

RENDEZVOUS

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Old Blighty

WRITTEN AND COMPOSED
BY

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Old Blighty Cookbook One

Dorset Apple Cake

- Ingredients
- 150g/5½oz unsalted [butter](#), softened, plus extra for greasing
- 75g/2½oz [caster sugar](#)
- 75g/2½oz soft light brown [sugar](#)
- ¼ tsp ground [nutmeg](#)
- ¼ tsp ground [cinnamon](#)
- ¼ tsp fine [salt](#), plus a pinch
- 1 tbsp [vanilla extract](#)
- 3 free-range [eggs](#)
- 175g/6oz [plain flour](#)
- 35g/1¼oz [wholemeal flour](#) (or wholemeal spelt flour)
- 2 tsp [baking powder](#)
- 2 medium [Bramley apples](#), cored, peeled and cut into 1cm pieces
- 1 tbsp [cornflour](#)
- 15g/½oz [demerara sugar](#)



Dorset Apple Cake

- Method

- Preheat the oven to 190C/170C Fan/Gas 5. Grease and line a 20cm/8in cake tin with baking paper.
- Beat the butter, caster sugar, light brown sugar, nutmeg, cinnamon, salt and vanilla extract together in a stand mixer with paddle attachment, until light and fluffy. Add the eggs one at a time, beating well after each addition.
- Mix the flours, baking powder and a pinch of salt together in a separate bowl, then gradually mix into the butter, sugar and egg mixture with a spatula or wooden spoon, stirring well to make sure there are no pockets of flour.
- Mix the apple pieces together with the cornflour until well coated, then combine with the cake mixture.
- Tip the cake mixture into the prepared tin and sprinkle with the demerara sugar. Bake for 45 minutes, or until a skewer inserted into the middle comes out clean.
- Remove from the oven and allow to cool completely in the tin before serving with a cup of tea or a drizzle of cream.

Eccles Cakes

- Ingredients
- For the filling
- 75g/3oz unsalted [butter](#)
- 150g/5oz soft [brown sugar](#)
- 150g/5oz [currants](#)
- 1 tsp ground [cinnamon](#)
- ½ tsp freshly ground [nutmeg](#)
- 1 [orange](#), juice and finely grated zest
- 50g/2oz [candied peel](#)
- For the pastry
- 25-50g/1-2oz [margarine](#), for greasing
- 1 block ready-made [puff pastry](#)
- [flour](#), for dusting
- 2-3 tbsp [milk](#), for glazing
- [caster sugar](#), for dusting
- [icing sugar](#), for dusting



Eccles Cakes

- Method

- For the filling, melt the butter over a low heat in a small saucepan. Once melted, remove from the heat and stir in all of the remaining filling ingredients until well combined. Set aside to cool.
- Preheat the oven to 220C/425F/Gas 7. Grease a baking tray with the margarine.
- For the pastry, roll out the pastry on a lightly floured work surface to a thickness of about 3mm/1/8in. Using a 6cm/2 1/2in cutter, cut the pastry into rounds.
- Place a teaspoon of the filling in the middle of each round, then brush the edges of half the pastry with milk. Bring the other half of the pastry over and seal. Bring the corners of the pastry up into the middle and pinch to seal.
- Turn the sealed pastry parcel over, so that the seam is underneath, then gently roll out until it is about 1/2cm/1/4in thick. Gently pat back into a round shape and place onto the greased baking tray.
- Slash each cake across three times using the tip of a sharp knife. Brush the cakes with milk and sprinkle with caster sugar.
- Bake for 15 minutes, or until the pastry is golden-brown and puffed up. Transfer the cakes to a wire rack to cool.
- Dust the eccles cakes with icing sugar before serving.

Chelsea Buns

Ingredients

- 500g/1lb 2oz [strong white flour](#), plus extra for dusting
- 1 tsp [salt](#)
- 1 x 7g sachet fast-acting [yeast](#)
- 300ml/10fl oz [milk](#)
- 40g/1½oz unsalted [butter](#), plus extra for greasing the tin
- 1 free-range [egg](#)
- [vegetable oil](#), for greasing
- **For the filling**
- 25g/1oz unsalted [butter](#), melted
- 1 [orange](#), zest only, grated
- 75g/2½oz soft [brown sugar](#)
- 2 tsp ground [cinnamon](#)
- 100g/3½oz dried [cranberries](#)
- 100g/3½oz [sultanas](#)
- 100g/3½oz [dried apricots](#), chopped
- **To finish**
- 1 heaped tbsp [apricot jam](#)
- 200g/7oz [icing sugar](#), sifted
- 1 [orange](#), zest only, grated



Chelsea Buns

• Method

- Place the flour and salt into a large mixing bowl and stir until thoroughly combined. Make a well in the centre of the flour and pour in the yeast.
- Warm the milk and butter in a small saucepan until the butter is melted and the mixture is lukewarm. Pour into the flour mixture, add the egg and stir thoroughly until the contents of the bowl come together as a soft dough.
- Tip the dough onto a lightly floured work surface and knead well for five minutes, until the dough is smooth and elastic.
- Place the dough into an oiled bowl and leave to rise, covered with a damp tea towel, for one hour or until doubled in size.
- Tip the dough out onto a lightly floured work surface. Roll out dough into a rectangle about 30x20cm/12x8in.
- Brush all over with the melted butter. Evenly sprinkle the orange zest over the buttered surface, followed by the sugar, cinnamon and dried fruit.
- Tack down the long side of the dough rectangle nearest to you by pressing it down onto the work surface with your thumb. Roll the opposite long side of the dough towards you quite tightly, until the roll is complete and tight. With a sharp knife cut into thick rounds - about 4cm/1¾in.
- Grease a deep roasting tin or baking tray thoroughly with butter.
- Place the buns, cut side up, into the greased baking tray leaving about 1cm/½in of space between each one. You want them to be close enough so that when they rise further and then bake, they will bake with their sides touching. They can then be pulled apart and you get a lovely soft edge.
- Leave to rise for about 30 minutes in a warm place.
- Preheat oven to 190C/170C Fan/Gas 5.
- When the buns are ready, put them in the oven and bake for 20-25 minutes until golden-brown. Check after 15 minutes or so and cover the buns with foil if they are getting too brown.
- Remove the buns from the oven and let them cool slightly before transferring them from the tin to a cooling rack.
- Melt the jam in a small saucepan with a splash of water until smooth. Brush the jam over the buns to glaze and allow to cool.
- Mix together the icing sugar, orange zest and two tablespoons water. Drizzle the icing over the cooled buns and allow to set before serving.

Sticky Toffee Pudding



- **Ingredients**

- **For the sponge**

- 200g/7oz soft dried pitted [dates](#), roughly chopped
- 200ml/7fl oz water from a freshly boiled kettle
- 1 tsp [bicarbonate of soda](#)
- 75g/2½oz unsalted [butter](#), softened, plus more for greasing
- 2 tbsp black [treacle](#)
- 50g/1¾oz dark [muscovado sugar](#)
- 2 large free-range [eggs](#), at room temperature
- 150g/5½oz [plain flour](#)
- 2 tsp [baking powder](#)

- **For the sauce**

- 150g/5½oz unsalted [butter](#), softened
- 300g/10½oz dark muscovado [sugar](#)
- 1 tbsp black [treacle](#)
- 200ml/7fl oz [double cream](#), plus more to serve

Sticky Toffee Pudding

- Method

- Preheat the oven to 180C/160C Fan/Gas 4 and lightly grease your dish.
- Put the chopped dates, boiling water and bicarbonate of soda into a bowl, stir and then leave for 10 minutes.
- Cream the butter and black treacle together in a stand mixer until well mixed, then add the sugar and mix again, beating out any lumps. Beat in an egg and keep beating – scraping down as necessary – until completely incorporated, then do the same with the other egg. Beating more gently, add the flour and baking powder until you have a smooth, thick batter.
- Using a fork, stir the soaked dates, squishing them a bit, then pour the dates and their liquid into the batter and beat gently to mix in.
- Pour and scrape into your prepared dish or cake tin and bake for 30–35 minutes, or until a cake tester comes out clean.
- Meanwhile, to make the sauce, melt the butter, muscovado sugar and treacle over a very low heat in a heavy-based saucepan. Once the butter's melted, stir gently until everything else is melted too. Now stir in the cream, then turn up the heat and when it's bubbling and hot, take it off the heat.
- As soon as it's out of the oven, prick the cooked sponge pudding all over with a cocktail stick and pour about a quarter of the warm sauce over, easing it to the edges with a spatula so that the sponge is entirely topped with a thick sticky glaze. Put a lid on the remaining sauce in the pan to keep it warm.
- Leave the pudding to stand for 20–30 minutes, then take to the table, with the rest of the sauce in a jug, and cream to serve.

Chocolate Concrete

- Ingredients
- 250g/9oz [plain flour](#)
- 250g/9oz granulated [sugar](#), plus 1 tbsp
- 70g/2½oz [cocoa powder](#), sifted
- 150g/5½oz unsalted [butter](#), plus extra for greasing
- [custard](#), for serving



Chocolate Concrete

- Method
- Preheat the oven to 180C/160C Fan/Gas 4. Grease a 20cm/18in square cake tin and line the base and sides with buttered baking paper.
- Combine the flour, sugar and cocoa powder in a large mixing bowl and mix well.
- Melt the butter, then combine with the dry ingredients and mix well. You may find it easier to use your fingers to rub the butter into the dry ingredients to make sure it's thoroughly combined. Tip the mixture into the prepared tin, spread level and press the mixture flat using the back of a spoon. Bake on the middle shelf of the preheated oven for 20 minutes until firm.
- Remove from the oven, sprinkle with the remaining tablespoon of sugar and leave to cool for 10 minutes before cutting the chocolate concrete into squares or portions to serve. Serve warm with custard.

Lardy Cake

- Ingredients
- 450g/1lb [strong white flour](#)
- 1 tsp [salt](#)
- 2 x 7g sachets instant [yeast](#)
- 75g/2½oz [lard](#)
- 300ml/10½fl oz water
- 75g/2½oz [butter](#)
- 225g/8oz mixed [dried fruit](#) including mixed peel
- 50g/1¾oz soft [brown sugar](#)
- extra [flour](#) for dusting



Lardy Cake

Method

- Mix together the flour, salt and yeast in a mixing bowl. Rub in 20g/ $\frac{3}{4}$ oz of the lard using your fingertips until there are no pieces of lard visible.
- Add three-quarters of the water and hand-mix the flour into the water to form a dough. Add as much of the remaining water as you need to get a dough that is soft and leaves the sides of the bowl clean.
- Tip the dough onto a lightly floured surface and knead for 5-10 minutes, or until the dough is smooth. Place in a clean bowl, cover and leave to rise until doubled in size. This depends on the temperature of the room, but should take 1-2 hours.
- Tip the dough onto a floured work surface and roll into a rectangle about 20x50cm/8x20in and about $\frac{1}{2}$ cm thick.
- Dot a third of the remaining lard and a third of the butter over the surface of the dough. Scatter over a third of the fruit and a third of the sugar. Fold the top third of the dough down and the bottom third up so that the dough is folded in three and roughly square. Turn the dough a quarter turn. Roll out and repeat the out process twice more, to use up all the lard and fruit.
- Line a 23x23cm/9x9in square loose bottomed tin with baking parchment. Roll out the dough to fit the tin and place it inside. Cover with clingfilm, or place inside a large plastic bag, and leave to rise for 30 minutes. Preheat the oven to 220C/425F/Gas 7.
- Bake for 30-35 minutes, or until golden-brown.
- Leave to cool slightly before removing from the tin. Cut into squares and serve warm or cold, with butter.