

A TRIFECTA OF TREATS

SINCE THE START OF THE LOCKDOWN, BRITISH PEOPLE ACROSS THE COUNTRY HAVE BEEN RECONNECTING WITH HOME-BAKING. HERE ARE THREE TRIED AND TESTED RECIPES TO TRY AT HOME.



Thea Warren is Sous Chef at the acclaimed Cary Arms & Spa in Babbacombe, Devon. Cary Arms serves gastro food, cooked simply. The watchwords in the kitchen are freshness and seasonality, underpinned by a deep-rooted respect for the surrounding waters and land. Expect superb Devon beef, Lyme Bay lobster and line-caught seafood. Thea began her career there as an apprentice, having trained locally at South Devon College for six years, where she graduated with her NVQs and Diploma in Pastry. In total, she has worked for nine years at the inn.

This recipe is Thea's take on Sicilian creams, adding and changing the original recipe to use ingredients that she and her father prefer. Thea says, "I have chosen this recipe because it reminds me of the time we used to spend together as a family – my mum would make these for us on a special occasion: Dad's birthday or Father's Day. My dad has never been into desserts and has always been fussy, but these are his favourite and will always be a family favourite." ■



INFO

For more information see www.caryarms.co.uk

SICILIAN CREAMS

MAKES 12

INGREDIENTS

FOR THE BISCUIT DOUGH

- 300g self-raising flour
- 60g unsalted butter
- 110g caster sugar
- 1 teaspoon lemon zest
- 1 teaspoon minced rosemary
- 1 teaspoon vanilla paste
- 1 medium egg
- 60ml of semi skimmed milk
- 1 tablespoon of water
- 1 tablespoon of Limoncello

FOR THE FILLING

- 500g mascarpone
- 50ml of Limoncello

FOR THE DECORATION

- Raspberries and rosemary sprigs
- Icing Sugar

METHOD

Preheat the oven to 180 degrees. Sift the flour into a mixing bowl, rub in the butter until it forms breadcrumbs, add the sugar and mix well. Make a well in the centre of the mix. Combine the lemon zest, rosemary, vanilla milk and egg and add to the mix. Mix with a wooden spoon to form a soft pliable dough.

Turn the dough onto a lightly floured surface and knead gently until it is springy to touch.

Lightly flour the surface again. Roll the dough out gently until 1cm (1/2in) thick and cut into rounds with a 5cm (2in) cutter. Place on a lightly greased tray, about 2.5cm (1in) apart. Bake in the oven for 15 to 20 minutes or until light golden brown in colour. Cool on a wire rack.

While they are cooling, place 500g of mascarpone in a bowl and mix in the 50ml of Limoncello. Place into a piping bag with a star nozzle.

Split the cool biscuit in half with a serrated knife. Brush the cut side with the combined 1 tablespoon of water and the 1 tablespoon of Limoncello. Pipe the mascarpone mix onto the bottom half of the biscuit and gently push the other half on top. Repeat for all the biscuits (there should be some mascarpone mix left to decorate).

To finish, pipe one small star on top, add a raspberry and a small sprig of rosemary, dust with icing sugar and enjoy with iced Limoncello or a glass of Prosecco.

