packet onion soup mix
6 tablespoons sherry
14

Cut the meat in cubes and toss in onion soup mix. Make tomato soup as directed on the can and add the sherry. Pour over the meat mixture. Cook in casserole for 2-2½ hours 350°F/180°C/gas mark 4. To 'dress up' this dish mushrooms and peppers can be added one hour before the end of cooking time. To make the dish go further for a hungry family, broken spaghetti can be added one hour before the end of cooking.



Shopping

Before buses and cars made shopping out of the village easy we had a very good selection of shops of every kind. At one time there were two bakers, a shoemaker, two general grocers, a blacksmith, a carpenter, a coalyard, a hairdresser for men and one for ladies, a watchmender, a Foden engine driver from the Mill, doctor, two butchers, and a shop for cycles and motor bikes. There was a post office, a dressmakers (in Church Cottage), a resident nurse and midwife, policeman and roadman. It must have been 50 years ago when a rather small man would come up the street ringing his bell with a basket of fish on his head. He only talked about his fish - how good it was, how cheap it was. He sold 13 herrings for a shilling, bloaters and sprats in season, all "straight from the fishing boats". How he made a living is a mystery.

Three Public Houses were locally named The Top House, The Middle House, and the Bottom House. (The White Hart was known as "Bung's"). The shop was called the Top Shop (now Peter Pavitt's) and still is by old Roydonians. It was a general store with a fairly large staff. A man would call on Tuesday to collect our order and on Friday it was delivered. Many people did not go shopping then and the bills were paid at the end of the week. There were Goods on one side, Drapery on the other, Hardware and Clothing upstairs. Later when it changed hands Mr and Mrs Stevens moved to the other side of the road to a house built in a small meadow, with a big downstairs room as a drapers shop (until recently the Coop).

Buses went to Hertford (6d) and Epping (7d) several times a day. Drivers were well known and friendly and would do a little shopping or deliver a parcel - all part of the service.



"The White Horse"



WHOLEMEAL PIZZA

Serves 4 - 425°F/210C/gas mark 7

Base:

- 8 ozs 100% wholemeal flour
- 2 teaspoons baking powder
- Pinch salt
- Pinch mixed dried herbs
- 6 fluid ozs milk

Heat oven. Grease pizza tray. Sift together all dry ingredients and mix to a stiff dough with milk. Roll out and put in tin.

Topping:

- 1 tablespoon oil
- 2 large onions, sliced
- 2 cloves garlic, chopped
- 1 tablespoon bran
- 1 tablespoon chopped parsley
- 4 large tomatoes sliced
- ¼ teaspoon sugar
- ¼ teaspoon dried basil
- 1 green pepper, in rings
- 4 ozs sliced mushrooms
- A few sliced stuffed olives
- Salt and pepper
- 3 ozs low fat cheese
- 3 ozs grated cheddar

Heat oil and fry onions and garlic. Stir in bran, parsley and one tomato, and simmer for 2-3 minutes. Spread this mixture over the pizza and sprinkle with sugar and basil. Arrange the other tomatoes, pepper, mushrooms and olives in pattern on top. Season. Cover with small spoonfuls of low fat cheese. Smooth them out and sprinkle cheddar on top. Bake for 20-30 minutes.

VEGETARIAN BOLOGNESE

½ lb courgettes, thinly sliced
½ lb button mushrooms, roughly chopped
3 tablespoons parsley
1 large onion, chopped
1 clove garlic, chopped
2 tablespoons olive oil
1 tablespoon fresh basil
1 small tin tomatoes
2-3 ozs slivered almonds or pine nuts
pinch sugar
salt and fresh ground pepper

1 lb fresh pasta or 8 ozs dried

Sweat onion and garlic in oil. Add courgettes and mushrooms, herbs and seasoning. Cook very slowly for about ½ hour. Stir in tomatoes and sugar. Cook another ½ hour adding nuts for last five minutes. Combine sauce and cooked pasta gently.

CURRIED NUT ROAST

½ lb hazel, brazil or walnuts (finely chopped)
½ lb tomatoes, peeled and chopped
1 medium sized green pepper, de-seeded and chopped
2 medium sized onions, chopped
3 ozs wholewheat breadcrumbs
1 clove garlic, crushed
1 teaspoon dried mixed herbs
1 tablespoon mild curry powder
1 egg, beaten
Cooking oil
Salt and freshly milled black pepper

Pre-heat oven to 425°F/220°C/gas mark 7. Grease one 7" square cake tin. Gently fry onion and pepper in a little oil until softened (about 10 minutes). Meanwhile mix the nuts and breadcrumbs together in a large bowl, adding garlic, herbs and curry powder. Then stir in onion and peppers, with tomatoes. Mix thoroughly and season with salt and pepper. Add beaten egg to bind mixture together. Finally pack mixture into prepared tin, and bake for 30/40 minutes until golden. Serve hot with spiced pilau rice, yoghurt, and mango chutney, or with fresh tomato sauce, or serve cold with salad.

BEANS IN SOURED CREAM

1 lb runner beans
1/4 lb soured cream
1/4 teaspoon grated nutmeg
1/4 teaspoon caraway seeds
Freshly milled black pepper
2 ozs butter
2 ozs fresh white breadcrumbs

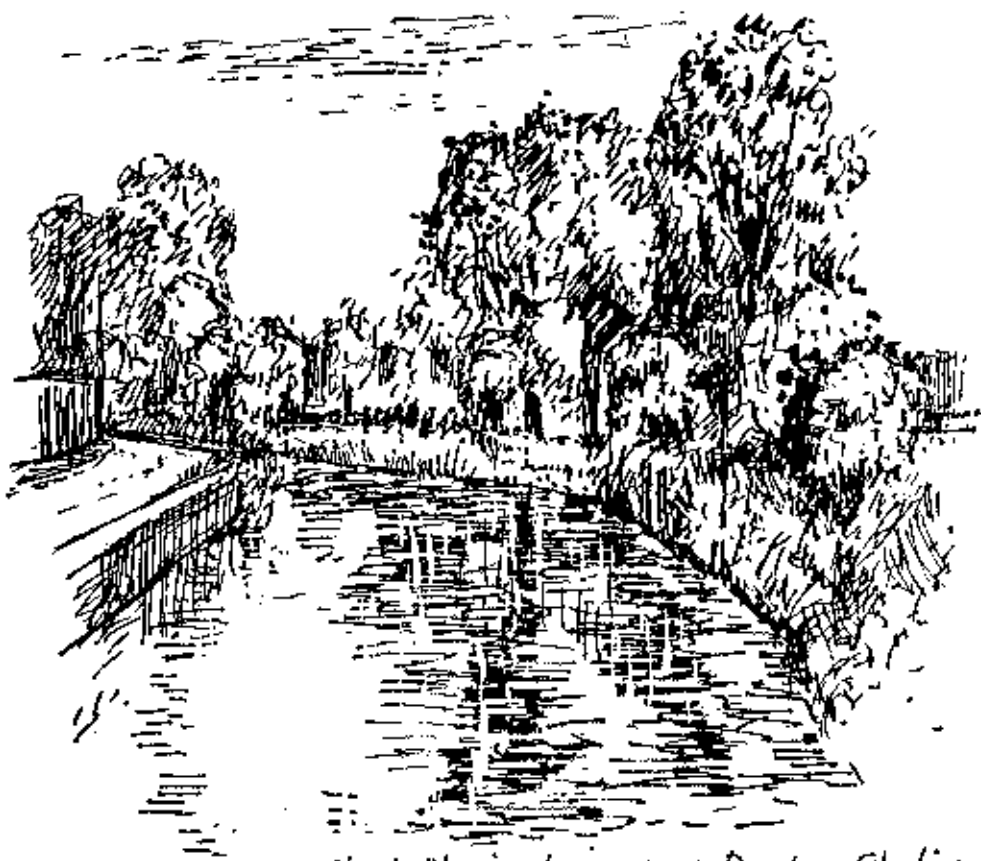
Top, tail, string and slice beans. Cook in boiled, salted water for 5 minutes. Drain well. Mix cream with nutmeg, caraway seeds and seasoning. Add beans and mix well. Well grease an oven dish with butter, then melt the rest of the butter and toss breadcrumbs in this briefly. Turn beans into dish, and cover with breadcrumbs. Bake in moderate oven 350°F for 20-30 minutes until top is crisp and golden.

COURGETTE BAKE

3-4 courgettes
2 eggs
1/4 pint single or double cream

4 ozs grated gruyere cheese

Slice courgettes and saute gently for about 10 minutes. Drain. Grease a flat fireproof dish lightly and spread courgettes over the base. Mix two eggs with cream and cheese. Pour this over the courgettes, and cook in a very hot oven for 15 minutes until puffy and golden brown. Serve with a green salad and wholemeal bread.



Stort Navigation near Roydon Station

The River

The river was very busy then. Huge horses pulled barges from London Docks to Sawbridgeworth and Bishops Stortford, and that meant the horses and men spent the night at places provided for them at Mr Rosendales Lock, beyond the station. The horse pulled the barge along to Roydon Bridge and was then unshackled. He walked across the bridge to the other side of the river while the momentum carried the barge under the bridge. The horse was hooked on again and they were on their way. It was a very cheap way of moving large loads, but when trains and lorries could do the job in a few hours, the river trade faded away.

In my young days we swam in the river: there were no caravans then. The river banks were wet and dirty, so my father made us a small ladder which we kept under the footbridge so that we could get in and out safely, without getting muddy.

When the number of vehicles proved too much for the old bridge a new one was proposed. It was a toss up whether the new bridge would go over the railway or not, but the price was too high. For a time, a small bridge was put across the river for pedestrians and cyclists - other traffic had to go via Burnt Mill. One proud day we went to see the new bridge officially opened. The oldest lady, Mrs Pavely, and the oldest gentleman, Mr Moore, rode over the bridge in an open carriage driven by Mr Sid Clark who had stables in the High Street.

The flat green meadows near the station used to flood every year and traffic was held up. A man with a horse and cart took people across for 1d each. Many years ago the meads used to freeze over in the winter - lovely for skating. Bonfires would be lit and hot drinks sold. I do not remember this, but my parents told me how exciting it was.



Roydon Bridge



CHOCOLATE MERINGUE GATEAU

Meringue: 3 eggs whites
 6 ozs caster sugar

Whisk egg whites until firm. Add sugar a little at a time. Cut 2 circles of baking parchment 8in (20cm) in diameter. Place on baking sheets and spread with meringue. Bake for 1 hour at 300°F/150°C/gas mark 2, then turn off heat and allow meringue to cool slowly in oven.

Chocolate 1/4 pint milk
Filling 2 ozs caster sugar
 2 ozs plain chocolate
 6 ozs softened unsalted butter
 3 egg yolks
 1 teaspoon cornflour

Put milk sugar and chocolate into a basin placed over a pan of hot water. Heat until blended. Stir a little of the liquid onto the beaten egg yolks and cornflour. Mix well and return it to chocolate mixture. Stir on heat until it thickens. This will take about 10 minutes and is ready when it coats the back of spoon. Remove from heat and leave until cold. Cream butter and beat in chocolate sauce.

Topping: 1/4 pint double cream (whipped)
 12 chocolate buttons or maltesers

To assemble gateau: Spread half filling over one meringue. Cover with second meringue and spread with remaining filling. Pipe cream in 12 large rosettes around edge and in centre of gateau, and decorate with chocolate buttons or maltesers.

CHEATS LEMON GATEAU

8 trifle sponges
4 ozs unsalted butter
6 ozs sugar
4 eggs (separated)
2 large lemons
½ pint double cream

Cream butter and sugar until pale and fluffy. Mix egg yolks together. Beat them into mixture a little at a time. Grate lemon rinds, add to mixture, then add juice of lemons. Whisk egg whites in a clean bowl until stiff. Using a metal spoon, fold them into the creamed mixture.

Using a 2 pint souffle dish or pudding basin, split sponges lengthwise and place layer in bottom of dish. Follow with a layer of mixture and continue building up alternate layers finishing with sponge. Cover dish with foil. Put a plate on top and leave in fridge overnight.

To serve: loosen cake around edges with a palette knife. Turn out onto a serving dish and cover with whipped cream.

CHERRY CHEESECAKE

For the base: 8 ozs digestive biscuits
- 2 level tablespoons golden syrup
2 ozs butter or marge

Crush biscuits with a rolling pin or potato masher. Place golden syrup and butter into a saucepan and heat gently until melted. Stir in crushed biscuits. Spread into an 8" loose bottomed cake tin and press down

2 large (8 ozs) cartons cream or cottage cheese
6 ozs caster sugar
6 level tablespoons dried skimmed milk
1 large lemon
 $\frac{1}{2}$ oz (1 envelope) gelatine
1 14 oz can cherry pie filling or any fresh soft fruits
 $\frac{1}{2}$ pint water

Sieve cheese into a large basin, stir in sugar, dried milk and grated rind of the lemon. Place lemon juice into a small basin over a pan of hot water. Add gelatine to juice stirring carefully until dissolved. Beat cheese mixture well. Slowly add water to juice and beat into cheese mixture. Pour into tin and leave in fridge to set.

To remove cheesecake - loosen edges and place tin on top of a 1 lb can. Gently push cake tin down from cheesecake. Ease off base and onto plate with a palette knife. Cover with chosen topping. Chill well.

CHARLOTTE AFRICAINE

5 fluid ozs rum
10½ fluid ozs cold water
3¼ fluid ozs kirsch
30-36 boudoir biscuits
9 ozs chocolate chips or chopped plain
chocolate
8 ozs butter
4 medium eggs, separated
8 ozs caster sugar

Mix rum, water and kirsch in a large bowl. Dip
in biscuits singly to avoid collapsing and line
a charlotte mould or souffle dish on base and
sides. Work chocolate and butter together on
gentle heat until smoothly blended. Whisk egg
yolks and caster sugar thoroughly, then whisk
into chocolate mixture. Whip egg whites very
stiffly and fold into mixture till smooth.
Turn into mould. Trim off any protruding
biscuit tips. Chill thoroughly before turning
out. Serve with cream slightly sweetened with
icing sugar.

ROSE SYLLABUB

½ pint rose wine (or sherry)
3 ozs caster sugar
Juice and rind of a large lemon
½ pint double cream
Strawberries

Put wine, sugar and lemon juice and rind into a
mixing bowl and leave in a cool place for at
least two hours (or overnight), to develop
flavour. Add cream to wine mixture and beat
until light and fluffy. Turn into bowl,
leaving the surface in light folds. Serve with
strawberries.

BANANA FOOL

1 lb bananas

Grated rind and juice of one lemon

2 5 ozs cartons of natural yoghurt

2 tablespoons soft pale brown sugar

1/4 pint whipping cream

Peel bananas and place in blender with lemon, yoghurt, and sugar. Blend until smooth and pour into a bowl. Whisk the cream and lightly stir into the bananas. Chill.

PINEAPPLE CREAM DESSERT

1 can crushed pineapple

1 small can evaporated milk

1 lemon jelly

1 lemon

Drain juice of pineapple and make up to 1/2 pint with cold water. Use this to make up lemon jelly in the usual way. When cool, stir in juice of one lemon. Whisk the milk and gradually add the lemon jelly, whisking thoroughly. Stir in pineapple, and leave to set. Decorate with whipped cream.

BLACKCURRANT BRULEE

1/2 lb blackcurrants

1/4 pint water

3 ozs demerara sugar

1 1/2 level teaspoon arrowroot

1 tablespoon water

1/4 pint soured cream

Soft light brown sugar

Ground cinnamon

Roydon Station

Roydon Station was a very different place 70 years ago. It had a big staff, warm and comfortable waiting rooms, and porters to find a seat for you and carry your luggage! There were warm fires in winter and foot waramers in the carriages - luxury! There were signalmen, a clerk in the booking Office, and the Station Master, very smart in a dark blue uniform trimmed with gold braid on the collar, pockets and on his hat. He and his wife and five children all lived in the small area behind the ticket office. After a while they moved into the lodge across the river which gave them more room.

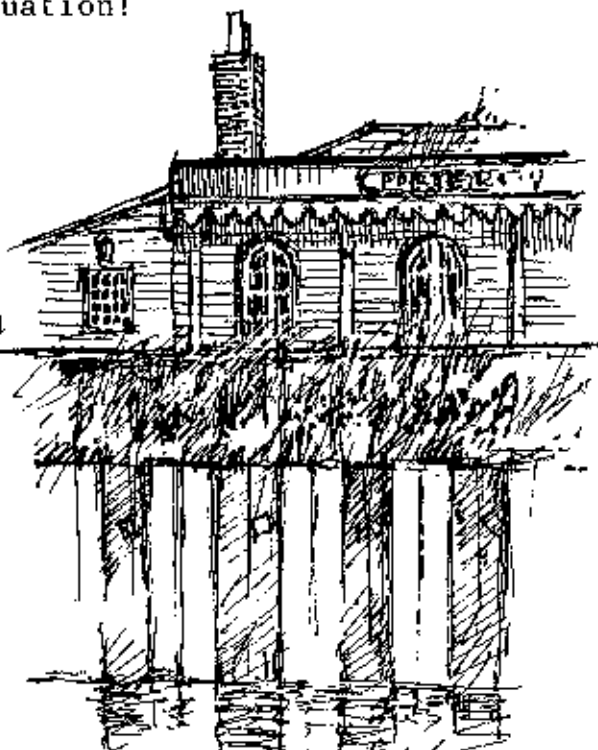
The gates had to be opened and closed many times a day for traps, carts and horses. Bicycles could go through the small gate, as could passengers. There were very few cars. If you wanted to go to London you had to cross the line to buy your ticket, recross it and, depending on the weather, sit on a seat on the platform or crowd into the warm waiting room. A ticket to London cost 1s 9d return.

One Saturday afternoon I decided to go to Stortford to visit my uncle. Picking up my handbag and noting that I hadn't much time, I hurried off to the station. When I got there a very long London bound train was standing on the line, completely blocking my way. I waited for a few minutes, nothing happened, then I heard the signal for my train. I had to do something quickly!

I stooped down and looked under the stationary train. There were no pieces of iron or chain, so I thought, even if it did move, I could lie between the lines until it had moved away. So I went under the train without difficulty and round the engine of the other train going to Stortford, shouting to the man to keep the train until I was aboard.

The Station Master was just about to blow the whistle for off when I came on the scene. "How did you get here?" he asked. "I came under the train" I told him. He was really horrified, but I got safely to Stortford. I didn't hear any more about my escapade, but the next time I went to the station there were lots of notices and arrows and I could see that I wouldn't be able to repeat what was to me a simple solution to an awkward situation!

Roydon Station





APPLE AND ALMOND PUDDING

1 lb cooking apples
2 ozs soft brown sugar
4 ozs ground almonds
4 ozs butter (softened)
4 ozs caster sugar
2 eggs (beaten)

Stew apples until soft with brown sugar and 1 tablespoon water. Arrange in the bottom of a buttered pie dish. Cream butter and caster sugar until soft and fluffy. Beat in eggs a little at a time, then fold in ground almonds. Spread over cooled apple mixture to a smooth surface. Cook for exactly 1 hour at 350°F/180°C/gas mark 4. Delicious served hot or cold with whipped cream.

PEACH PUDDING

1 large tin sliced peaches
Caster sugar
2 ozs butter
2 ozs plain flour
2 eggs
few drops of vanilla essence
2 teaspoons lemon juice

Strain the peaches and save the juice. Put the fruit into a fireproof dish with a little of the syrup, two tablespoons caster sugar, and lemon juice. Melt the butter in a saucepan. Mix in flour, add milk, cook, and stir for 5 minutes. Remove from heat, stir in peach syrup

and two egg yolks. Pour this over the peaches and place in a warm oven to set. Whisk the egg whites, add two tablespoons of caster sugar and a few drops of vanilla essence. Pile on top of pudding. Bake in a cool oven until meringue is golden brown. Serve warm.

SUSSEX POND PUDDING

8 ozs self raising flour
4 ozs suet
4 ozs salted butter
Milk and water
4 ozs demerara sugar
1 large lemon

Mix the flour and suet together in a bowl. Make a dough with milk and water, half and half; $\frac{1}{2}$ pint should be plenty. Roll out into a large circle. Cut a quarter out of a circle, to be used later as the lid of the pudding. Butter a $2\frac{1}{2}$ pint pudding basin lavishly. Drop the three quarter circle of pastry into the basin and press the cut sides together to make a perfect join. Put half the butter, cut up, into the pastry, with half the sugar. Prick the lemon all over and put it on the butter and sugar. Add the remaining butter and sugar and seal with the remaining pastry, rolled out to form a lid. Cover the pudding securely with a piece of aluminium foil which has a pleat in it. Place pudding in a large pan of boiling water and boil for 3-4 hours.

PLUM CRUMB BAKE

1 lb plums
3 tablespoons golden syrup
4 ozs fresh breadcrumbs
2 ozs margarine
1 oz demerara sugar
 $\frac{1}{4}$ teaspoon powdered cinnamon

Halve the plums and place in $1\frac{1}{2}$ pint pie dish. Spoon over syrup and cook uncovered for about 20 minutes at $375^{\circ}\text{f}/190^{\circ}\text{c}$ /gas mark 5. Fry crumbs in margarine turning them often until they colour. Combine cinnamon and sugar and stir into crumbs. Spoon over plums and cook for a further 15 minutes. Serve warm with cream or custard.

SPICED APPLE AND RAISIN PUDDING

This recipe can be made the day before it is wanted.

$\frac{1}{2}$ lb cooking apples
2 tablespoon water
12 ozs self raising flour mixed with 1 level
teaspoon cinnamon and $\frac{1}{2}$ level teaspoon mixed
spice
4 ozs soft brown sugar
4 teaspoons milk
3 ozs butter
1 oz walnuts
3 ozs raisins
2 eggs
3 tablespoons warmed sieved apricot jam
1 tablespoon cointreau

Grease $1\frac{1}{2}$ lb pudding basin. Peel, core and slice apples. Stew in 2 tablespoons water. Cool and sieve or liquidize. Chop walnuts and raisins. Rub butter into flour and spices. Add walnuts, raisins and sugar. Lightly beat eggs and fold in with apple puree. Blend well and add milk. Put into basin and cover with greaseproof paper and foil. Steam for 2 $\frac{1}{2}$ hours. Before serving, mix jam with cointreau and pour over pudding.

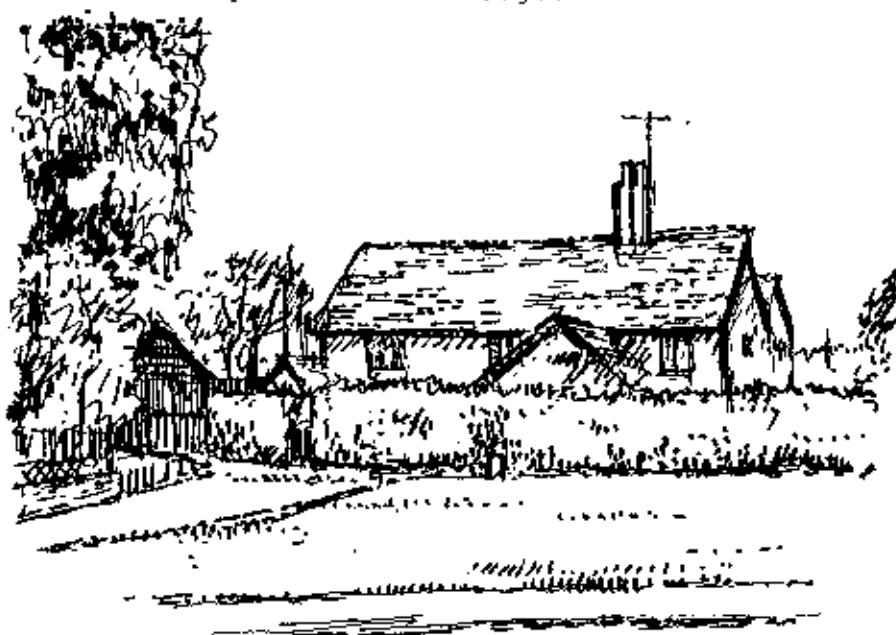
BAKED GOOSEBERRY PUDDING

Melt 4 tablespoons demerara
 or soft brown sugar
and 2 tablespoons butter in
 fireproof dish.

Add tight layer of gooseberries.

Spread cake mixture over, made from:
 1/4 lb soft butter or margarine
 1/4 lb caster sugar
 1/4 lb self raising flour
 1/2 teaspoon baking powder
 2 eggs

Bake Gas 4 for 1 hour
 Sprinkle with sugar



"Sakeins" and Village Green.

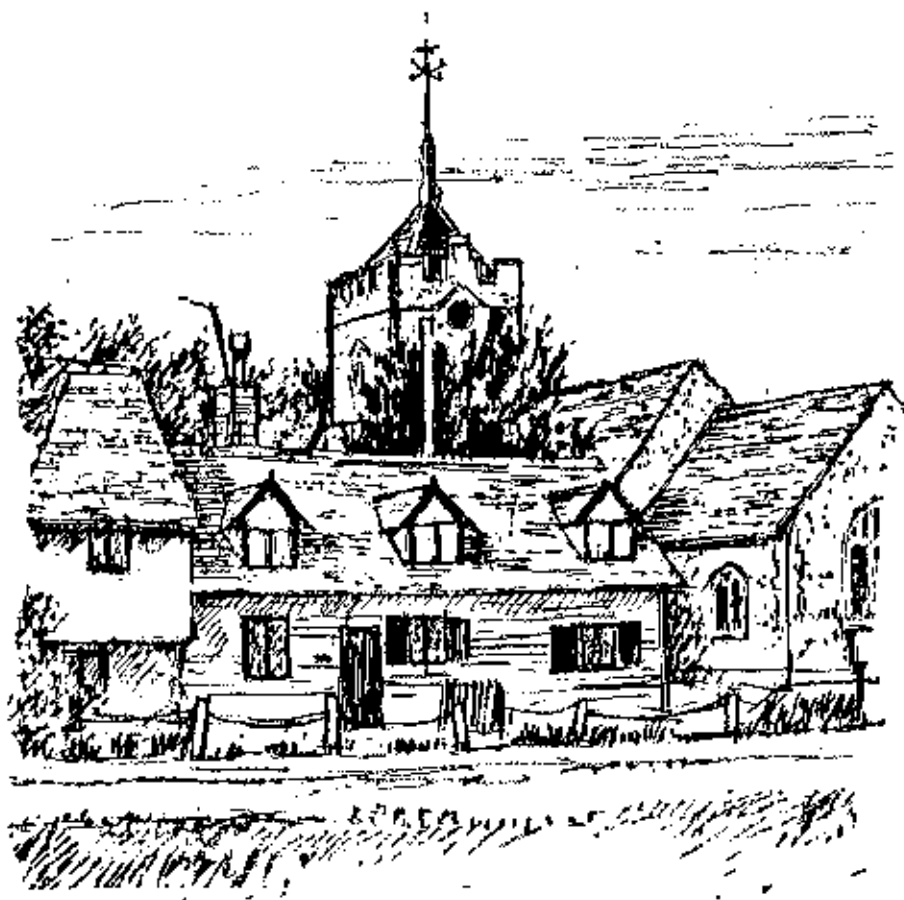
The Green

The road into the village from the station was rather narrow - a row of trees on one side and a high brick wall on the other. After electricity had been brought to Roydon and a deep ditch dug under the trees - cutting through their roots - to carry the cable, a big storm blew all the trees down except two. The brick wall was badly damaged and the road closed until the trees could be cut up and moved. When eventually the wall was rebuilt it was put back quite a long way so that a footpath and wide green swathe made going to the station less hazardous - in fact it was a great improvement.

On the other side of the wall was a large house called Roydon Lodge. There were several acres of grass and a pony wearing leather boots (to save the grass from hoof prints) pulled a big mower. Later the house was turned into flats. It was used during the war for First Aid. Later still it was pulled down and Ducketts Mead built on the site.

The Green makes a nice open space. To me it seems smaller now than when I first knew it. At one time there was a "pound" near the old barns (now gone) where cattle were kept until their owners turned up. The stocks and whipping post have been mended quite a few times and not much of the original remains. The lockup is still in good repair. Fairs with swings and roundabouts were held on the Green each summer until the war. I can remember hearing the exciting music - when we were young we enjoyed it very much.

Temple Farm was quite a big farm with many cows and milk was taken round the village in big churns. Miss K Abbey drove the pony and the milk float would stop and you took your own jugs - no delivery to the door. Churns of milk were taken to the station and sent to London every day.



Church Cottage and St. Peter's

BISCUITS

SHAPED SHREWSBURY BISCUITS

125 gms margarine
150 gms sugar
1 egg yolk
225 gms plain flour
Grated rind of a lemon

Cream fat and sugar until pale and fluffy. Add egg yolk and beat well. Sift flour. Add lemon rind and mix to a fairly firm dough. Knead lightly and roll out to about 6 mm thick on lightly floured surface. Cut into shapes, put onto greased baking sheet and bake at 350°F/180°C/gas mark 4 for 15 minutes or until they are very light brown in colour. Allow to cool slightly before lifting.

GOLDEN OATIE BISCUITS

1 desertspoon water
1 desertspoon golden syrup
4 ozs margarine
1 good teaspoon bicarbonate of soda
4 ozs self raising flour
4 ozs Quaker oats
4 ozs sugar

Put water, syrup and margarine into a saucepan to melt slowly but not boil. Take off heat and add bicarb, flour, oats and sugar. Mix well. Using a teaspoon, take a small amount of mixture (about the size of a walnut) and roll into a ball. Place on a baking tray and flatten slightly. Allow room for biscuits to spread whilst cooking. Bake for ten minutes (350°F/180°C/gas mark 4). Allow to cool before lifting from tin.

TOFFEE KRISPIES

4 ozs butter
4 ozs marshmallows
4 ozs toffee
1 small packet Rice Krispies

Melt the first three ingredients slowly in a large saucepan (do not boil). When completely melted take off heat and stir in the whole packet of Rice Krispies. Mix thoroughly and then pour into two greased baking trays. Press down the mixture, first with a knife, then with the hand. Refrigerate well. Cut into fingers with a sharp knife. Store in the fridge.

CARAMEL SQUARES

1st layer 4 ozs margarine
 4 ozs self raising flour
 2 ozs sugar

Fork together until mixture resembles breadcrumbs. Press hard into a baking tray 11½" x 8". Bake at 325°F/170°C/gas mark 3 for 25 minutes.

2nd layer 4 ozs margarine
 4 ozs caster sugar
 2 tablespoons golden syrup
 1 small tin condensed milk

Melt all ingredients in a saucepan. Bring to boil and simmer for ten minutes stirring all the time with a wooden spoon to prevent burning. Pour onto biscuit base.

3rd layer 1 large bar of Galaxy chocolate
 (150gm)

Melt in a basin over a pan of boiling water. Pour onto second layer. Cut into squares when set.

CALIFORNIA RAISIN SQUARES

1 beaten egg
6 ozs soft brown sugar
2½ ozs margarine
3 ozs self raising flour
6 ozs seedless raisins
3 ozs plain chocolate - small pieces
Pinch salt
Few drops vanilla essence

Beat egg, sugar and margarine. Add sieved flour and salt. Stir in vanilla essence raisins and chocolate and mix well. Spread in greased shallow tin and bake in a moderate oven 350°F/180°C/gas mark 4 for 35 minutes. Cut into squares and turn out while still warm.

CHOCOLATE VIENNESE FINGERS

4 ozs (125 gms) butter
1 oz (25 gms) icing sugar - plus little to dredge
1 oz (25 gms) plain chocolate - melted
¼ level tablespoon (1.25 ml) drinking chocolate
Vanilla flavouring
6 ozs plain flour
1 teaspoon baking powder

Beat butter until smooth then beat in sugar and cooled, but still liquid chocolate. Sift flour, baking powder and drinking chocolate into mixture and beat well, adding a few drops

The Forge and Poor House

The blacksmith and wheelwrights used to be where Mrs Greenhill now has her shop. Horses were shod here, and behind this were large sheds for timber and iron as they also made carts and wheels, fences etc. They also built excellent houses.

We would stand in the doorway to watch the horses' shoes being put on, and, until we knew better, shuddered at the pain the horses must be feeling and how strong the man needed to be to hold the horses leg up! Most horses took it as a matter of course - others, and the young ones, sometimes became restive and then the man would talk soothingly to the uneasy and perhaps frightened horse.

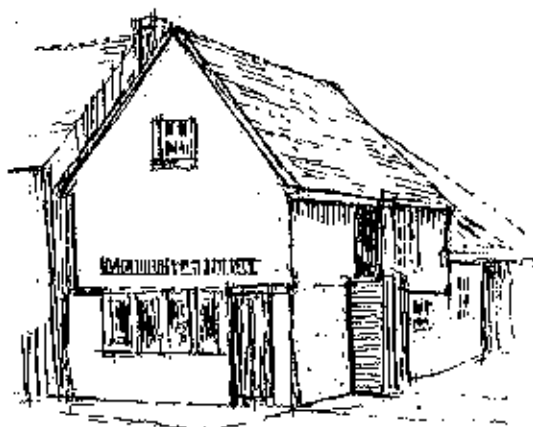
Before the Langridge family came the house had one of the front facing rooms for a sweet shop, biscuits etc and ice-cream. I tasted my first ice-cream there and thought it was wonderful. At the High Street sweet shop ("Whitegates") the ice-creams were made from fresh cream, mixed or topped with the ice. Gorgeous!

The houses next to the shop are the same today, except that the tiny one that is the first of the row was occupied separately - now it is joined to the second house. The end house (now Dowsett's House) was the Poor House, where those walking from Ware to Epping could spend the night. These people were called tramps, and if you were kind to them they made a secret mark on your wall or gate. Then the tramps would call and ask for hot water, and of course

we gave them sugar, tea, milk, and something to eat. My father had great sympathy and compassion for the tramps and would go without his own dinner to feed one.



Dowsett's House



Roydon Forge



HIGH FIBRE COFFEE CAKE

6 ozs of 100% or 81% wholemeal flour
2 ozs ground almonds
3 rounded teaspoons baking powder
6 ozs margarine
6 ozs brown sugar
2 eggs
4 fluid ozs strong black coffee

Streusel Topping

2 ozs soft margarine
2 ozs brown sugar
2 digestive biscuits
2 ozs walnuts or hazelnuts

Grease and line 8½" loose-bottomed tin. Heat oven to 350°F/180°C/gas mark 4. Mix flour, almonds and baking powder. Cream sugar and margarine and beat in eggs. Fold in flour etc and add coffee. Put into lined tin. Prepare topping. Chop nuts, crumble biscuits, mix in sugar and margarine and sprinkle over cake. Bake for 50-60 minutes

SOMERSET APPLE CAKE

8 ozs self raising flour
2 ozs margarine
1½ oz lard
4 ozs sugar
1 lb cooking apples
¼ teaspoonsful spice
Pinch salt
1 beaten egg
A little milk
A little demerara sugar

A really quick, easy and delicious apple cake. Mix all dry ingredients together. Cut apple into dice portions and add to mixture. Add milk to obtain a fairly soft dough. Put into a shallow 10" square tin. Spread evenly and sprinkle with demerara sugar. Bake 30-40 minutes at 350°F/180°C/gas mark 4.

HONEY CAKE

8 ozs flour
2 ozs butter
1 teaspoon ground ginger
1 level teaspoon bicarbonate of soda
8 ozs honey
1 egg
½ teaspoon mixed spice
½ teacup milk
Shredded almonds

Sieve flour, ginger and spice together. Put butter and honey in a mixing bowl and stand over hot water till the butter is dissolved; add the beaten egg, then stir in the sieved flour and lastly the bicarb dissolved in the milk, which should be slightly warm. Mix thoroughly. Turn into a greased shallow tin about 9 inches across. Sprinkle with shredded almonds and bake in a slow oven 340°F/170°C/gas mark 3 for about 1 1/4 hours.

Note: Margarine or 3 tablespoons salad oil can replace butter.

FRUIT LOAF

1 cup milk
1 cup sugar
1 cup raisins
1 cup sultanas

4 ozs margarine
2 cups self raising flour
1 beaten egg

Place first five ingredients in pan and heat slowly until melted. Allow to cool. Add one cup of flour and beaten egg. Then add second cup flour. Bake in a 2 lb loaf tin 320°f/160°c/gas mark 2 for 1 1/4 hours.

DATE AND SULTANA BREAD

1½ tablespoons treacle
1 oz butter
1/4 pint milk
6 ozs wholemeal flour)
1½ level teaspoon baking powder)sieved
1/4 level teaspoon salt)together
1 level teaspoon bicarb)
3 level tablespoons brown sugar
2 ozs chopped dates
2 tablespoons sultanas

Warm treacle and butter with the milk in a saucepan until butter has melted. Mix remaining ingredients together in a mixing bowl. Make a 'well' in centre. Add the liquid, and mix to form a thick batter. Pour into a base-lined and greased 1 lb loaf tin and level the surface. Bake for one hour 350°f/180°c/gas mark 4.

LEMON CAKE

4 ozs margarine
8 ozs caster sugar
8 ozs self raising flour
1/4 pint milk
2 eggs
Rind of one lemon

Topping:

4 ozs caster sugar

Juice of one lemon

Pour over cake whilst hot - straight out of oven

Make cake by usual creaming method. Put into 8 inch lined cake tin. Cook 325°F/170°C/gas mark 3 for one hour. Pour topping over and leave in tin until cold.

MOCHA SQUARES

8 ozs margarine

8 ozs sugar

8 ozs self raising flour

5 ozs porridge oats

2 ozs cocoa

Icing:

2 ozs margarine

1 tablespoon coffee essence

8 ozs icing sugar

1 tablespoon water

Lightly grease a 13" x 9" swiss roll tin. Melt margarine in a pan. Stir in sugar, flour, oats and cocoa. Mix well. Press into tin. Bake in centre of oven for EXACTLY 15 minutes at 350°F/180°C/gas mark 4. Do not bake for longer than recommended time as it will lose its fudge like texture.

For icing, melt margarine with 1 tablespoon water and coffee essence. Sift icing sugar into a bowl, add melted ingredients and beat well. Spread icing onto base. When partly set, mark with back of a fork. When set cut into squares and remove from tin.

STICKY PRUNE CAKE

4 ozs (100 gms) prunes
4 ozs (100 gms) raw brown sugar
4 fluid ozs (100 ml) vegetable oil
2 eggs
5 ozs (150 gms) 100% wholemeal flour
 $\frac{1}{2}$ teaspoon bicarbonate of soda
1 teaspoon ground cinnamon
 $\frac{1}{2}$ teaspoon mixed spice
 $\frac{1}{2}$ teaspoon ground nutmeg
Pinch ground cloves
4 fluid ozs (100 ml) buttermilk (ordinary milk)

Topping:

2 ozs raw brown sugar
3 tablespoons buttermilk
1 tablespoon black molasses or honey
Few drops vanilla essence

Simmer prunes in water until just tender. Drain, remove stones and roughly chop. Whisk together sugar, oil and eggs until thick and smooth. Stir in prunes and milk. Add dry ingredients and mix well. Pour mixture into a greased and lined 9" sandwich tin and bake for about 30 minutes at 350°F/180°C/gas mark 4 until firm to the touch.

Warm topping ingredients together in a small pan. Prick cake all over with a skewer and spoon syrup over the top. Leave in tin to cool. Cut in wedges. Serve with fresh or soured cream.

PEPPERKAKA ~ A swedish spice cake

2 eggs
8 ozs granulated sugar
8 ozs plain flour
2 teaspoons baking powder
2 teaspoons cinnamon
1 teaspoon ground cardamom or mixed spice
4 fluid ozs milk
4 ozs melted butter or margarine

Beat eggs and sugar together, then add flour, baking powder and spices. Mix well. Add milk and melted butter or margarine. Beat well and pour into a greased and lined tin. Bake for 45 minutes at 350°F/175C/gas mark 3-5.

PORTINGALL CAKE

Taken from a manuscript cookery book (c 1770)

"Put into a flat saucepan or earthen jar:

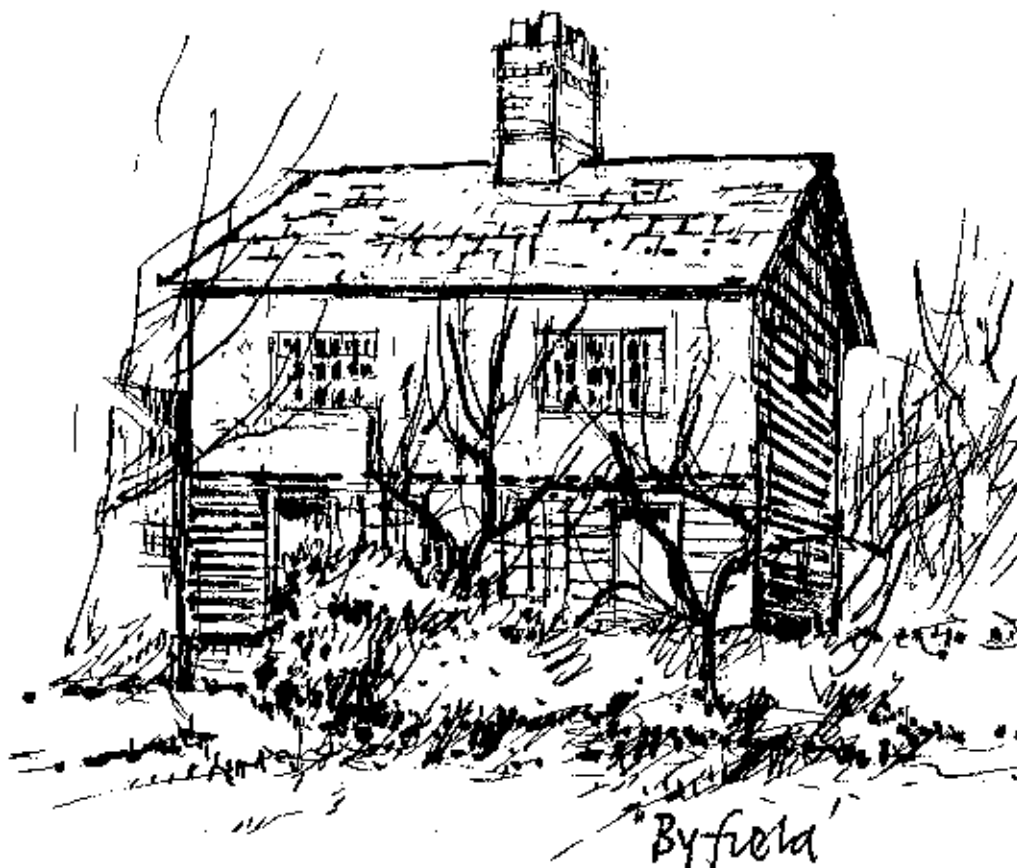
1 lb fine sugar
1 lb fresh butter
A little mace
5 eggs

Beat it very well with your hands till it looks cardled, then put in;

1 lb flour
½ lb currants

Keep beating and working it till it is well mixed, and then fill your pans"

This mixture makes two delicious buttery cakes. Use caster sugar and self-raising flour. Half quantities may be used for one cake, using 3 eggs. Bake for 1 1/4 hours on 340°f/170°c/gas mark 3



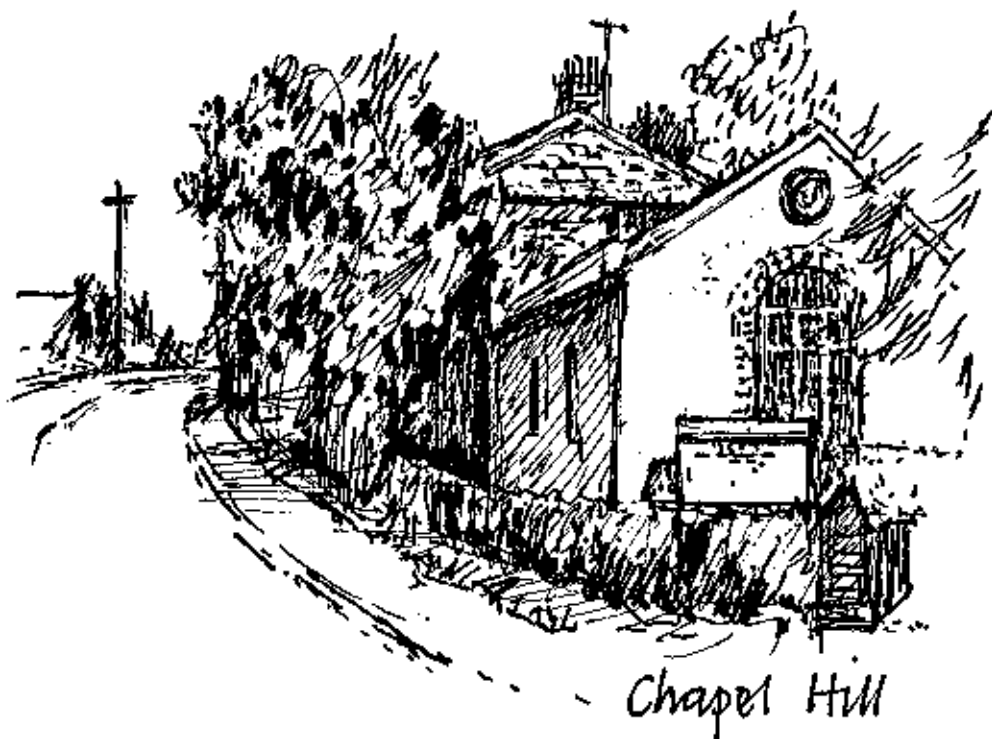
Harlow Road

Opposite The Forge was an orchard and a drive to a house called Beaumont where Dr Wormald (headmaster of a school in London) lived with his family. He later built The Grange at the end of the lane now called Grange Lane, and another house for his son. These were the only houses in the lane then. At the bottom was a well called Jack's Well Hill. Over the bridge was the Chapel (now the United Reformed Church). It was very different - not as attractive as it is today, and it had a gallery which has been removed.

When we first came to Roydon the people who lived on Chapel Hill had to get their water from the stream: steps had been made and a handrail, and a deeper place made for the water to collect and fill the pails. I have often walked under the bridge, going down one side and up the other. My parents used to wonder how I could possibly get my feet wet on a dry day! We used to wander along the stream after church: there were flowers, ferns and some rushes higher than we were, and a small home-made water mill placed there by one of the boys. It was a super place to go - a quagmire in the winter but to us, in summer, a fairyland indeed.

Beyond the Manse were two little cottages, then two thatched houses and then Mount Pleasant where Sir Henry and Lady Betterton lived. The two weatherboard cottages beyond ("Byfield") were moved by hand on rollers, from Coldharbour to Harlow Road because they were so isolated nobody wanted to live in them.

Most of these old houses had wells in the garden and the rest had pumps for drinking water. Everyone had a tank or large wooden butt to catch the rain for washing clothes, and baths. East End had a pump for all to use, and a lovely big pond with ducks on it. This is where the horses drank as they came in from work, and the carts could also be washed.



Chapel Hill



CHRISTMAS ICE PUDDING

6 ozs of a combination of any of the following:
raisins, currants, mixed peel,
glace cherries, glace pineapple,
marrons glace.

4 tablespoons rum

$\frac{1}{2}$ pint single cream

5 egg yolks

5 ozs caster sugar

4 ozs (2 good tablespoons) unsweetened chestnut
puree (tinned)

4 ozs bitter chocolate

$\frac{1}{2}$ pint double cream

Chop the dried and glace fruits roughly and
soak them in the rum. Heat cream to near
boiling point, pour it onto egg yolks mixed
with sugar and return to pan. Stir over gentle
heat until custard thickens, but do not allow
it to boil. You may find it easier to do this
in a double saucepan. When the custard has
thickened add the chestnut puree and the
chocolate, and stir well until it has melted
and the custard is smooth. Leave to cool.
Stir in the fruits and finally the whipped
cream. Line a pudding basin with foil or
cling film. Pour in the mixture, wrap and
freeze. To serve, remove from freezer 1 hour
before serving. Turn out pudding, leave in
fridge until you are ready to eat it.

ICED CHRISTMAS PUDDING

1 tablespoons glace cherries (chopped)

1 tablespoon sultanas

1 tablespoon currants

2 tablespoons glace pineapple

2 tablespoons brandy
1 packet of vanilla ice cream
1 small carton double cream

Place the fruit in a bowl and add the brandy. Marinate for two hours. Beat the ice cream until soft and add to marinated fruit. Mix well. Turn the mixture into a $1\frac{1}{4}$ pint foil basin. Wrap, seal and freeze. To serve - unwrap, unmould and place on a serving dish. Thaw at room temperature for 15 minutes. Cover pudding completely with rosettes of whipped cream. Decorate with small pieces of glace cherries and angelica.

CHRISTMAS TRIFLE

4 trifle sponges
Marmalade
6 Macaroons
 $\frac{1}{4}$ pint sherry
 $\frac{1}{2}$ pint custard
 $\frac{1}{4}$ pint double cream
1 egg white
1 oz caster sugar

Split sponge cakes and sandwich together with marmalade. Arrange in glass dish. Cover with macaroons and soak with sherry. Cover with custard and leave to cool. Whisk cream, egg white and sugar until stiff, and pile on top. Decorate with glace cherries, angelica, and blanched almonds.

GALETTE DES ROIS

400 gms puff pastry
90 gms icing sugar
125 gms ground almonds
80 gms butter or margarine
1 teaspoon rum
2 egg yolks

Take half of the pastry and roll into a circle. Place onto a greased baking tray. Mix icing sugar, almonds, 1 egg yolk and butter together in saucepan and heat gently for three minutes, then place onto rolled out pastry. Roll out remaining pastry to form a circle of the same size. Place it on top and fold over edges to form a seal. Using the other egg yolk, paint the top, then using a sharp knife slit the pastry two or three times. Bake for 30 minutes at 400°f/200°c/gas mark 6.

PINEAPPLE MINCEMEAT

12 ozs cooking dates, chopped from a block
5 fluid ozs brandy
8 ozs each currants, sultanas, raisins
3 ozs candied peel
Grated rind 1 lemon
Grated rind and juice 1 orange
2 ozs chopped almonds
1 teaspoon mixed spice
12 cooking apples, chopped or grated
12 ozs tin pineapple drained and chopped

Put everything into a bowl and mix well. Spoon into clean dry jars three-quarters full. Press down and cover with greaseproof disc, then lids. Store in a cool place. Makes about 4 lbs. Ready in a week.

EASTER NESTS

25 gms margarine
2 tablespoons golden syrup
25 gms drinking chocolate
7 tablespoons shredded wheat (slightly crushed)
Mini eggs or smarties
Cake cases

Melt margarine and syrup with drinking chocolate in a pan, but do not boil. Remove from heat and stir in shredded wheat. Spoon mixture into cake cases and make a hollow for the eggs or smarties. Leave to cool. Put eggs in nests.

EASTER BISCUITS

8 ozs flour
4 ozs margarine or butter
1 egg
4 ozs caster sugar
1 oz ground almonds
1 ozs currants
Pinch of salt
Milk

Rub fat into flour, add salt, stir in sugar, almonds and currants. Beat egg with tablespoon milk and stir into dry ingredients. Mix to a firm stiff dough. Roll out thinly on a floured board. Stamp with a round cutter. Bake on greased tins for about 20 minutes at 400°F/200°C/gas mark 5. Whilst still hot dust with caster sugar.

ORANGE SIMNEL CAKE

6 ozs butter or margarine
6 ozs caster sugar

Grated zest of 2 oranges
2 ozs fine cut marmalade
3 eggs
4 ozs chopped orange candied peel
8 ozs sultanas
8 ozs s/r flour
1 tablespoon orange juice

Cream together butter, sugar, zest and marmalade. Beat in eggs carefully, adding a little flour to prevent curdling. Mix in peel, sultanas, flour and orange juice. Now make the marzipan by blending;

8 ozs ground almonds
4 ozs caster sugar
4 ozs icing sugar
Grated zest of 1 orange
1 egg yolk
Orange juice to bind.

Divide marzipan in 3. Make 2 - 8" rounds and 11 balls (for the apostles - Judas is not included). Line 8" cake tin. Put in half cake mixture, then 1 marzipan round. Top with rest of cake mixture. Cook 2 hours in moderate oven. Gas 3. Brush cooked cake with warmed marmalade. Top with second marzipan round and 11 balls. Brush with egg white and brown under slow grill.



Roydon from the fields

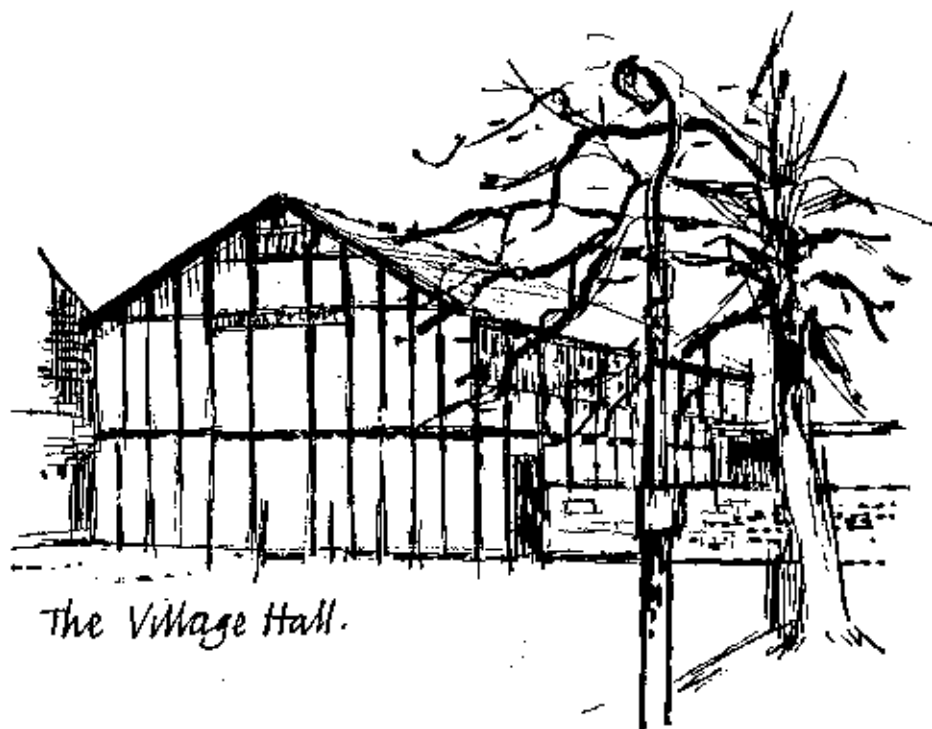
The Village Club and Wartime

The Village Club (now the Village Hall) was erected about 1920 in memory of the men who died in The Great War. It was a splendid building when it was first built. There was a large hall with stage and greenrooms behind, a billiards room with two tables and raised seats for good viewing, an entrance hall with a shop for teas and refreshments, a room lined with books for our library, and all mod cons. Every year a very fine pantomime was written - music, songs and stories all by Roydon people - and it was a huge success. We looked forward to this until the war put an end to it.

Whilst the men were away fighting for us we had a small dance once a week with a pianist and violinist - it was 6d to come in and we really enjoyed it - a bright, happy time. I had to promise to close it if there was an air raid, but on the whole we made several shillings profit. This I made into a fund for our soldiers and sailors, and when all the names and addresses were in I sent them 2s 6d postal orders from "Friends from Roydon". Somehow, a few got to know the instigator and I had some lovely letters of thanks, so happy to have been remembered and to wish they were with us. After the war there was a £6 surplus which I gave to a "Welcome Home Fund".

During the war a building was erected in the yard between Allens Row and The White Hart. This was called The British Restaurant and was a godsend to many people. The work in the kitchen was done by paid cooks, but all the

other jobs by voluntary workers. I can remember helping with the till - 4d for the first course, 3d or 4d for the second, and a cup of tea 2d. It was good, plain, wholesome food and many people were sad when it closed some time after the war ended.



The Village Hall.



GOOD TIPS FOR CARING COOKS

When cooking brussels sprouts or other strong smelling cabbage greens, a good squeeze of lemon juice added when put into boiling water will remove all strong and unpleasant odours and keep the colour of the vegetables. Never overcook your vegetables.

COOKING FROZEN RUNNER BEANS (AND OTHER FROZEN VEGETABLES)

Place frozen beans in sufficient COLD water to cover them (with salt added if desired) and bring to boil. Pour away most of the water and gently simmer, without lid, for about 3-4 minutes. This will produce beans with the fresh-from-the-garden taste. Most people overlook that frozen vegetables are already partially cooked when they are blanched, and they then go on to overcook them until they are soggy. Ugh!!!

HOT CHOCOLATE DELIGHT

2 heaped teaspoons cocoa
¼ teaspoon instant coffee
1 oz brandy OR ¼ teaspoon vanilla essence
Grated chocolate
½ pint hot milk
Sugar to taste
Whipped cream (chilled)

Place all ingredients in a warmed liquidizer having milk on simmering point. Blend on maximum speed for 10 seconds. Pour into glasses, top with spoonful whipped cream and a little grated chocolate.

APPLE TEA

A very refreshing drink for a hot summer afternoon is a mixture of cold tea and apple juice. The secret of success is not to brew the tea in the normal way but to soak the tea leaves or tea bags overnight in cold water. Strain the tea if leaves are used then add apple juice and chill well.

Starter recipe for a long, not too sweet drink is:

6-8 tea bags (or spoonfuls) to 1 pint cold water, and
two parts of tea, to one part unsweetened apple juice.

If liked, proportions can be up to half and half. It is a matter of personal taste. Keep in fridge.

CANDIED PEEL

Using orange, lemon, and grapefruit peel, pare off any surplus pith and leave in large pieces. Place in a jug of boiling water to which 1/4 oz bicarb has been added and leave for 20 minutes. Meanwhile bring 1/2 lb sugar in 1/2 pint water to the boil and when fully dissolved pour it over the peel and leave to soak for two days then drain off cold syrup. Re-heat it and add a further 4 ozs of sugar. Next add the peel and cook until it is semi-transparent. Drain off syrup and dry the peel in a very slow oven (say 90-120°F). Then boil up the syrup once more. Dip peel into it, before drying in the same way once again. The strong sugar syrup remaining can be re-used.

ZERO CALORIE SALAD DRESSING

1/4 pint wine or cider vinegar
1/2 clove garlic crushed slightly
1/4 teaspoon tarragon
1 tablespoon chopped parsley
1/4 teaspoon oregano (Marjoram)
1/4 teaspoon salt

Put all in screw topped jar (plastic lid) and shake well. Store in fridge. Will keep 2 weeks at least.

CINDER BONFIRE TOFFEE

8 ozs granulated sugar
1/4 teaspoon cream of tartar
1 tablespoon golden syrup
1/8 pint cold water
1/4 teaspoon bicarb
1 teaspoon warm water

Heat sugar, cream of tartar, syrup and water until sugar is dissolved. Boil to 300°F (hard crack stage) without stirring. Put the bicarb into warm water and add to the mixture which will froth. Stir and pour into an oiled tin. When cold break into pieces and keep in a tin or jar.



Kingsmead to Halls Green

Kingsmead, when I was young, was a private house with stables as the owners went hunting - the ladies side saddle in those days. Later the house was turned into a private school for boys and now a firm has it, employing several people.

There were very few houses after Kingsmead. The lane nearly opposite New Barns was a footpath and on a sunny day the view across the Lea Valley was like a sea of glass - quite dazzling. Today many of the glasshouses have been taken down. Towards Halls Green on the right was a large house called The White House with a farm next door with barn and stables. Then on the left a large house now gone to ruin where many dogs of a peculiar breed were kept. They were odd people, and fed their dogs at 1 o'clock in the morning and we could hear the noise a mile away. Among several old homes on this corner was one where the grandparents of the Brace family lived, it had an inglenook and looked like a painting - people sitting either side of the hearth with a good fire burning. They had a small shop, cigarettes and sweets and a few other useful things.

The chimney, for brick making, made a landmark along the Epping Road for many years but after a time the bricks were unsuitable so it was deserted. During the war the fields were taken over by the Army and big guns placed there. We were warned to "stick to the path". A few years ago the chimney was pulled down.

Other landmarks have gone. Essex was famous for its elms and when the dreaded elm disease came to our area we saw the effects in a very short time. It has altered the look of Roydon altogether. We have other trees but the elms were our pride and joy and I treasure pictures of by-gone days when elms grew in almost every hedgerow.



Kingsmead House



Halls Green

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Hunsdon Mead

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The Old House

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