

# PROJECT & FOODIE



mixing things up in the kitchen with GPL



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## **Aubrey's Recipe**

*from The Scottish -Irish Pub and Hearth Cookbook by Kay Shaw Nelson*

### **Scottish Shortbread Cookies**



#### **What You'll Need...**

- 1 cup unsalted butter (2 sticks) (softened)
- 1/2 cup sugar
- 2 cups flour
- 1/8 tsp salt

*Aubrey's comments: If all you have is salted butter, cut the amount of salt you add in half.*

## What You'll Do...

1. Preheat oven to 325°
2. In large bowl, cream the butter and sugar until light and fluffy
3. Sift in flour and salt
4. Mix gently with wooden spoon or hands until dough sticks in a ball
5. Place on lightly floured surface
6. Roll out gently until about 1/2 inch thick
7. Cut into rectangles approx. 2 1/2 x 1 inches
8. Place on ungreased baking sheets 1/2 inch apart
9. Prick tops with fork 2-3 times depending on size
10. Put in oven and immediately reduce temp to 275°
11. Bake 25-30 minutes, cookies should be white on top and golden brown on bottom



## **Valerie's Recipe**

*from The Pioneer Woman*

### **Lemon Rosemary Scones**



#### **What you'll need...**

##### **SCONES**

- 3 cups All-purpose Flour
- 2/3 cups Sugar
- 5 teaspoons Baking Powder
- 1/4 teaspoon Salt
- 2 sticks (1/2 Pound) Unsalted Butter, Chilled And Cut Into Pieces
- 1 whole Large Egg
- 1 cup Heavy Cream
- 1 Tablespoon Finely Minced Fresh Rosemary
- Zest Of 1 Lemon

##### **GLAZE**

- 5 cups Powdered Sugar, Sifted
- 1/2 cup Whole Milk, More If Needed For Thinning
- Zest And Juice From 1 Lemon
- 1 teaspoon Finely Minced Fresh Rosemary
- Dash Of Salt

## **What You'll Do:**

1. Preheat oven to 350 degrees.
2. Sift together flour, sugar, baking powder, and salt.
3. Mix cream with egg, lemon zest and rosemary and allow to sit for 10 to 15 minutes to steep.
4. Use a pastry cutter or two knives to cut the butter pieces into the flour. Keep going until mixture resembles crumbs. Mix wet mixture with flour mixture; stir gently with a fork until combined. Mix should be crumbly, but if it's too crumbly to work with, splash in a small amount of heavy cream.
5. Turn dough onto a floured surface and lightly press it together until it forms a rough rectangle. Use a rolling pin to roll into a rectangle about 1/2 inch to 3/4 inch thick. Use your hands to help with the forming if necessary. Final rectangle should be about 18 inches by about 10 inches.
6. Use a knife to trim into a symmetrical rectangle, then cut the rectangle into 12 symmetrical squares/rectangles. Next, cut each square/rectangle in half diagonally, to form smaller triangles.
7. Transfer to a parchment or baking mat-lined cookie sheet and bake for 18 minutes, removing from the oven just before they start to turn golden. Allow to cool for 15 minutes on the cookie sheet, then transfer to a cooling rack to cool completely.

## **GLAZE**

1. To make the icing, add lemon zest, lemon juice and rosemary into milk; allow to sit for a while. Mix powdered sugar with the milk, adding more powdered sugar or milk if necessary to get the consistency the right thickness. Stir or whisk until completely smooth.
2. One at a time, carefully dunk each cooled scone in the glaze, turning it over if necessary. Transfer to parchment paper or the cooling rack. Allow the glaze to set completely, about an hour. Scones will keep several days if glazed.

## **Anna's Recipe**

*from downtonabbeycooks.com*

### **Smoked Salmon Pinwheels**

#### **What you'll need:**

- 1 cup whipped cream cheese (look for lower fat versions to save some calories)
- 1 tbsp. vodka (you can omit)
- 1/4 red onion, finely chopped
- 2 tbsp. chopped fresh dill,
- 1 tbsp. lemon juice
- freshly ground pepper
- 8 oz. thin slices of cold smoked salmon
- 4 x 7" flour tortillas (try spinach or other colored tortillas to add more color to your table); Mrs. Patmore may also have used left over crepes
- dill or chive sprigs to garnish

### **What you'll do:**

1. Combine cream cheese, vodka, red onion, dill and lemon juice.
2. Spread 1/4 cup of the cheese mixture on each tortilla then top with a layer of smoked salmon.
3. Tightly roll up the tortillas and trim the ends (for the cook to taste).
4. Wrap in plastic wrap and refrigerate until you are ready to serve. The cream cheese seals the end.
5. Slice into 8 pieces (or thicker if you like) and garnish with dill sprigs or chives.



## **Valerie's Recipe**

*from allrecipes.com*

### **Cranberry Orange Scones**



#### **What you'll need:**

- 2 cups All-purpose Flour
- ¼ cup Packed Brown Sugar
- 1 tablespoon Baking Powder
- ¼ teaspoon Ground Nutmeg
- 1/4 teaspoon Salt
- ¼ cup Unsalted Butter, Chilled And Cut Into Pieces
- 1 whole Large Egg
- 3/4 cup Heavy Cream
- 1 cup Dried Cranberries
- Zest of 1 Orange

### **What you'll do:**

1. Preheat oven to 375 degrees F (190 degrees C).
2. In a large bowl, stir together flour, brown sugar, baking powder, nutmeg and salt. Cut in butter until mixture resembles coarse crumbs.
3. In a separate bowl, toss cranberries with flour mixture along with orange peel. Mix lightly.
4. In another bowl, beat together cream and egg; slowly pour into dry ingredients, mixing with rubber scraper until dough forms. Knead dough 4 or 5 times, being careful not to over handle. Divide dough in half. Turn out onto lightly floured surface. Shape each half into a 6 inch circle. Cut each circle into 6 wedges. Place scones on lightly greased baking sheets.
5. Bake in preheated oven until golden brown, about 20 minutes.



## **Anna's Recipe**

*from honeywhatscooking.com*

### **Avocado Egg Salad Sandwich**

#### **What you'll need:**

- Eggs – 3 (boiled)
- Avocado – 1
- Lemon – Juice of 1/4 of a lemon
- Salt – 1/2 tsp
- Black Pepper – 1/4 tsp
- Scallions – 1/2 cup (chopped)
- Watercress – 1/2 cup (chopped)
- Dijon Mustard
- 100% Whole Wheat Bread - 6 slices (makes 3 sandwiches)

## What you'll do:

1. Start by hard boiling 3 eggs.
2. Peel the eggs and place them in a large bowl. Add the avocado. Add the juice of 1/4 of a lemon, this will prevent the avocado from browning. Season with salt and black pepper. Chop the scallions and add them to the large bowl - you only need 1/2 cup. Run a knife through the eggs and avocado – this will help them remain chunky.
3. Take 2 slices of bread and trim off the edges. Take a small amount of Dijon Mustard and just glaze it on each slice of bread. Top with 2 to 3 spoonful's of the avocado-egg mixture. Top with the other slice of bread and slice in half.



# Downton Abbey and Tea Books at GPL

**The Pleasures of Tea: Recipes & Rituals** by Kim Waller  
Adult Nonfiction 641.3372 WAL

**The Tea Drinker's Handbook** by Francois-Xavier Delmas  
Adult Nonfiction 641.7 DEL

**The Story of Tea:** by Mary Lou Heiss  
Adult Nonfiction 641.3372 HEI

**Having Tea: Recipes & Table Setting** by Tricia Foley  
Adult Nonfiction 641.53 FOL

**Below Stairs** by Margaret Powell  
Adult Nonfiction BIO POWELL



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