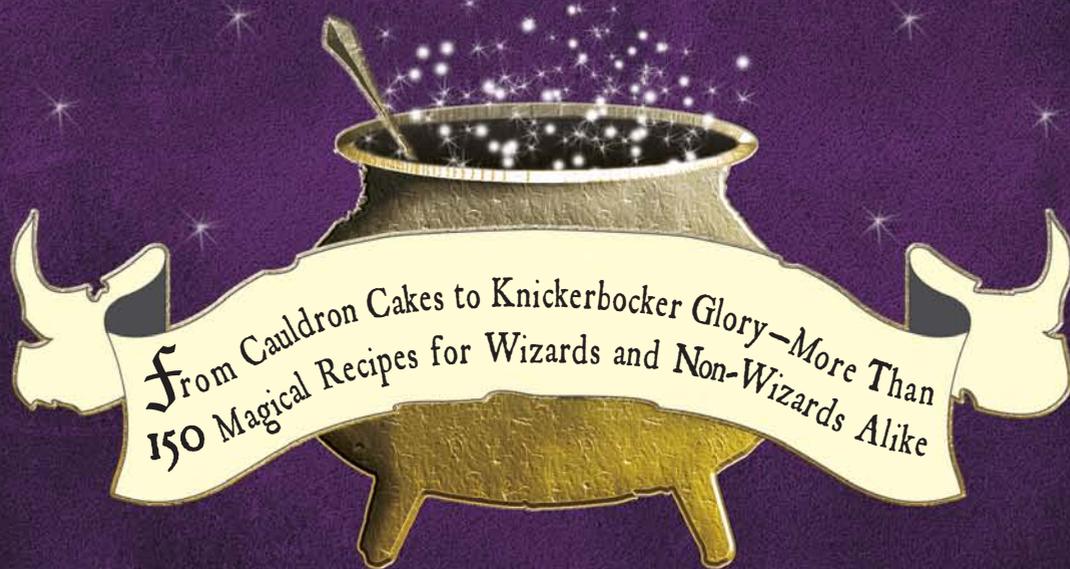




THE
UNOFFICIAL
Harry
Potter
COOKBOOK



DINAH BUCHOLZ

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*From Cauldron Cakes to Knickerbocker Glory—More Than
150 Magical Recipes for Wizards and Non-Wizards Alike*

DINAH BUCHOLZ

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AVON, MASSACHUSETTS

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Published by Adams Media,
a division of F+W Media, Inc.
57 Littlefield Street, Avon, MA 02322. U.S.A.
www.adamsmedia.com

ISBN 10: 1-4405-0325-7
ISBN 13: 978-1-4405-0325-2
eISBN 10: 1-4405-0852-6
eISBN 13: 978-1-4405-0852-3

Printed in the United States of America.

10 9 8 7 6 5 4 3 2 1

Library of Congress Cataloging-in-Publication Data

Bucholz, Dinah.
The unofficial Harry Potter cookbook / Dinah Bucholz.
p. cm.
Includes index.
ISBN 978-1-4405-0325-2
1. Cookery, English. 2. Potter, Harry (Fictitious character) 3. Rowling, J. K.—Characters—Harry Potter. 4. Potter, Harry I. Title. II. Title: Harry Potter cookbook.
TX717.B87 2010
641.5942—dc22
2010019544

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The following recipes were created for this book by Chef Chris Koch. Chef Chris, a classically French-trained chef, is the culinary director of a Philadelphia cooking school, kitchen director for a number of TV shows, and author of *Learning the Basics: A Home Cook's Guide to the Kitchen*. You can visit his website at www.chef-chris.com.

English Fried Eggs and a Gammon of Bacon
Tender Roast Loin of Pork with Variations
French Onion Soup
Melton Mowbray Pork Pies
English Farmhouse Scrambled Eggs and Bacon
Breaded Pork Chops
Queen Victoria's Soup
Chicken and Ham Pie
Bouillabaisse
Stewed Tripe and Onions

Also thanks to Abe Polatsek for contributing the recipe for The Roast Beef of Old England.

This book is available at quantity discounts for bulk purchases. For information, please call 1-800-289-0963.

For Heshy

Acknowledgments

First I thank God, who is the source of all blessing. Second, I thank my husband, Heshy, who insisted I put him next to God in my acknowledgments, for more reasons than this book has space for.

George Beahm, author of *Fact, Fiction, and Folklore in Harry Potter's World* and *Muggles and Magic*, generously gave of his time to advise me on how to sell my book to an agent.

Mary Sue Seymour is probably the fastest, most efficient, and most professional agent out there. I am fortunate and blessed that she offered to represent this book.

Thanks to my editor at Adams Media, Andrea Norville, who saw the potential for this book and whose enthusiasm turned it from an idea into a reality.

Thanks to Kate Petrella for her thorough copyediting of the manuscript.

Thanks to Chef Chris Koch for his contribution to this book. Chef Chris developed those recipes that I could not due to my kosher diet.

Thanks to Chevi Schainbaum, Cheryl Albert, Yaffa Yermish, Ayala Tarshish, Israel Tarshish, Abe Polatsek, Naomi Polatsek, Batsheva Polatsek, Atara Eiss, and Goldy Joseph. And my friends, neighbors, and the engineers at L-3 for taste-testing (they were more than happy to oblige). So many people offered help and advice that it's inevitable I should leave someone out. If you are that someone, please forgive me.

I thank my mother, Esther (Amsel) Polatsek, who taught me how to cook, and my father, Alex Polatsek, who taught me that in a moral dilemma, the harder choice is often the right choice.

Thanks to my parents-in-law, Frimmy and Meyer Bucholz, for their love and support.

Finally, but no less dearly, thanks to my kids, Elisheva, Sarah, Eliyahu, and Toby, for their honest opinions on the food.



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Foreword: A Feast of Food and Words

Harry Potter's first taste of Hogwarts, as it were, is an eye-opener. While the Dursleys did not completely neglect to feed Harry, they never allowed him to eat as much as he wanted. So at his first Hogwarts feast, for the first time in his short life, he is allowed to eat as much as he likes (see *Harry Potter and the Sorcerer's Stone*, Chapter 7).

Each school year at Hogwarts begins with a celebratory meal in its cavernous Great Hall. No doubt those magnificent meals left an indelible impression on a young Harry, who hungered for more when living with his Muggle relatives: a feeling of kinship and of family that he clearly lacked; a desire to know his clouded past, which had been carefully and deliberately hidden from him at all costs by his duplicitous uncle and aunt, the detestable Dursleys; and most of all, a desire to realize who he truly is, living in two diametrically opposed worlds, the unimaginative Muggle world and the enchanting world of wizards, his true home.

Though we Muggles will never get to taste life in the wizarding world, we must console ourselves with sampling the food Rowling writes about so lovingly.

In her seven novels, food—breakfast, lunch, dinner, and snacks—plays an important part, an essential ingredient that helps complete our picture of life at Hogwarts. That's especially true for American readers who are largely more familiar with Big Macs and fries at McDonald's than with traditional British cuisine: Black Pudding, Crumpets, Spotted Dick, Kippers, Steak and Kidney Pie, trifles, and other dishes.

Fortunately, we Americans do share a commonality with some of the foods mentioned in Rowling's novels and this delightful cookbook. First on that list is ice cream, which of course is universally loved and needs no explanation to Americans. (We each consume 23.3 quarts annually, according to www.makeicecream.com.)

Candy, too, is a universal favorite, though wizards get to enjoy confections not available to Muggles: Jelly Slugs, Fizzing Whizbees, and Fudge Flies, to name a few (see *Harry Potter and the Prisoner of Azkaban*, Chapter 10).

Rowling's mouth-watering dishes, desserts, and candies are left to our imaginations, hungry for more information about their appearance and taste. The Muggle-created versions, to be sold at The Wizarding World of Harry Potter in Universal Orlando Resort, are the closest we'll get to actually enjoying them. But for those of us not lucky enough to travel to Florida, what's left to savor?

Traditional British cuisine, which is the subject of this marvelous book by Dinah Bucholz, who serves up an enticing selection of recipes for Muggles who hunger for a taste of England.

Dishing out recipes that all Muggle readers ought to try at least once in their lives, this cookbook deserves a place in every Muggle kitchen. A brave new world of gustatory delights awaits, if only we Americans have the stomach to try something other than our favorite dishes of pizza, burgers, and sandwiches.

I raise my foaming mug of butterbeer—the most frequently mentioned beverage in the Harry Potter novels—in salute to Dinah, who serves up more than 150 recipes that will satisfy the appetites of hungry Muggles everywhere. Anyone for Toad in the Hole, Cock-a-Leekie, Haggis, or Goulash? Step right this way. Hey, where do you think *you're* going? Come back! Just try one bite!

For the gastronomically conservative reader who is willing to venture forth and broaden his palate with traditional British dishes, *The Unofficial Harry Potter Cookbook* will satisfy the appetite, no matter how persnickety.

Bon appétit!

—George Beahm, author of *Muggles and Magic* and *Fact, Fiction, and Folklore in Harry Potter's World*

Introduction

This book grants its reader great powers. It's true that a Muggle may twirl sticks and mutter incantations and the only thing that will happen is his or her mother will yell, "If you're not careful with that wand, you'll poke your brother's eye out." But despair not, dear Muggle. A branch of magic is still open to you—Curry, later known as Cookery, which combines elements of potions with transfiguration, and a bit of herbology and divination. According to Gamp's Law of Elemental Transfiguration (see *Harry Potter and the Deathly Hallows*, Chapter 15), good food cannot be created from nothing, but it can be created using this book. Within these pages you shall find directions for delightful dishes, exquisite elixirs, fabulous fare, tasty treats, and the ability to transform mundane ingredients into marvelous masterpieces.

If you're not from the British Isles you may not recognize the foods mentioned in the Harry Potter series. This book is your guide. Here you'll find more than just directions and recipes; you'll discover their long and fascinating history. Learn about the foods that are an integral part of British and Irish culture. Thrill to the stories of their discoveries and inventions. And then eat those foods. You'll never look at a crumpet the same way again.

Though you may be as clever as Hermione, blindly following recipes from a book will not guarantee success. Sometimes you don't have the best recipe; sometimes it's the technique that's wrong. Don't you wish you had a Half-Blood Prince looking over your shoulder, telling you, "I have a better way to concoct this potion?" Well, the recipes gathered here are a result of combining the best recipes out there, testing and retesting and retesting some more, until at last, the tastiest and easiest recipe that dish can have was created.

Helpful Hints

1. Always start with a clean work surface.
2. Read through the recipe carefully and make sure you have all the ingredients and equipment—and skills—to make that recipe. If you lack the necessary skills, you can give it a go anyway; just be sure to arm yourself with patience and humor and don't give up if it comes out wrong.
3. A word of caution: Some of the recipes in this book are dangerous. Any recipe involving boiling sugar (such as fudge or toffee) or deep-frying (such as doughnuts) should be attempted only by adults or children at least in their teens under very close adult supervision.
4. Substitutions: Some of the recipes in this book call for currants. If you can't find currants, dried cranberries can be used as a substitute. Where vegetable oil is specified, canola oil can be used instead. Also, in recipes calling for cocoa powder use Dutch cocoa powder if you can find it, as it's far superior to natural cocoa powder.
5. The ice cream and custard recipes call for tempering egg yolks. This is a process by which the yolks are brought up to a higher temperature slowly to prevent curdling.
6. When making cakes and cookies, make sure the butter, eggs, and milk are at room temperature (68°F to 72°F). The butter needs to be soft to be properly creamed, and cold eggs or milk added to a properly creamed mixture will curdle it. If you've done everything right and the mixture appears curdled anyway, don't worry. The addition of liquid can cause that appearance, which will smooth out when you add the flour.
7. To grease and flour a pan, you can use a flour-and-oil baking spray. It's much faster and yields better results than the old-fashioned method of buttering the pan and dusting the flour over it, then shaking out the excess flour. Make sure you also line your cake pans with parchment paper so that the layers come out in one piece.
8. It's important to measure ingredients precisely. You will need one liquid measuring cup and a set of dry measuring cups as well as a set of measuring spoons. To measure flour or sugar, dip the measuring cup into the container and level it with a straight edge, such as the flat side of a knife. Do not pack down the flour or shake the cup to even the top. To measure packed brown sugar, use your fingers, your fist, your knuckles, or a spoon to pack down the sugar as you fill the cup.
9. If you do not own a food processor, you can make pie or tart dough by hand. Rub the fat into the flour using your fingertips or cut it into the flour using two forks until the mixture resembles coarse yellow meal. Make sure to incorporate all the white powdery bits. Proceed as directed in the recipe.

10. Pie dough is easy to make once you master the technique. Make sure you use very cold ingredients and be careful to work the dough as little as possible. Mixing too much makes the crust hard to roll out (it will keep springing back) and yields a tough texture. When adding water, it's better to add too much than too little. You can always add extra flour when rolling out the dough to prevent sticking, but a dry dough will keep cracking and tearing when you roll it out, and you won't be able to save it.
11. Many recipes call for toasting nuts. To do this properly, spread the nuts in a single layer on a baking sheet and toast in a 350°F oven for 7 to 10 minutes until brown and fragrant.
12. Some recipes specify treacle or golden syrup. These sweeteners are produced during the sugar refining process and are similar to molasses. You can find treacle or golden syrup in a well-stocked supermarket or specialty food store, but if you can't find them, use the following substitutions:

For black treacle, use dark molasses or blackstrap molasses. For golden syrup, use light or dark corn syrup, light molasses, or pure maple syrup. Maple syrup will impart a unique flavor to the finished product, so use it with discretion.
13. Turbinado sugar, also called demerara sugar, is raw cane sugar, which looks like large, pale brown, translucent crystals, and is great for sprinkling on cookies or muffins because it looks pretty and is a lot crunchier than granulated sugar. It's easy to find in the baking aisle of your supermarket. A common supermarket brand is Sugar in the Raw.
14. If you use glass pans such as Pyrex or dark metal pans to bake cakes, subtract 25 degrees from the temperature specified in the recipe, as these pans get hotter and retain heat for longer. Baking at the higher temperature will cause the cakes to overbake.
15. The food processor used for testing the recipes in this book was an old model. The number of pulses specified is simply a guideline; use the visual cues provided in the recipe to know when to stop pulsing. This is especially important in pie and tart doughs, as overprocessing can yield a tough rather than tender crust.

Chapter One

Good Food with Bad Relatives

The Dursleys might thank you to remember that they are as normal as can be, but their treatment of their own flesh-and-blood nephew Harry Potter is anything but. Determined to stamp out any vestiges of magic he might have inherited from his wizard parents, they keep him as downtrodden as possible. But they can't force him to avoid his destiny. On the stroke of midnight of his eleventh birthday, after years of fantasizing about a kind relative coming to claim him, Harry is visited by a half-giant called Hagrid, who tells him the truth about his heritage. Despite the best efforts of the Dursleys to prevent this, Harry finally escapes to Hogwarts to be trained as a wizard (see *Harry Potter and the Sorcerer's Stone*, Chapters 1–6).

Aunt Petunia has always hated her sister for being able to master potions, but she is no slouch around the cauldron either, at least when it comes to cooking. In *Harry Potter and the Chamber of Secrets* she whips up a three-course meal for a classy dinner party with the Masons, and in *Harry Potter and the Prisoner of Azkaban*, a fancy meal for Aunt Marge. To the disgust, shame, and horror of the Dursleys, Harry ruins both meals . . . and Uncle Vernon will never forgive him for losing the deal that would have bought him a summer home in Majorca.

English Fried Eggs and a Gammon of Bacon

Does Harry sometimes remind you of Cinderella? He has to cook, he has to clean Often he plays the role of breakfast chef at the Dursleys', and the morning of Dudley's birthday is no exception. Aunt Petunia darkly warns him not to burn breakfast (see *Harry Potter and the Sorcerer's Stone*, Chapter 2).

Eggs and bacon doesn't sound very posh, but some 400 years ago, it was the "Breakfast of Queens." Henrietta Maria, Queen Consort of England and wife of King Charles I, would finish off a fancy breakfast with a simple dish of poached eggs and bacon. In England, a "rasher" of bacon is one slice, and two rashers are called a "gammon."

1 gammon of bacon

1 tablespoon lard or bacon drippings reserved from frying

2 large eggs

Salt and freshly ground black pepper to taste

1. To pan-fry the bacon, heat a skillet or sauté pan over medium-high heat. Lay the bacon carefully in the pan. Let the bacon cook for 2 minutes; then, using a pair of tongs or a fork, turn the bacon and cook for 2 minutes more. Continue cooking and turning every 30 seconds until the bacon reaches desired crispness. Remove the bacon and let it drain on paper towels. Drain all but 1 tablespoon of fat from the pan.
2. Reduce the heat to medium low. Break the eggs into a small bowl. When the fat begins to sizzle, add the eggs and season with salt and pepper.

Serves 1 

Fried eggs are served by a degree of doneness: sunny side up, over-easy, over-medium, or over-hard. For sunny side up, cook the eggs for 4 minutes or until the white is set and firm. For "over" eggs, add the eggs to the pan and let cook for 3 minutes. Carefully flip the eggs using a spatula and cook as follows: over-easy for 2 minutes on second side; over-medium, 2 minutes, 15 seconds; over-hard, 2 minutes, 30 seconds or until the yolk is completely firm. You can also break the yolk before turning for over-hard.

Double Chocolate Ice Cream Cones

When Harry goes with the Dursleys to the zoo, the day starts out like a dream come true. Harry has never been taken along on Dudley's birthday trips before and he can hardly believe his luck. Uncle Vernon buys chocolate ice creams for Dudley and his friend Piers to enjoy on their outing. There's none for Harry, of course (see *Harry Potter and the Sorcerer's Stone*, Chapter 2).

When the first ice cream recipe found its way to England in the 1600s, King Charles I wanted to keep it for himself. Ice cream was a treat reserved for royalty and the king wanted to make sure it stayed that way. According to legend, he swore his cook to keep the recipe a secret. But when the king died, the secret got out . . . and now you can enjoy this sumptuous ice cream recipe.

2 cups whole milk

2 cups heavy cream

¾ cup granulated sugar

2 tablespoons unsweetened cocoa powder

5 large egg yolks

8 ounces bittersweet chocolate, melted and cooled

1 teaspoon pure vanilla extract

Sugar cones for serving

1. Combine the milk, heavy cream, sugar, and cocoa powder in a medium saucepan and cook, stirring frequently, until hot but not simmering. Whisk the melted chocolate into the egg yolks (it will be thick and difficult to whisk). Temper the egg yolk mixture by slowly pouring 1 cup of the hot milk mixture into the yolks while whisking vigorously. Pour the yolk mixture into the saucepan containing the rest of the milk mixture and cook, stirring constantly, until very hot but not simmering. Do not boil.
2. Pour the mixture through a sieve. Stir in the vanilla extract. Cover the surface with plastic wrap to prevent a skin from forming and cool to room temperature, then chill until completely cold, about 6 hours. Freeze in your ice cream maker following the manufacturer's instructions. Transfer to an airtight container and freeze until firm, 8 hours or overnight.
3. To serve, scoop 2 balls of ice cream into each cone and top with your favorite toppings.

Makes about 5 cups 

If the ice cream is rock hard after freezing, allow it to soften at room temperature for 15 minutes before serving. Homemade ice cream keeps for about a week. Also, to keep the cones from leaking, pour melted bittersweet chocolate into the bottom of each one before filling with the ice cream.

Triple Power Icy Lemon Pops

The Dursleys don't want to buy Harry chocolate ice cream when they take him to the zoo on Dudley's birthday, but when the lady asks him what he'll have, they at least have the decency to be embarrassed to not buy him anything. They compromise by buying him a lemon pop, which Harry enjoys anyway (see *Harry Potter and the Sorcerer's Stone*, Chapter 2).

Who doesn't like a nice frozen pop on a hot day? Slushies and other frozen treats have been around for thousands of years. The famous conqueror Alexander the Great had fresh snow brought to him from the mountains to chill his wine, and the evil Roman emperor Nero used to mix snow with honey and fruit for dessert, which he had to eat right away before it melted. Fortunately, thanks to modern technology, we don't have to go to such lengths to enjoy these treats.

Grated zest of 1 lemon

3 tablespoons lemon juice

7 tablespoons granulated sugar

1¼ cups water

½ teaspoon lemon extract

1. Place the lemon zest, lemon juice, sugar, and water in a saucepan and heat, stirring frequently, just until beginning to simmer. Remove from the heat and stir in the lemon extract. Pour into ice pop molds.
2. Freeze until solid, about 5 hours.

Makes approximately 4 (4-ounce) pops 🍷

These lemon pops get their bright lemon flavor from three sources—grated lemon zest, lemon juice, and lemon extract—hence the name “Triple Power.”

Knickerbocker Glory

Dudley pretends to cry when he discovers that Harry will have to come along with him on his birthday trip. Aunt Petunia, fooled by his antics, assures Dudley that she won't let Harry spoil his special day. Little does she know! But before the day ends in disaster, Harry enjoys the knickerbocker glory he has been allowed to finish when Dudley complains he doesn't have enough ice cream (see *Harry Potter and the Sorcerer's Stone*, Chapter 2).

This is a terrific summer treat and easy to prepare. It's time to revive the knickerbocker glory in America. This parfait-like dessert was first recorded in the United States in the 1930s, but instead of taking off here, it found its way across the ocean and became popular in England. How did it get its curious name? Some say from striped knickerbockers: the layers of ice cream, jelly, custard, fruit, and whipped cream look like striped knee breeches. However, "knickerbockers" was also a term used to refer to New Yorkers, so that might be a connection too.

2 cups custard (recipe follows)

Whipped cream (recipe follows)

2 cups any flavor Jell-O (prepared in advance)

Chopped toasted nuts, such as peanuts

2 cups chopped fresh fruit (such as peaches or berries)

1 pint vanilla ice cream

Chocolate syrup

1. Prepare the custard, whipped cream, and Jell-O in advance; chop and toast the nuts ahead as well.
2. Wash, and if necessary, peel and chop the fruit you are using.
3. Set out six tall sundae glasses. Divide $\frac{1}{2}$ pint of the ice cream into the bottom of the six glasses. Evenly divide 1 cup of the fruit into the glasses. Then evenly divide 1 cup of the Jell-O over the fruit and 1 cup of the custard over the Jell-O. Repeat the layering once with the remaining ice cream, fruit, Jell-O, and custard.
4. Top with the whipped cream, toasted nuts, and chocolate syrup.

Serves 6 

Knickerbocker Glory

(continued)

Custard

¼ cup granulated sugar, divided

3 tablespoons cornstarch

¼ teaspoon salt

1 cup whole milk and ½ cup heavy cream or 1½ cups whole milk

3 large egg yolks

1 teaspoon pure vanilla extract

1. Combine 2 tablespoons of the sugar with the cornstarch and salt in a small heavy-bottomed saucepan. Add the milk and cream and stir until the cornstarch dissolves. In a separate bowl, whisk the egg yolks with the remaining 2 tablespoons sugar.
2. Cook the milk mixture over medium-high heat until the mixture is just starting to bubble and thicken. Reduce the heat to low. Temper the yolks by slowly pouring ½ cup of the hot mixture into the yolks while whisking constantly. Pour the yolk mixture into the saucepan, stirring constantly.
3. Turn the heat back up to medium-high. Cook, stirring constantly but gently, until the mixture is thick. Once the mixture starts to thicken, it must be handled gently or the cornstarch will lose its thickening power. Remove the pan from the heat and stir in the vanilla.
4. Strain the custard through a sieve into another bowl. (You may need to push it through the sieve with a rubber spatula; this gets rid of lumps.) Cover the custard with plastic wrap to prevent a skin from forming, and chill until it is set.

Whipped Cream

1 cup heavy cream

3 tablespoons confectioners' sugar

1 teaspoon pure vanilla extract

Place the heavy cream, confectioners' sugar, and vanilla in a mixing bowl and whip until firm peaks form and stay in place when you lift up the beater and turn the bowl upside down.

Old-Fashioned Chocolate Buttermilk Sheet Cake

Harry hates going to his babysitter, Mrs. Figg, when the Dursleys need him out of the way. She has too many cats, her house smells like cabbages, and her chocolate cake tastes ancient (see *Harry Potter and the Sorcerer's Stone*, Chapters 2 and 3).

“Cake” comes from the Old Norse word *kaka* (what were the Vikings thinking?). But you can imagine that what the Vikings called *kaka* and we call *cake* are vastly different items. Not until the 1700s were eggs and sugar and even icings added to cakes to turn them into something we would recognize.

<i>2 ounces chopped bittersweet chocolate</i>	<i>½ teaspoon salt</i>
<i>1 tablespoon instant coffee</i>	<i>2 teaspoons baking soda</i>
<i>1¼ cups boiling water</i>	<i>1 teaspoon baking powder</i>
<i>2¾ cups all-purpose flour</i>	<i>1 cup vegetable oil</i>
<i>2¾ cups granulated sugar</i>	<i>1¼ cups buttermilk</i>
<i>¾ cup unsweetened cocoa powder</i>	<i>4 large eggs</i>
	<i>2 teaspoons pure vanilla extract</i>

1. Preheat the oven to 350°F. Grease and flour a 9" × 13" cake pan.
2. Place the chocolate and coffee in a small bowl. Pour the boiling water over the chocolate and coffee and let it stand 5 minutes. Whisk until smooth.
3. Using an electric mixer, combine the flour, sugar, cocoa powder, salt, baking soda, and baking powder in a large bowl. Mix on low speed until well combined. Add the oil and buttermilk and mix well, scraping down the sides as needed. Add the eggs one at a time, beating after each until incorporated. Add the chocolate-coffee mixture very carefully, on the lowest speed, as it will slosh around the bowl. Add the vanilla. Finish by scraping the bowl down and mixing all the batter with a rubber spatula.
4. Scrape the batter into the prepared pan and bake for about 45 minutes, until the cake feels firm when touched lightly in the center or a toothpick inserted in the center comes out with a few moist crumbs attached. If the toothpick comes out clean, the cake is over baked.
5. Cool the cake completely in the pan on a wire rack. Dust with confectioners' sugar and serve right out of the pan.

Makes 24 pieces 

Nutty Fruitcake for Kids

Uncle Vernon goes so nuts when letter after letter arrives addressed to Harry Potter that he hammers in a nail with a piece of fruitcake to seal the mail slot (see *Harry Potter and the Sorcerer's Stone*, Chapter 3).

How did Uncle Vernon get to such a state that he confused a piece of fruitcake for a hammer? It's not such a strange mistake to make when you consider that fruitcakes are made to last a year—it must have gotten as hard as forged steel and so could be used as a hammer! Queen Victoria, to show self-control, would wait one year before eating a fruitcake she received as a gift.

Traditionally, fruitcake is made with alcohol, which keeps the cake moist and fresh for an extended period of time. Adults who wish to make traditional fruitcake should replace the apple juice with brandy. After the cake cools, use a skewer to poke holes in the bottom of the cake. Pour another ½ cup brandy over the bottom of the cake, wrap the cake in a double layer of aluminum foil, and store upside down. If you want to make this cake months in advance, then once a month, unwrap the cake and pour ½ cup brandy over the bottom. The flavor improves with age.

<i>2¼ cups all-purpose flour</i>	<i>Grated zest of 1 orange</i>
<i>½ cup finely ground almonds</i>	<i>Grated zest of 1 lemon</i>
<i>1 teaspoon ground cinnamon</i>	<i>4 large eggs, at room temperature</i>
<i>½ teaspoon ground allspice</i>	<i>¼ cup orange marmalade</i>
<i>¼ teaspoon ground nutmeg</i>	<i>½ cup dark raisins</i>
<i>⅛ teaspoon ground cloves</i>	<i>½ cup golden raisins</i>
<i>¼ teaspoon salt</i>	<i>½ cup dried currants or sweetened dried cranberries</i>
<i>2 sticks butter, at room temperature</i>	<i>¼ cup apple juice</i>
<i>1¼ cups packed dark brown sugar</i>	

1. Preheat the oven to 300°F. Grease and flour a 9-inch round cake pan that is at least 2 inches deep and line the bottom with parchment paper. In a large mixing bowl, whisk together the flour, ground almonds, spices, and salt.
2. In another large bowl, cream the butter, sugar, and zest of orange and lemon with an electric mixer, scraping down the sides as needed, until light and fluffy, about 5 minutes. Add the eggs one at a time, beating well after each until incorporated. Beat in the marmalade. Stir in the flour mixture and then the dark raisins, golden raisins, and currants or cranberries. Stir in the apple juice. Using a spatula, give one final stir to make sure the batter is evenly mixed. Scrape the batter into the pan and bake for 2 hours.
3. Remove the cake from the oven and leave it in the pan to cool. Unmold the cake onto a sheet of aluminum foil and peel off the parchment paper, then reinvert the cake onto a platter or cardboard round. The cake should be eaten the day it is made or wrapped well in plastic wrap and frozen for up to 2 months. Serve with a nice cup of tea.

Serves 16 

Tender Roast Loin of Pork with Variations

Aunt Petunia serves roast pork loin at the business dinner with the Masons, doomed by Dobby the house-elf, whose repeated efforts to help Harry end up almost killing him each time (see *Harry Potter and the Chamber of Secrets*, Chapter 1).

Unlike chickens and pheasants, this is one animal the Romans didn't bring with them to England. Pigs have been around in Europe for millions of years, and since we humans discovered them we've been using them for food.

1 teaspoon salt
¼ teaspoon freshly ground black pepper
¼ teaspoon ground thyme
¼ teaspoon dried rosemary
Pinch cayenne pepper
2 pounds pork loin

1. Preheat the oven to 325°F. In a small bowl, combine all the ingredients except the pork. Rub the mixture all over the pork and place the pork loin on a rack in a roasting pan.
2. Roast the pork for about 40 minutes until an instant-read thermometer inserted into the thickest part of the roast reads 145°F. Remove the roast from the oven and let it rest for 15 minutes before slicing.

Serves 6 

Tender Roast Loin of Pork with Variations

(continued)

Apple Blossom Glazed Pork Loin

1 cup water

1 cup honey

½ cup apple butter or applesauce

1 teaspoon crushed red pepper

½ cup dried cranberries

½ cup pickled watermelon rind, diced

2 pounds pork loin

1. Preheat the oven to 325°F. In a saucepan, combine the water, honey, and apple butter or applesauce, and stir to blend. Add the crushed peppers, dried cranberries, and diced watermelon rind. Bring to a boil, cover, remove from the heat, and let stand for 10 minutes.
2. Pour half of the fruit sauce over the pork loin and place it in the preheated oven. Bake the pork for 30 minutes. Pour ¼ of the remaining sauce over the pork and continue cooking 10 minutes longer or until the internal temperature registers 145°F on an instant-read thermometer.
3. Rest the pork loin for 15 minutes before slicing. Drizzle the remaining fruit sauce over the sliced pork and serve.

Bourbon-Glazed Pork Loin with Peaches for Adults

¼ cup Kentucky bourbon

¼ cup soy sauce

¼ cup packed brown sugar

2 cloves garlic

¼ cup Dijon mustard

½ teaspoon ground ginger

2 tablespoons Worcestershire sauce

¼ cup vegetable oil

1 dash hot sauce

2 pounds pork loin

4 fresh or canned peaches, pitted and cut in quarters

1. Preheat the oven to 325°F. In a blender or food processor, combine the bourbon, soy sauce, brown sugar, garlic, mustard, ginger, Worcestershire sauce, oil, and hot sauce. Pulse until smooth.
2. Place the pork loin and peaches into a resealable plastic bag and pour in the marinade. Remove excess air and store in the refrigerator for 24 hours.
3. Remove the pork from the marinade and place it on a rack in a roasting pan. Roast the pork for about 40 minutes until an instant-read thermometer registers 145°F. Remove the roast from the oven and let it rest for 15 minutes before slicing. Bring the remaining marinade to a boil in a small saucepan and set aside.
4. Slice the pork and drizzle it with the marinade. Arrange the peaches around the sliced pork.

Petunia's Pudding (English Strawberry Trifle)

When Harry comes inside after completing his chores, he notices that the dessert Aunt Petunia prepared for the dinner party with the Masons is sitting on top of the refrigerator (see *Harry Potter and the Chamber of Secrets*, Chapter 1). The British call any dessert “pudding,” as in “What’s for pudding?” Since the classic trifle is covered in dollops of whipped cream and often decorated with sugared violets, this is probably what Petunia intended to serve the Masons (before Dobby destroyed it).

This is a beautiful and easy dessert you can make to impress your friends. English trifle started out as a simple custard made of cream and egg yolks, sweetened, and then flavored with ginger and rosewater. It grew into its more elegant form in the 1800s: cake layered with fruit and custard in a clear glass dish and topped with whipped cream. American-style trifle bowls are too deep for English trifle. Instead, use a round serving dish, about 9 inches in diameter and about 3 inches deep.

1 loaf yellow cake, sliced into
½-inch-thick slices (recipe follows)
½ cup strawberry jam
Custard (recipe follows)
1 pound fresh strawberries, washed,
patted dry, and sliced into
½-inch-thick slices

Whipped cream
1 tablespoon toasted sliced almonds
or sugared violets, if available

1. Place the cake slices on a cutting board and trim off the crusts. Spread half the slices with the jam and top with the remaining slices. Cut the sandwiches into 2-inch squares. Layer the sandwiches in the bottom of a round glass serving dish. Cut the remaining sandwiches into small pieces to fill any empty spaces.
2. Spread the custard over the cake layer. Line the pan around the perimeter with strawberry slices; then pile the remaining sliced strawberries in the center. Cover with plastic wrap and refrigerate 8 hours or overnight to allow the flavors to meld.
3. Prepare the whipped cream before serving. Remove the plastic wrap and spread the whipped cream on top of the trifle, completely covering all the strawberries with the cream. For a pretty effect, you can fill a pastry bag fitted with a ¾-inch star tip and pipe the cream over the strawberries. Decorate with the toasted almonds or sugared violets.

Serves 8 to 10 

For quick and easy trifle, use store-bought sponge or pound cake and instant vanilla pudding instead of the homemade custard.

Petunia's Pudding (English Strawberry Trifle)

(continued)

Yellow Loaf Cake

1½ cups all-purpose flour

1½ teaspoons baking powder

¼ teaspoon salt

1 stick (8 tablespoons) butter, at room temperature

1 cup granulated sugar

2 large eggs, at room temperature

1½ teaspoons pure vanilla extract

½ cup whole milk, at room temperature

1. Preheat the oven to 350°F and grease and flour an 8½" × 4½" loaf pan. Whisk together the flour, baking powder, and salt. Set aside.
2. Using an electric mixer, cream the butter and sugar until light and fluffy, scraping down the sides of the bowl as needed, about 5 minutes. Add the eggs one at a time, beating after each to combine and scraping down as needed, about 30 seconds. Add the vanilla and beat until combined.
3. Add the flour mixture and milk alternately, beginning and ending with the flour and using the slowest speed on your mixer. Scrape down the sides of the bowl and gently fold the batter together with a rubber spatula, taking care not to over mix.
4. Scrape the batter into the prepared pan and bake about 1 hour, or until the cake feels firm when touched lightly in the center or a toothpick inserted in the center comes out clean. Remove the cake from the oven and let it cool in the pan.

Custard

1½ cups whole milk plus ½ cup heavy cream or 2 cups whole milk

½ cup granulated sugar (divided)

¼ cup cornstarch

¼ teaspoon salt

4 large egg yolks

1 teaspoon pure vanilla extract

¼ stick (2 tablespoons) butter (only if not using any heavy cream)

1. Combine the milk or milk and heavy cream, ¼ cup of the sugar, cornstarch, and salt in a small saucepan. In a medium bowl, whisk the yolks with the remaining ¼ cup of sugar until smooth.
2. Heat the milk mixture over medium-high heat, stirring constantly, until it is hot but not bubbling. Reduce the heat to low. Pour 1 cup of the hot mixture in a slow stream into the egg yolk mixture while whisking quickly to temper the egg yolks. Pour the egg yolk mixture slowly back into the saucepan while stirring constantly. Return to medium-high heat, stirring constantly, until the mixture thickens and begins to boil. (Once the mixture begins to thicken, it must be handled gently so the cornstarch won't lose its thickening power.)
3. Remove the pan from the heat and add the vanilla. Add the butter if you did not use heavy cream. Stir gently until the butter is melted and combined. Strain the custard through a sieve into a bowl to ensure a smooth custard. (Use a rubber spatula to push the custard through the sieve.) Cover with plastic wrap and refrigerate until cold.

Lemon Meringue Pie

They had the soup; they had the salmon; now they're listening to Uncle Vernon talk about his work while they eat lemon meringue pie. Soon Aunt Marge will have too much brandy and soon Harry will get into lots of trouble (see *Harry Potter and the Prisoner of Azkaban*, Chapter 2).

Lemon meringue pie is actually more American than apple pie. Apple pies were being made in England long before the colonists came over. Open pies, without a top crust, or pies topped with meringue tend to be American. Lemon meringue pie is a bit complex, but it's so worth it! Give yourself plenty of time to prepare this dessert, and you'll never want to buy the mass-produced kind again.

Pie Crust

1¼ cups all-purpose flour
2 tablespoons granulated sugar
½ teaspoon salt
½ stick (4 tablespoons) cold butter, cut into chunks
4 tablespoons vegetable shortening, chilled and cut into chunks
4–6 tablespoons ice water

Lemon Filling

1¼ cups granulated sugar
⅓ cup cornstarch
1½ cups water
4 large egg yolks, lightly beaten (save the egg whites for the meringue)
½ cup lemon juice
1 tablespoon grated lemon zest
¼ stick (2 tablespoons) butter

Meringue Topping

4 large egg whites, at room temperature
¼ teaspoon cream of tartar
¼ teaspoon salt
½ teaspoon pure vanilla extract
1 cup granulated sugar

Lemon Meringue Pie

(continued)

1. For the crust, combine the flour, sugar, and salt in the bowl of a food processor. Pulse 2 or 3 times to combine. Sprinkle the butter and shortening over the flour mixture and pulse about 15 times, until the mixture resembles coarse yellow meal. Turn the mixture out into a large mixing bowl. Sprinkle 4 tablespoons ice water over the flour mixture, and toss with a spatula until the dough starts to clump together. If the dough is dry, add more ice water 1 tablespoon at a time. Gather the dough together in a ball, pat it into a disk, wrap it in plastic wrap, and refrigerate it for 1 hour or up to 3 days.
2. On a floured surface, roll out the dough to an 11-inch circle. Fold the dough into quarters and brush off the excess flour after each fold. Unfold the dough into the pie pan, fitting it in carefully without pulling or stretching. Trim the dough, leaving 1 inch of overhang; fold the overhang under and crimp the edges, either by pressing down with the tines of a fork or by pinching with your fingers. Prick the bottom and sides with a fork. Place the crust in the freezer for about 30 minutes. While the crust is freezing, preheat the oven to 425°F.
3. Spread a sheet of aluminum foil inside the frozen pie crust; press the foil into the edges and be sure to cover the rim. Fill the crust with pie weights or beans and bake until the crust is dry and set, 15 to 20 minutes. Reduce the temperature to 350°F, remove the foil, and continue to bake until the crust is golden brown, about 8 more minutes. Remove from the oven and set aside.
4. For the filling, combine the sugar, cornstarch, and water in a small heavy-bottomed saucepan and stir until the cornstarch is dissolved. Cook over low heat, stirring constantly, until the mixture thickens. Whisk in the yolks and continue cooking and stirring until the mixture is thick and bubbling. Remove from the heat and add the lemon juice, lemon zest, and butter. Stir gently until fully incorporated.
5. For the meringue, beat the egg whites, cream of tartar, salt, and vanilla until soft mounds form. Add the sugar gradually while beating on medium speed. Increase speed to medium-high and beat until the egg whites are stiff and glossy but not dry.
6. To assemble and bake the pie, preheat the oven to 350°F. Pour the filling into the crust. Spread the meringue over the filling, taking care to seal the edges to prevent the meringue from shrinking. Make peaks and swirls in the meringue with the back of a spoon or fork.
7. Bake the pie until the meringue browns, about 15 minutes. Cool the pie before serving. Serve cold or at room temperature.

Serves 8 

Save your baking of lemon meringue pie for dry weather. Humidity can cause your lovely meringue to weep, which means you'll find beads of caramel-colored moisture gathering atop your snowy mound.

For perfectly beaten egg whites, make sure the beaters and the bowl are squeaky clean and grease free; a tiny amount of grease can cause the whites not to beat properly. A tiny amount of yolk won't affect the outcome. Add the sugar slowly only when soft mounds begin to form.

Warm and Hearty Mulligatawny Soup

The last day of Aunt Marge's visit, Aunt Petunia serves soup, which Harry manages to get through uneventfully before finally losing it and blowing up Aunt Marge (see *Harry Potter and the Prisoner of Azkaban*, Chapter 2).

Only the British can take some Indian words and make it sound like a place in Ireland. Mulligatawny is actually a combination of two Tamil words (Tamil is one of many Indian languages) that means "pepper" and "water." British officers during colonial times fell in love with this dish and brought it back to England from India.

<i>2 tablespoons vegetable oil</i>	<i>1 tablespoon curry</i>
<i>4 bone-in, skin-on chicken thighs, rinsed and patted dry</i>	<i>1 tablespoon salt</i>
<i>1 onion, finely chopped</i>	<i>½ teaspoon freshly ground black pepper</i>
<i>2 carrots, sliced</i>	<i>2 cups cooked long grain white rice</i> <i>(½ cup dry rice will yield about 2 cups cooked)</i>
<i>2 celery ribs, finely chopped</i>	<i>Shredded sweetened coconut, optional, for serving</i>
<i>6 cups water</i>	
<i>1 tart apple, such as Granny Smith, peeled, cored, and diced</i>	

1. Heat the oil in a Dutch oven or wide pot. Sear the chicken over high heat on both sides until golden and crispy, about 4 minutes per side. Remove chicken from the pot and set aside.
2. Pour off the fat, leaving about 2 tablespoons in the pot. Add the onions, carrots, and celery, stirring and scraping over medium heat until the onions are softened, 3 to 5 minutes. Add the water, apple, curry, salt, and pepper.
3. Add the chicken back to the pot. Bring to a boil, then reduce the heat and simmer for 30 to 45 minutes, until the chicken is tender. Remove the chicken from the pot. Discard the skin and bones, cut the chicken into bite-size pieces, and return it to the pot. Using a wide spoon such as a serving spoon, skim the fat off the surface. Stir in the rice.
4. To serve, sprinkle a small handful of coconut, if using, over each bowl.

Serves 6 

Four Scrumptious Cakes

Ah, sweet revenge! The summer that Uncle Vernon and Aunt Petunia put Dudley on a strict diet, Harry revels in his knowledge of the good food hidden upstairs in his room while Dudley starves in the kitchen. When Harry informs his friends of the severe diet imposed on the whole family, they loyally send him fabulous birthday cakes. The following four cakes are an imagining of what Ron, Hermione, Hagrid, and Sirius sent to Harry (see *Harry Potter and the Goblet of Fire*, Chapter 3).

This is the simplest of cakes, yet elegant and delicious. It's called Victoria Sponge because the famous queen of that name used to have a slice with her tea. The name "sponge" is misleading because it's actually a dense, rich cake, not an airy, fluffy sponge.

Victoria Sponge Sandwich Cake (from Ron)

1½ cups all-purpose flour

1 teaspoon baking powder

¼ teaspoon salt

1½ sticks (12 tablespoons) butter, at room temperature

1 cup granulated sugar

3 large eggs, at room temperature

½ cup raspberry jam

Confectioners' sugar, for dusting

Whipped cream, for serving, optional

1. Preheat the oven to 350°F. Grease two 8-inch round cake pans and line the bottoms with parchment paper. Whisk together the flour, baking powder, and salt in a mixing bowl and set aside.
2. Using an electric mixer, beat the butter and sugar in a large bowl until light and fluffy, scraping down the sides of the bowl as needed, about 5 minutes. Add the eggs one at a time, beating after each until incorporated and scraping down the sides as needed. Add the flour mixture and mix on the slowest speed until combined. Finish by scraping down and folding the batter together with a rubber spatula.
3. Divide the batter evenly between the two pans and bake for about 20 minutes until the cakes are golden brown around the edges—the tops of the cakes will be pale—and the cakes feel soft but set when touched lightly in the center or a toothpick inserted in the center comes out clean. Let the cakes cool in the pans for 10 minutes, then invert onto a wire rack and cool completely.
4. To assemble the cake, place one cake on a cardboard round top-side down and spread with the raspberry jam all the way to the edges. Top with the second cake, top-side up, and dust generously with confectioners' sugar. Serve with whipped cream and have it with tea.

Serves 8 

Four Scrumptious Cakes

(continued)

A lot of delicious foods were created by accident, and this might be one of them. According to legend, the cook of the White Horse Inn in Bakewell (a town in Derbyshire, in the center of England) was asked by the landlady to make a strawberry tart. The cook forgot to mix the jam into the almond custard and tried to cover it up by spreading the jam on the tart shell, creating a whole new dessert. This popular cake imitates the flavors of the famous Bakewell Tart.

Cherry Bakewell Cake (from Hermione)

Almond Cake

1½ cups all-purpose flour
½ cup finely ground almonds
1 teaspoon baking powder
¼ teaspoon salt
1½ sticks (12 tablespoons) butter, at room temperature
1 cup granulated sugar
3 large eggs, at room temperature
1 teaspoon almond extract
½ cup whole milk, at room temperature

Butter Frosting

2 sticks (16 tablespoons) butter, at room temperature
2 cups confectioners' sugar
1 teaspoon pure vanilla extract
2 tablespoons whole milk

To Finish the Cake

½ cup cherry preserves
Maraschino cherries, for decorating
Toasted sliced almonds, for decorating

Four Scrumptious Cakes

(continued)

1. Preheat the oven to 350°F. Grease two 8-inch round cake pans and line the bottoms with parchment paper. Whisk together the flour, ground almonds, baking powder, and salt in a mixing bowl and set aside.
2. Using an electric mixer, beat the butter and sugar in a large bowl until light and fluffy, scraping down the sides of the bowl as needed, about 5 minutes. Add the eggs one a time, beating after each until incorporated and scraping down the sides as needed. Add the almond extract and beat until combined. Add the flour mixture and milk alternately, beginning and ending with the flour and mixing on the lowest speed to combine. Finish by scraping down and folding the batter together with a rubber spatula.
3. Divide the batter evenly between the 2 pans and bake for about 25 minutes, until the cakes feel soft but firm when touched lightly in the center or a toothpick inserted in the center comes out clean. Let the cakes cool in the pans for 10 minutes, then invert onto a wire rack and cool completely.
4. For the frosting, beat all the frosting ingredients together until smooth, creamy, and fluffy, scraping down the sides as needed, about 7 minutes.
5. To assemble the cake, place 1 cake top-side down on a cardboard round. Spread the cherry preserves on top of the cake all the way to the edges. Top with the second cake, top-side up. Spread about 1 cup of the frosting on top of the cake. Place the remaining frosting in a pastry bag fitted with a star tip and pipe a border around the edges of the cake. Line the inside of the border with maraschino cherries placed about 1 inch apart. Sprinkle the middle space with the toasted sliced almonds. You can also pipe stars against the cherry filling, 1 inch apart, for a pretty touch.

Serves 8 

Four Scrumptious Cakes

(continued)

Custard is very, very British. In the mid-1800s a British chemist whose wife was allergic to eggs invented a custard thickened with cornstarch instead of eggs, which he sold as a powder, and since then custard sauce appears with just about every dessert. True cooks prefer to make a rich egg custard rather than using the instant powder that's easier to make but doesn't taste as good. Also, the British often refer to layer cakes as "sandwich cakes." Like the Victoria Sponge, the layers are dense and rich rather than light and fluffy.

Custard Sponge Sandwich (from Hagrid)

Sponge Cake

1½ cups all-purpose flour

1 teaspoon baking powder

¼ teaspoon salt

1½ sticks (12 tablespoons) butter, at room temperature

1 cup granulated sugar

3 large eggs, at room temperature

Confectioners' sugar, for dusting

Custard Filling

1 cup whole milk plus ½ cup heavy cream or 1½ cups whole milk

¼ cup granulated sugar, divided

3 tablespoons cornstarch

Pinch salt

3 egg large yolks

½ teaspoon pure vanilla extract

1 tablespoon butter (if not using heavy cream)

Whipped cream, for serving, optional

Four Scrumptious Cakes

(continued)

1. Preheat the oven to 350°F. Grease two 8-inch cake pans and line the bottoms with parchment paper. Whisk together the flour, baking powder, and salt in a mixing bowl and set aside.
2. Using an electric mixer, beat the butter and sugar in a large bowl until light and fluffy, scraping down the sides of the bowl as needed, about 5 minutes. Add the eggs one at a time, beating after each until incorporated and scraping down the sides as needed. Add the flour mixture and mix on the slowest speed until combined. Finish by scraping down and folding the batter together with a rubber spatula.
3. Divide the batter evenly between the two pans and bake for about 20 minutes until the cakes are golden brown around the edges—the tops of the cakes will be pale—and the cakes feel soft but set when touched lightly in the center or a toothpick inserted in the center comes out clean. Let the cakes cool in the pans for 10 minutes, then invert onto a wire rack and cool completely.
4. To make the custard, combine the milk or milk and heavy cream, 2 tablespoons of the sugar, cornstarch, and salt in a small saucepan and mix until the cornstarch is dissolved. Whisk the yolks with the remaining 2 tablespoons of sugar in a medium bowl until smooth.
5. Heat the milk mixture over medium-high heat, stirring constantly, until it is hot but not bubbling. Reduce the heat to low. Pour ½ cup of the hot mixture in a slow stream into the egg yolk mixture while whisking quickly to temper the egg yolks. Pour the egg yolk mixture slowly back into the saucepan while stirring constantly. Return the pan to medium-high heat, stirring constantly, until the mixture thickens and begins to boil. (Once the mixture begins to thicken, it must be handled gently so the cornstarch won't lose its thickening power.)
6. Remove the pan from the heat and add the vanilla. Add butter if you did not use heavy cream. Stir gently until the butter is melted and combined. Strain the custard through a sieve into a bowl to ensure a smooth custard. (Use a rubber spatula to push the custard through the sieve.) Cover with plastic wrap and refrigerate until cold.
7. To assemble the cake, place one cake layer top-side down on a cardboard round. Spread the custard over the cake until within ½ inch of the border. Top with the other cake layer, top-side up. Dust the top of the cake generously with the confectioners' sugar. Keep refrigerated, but bring to room temperature before serving. Serve with whipped cream and have it with tea.

Serves 8 

Four Scrumptious Cakes

(continued)

Being that Sirius was sending letters to Harry via tropical birds, it follows that the cake he sent him would contain tropical flavors, like citrus and mango.

Citrus Sandwich Cake with Mango Filling (from Sirius)

Citrus Cake

2 cups cake flour
1 cup granulated sugar, divided
1 teaspoon baking powder
¼ teaspoon salt
1½ sticks (12 tablespoons) butter, at room temperature
½ cup whole milk
3 large egg yolks, at room temperature
Grated zest and juice of 1 lemon
Grated zest and juice of 1 orange
1 teaspoon pure vanilla extract
3 large egg whites, at room temperature

Mango Filling

3 ripe mangoes, peeled and cut into chunks
½ cup granulated sugar
½ cup water
Pinch salt
2 tablespoons cornstarch
3 large egg yolks
¼ stick (2 tablespoons) butter
Juice of 1 lemon

Whipped Cream Frosting

2 cups heavy cream
⅔ cup confectioners' sugar
2 teaspoons pure vanilla extract
A few drops yellow food coloring

Four Scrumptious Cakes

(continued)

1. Preheat the oven to 350°F. Grease and flour two 8-inch round cake pans and line the bottoms with parchment paper.
2. To make the cake, whisk together the flour, ½ cup of the sugar, baking powder, and salt. Add the butter and beat until the mixture resembles yellow crumbs. Add the milk, yolks, grated zest and juice of lemon and orange, and vanilla and beat until smooth, using the whisk attachment.
3. In a separate clean bowl with clean whisk, beat the egg whites until soft mounds form. Continue beating while adding the remaining ½ cup sugar gradually. Beat until stiff but still glossy. Whisk ¼ of the beaten egg whites into the batter to lighten it, then fold in the rest of the egg whites using a rubber spatula. Divide the batter evenly between the two pans and bake for 20 to 25 minutes, until the cakes are spotty brown and feel firm when touched lightly in the center. Do not overbake or the cakes will be dry. Cool in the pans, then invert the pans to remove the layers. If desired, the layers can be wrapped in plastic and frozen until needed.
4. To make the filling, process the mangoes in a food processor or blender until smooth, then push through a sieve with a rubber spatula, pushing down to extract as much juice as possible. Discard the pulp. Transfer the sieved mango to a medium saucepan. Add the sugar, water, salt, and cornstarch and stir to dissolve. Cook over medium heat until warm, stirring constantly. Whisk in the egg yolks and cook, stirring constantly, until thickened and bubbling. Remove from the heat, add the butter and lemon juice, and stir until melted and combined. Transfer the filling to a bowl, cover the surface directly with plastic wrap, and cool to room temperature. Refrigerate until needed, up to 2 days.
5. Make the frosting just before you're ready to assemble the cake. Whip the frosting ingredients together until stiff peaks form.
6. To assemble the cake, split the cake layers in half. Place one cake layer on a cardboard round and spread ⅓ of the mango filling over it. Repeat with the next two layers, spreading ⅓ of the filling over each, and top with the remaining cake layer. Cover the top and sides with the whipped cream frosting. Tint the remaining whipped cream with the yellow food coloring. Scoop the yellow frosting into a pastry bag fitted with the star tip and pipe decorative borders and rosettes around the edges of the cake.

Serves 8 

Poached Salmon in Honey and Dill Sauce

Aunt Petunia may be horrible to Harry, but she can create a decent menu. On the last evening of Aunt Marge's stay, shortly before Harry loses control of his temper and blows her up, Aunt Petunia serves salmon for dinner (see *Harry Potter and the Prisoner of Azkaban*, Chapter 2).

The salmon has magical ability in Celtic mythology, where it's revered for its ability to survive in both fresh water and salt water. The Celts believed that there was a Salmon of Knowledge that would grant its eater wisdom beyond measure. Talk about fish being brain food. In one legend of King Arthur, two heroes ride the back of a salmon on a quest. Even modern Irish coins depicted the salmon until the Irish switched to the euro in 2002.

3 tablespoons butter

1 onion, finely chopped

2 tablespoons all-purpose flour

1 cup dry white wine

1 tablespoon honey

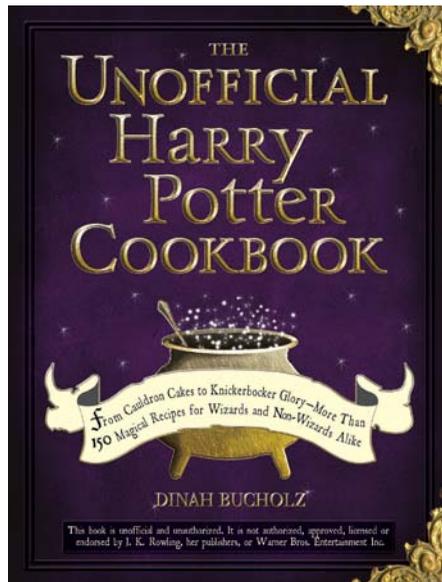
1 tablespoon chopped fresh dill

1½ pounds salmon fillet, rinsed and patted dry, cut along the length into four pieces

Salt and freshly ground black pepper

1. Heat the butter in a saucepan wide enough to accommodate the salmon fillets. When the butter starts to foam, add the onions and cook until they are translucent, stirring frequently, about 5 minutes.
2. Add the flour and stir until it is well blended. Pour in the wine and honey and cook, stirring constantly, until the flour-butter mixture is blended in. Add the dill.
3. Sprinkle the salmon fillets with salt and pepper and lay them in the pan, skin side down. Bring the sauce to a simmer and continue simmering, covered, until the salmon flakes apart when pierced with a fork, about 20 minutes. Occasionally scrape the bottom of the pan to prevent the fish from sticking. Taste the sauce and adjust the seasonings, if necessary.

Serves 4 



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