COOKING FOR
SHERLOCK HOLMES
AND DR. WATSON

British Recipes
for Two Persons

by
William S. Dorn
DEDICATION

This modest cookbook is dedicated to my cooking mentor, friend, and companion-in-life, my wife Nancy. It is an understatement to say that without her tutoring in the kitchen for lo these 50 odd years, I would never have been able to successfully boil water much less prepare all of the 60 recipes in this book. Indeed, it took her several years just to get me to the point where I could correctly set the temperature of an oven. Yet she stuck with me, both in and out of the kitchen, until I finally got the idea.

Moreover, she dutifully tasted each of the recipes that appear in this book except for the two that use Brussels sprouts, a vegetable that she absolutely detests. She was and is my most severe critic, and I implicitly trust her judgment. At the risk of inviting the opprobrium of my fellow husbands, I must admit that she has never been wrong. (N.B. This is not to say that she has always been right.)

I love her dearly and value her love and friendship above all things in this life including my continuing involvement with Mr. Sherlock Holmes.
ACKNOWLEDGEMENTS

The author is extremely indebted to Mary Ruth Schaumberg who dutifully tested more than 40 of the 60 recipes in this book. Her tests were remarkably thorough and her comments and suggestions were exceptionally helpful. Her detailed reports gave rise to a number of improvements and corrections to the original text. It is fair to say that this cookbook would be much the worse if it were not for Mrs. Schaumberg’s advice and counsel. And I would be remiss if I did not also acknowledge her husband, Buzz, and their two children, Elizabeth and Ned, who consumed the output of her labors without so much as a whimper. In fact they even said some nice things about a number of the recipes. The last certainly casts some doubt on their sanity.

Liane Beights tested a goodly number of the recipes as well. She, together with her husband, Dave, also made a large number of constructive suggestions. They contributed much to the final version of this cookbook. Oh, yes, they also had some nice things to say. Makes one wonder, doesn’t it?

The author is grateful to both of these families for their willingness to test recipes. While errors of both omission and commission no doubt still exist in the cookbook, there are many fewer because of their efforts.
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Biscuits made with brown sugar and raisins and topped with granulated sugar

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Dried fruit and/or raisins in a sugar glazed bun that is flavored with cinnamon, cloves, ginger, and nutmeg

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Sweet circular biscuits glazed with egg white and confectioners' sugar

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Flat sweet cake made from flour, eggs, sugar, and lemon peel and topped with citron pieces

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Flat rich cake made from butter, milk, and egg yolks; topped with sugar

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Boiled pastry made from breadcrumbs, flour, and both black and golden raisins then smothered in an egg custard

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INTRODUCTION

This is a cookbook for amateur cooks. It is especially for those cooks who, although cooking for two persons, always seem to be short of counter space. Finally, it is a book for those Americans, cooks or not, who believe good British cooking is an oxymoron. In this cookbook there are 60 recipes each of which disputes that belief.

All of the 60 recipes are for two persons. Well, that is not strictly true. Who, for example, would wish to bake two biscuits or even prepare only two servings of soup? Thus, many pastry recipes will produce ten or more biscuits or a cake that serves eight. There are one or two other exceptions as well, but for the most part each recipe serves two. On the other hand, every recipe can be doubled or tripled with no ill effects.

The recipes found here are not those found in most other cookbooks on British cooking. For example, a recipe for Roast Beef and Yorkshire pudding is conspicuous by its absence. There was little reason to include such a recipe because one can readily be found in a variety of other cookbooks, British and non-British alike. On the other hand, some traditional British foods such as Bubble and Squeak, Spotted Dog, and Cottage Pie will be found in this cookbook. It is our contention that our versions of these recipes differ in substantial ways from similar recipes in most other cookbooks. What prompted these differences was not so much a desire to deviate from the others. Rather it arose because many of the recipes found in other cookbooks presented just a bit too much of a challenge to this amateur cook. Hence we concluded that they probably would present difficulties to other amateurs as well.

Alas, many of our recipes are wickedly high in fat content. The reason for this is really quite simple. It is a fact that – as one French chef once remarked – “fat tastes good.” However, you will find the fat content of each recipe prominently displayed with the recipe along with other nutritional content: fiber, sodium, sugars, and so on. Thus, at least you will know what you are eating and how much guilt you should bear for doing so.
We hasten to point out that with few exceptions all of the ingredients in these 60 recipes can be readily found in any United States supermarket. In those rare instances where ingredients may be difficult to locate, the reader will find either (a) a recipe for preparing the ingredient or (b) a mail order and/or internet source for the ingredient or (c) both.

Finally, the author often has been irritated by recipes that cross-reference some second recipe that is needed in order to complete the first. The business of switching to some distant page and, in the process, losing track of where he was in the original recipe became frustrating beyond the author’s admittedly meager patience. Hence if any recipe is needed as an ingredient for a second recipe, the directions for preparing that needed ingredient are included with the second recipe itself. While this results in some directions appearing more than once, it also helps the cook, especially the amateur cook, to retain some sense of sanity and equanimity.

William S. Dorn
Denver, Colorado
January 6, 2004
BREADS
The Old Crone’s

**OUR SALLY LUNN BREAD**

*(A Study in Scarlet)*

1 loaf of bread

**estimated preparation time:** 30 minutes plus 4 1/2 hours for dough to rise and 1 hour for baking

The old crone drew out an evening paper, and pointed at our advertisement. “It’s this as has brought me, good gentlemen,” she said, dropping another curtsey; “a gold wedding ring in the Brixton Road. It belongs to my girl Sally, ...” – Watson describing the old crone addressing Holmes [39]

**INGREDIENTS**

1 cup of whole milk  
1 tablespoon of butter  
1 tablespoon of granulated sugar  
1 teaspoon of salt  
1 1/8 teaspoons (= 1/2 package) of dry yeast  
2 tablespoons of tepid water  
2 small eggs  
2 cups of flour

**DIRECTIONS**

1. Pre-heat the oven to 375°F  
2. Warm the milk in a saucepan  
3. Add the butter, sugar, salt and stir  
4. Set aside the mixture until it is only tepid (see step 8) and continue to the next steps  
5. Dissolve the yeast in the 2 tablespoons of tepid water in a small bowl and set it aside as well (see step 8)  
6. Crack the eggs into a medium-size bowl  
7. Use an electric mixer to beat the eggs for about 2 minutes  
8. Add the milk mixture set aside in step 4, the dissolved yeast set aside in step 5, and the flour to the beaten eggs  
9. Mix until the mixture forms a dough  
10. Beat the dough with an electric mixer until the dough is smooth  
11. Cover the dough in the mixing bowl with a towel and allow it to rise for about 1/2 hour
12. Beat the dough down with a large spoon for just a few moments.
13. Allow the dough to rise again for about 1/2 hour.
14. Repeat steps 11 to 13 two more times.
15. Put the dough in a greased bread-loaf pan.
16. Allow the dough to rise until it doubles in bulk.
17. While the dough is rising, preheat the oven to 375°F.
18. Bake the dough in the bread-loaf pan at 375°F for 45 to 60 minutes.
19. The bread should be light and have a nice, dark brown crust.

### NUTRITIONAL VALUES FOR ONE LOAF

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Beddoes’s
SHIPS BISCUITS
(The ‘Gloria Scott’)
10 Biscuits
estimated preparation time: 30 minutes
plus 1 hour baking time

“We were given a suit of sailor togs each, a barrel of water, two casks, one of junk and one of biscuits, and a compass. Prendergast threw us over a chart, told us that we were shipwrecked mariners whose ship had foundered in Lat. 15° and Long. 25° West, and then cut the painter and let us go.” – from the elder Trevor’s account of the mutiny on the ‘Gloria Scott’ [384]

INGREDIENTS
- 2 cups of self-rising flour
- 1 cup of water
- 1/2 teaspoon of salt

DIRECTIONS
1. Preheat the oven to 325°F
2. Mix the flour and salt together in a medium-size bowl
3. Add the water
4. Blend this last mixture into a very stiff dough
5. Add a little more water if necessary
6. Turn the dough onto a well-floured surface and cover it with a damp cloth
7. Allow the dough to rest for about 10 minutes
8. Roll the dough to about a 1/2 inch thickness
9. Fold the rolled dough into several layers and repeat step 8
10. Repeat steps 8 and 9 until the dough is smooth and elastic (about 15 minutes)
11. Cut the rolled dough into 2 inch squares
12. Place the dough squares on a well-greased cookie sheet
13. Prick each square on top several times with a fork
14. Bake at 325°F for 1 hour
**NUTRITIONAL VALUES FOR ONE BISCUIT**

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Mrs. Hudson’s

SODA BREAD
(The Adventure of the Beryl Coronet)
2 small loaves

estimated preparation time: 20 minutes plus 40 minutes for baking

(Sherlock Holmes) cut a slice of beef from the joint upon the sideboard, sandwiched it between two rounds of bread, and thrusting this rude meal into his pocket he started off upon his expedition. — Watson describing Holmes’s return to Baker Street [311]

INGREDIENTS
4 cups of flour
1 teaspoon of salt
1 teaspoon of baking soda
2 1/2 cups of low fat buttermilk

DIRECTIONS
1. Preheat the oven to 450°F
2. Mix the flour, salt, and baking soda together in a medium-size bowl
3. Make a well in the center of the dry ingredients in the bowl
4. Gradually add the buttermilk while gently and quickly mixing the dough
5. Shape the dough into two circular loaves; if the dough is too moist to shape, add a little more flour
6. Place each loaf on a greased, 8 inch pie plate
7. With a knife cut a deep cross on the top of each loaf
8. Bake the loaves for 15 minutes at 450°F
9. Reduce the oven temperature to 400°F
10. Bake for another 25 minutes (If the crust appears to become too brown, cover each loaf with some aluminum foil)
11. If the bread is not lightly brown or does not sound hollow when tapped, bake longer
12. Cool the bread loaves on a wire rack
### NUTRITIONAL VALUES FOR ONE LOAF

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Mrs. Hudson’s
CRUMPETS
(The Adventure of the Priory School)
10 crumpets
estimated preparation time: 1 hour and 15 minutes
plus 3 hours 15 minutes while the dough rises

“Forgive this weakness, Mr. Holmes, I have been a little overwrought. Thank you, if I might have a glass of milk and a biscuit, I have no doubt that I should be better.” – Dr. Thorneycroft Huxtable after fainting on the bearskin rug at Baker Street [539]

INGREDIENTS
3 cups of flour
2 teaspoons of salt
1 1/4 cups of whole milk
1 1/4 cups of water
2 tablespoons of vegetable oil
1 teaspoon of granulated sugar
1/4 ounce of active dry yeast (= 1 package)
1/2 teaspoon of baking soda

SPECIAL EQUIPMENT
You will need three or four circular metal rings about 3 inches in diameter and about 1 inch deep. Small empty tin cans may be used if both the top and bottom lids have been removed. Open top cookie cutters also can be used.
(See Appendix C, page 168)

DIRECTIONS
1. Warm an oven to 150°F to warm a bowl and to warm the flour and salt (see steps 3 and 5 below)
2. Turn off the heat in the oven
3. Warm a medium-size mixing bowl in the oven for about 10 minutes
4. Sift the flour and salt together into the warm mixing bowl
5. Cover the bowl with a towel and put in the warm oven for 10 minutes
6. While the bowl is in the oven, put the milk, 1 1/4 cups of water, the vegetable oil, and the sugar into a medium-size saucepan