



Making a *Mother's Day* Marvellous

From stunning cakes to delicious desserts, we've got all the recipes you need to give your mom a marvellous Mother's Day

ICED GINGER MERINGUE

Just as my ginger cake has a feisty hit of ginger, so too does this frozen delight. I love it for its sheer simplicity; all you need is meringues, whipped cream, a good measure of ginger, some orange zest and a deepfreeze. Served with a salad of minted tropical fruit, it is ideal for a celebratory luncheon in the garden. You can also wrap it in ice packs, pop it in a cooler box and impress family and friends by producing it at a picnic.

Ingredients

YOU WILL NEED:

- One medium baking tray.
- One 600ml / 1 pint china pudding basin and one large baking sheet lined with non-stick baking parchment.

FOR THE MERINGUES:

- 2 free-range egg whites
- 90g / 3oz golden caster sugar (6 Tbsp)
- 30g / 1oz demerara sugar (2 Tbsp)

FOR THE GINGER CREAM:

- 300ml / 1¼ cup double cream
- Zest of 1 un-waxed lemon
- Zest of 1 orange
- 3 pieces stem ginger
- 30g / 1oz crystallised ginger

FOR THE MINTED PINEAPPLE SALAD:

- 1 small, sweet pineapple
- 2 passion fruit
- A handful of mint leaves

Method

1. Make the meringues: Preheat the oven to 130°C / 250°F. Whisk the egg whites until stiff. Add the sugar slowly while continuing to whisk, to yield a firm and glossy meringue.
2. Spoon the meringue into 10 mounds on the baking tray and sprinkle with the demerara sugar. Bake for 1 hour if they are not crisp after this time, then cook for a little longer. Once cooked, turn off the oven and leave them in while it cools down.
3. Line the pudding basin with cling film and put it in the freezer to chill.
4. Whip the cream until it stands in soft peaks. Don't over whip it or you will spoil the texture of the frozen dessert.
5. Crush the meringues roughly and mix them into the cream. Finely grate the citrus zest, stem ginger and crystallised ginger into the cream and mix together.
6. Spoon the mixture into the pudding basin and pack down well. Cover and freeze for 3 - 4 hours.
7. Dice the pineapple and combine it with the passion fruit and mint leaves.
8. To serve, turn out the iced meringue onto a plate and accompany it with the fruit salad.



Carolyn Robb, co-founder of The Royal Touch, was formerly Executive Chef to TRH Prince Charles and the late Princess Diana for over a decade and also served other members of the Royal Family. Carolyn's cookbook *The Royal Touch* is a beautiful compilation of stunning recipes gathered from far and wide on an incredible culinary journey. Inspired by everything from her mother's home-cooking, memories of her happy childhood in South Africa and her extensive travels to the extraordinary experiences of 13 years as a chef in the royal household, Carolyn's recipes are simple to prepare and perfect to share.

MINI VICTORIA SANDWICH CAKES

This cake is about as regal as a cake can be. It was originally made for Queen Victoria. During her incredible 66-year reign, the concept of afternoon tea was created. It evolved and became a daily ritual and a very social event, with ladies dressing in their finery to gather for a cup of tea and an array of tiny sandwiches, biscuits and cakes. The basic Victoria Sandwich recipe is wonderfully simple and foolproof. I urge you to use really good quality butter, eggs and vanilla. Here is my interpretation, which, I think, might have been a little over-indulgent for Victorian times.



Ingredients

YOU WILL NEED:

- ☐ 1 x 12 hole medium size muffin pan or 12
- ☐ individual 5cm (2inch) tartlet moulds at least
- ☐ 3cm (1¼ inches) deep.
- ☐ 1 piping bag with a small fluted nozzle.

FOR THE CAKE:

- ☐ 115g / 4oz soft butter (1 stick)
- ☐ 115g / 4oz golden caster sugar (½ cup)
- ☐ 2 free-range eggs
- ☐ 115g / 4oz plain flour (1 cup)
- ☐ 7.5ml / 1½ tsp baking powder
- ☐ 5ml / 1 tsp pure vanilla extract
- ☐ 15ml / 1 Tbsp boiling water

FOR THE FILLING & DECORATION:

- ☐ 225ml / 1 cup double cream
- ☐ 2.5ml / ½ tsp pure vanilla extract
- ☐ 30ml / 2 Tbsp caster sugar
- ☐ 10 large strawberries
- ☐ 6 sprigs of fresh mint
- ☐ A little extra caster sugar for sprinkling on top

Method

Makes 6 'mile-high' mini Victoria sandwiches

1. Preheat the oven to 180°C/350°F.
2. Line the base of each mould with a circle of non-stick baking parchment and butter the sides.
3. Cream together the butter and sugar until light in colour and creamy in texture.
4. Lightly beat the eggs and add gradually to the mixture with 2 tablespoons of the flour.
5. Add the vanilla extract. Sift the remaining flour and baking powder into the mixture and fold it in carefully. Lastly stir in the boiling water.
6. Divide the mixture between the 12 moulds.
7. Bake for 10 - 12 minutes, until the cakes feel springy to the touch.
8. Cool on a wire rack and remove from the tins.
9. Make the filling: Whip the cream with the vanilla and sugar and place ⅓ of it in a piping bag fitted with a small fluted nozzle.
10. Wash, dry and hull the strawberries, then dice them. Wash and dry the mint leaves and chop them finely.
11. Mix half of the diced strawberries and half of the chopped mint into the remaining cream.
12. To assemble: Slice the cakes in half horizontally. Set aside 6 of the 'tops'. Spread the strawberry cream on the remaining cake slices. Stack 3 slices on top of each other and finish with one of the reserved 'top' slices to make a 4-layer mini cake tower. Repeat with the other cake slices.
13. Pipe a rosette of cream on the top of each mini cake tower and top with a little of the diced strawberry and some mint. Sprinkle with caster sugar.
14. These are best eaten on the day they are made, but can be stored overnight in an airtight container in the refrigerator.

LEMON TARTLETS

Lemon tartlets will always be reminiscent of Garden Parties for me. I vividly remember the first time that I attended a Garden Party at Buckingham Palace; it was a gloriously sunny English summer's afternoon. As a child growing up in South Africa, I would no more have dreamt of venturing inside the gates of Buckingham Palace than flying to the moon! It is a memory that I shall always treasure. In this recipe, I use lemon pastry and a filling of my home-made lemon curd, mixed with a little whipped cream. I decorate them with seasonal berries, fresh mint and edible flowers.

Ingredients

YOU WILL NEED:

Twenty-four 5cm (2 inch) tartlet moulds or 2 muffin trays, A metal pastry cutter 7 - 8cm (2½ - 3 inches) in diameter and ceramic baking beans.

FOR THE LEMON PASTRY:

- 280g / 10oz butter (1½ sticks)
- 140g / 5oz golden caster sugar (¾ cup)
- Zest of 1 un-waxed lemon
- 1 free-range egg
- 450g / 1lb plain flour (4 cups)

FOR THE FILLING:

- 150ml / ⅔ cup double cream
- 360g / 12oz lemon curd (1½ cups)

FOR THE DECORATION:

- A selection of berries, mint leaves and edible flowers
- Icing sugar

Method

Makes approximately 24 x 5cm (2 inch) tartlets

1. Make the pastry: Cream together the butter and sugar. Finely grate the lemon zest directly into the mixture, add the egg yolk and mix well.
2. Sift in the flour, mix and bring together to form a smooth dough. You can use a food processor to make the pastry.
3. Leave to rest in the refrigerator for 20 minutes.
4. Whip the cream until firm and fold in the lemon curd. Cover and leave in the refrigerator until required.
5. Roll the pastry out on a floured board to a thickness of about 3mm (¼ inch). Cut out circles of pastry and line the tartlet moulds.
6. Place a circle of baking parchment into each tartlet and fill with baking beans.
7. Chill in the fridge for at least 20 minutes and set the oven to 180°C / 350°F.
8. Bake for approximately 10 minutes, depending on size. Remove the baking beans and parchment and return to the oven for a few more minutes to crisp up the tartlets.
9. Cool on a wire rack and then remove tartlets from the moulds.
10. When completely cold, fill with the lemon curd cream.
11. Decorate with your choice of berries and finish with flowers and mint. Dust with icing sugar just before serving.
12. To keep the pastry crisp for longer, paint the inside of the tartlets with melted chocolate. White chocolate is best as the strong flavour of dark chocolate conflicts with the freshness of the lemons.
13. If fresh berries are not in season, glaze the tartlets by sprinkling them generously with icing sugar, then using a blow torch you can caramelize the sugar.



SCONES WITH VANILLA AND ORANGE ZEST

One of the abiding memories I have of the Garden Parties that I attended at Buckingham Palace, is of the mountains of cream scones and cucumber sandwiches. Forever more, scones will be synonymous with Garden Parties for me. This is my favourite recipe for scones and my advice is to eat them fresh from the oven and never to stint on the cream and jam!



Ingredients

YOU WILL NEED:

- A 4cm (1½ inch) pastry cutter and 2 flat baking trays
- 450g / 1lb plain flour (3¾ cup)
- 60g / 2oz golden caster sugar (¼ cup)
- 2.5ml / ½ tsp salt
- 15ml / 3 tsp baking powder
- 100g / 3½oz butter (7 Tbsp)
- 175ml / ¾ cup buttermilk
- 50ml / ¼ cup milk
- 1 free-range egg
- 5ml / 1 tsp vanilla extract
- Zest of 1 orange

Method

Makes approximately 15 scones

1. Preheat the oven to 220°C / 425°F.
2. Sieve the flour, sugar, salt and baking powder into a large mixing bowl.
3. Rub the butter into the dry ingredients using your finger tips, until the mixture resembles breadcrumbs.
4. Blend together the buttermilk, milk, egg and vanilla extract.
5. Make a hollow in the centre of the 'crumbs', finely grate the orange zest into it and pour in most of the liquid. Add in the remainder later if the dough seems dry. Traditionally, a small round-bladed knife or palette knife is used to mix the dough. You want to achieve a lightly-bound dough that is neither sticky nor dry and crumbly.
6. Lift the ball of dough onto a floured surface and knead it just 3 or 4 times to get rid of any

7. cracks, working quickly. If the dough is over-worked it will result in 'tough' scones. Pat the dough out to a thickness of 2cm (¾ inch). Cut out the scones, dipping the pastry cutter into flour each time, so that it makes a clean cut and does not drag the dough when cutting through it. Place scones onto the baking trays.
8. Gather the trimmings, lightly bring them together and pat the dough out again to cut out more scones.
9. Bake for 10 - 12 minutes, until well risen and golden.
10. For fruit scones, add in 60g (½ cup) sultanas or raisins at Step 5. For savoury scones, replace the vanilla, orange zest and sugar with 60g (½ cup) of grated mature cheddar cheese and 15ml (1 tablespoon) finely chopped chives, added in at Step 5; top with a little extra cheese and a light dusting of paprika ●