

Barbara Little Section 31 of 35.  
" 41. " 4.A.

Vegetable soup.

Soup

Ingredients

- 1 potatoe
- 1 ozo or
- 1 carrot
- 1 onion
- 1 pint stock or stock & water
- $\frac{1}{2}$  tsp. salt
- Herbs (optional).

Method

1. Clean & peel all vegs.
2. Dice them.
3. Sauté lightly for 5 minutes.
4. Add stock, ozo & salt & any other flavouring.

Meat

Fish

Salads

Sauces

Pudding

Bread

Pastries

Cakes

Ice

Biscuits

Jam

Bottling

Novel

etc

- 5/ add bouquet garné
- 6/ simmer for at least for 1 hour.
- 7/ Serve hot.

### Tomato Purée

- 1 lb fresh tomatoes
- 1 onion
- celery
- 1 carrot
- Bouquet garné
- 1 teasp. salt
- 1/4 teasp pepper.
- 1 oz marg
- 1 pint water
- 1/2 pint milk.
- 1/2 corn flour.

### method.

- 1/ Melt fat.
- 2/ add prepared main

### ingredients.

- 2/ Cook gently until fat is absorbed
- 3/ Shake from time to time. (saute)
- 4/ Add water and b. G. salt, pepper, boil.
- 4/ Simmer for 1-1/2 hrs
- 5/ Blend corn flour and milk.
- 6/ Rub soup through
- 7/ sieve and rub vegetables through
- 8/ Pour contents back into saucepan and boil.
- 9/ Add corn-flour
- 10/ Stir until thickened
- 11/ Put in bowl serve while hot.

Meat

Fish

Sauce

Salads

Sauces

Pudding

Bread

Pastries

Cakes

etc

Biscuits

Jam

Bottles

Miscellaneous

etc

## POTATO CROQUETTES

Cost: about 2s.

Approximate preparation time: 15 mins.

Cooking time: 30 mins.

Enough for four

- 1½ lb. potatoes
- salt and pepper
- 1 oz. butter
- 1 standard egg yolk and 1 small egg
- fat or oil for deep frying
- 2 oz. fresh white breadcrumbs.

Peel potatoes; rinse them in cold water. Cut into even-sized pieces. Place in a large saucepan; cover with fresh cold water and add 1 level teaspoon salt.

Bring to the boil and cook for 20 mins., or until soft but not broken up.

Drain off the water. Replace lid and return potatoes to gentle heat for 1 minute to dry out. Watch to see they do not burn. Push potatoes through a sieve, or mash very well. Season with a little pepper. Beat in butter and egg yolk. Leave to cool. Beat the small egg lightly on a large plate.

Put the fat or oil on to heat. Meanwhile, divide potato into 8 parts; form each into a cork shape.

Brush shapes over with beaten egg, then roll in breadcrumbs. Fry 4 at a time in the hot fat or oil for 3 mins., or until golden brown. Drain on crumpled kitchen paper. Serve hot.

## SPICE BREAD

- 10-oz. self-raising flour
- 1 teaspoon mixed spice
- ½ teaspoon ground ginger
- 4-oz. soft brown sugar
- 6-oz. cleaned sultanas
- 2-oz. chopped peel
- 2-oz. margarine
- 6 tablespoons milk
- 1 large egg
- 6-oz. Lyle's Golden Syrup

Sieve flour with spice and ginger, stir in sugar, peel and fruit. Melt margarine with syrup over gentle heat, stir into dry ingredients with beaten egg and milk. Mix well, pour into a greased 2-lb. loaf tin and bake for 1½ hours at 330° F or Gas Mark 3. Keep a day, then serve sliced and buttered.

Meal

Fish

Salads

Sauces

Puddings

Bread

Pastries

Cakes

etc

Biscuits

Jam

Bottles

etc

etc

## PORK CHOPS WITH CIDER

- 4 CHOPS      1 ONION      1 COOKER  
1/2 PINT CIDER.  
1/ FRY CHOPS BOTH SIDES 5 MINS  
2/ PUT IN CASSEROLE  
3/ FRY ONION & CHOPPED APPLE 5 MINS  
4/ ADD TO CHOPS POUR ON CIDER  
5/ COOK NO 4 FOR 45 MINS

## Meat Pies (rechauffé)

### Ingredients

- 1/4 lb. cooked meat  
1 tsp. sauce (H.P.)  
Pepper & salt  
1/2 tsp. chopped parsley  
or Herbs.  
1/4 cys flour.  
1/4 cys dripping.  
1/2 gill stock.  
2. cys short-crust.

### Method

1. mix meat with  
sauce made from  
H.P. herbs, flour, dripping,  
and stock.  
2/ Roll out pastry

meat

Fish

Salad

Salads  
Sauces

Pudding

Bread  
Pastry

Cakes  
etc

Biscuits

Jam  
Bottles

Miscel  
-es

# Pork + POTATO BAKE

SERVES 6

1 1/2 BELLY OF PORK cut into strips

1/2 oz Butter

2 lb potatoes peeled + sliced

1 lb onion " " "

Salt + Pepper

3/2 oz Sage + onion stuffing

1 pint stock + 1 large egg

Put the inside <sup>with the marrow</sup> of a shallow  
enamel dish + cover base with  
half the potatoes + sprinkle with  
all the onions, season with salt +  
pepper + scatter over 1/2 the stuffing  
+ arrange rest of potato on top. <sup>add</sup> Stock  
Break the egg + beat with fork.  
Coat pork with egg + cover with rest  
of stuffing + layer top of potato  
Bake in centre of oven No 3 or 325  
for 2 hrs.

## SPANISH CASSEROLE

1 chicken joint.  
1 small sliced onion.  
1 small green pepper (chopped).  
1 tablespoonful chopped carrots.  
1 tablespoonful chopped celery.  
1 pint tomato juice.  
1 oz. sliced mushrooms. (2025)  
Cooking fat.

Lightly coat the chicken joint in seasoned  
flour and fry in the fat. Place in a frying pan  
until golden brown. Place in a casserole dish  
lined with foil and in the hot fat lightly sauté  
the chopped onion and pepper. Add the  
carrots, celery and tomato juice and transfer  
all these ingredients to the casserole and  
cover with a lid. Bake in a moderate oven  
350 deg. F., (Regulo 4) for approximately 1  
hour or until tender. During this time a little  
stock can be added and a few minutes before  
serving, stir in the mushrooms having first  
sautéed them in a little butter.

Fish

Salade

Salade  
Sauce

Pudding

Bread  
Pastry

Cakes  
etc

Biscuits

Jam  
Bottles

Noel  
-cc

**STICKY BLACK GINGERBREAD**  
 8 oz. butter 8 oz. soft brown sugar  
 8 oz. black treacle 12 oz. plain flour  
 2 level dessertspoonfuls ground ginger  
 3 level teaspoonfuls ground cinnamon  
 2 beaten eggs 1/2 pint milk  
 2 level teaspoonfuls bicarbonate of soda  
 A greased roasting tin 7 1/2 inches by 11 inches across the top.

Melt the butter, brown sugar and treacle in a pan. Sift the flour, ground ginger and cinnamon, then stir the melted mixture into it together with the beaten eggs. Warm the milk to blood heat, pour it on to the bicarbonate of soda, stir it and add it to the mixture. Stir well and pour the mixture into the tin. Bake the Gingerbread in a very slow oven, gas mark 2 or 310 degrees, for about an hour and a half. Cover the top with greaseproof paper after an hour. When the Gingerbread is cold, cut it into fingers and serve it spread with butter.

You need about 2 1/2 lb. strawberries. Remove stalks, cut off damaged bits, and cut berries into halves or quarters if they are large. Put into a big pan, adding 3 tablespoons lemon juice and a good 3 lb. sugar—any kind except brown.

Leave for one hour, giving an occasional stir. When sugar has dissolved, put over very low simmering heat, add a few crumbs of butter, and bring to the boil. When the jam is boiling hard allow another four minutes on the boil.

Remove from the heat, and add half a bottle of commercial pectin (get it at the chemist's), stir thoroughly, cool for about 20-25 minutes, then fill clean warm jars. Cover the jam immediately with little wax paper discs, and wait until the jam is cold before covering the jars completely.

Filletted doused Mottings

Ingredients

- 2 herrings
- Salt
- Vinegar

Flavourings

Method.

1. Scrape scales off with back of knife.
2. Cut off scales. fins.
3. Cut off head removing intestines with it.
4. Cut up the under side from small hole.
5. Clean with salt.
6. Slit down to tail.
7. Turn on to a board open.
8. Press thumb down the backbone.
9. Turn over & lift out

Fish

Salads

Sauces

Pudding

Bread

Pastries

Cakes

Biscuits

Jam Bottles

Miscellaneous

done.

7. roll up and put in a dish and cover with equal parts of vinegar + water.

10. Put in a moderate oven for 45 mins - 60 mins (4 or 5)

### Prussian Fish Pie

#### Ingredients.

1. 4 eggs fleshy Pastry
2. 7 lb fish (filleted)
3. 1 lb thick white sauce
4. 1/2 lb chopped parsley.

Pepper salt. lemon juice

#### Method

1. Roll pastry into 6" sq
2. Cut fish into small pieces, + egg.
3. Mix fish, egg, sauce, parsley or herbs and lemon salt & pepper.

4. Put mixture in centre of pastry.

5. Fold like an envelope.

6. Decorate with 4 pastry leaves or parsley.

7. Bake in a hot oven (9-10) for 3/4 hour

reducing to 7-8 after first 10 mins.

8. Serve hot garnished with parsley.

Salads

Sauces

Pudding

Bread

Pastry

Cakes

na

Biscuits

Jam

Bottling

Miscellaneous

-es

## Cheese + Tomato Pie

### Ingredients

- 1 lb potatoes.
- $\frac{1}{4}$  lb tomatoes.
- 2-3 ozs cheese
- seasoning.
- parsley.

### Method

- 1 Boil and mash potatoes.
- 2 Grate cheese and slice tomatoes.
- 3 Put a layer of potatoes,  
a layer of tomatoes,  
a layer of cheese in  
-to a pie dish.
- 4 Repeat this twice more
- 5 Bake in a moderately  
hot oven for  $\frac{1}{2}$  an hour.
- 6 Sprinkle chopped parsley on top.

Salads

Sauces

Pudding

Bread

Pastries

Cakes

Miscellaneous

Biscuits

Jam

Bottling

Miscellaneous

- etc



# Cheese Pudding

## Ingredients

- 2 eggs cheese
- 2ozs bread-crumbs
- 1ozs of margarine
- 1/2 pint milk
- 1 egg
- salt, pepper to taste

## Method.

- 1/ Heat the milk
- 2/ Mix together butter, crumbs and seasoning, and pour milk over the mixture.
- 3/ allow to soak for 30 mins.
- 4/ Separate the yolk + white of an egg.
- 5/ Add the beaten yolk and cheese to the mixture.

6/ Whip up the whites very stiffly and fold carefully into the mixture.

7/ pour into a greased pie dish & put into a moderately hot oven. Reduce to slow after 10 mins. Bake 30 mins in all until set.

## CHEESE + ONION SAVOURY (4 PEOPLE)

- 2ozs CHEESE
- 1 SML ONION
- 2 EGGS
- 2ozs BREAD CRUMBS  
(OR ROLLED OATS)
- 1 TBL TSP MUSTARD
- 1 TBL TOLS PARSLEY
- 1/4 GRATE CHEESE 2/ PEEL & CHOP ONION
- 3/ LIGHTLY BEAT EGGS
- 4/ MIX ALL INGREDIENTS TOG. SHOULD BE LIKE PORRIDGE.
- 5/ POUR INTO A WELL GREASED 6" SANDWICH TIN
- 6/ BAKE 20 MINS NO 8
- TILL BROWN - SERVE WITH VEG

Salads  
Sauces

Pudding

Bread  
Pastries

Cakes  
etc

Biscuits

Jam  
Bottles

Miscel  
- etc

Mustard sauce

- 1/2 yolk of egg
- 1/2 tsp. sugar
- 1 gill milk  
essence.

method.

- 1/ Mix sugar and yolk.
- 2/ Heat milk and pour on ↑
- 3/ Strain into a saucepan. Salads  
and cook over a gentle heat. Sauces
- 4/ Flavour & use

Pudding

Bread  
Pastry

cakes  
na

Biscuits

Jam  
Bottles

Miscel  
-es

### MAYONNAISE

Cost: about 4s. 10d.

Approximate preparation time: 15 mins.

Makes  $\frac{1}{2}$  pint

- $\frac{1}{2}$  pint best quality olive oil
- 2 large egg yolks
- $\frac{1}{2}$  level teaspoon salt
- $\frac{1}{2}$  level teaspoon pepper
- $\frac{1}{2}$  level teaspoon dry mustard
- 1 teaspoon white vinegar.

Warm the bottle of oil in a deep basin of hot water.

Put the egg yolks in a small basin with the salt, pepper and mustard. Using a wooden spoon or a whisk, beat in a few drops of the olive oil (the oil must be added very, very slowly at first). Beat until it starts to thicken. Continue to add the oil, a few drops at a time, and beat well between each addition. The mixture should be smooth and creamy.

Beat in the vinegar.

Pudding

Bread  
Pastry

Cakes

na

Biscuits

Jam  
Bottles

Miscel  
-es

## BREAD PUD

8 OZS BREAD      1/2 PINT MILK  
6 OZS FRUIT      2 OZS SUET on TABLET  
2 OZS BROWN SUGAR      2 LVL TSP. SPICE  
1 EGG.

1/ SOAK BREAD IN MILK - 1/2 hr  
2/ BEAT OUT LUMPS WITH FORK  
3/ ADD FRUIT - SUET - SUGAR - SPICE  
4/ MIX VERY WELL.

4/ STIR IN BEATEN EGG  
+ WATER, IF NECESSARY  
TO MAKE DROPPING CONSISTENCY  
5/ PUT IN GREASED DISH  
+ BAKE IN CENTRE OF  
OVEN 1 1/2 - 1 3/4 hrs

## Rice Pudding

Ingredients

1 1/2 oz rice  
1 oz sugar  
1 pint milk  
Knob of margarine.

### Method

1/ wash rice and place in a greased pie dish.  
2/ add sugar, milk and margarine. grate a little nutmeg on top.  
3/ bake in a slow oven for 1 1/2 - 2 hours.

## Apple Crumble

Ingredients

1 lb apples + 1 tbs sugar  
4 ozs flour  
2 ozs fat  
2 ozs sugar.

### Method

Bread  
Pastry

cakes  
etc

Biscuits

Jam  
Bottles

Miscel  
- etc

1  
**TRADITIONAL  
CHRISTMAS PUDDING  
RECIPE FROM MRS. DAVIS**

Makes three two-pint puddings: 12 oz. plain flour, 1 heaped teaspoon baking powder, 1 heaped teaspoon mixed spice, 1 lb. fresh beef suet, little extra flour, 1 lb. currants, 1 lb. large raisins, 1 lb. candied whole or mixed peel, 1 lb. demerara sugar, 1 lb. white breadcrumbs, ½ nutmeg, finely grated rind 1 lemon, 6 eggs, 1 bottle (6½ fl. oz.) barley wine, 6 tablespoons brandy.

Lightly grease three 2-pint pudding basins, place circles of greased greaseproof paper in the base of each basin. Sift flour, baking powder and mixed spice into a very large mixing bowl. Cut suet into small pieces, removing any skin, toss in flour and pass through a fine bladed mincer. Add to flour. Pick over currants, removing



2  
any stalks. Stalk and stone the raisins. Add currants and raisins to dry ingredients with the finely chopped candied peel or mixed peel, sugar, breadcrumbs and grated nutmeg and lemon rind. Break eggs into a basin, lightly beat with a fork. Stir into ingredients with barley wine and add enough brandy to make soft dropping consistency. Make your wishes and divide mixture between the prepared basins. Cover each basin with a double thickness of greased greaseproof paper and a floured pudding cloth or piece of aluminium foil.

**To steam puddings:** Place in steamer over a large saucepan of steadily boiling water. Cover and steam for 11-12 hours. Top saucepans with boiling water as required. Remove puddings from steamer and let cool down completely. Store on the bottom shelf of refrigerator or in cool, dark pantry or cupboard.

**To re-heat:** Steam puddings for 3-4 hours. Remove from heat and allow to stand for 3 minutes. Slip a knife round pudding, turn out on to a plate. Leave basin inverted over the top. Stand plate over a pan of gently boiling water till required.

**NEXT WEEK:  
Sweet plan for  
Christmas giving**

Bread  
Pastry  
cakes  
na  
Biscuits  
Jam  
Bottles  
Miscel  
-ec

# TASMAN PUDDING

## BATTER MIX

4ozs PLAIN FLOUR + PINCH SALT

1 egg +  $\frac{1}{2}$  pint MILK

## FILLING

1lb peeled sliced apples 1 TBLs caster sugar

2ozs sultanas 1 TBLs - clear Honey

JUICE  $\frac{1}{2}$  LEMON 1 ozs Butter

## METHOD

Make batter but allow to stand for  $\frac{1}{2}$  hour before rising.  
Grease bottom + sides of oven Dish + arrange apple slices in bottom  
Sprinkle on sultanas, lemon juice sugar + honey. Place in Hot oven (425 or 7) for 10 mins  
Beat batter again + pour over apples + cook for further 40 mins but reduce to 350/4 after 15 mins

## INSTANT GOURMET



### EVE'S PUDDING

INGREDIENTS (for 4): 1lb. apples; 2oz. butter; 2oz. sugar; 4oz. flour; 1 egg; a little milk;  $\frac{1}{2}$  teaspoon baking powder.

METHOD: Simmer the apples in a little water and add some sugar. Place them in a greased pie-dish. Cream butter and sugar together. Beat in the egg. Add flour, baking powder and milk. Spread over the apples. Cook at about 400deg. F (Gas 5) for about 40 minutes until browned.

Bread  
Pastries

cakes  
etc

Biscuits

Jam  
Bottles

Miscel  
- etc

## Shortcrust Pastry

### Method

$\frac{1}{2}$  fat to flour

1 tsp of salt to 1lb of flour  
cold water

e.g. 6 ozs flour

3 ozs fat

$\frac{1}{4}$  -  $\frac{1}{2}$  tsp salt

cold water

## Sausage Rolls

Ingredients of e.g. above  
+ 1 sausage

### Method

1. sieve flour and salt

2. drop fat into it

3. Rub<sup>in</sup> fat with the  
tips of fingers until  
mixture looks like

Bread  
Pastry

cakes  
etc

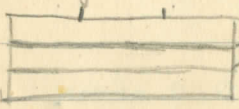
Biscuits

Jam  
Bottles

Miscel  
-cc

## Bread crumbs

- 4/ Add cold water until mixture is an elastic dough.
- 5/ Roll out dough until  $\frac{1}{2}$  of an inch thick (rectangle).
- 6/ Skin sausage, but in ~~two~~ <sup>two</sup>
- 7/ Roll  $\frac{1}{2}$  sausage until long enough to go from one end of pastry to the other
- 8/ Do the same with the other half.

9/ Lay  sausage as shown

- 10/ but pastry down centre
- 11/ cut in 3 downward.
- 12/ Damp edge of pastry
- 13/ fold it over and push edges together
- 14/ but top and brush with a beaten egg.
- 15/ Bake for  $\frac{1}{2}$  hour at 400-425.

## Scones.

### Ingredients.

- 4 eggs flour
- $\frac{1}{4}$  tsp salt
- $\frac{3}{4}$  tsp ~~Bk. of lacta~~ Baking powder
- 1 egg fat
- milk to mix
- cheese or sugar or egg or fruit (optional).

### Method.

- 1/ Sift flour, salt & Bk. sd
- 2/ Rub in fat.
- 3/ Add sugar, cheese, <sup>or</sup> fruit if wanted.
- 4/ ~~Bake in hot oven~~ <sup>mix</sup> into a softer consistency than <sup>roll to  $\frac{1}{2}$ " thick</sup> short crust. Cut into rings.
- 5/ Bake in a hot oven for 15 min.

cakes  
na

Biscuits

Jam  
Bottle

Miscel  
-cc



## Suet Pastry.

### Ingredients

- 1/3 suet to flour.
- 2 tsp. baking powder to 1 lb.
- 1 cup salt to 1 lb.
- water to mix.

### method.

- 1/ sieve flour, salt and B.P.
- 2/ add suet.
- 3/ mix together adding water to make a stickier consistency than shortcrust

## Vienna Bread.

### Ingredients

- 8 ovs flour
- 1/2 tsp salt
- 1/2 ovs marg
- 1/2 ovs sugar
- 1/2 ovs yeast

1 gill warm water

### Method

- 1/ Mix Marg. + flour
- 2/ Sift salt around the edge of a well made by flour
- 3/ Mix yeast and sugar until liquid
- 4/ add most of the water to yeast mixture
- 5/ Pour yeast into well
- 6/ Mix it and until it is very soft.
- 7/ Beat it with hand for 10 mins.
- 8/ Put into a warm place with a damp cloth covering the top of Basin.
- 9/ Leave until twice

cakes  
re

Biscuits

Jam  
Bottle

Mixed  
-ec

the size.

10/ Take out and shape into rolls.

11/ Warm for 5-10 mins

12/ Put into <sup>Hot</sup> oven for

15 mins

### Bustard Sals

#### Ingredients

4 eggs Short crust

1 egg

2 eggs sugar

½ pt milk (short measure)

Nutmeg

method

1/ Line a deep pie plate (or tin).

2/ Beat egg + sugar together + pour on warm milk stirring all the time

3/ Strain into pie crust

4/ Bake grate nutmeg on top

5/ Bake in oven 425° for 10 mins reduce to 350° and leave for a further 20 mins (until custard is set)

### ROUGH-PUFF PASTRY

#### Ingredients

½ - ⅓ fat to flour = 4-6F to ½ F

2 tsp lemon juice

½ tsp salt

#### method

1/ Sieve flour & salt.

2/ add fat & cut

into small pieces but do not rub in

3/ Add lemon juice and enough water to make into a soft dough

cakes  
na

Biscuits

Jam  
Bottles

Miscel  
-es

### VICTORIA SANDWICH

4 oz MCD S.R. flour  
4 oz butter or margarine  
4 oz castor sugar  
2 large eggs

1. Cream the fat and sugar until light and fluffy.
2. Beat in the eggs, one at a time, together with a tablespoonful of flour.
3. Fold in remaining flour and salt.
4. Put the mixture into a greased 8" sandwich tin or 2 x 7" sandwich tins; smooth level.
5. Bake for 30 minutes (8" tin) or 20 minutes (7" tins).  
375° Fahr; Gas mark 5 middle shelf

### Small cakes.

#### Ingredients.

4 ozs flour  
 $\frac{3}{4}$  tsp Baking powder  
2 ozs fat.  
2 ozs sugar.  
1 egg. 1 dessertspoon vanilla  
1 oz Dried fruit, or cocoa or  $\frac{1}{4}$  tsp.  
milk + water to mix.

#### Method

1. Prepare oven + tin.
2. Sift flour + baking powder
3. Rub in fat cakes
4. Add sugar + flavourings
5. Add egg with a little milk or water.
6. Mix to a soft consistency.
7. Put into tins + bake in a moderate hot oven (S) for 15-20 mins

Biscuits

Jam  
Bottle

Miscel  
-es

## Gingerbread

3 ingredients (Basic Recipe)

- $\frac{1}{2}$  lb flour
- 3-4 ozs fat
- 3-4 ozs sugar
- 1 egg (optional)
- $\frac{1}{2}$  tsp bicarbonate of soda
- 1-2 tbs treacle or syrup
- $\frac{1}{4}$  pint milk and water
- 1 tsp ground ginger.

### Method

- 1 Sieve together flour, ginger & soda
- 2 Put syrup & sugar & fat into saucepan and melt slowly.
- 3 Add milk and water to mixture in saucepan
- 4 Pour contents of

saucepan on to flour & beat well

- 5 Add egg & beat well in
- 6 Pour all mixture into a well greased tin
- 7 Cook in a moderately hot oven (4) for  $\frac{3}{4}$  - 1 hour

## Queen Bakes

### Ingredients

- 2-3 ozs fat
- 2-3 ozs fto castor sugar
- 1 egg
- 4 ozs flour.
- 1-2 ozs fruit.
- 1 tsp baking powder
- milk & water to mix

### Method

- 1 See that oven is on, tins greased & fruit washed
- 2 cream fat and sugar

Biscuit

Jam  
Bottle

Miscel  
-es

until pale & soft

3, Beat in egg

4, Fold in flour & fruit

with enough milk to give  
a soft dropping consistency

5, Put into 9 small tins  
and bake in quick oven

regulo 7. at  $375 - 400^{\circ}$  for 15-20 min

### Victoria Sandwich

#### Ingredients

4 cups sugar

4 cups fat

2 eggs

6 cups flour

$1\frac{1}{2}$  tsp B.P.

2 tbl warm water

Jam or meringue cream

method

1 Paper and lightly  
grease 2 sandwich

tins

2, Cream fat & sugar well

3, Add beaten eggs  
slowly and beat well

4, Fold in sieved flour  
and B.P. and warm  
water

5 Place in tins

Bake in oven  $375^{\circ}$  for 5-6

for 30 mins

#### Meringues

2 eggs

4 cups sugar

4 cups butter marg.

method

1 Wash whites

2 Fold in 1 tsp sugar

3 Wash till firm

4 Fold in remaining  
sugar

Biscuits

Jam  
Bottle

Mixed  
-ec

5/ Shape soft with castor  
sugar

6/ Bake in slow oven  
for 2 hours at 1.

7/ Fill with cream.

Filling,

3 cys icing sugar,

1 1/2 cys marg (butter)

1/2 tsp, flavouring,

colouring.

Method

1/ Cream butter

2/ Work sugar in  
gradually

3/ Add flavouring  
and colouring as  
required

almonds, 6 oz, icing

## Inexpensive oat cake

Cost: about 2s.

Approximate preparation time:

10 mins.

Cooking time: 42 mins.

5 oz. self-raising flour

1 level teaspoon baking powder

1 oz. rolled oats

1 oz. caster sugar

4 oz. margarine

2 large tablespoons golden

syrup

2 large eggs.

Turn on oven; set at moderate,  
350 deg. F. (Mark 4). Grease a

round 7-in. cake tin; line base  
with greaseproof paper and  
grease the paper.

Sift flour and baking powder  
into a bowl; stir in the rolled  
oats and caster sugar.

Melt margarine and golden  
syrup in a pan over a very low  
heat.

Beat the eggs in a bowl. Beat  
the syrup mixture and eggs into  
the flour and turn into the  
prepared tin.

Bake in centre of pre-heated  
oven for 40 mins., or until well  
risen, golden and firm. Cool on  
a wire rack.

Store the cake in an airtight tin.

Biscuit

Jam  
Bottle

Miscel  
-ec

### CHRISTMAS CAKE 9"

1 lb. butter, 4 eggs,  $\frac{1}{2}$  lb. plain flour,  
1 rounded teaspoon mixed spice,  
 $\frac{1}{2}$  lb. currants,  $\frac{1}{2}$  lb. sultanas,  $\frac{1}{2}$  lb.  
stoned raisins,  $\frac{1}{2}$  lb. glacé cherries,  
 $\frac{1}{2}$  lb. mixed peel, 2 oz. blanched  
almonds,  $\frac{1}{2}$  lb. soft brown sugar,  
1 tablespoon (2 oz.) black treacle  
(optional), 2-3 tablespoons brandy.  
*Decorations:* 8 small silver bells,  
narrow ribbon, 4 small sprigs holly

Leave the butter and eggs out at room  
temperature while collecting the  
other ingredients.

cream Butter & Sugar Add Eggs 1  
when dry ingredients

### ALMOND PASTE

12 oz. ground almonds, 6 oz. icing  
sugar, 6 oz. caster sugar, strained juice  
 $\frac{1}{2}$  lemon, few drops almond and vanilla  
essence, beaten egg to bind

Place the ground almonds in a large  
mixing bowl. Sift in icing sugar, add  
caster sugar. Mix lemon juice with  
almond and vanilla essence. Pour  
into dry ingredients. Using a fork  
mix to a fairly stiff paste adding the  
beaten egg as necessary. Knead  
paste on a board lightly dusted with  
sifted icing sugar till smooth.

### ROYAL ICING

Strained juice (about 3 tablespoons)  
 $1\frac{1}{2}$  lemons,  $\frac{1}{2}$  level teaspoon citric acid,  
 $1\frac{1}{2}$  teaspoons glycerine, 3 egg whites,  
 $1\frac{1}{2}$  lb. sifted icing sugar, extra strained  
lemon juice, extra sifted icing sugar,  
holly red vegetable colouring

Blend lemon juice with citric acid  
and glycerine. Place egg whites in

a large mixing bowl and using a  
wooden spoon gradually beat in  
icing sugar alternately with lemon  
juice mixture. Continue beating for  
5-10 minutes till icing is white and  
smooth. It may be necessary to add  
the extra strained lemon juice as  
icing should be of a coating consis-  
tency. Use the extra icing sugar and  
vegetable colouring as directed in

Biscuits

Jam  
Bottle

Mixed  
-cc

# CAKE OF THE WEEK

from Susan King's cook book

## Madeira cake

Cost: about 3s. 2d.

Approximate preparation time:

20 mins.

Cooking time: 1 hour 15 mins.

6 oz. margarine

6 oz. caster sugar

3 large eggs

10 oz. self-raising flour, sifted

pinch of salt

finely grated rind of 1 small  
lemon

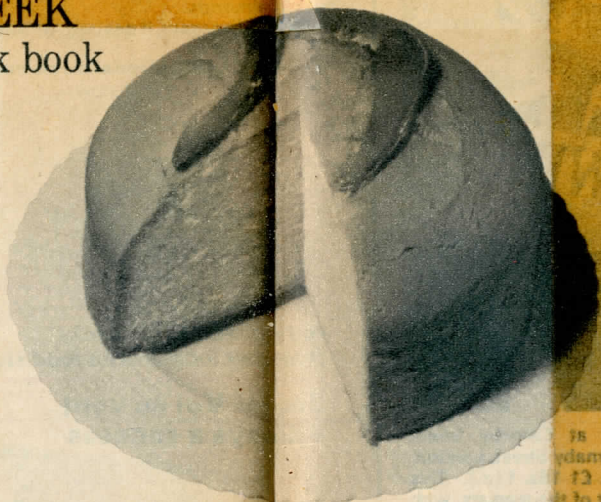
2 strips of citron peel.

Turn on oven; set at moderate, 375 deg. F. (Mark 5). If not using a non-stick tin, grease a 7-in. round cake tin. Line base and sides with greaseproof paper.

Cream margarine and caster

sugar in a bowl until light and fluffy. (You can do this in your mixer.) Beat in eggs, one at a time. Fold in flour, salt and lemon rind. Spoon mixture into prepared cake tin and smooth top. Bake in centre of preheated

oven for 45 mins., then open oven door and quickly arrange peel on top of cake. Close oven door. Reduce oven temperature to moderate, 350 deg. F. (Mark 4). Continue cooking for 30 mins., or until golden brown.



Biscuits

Jam  
Bottle

Miscel  
-cc



LINCOLNSHIRE FRUIT LOAF

12 MIXED DRIED FRUIT

4 OZS DEMERARA

7½ FLUID OZS COLD TEA

1 LARGE EGG

8 OZS S.R. FLOUR

IN A Basin MIX TOG. Fruit, SUG + TEA  
cover + leave overnight. next day  
add lightly beaten egg + then Flour  
stir until evenly blended.

Place in a 21B LOAF Tin which  
has been Papered + greased well.  
Bake for 1¼ - 1½ hrs at  
No ~~25~~ 3-4 (350)

Loaf is cooked when top  
is firm + starts to  
shrink from side of tin

Biscuits

Jam  
Bottle

Miscel  
-cc

## Flapjacks

### Ingredients

- 2 ozo. margerine
- 2 ozo. sugar.
- 2 tbs. syrup.
- 2 tsp. water
- 5 ozo rolled oats.

### Method.

- 1/ Put margerine, sugar, syrup and water into a saucepan and melt over gas
- 2/ Mix in oats.
- 3/ Put mixture into a greased backing tin.
- 4/ bake in moderately hot oven for 4-5 mins.
- 5/ but and allow to cool.

Biscuits

Jam  
Bottle

Mixed  
-ec

## Easter Biscuits

### Ingredients

8 ozs flour.

4 ozs margl.

4 ozs castor sugar.

1/2 egg.

1 ozs currants.

1/4 tsp mixed spice or <sup>1/2 tsp</sup> cinnamon.

1 tsp milk if necessary.

### Method

1, cream margl and sugar.

2, aerate flour + spice

3, add egg to cream &  
beat well.

4, add flour + currants  
and fold in. (short-crust)

5, Roll out to 1/4" thick.

6, Cut into biscuits  
& prick with fork.

7, Put on greased tin

and bake in oven at 5-4 Reg  
for 15 mins.

---

Jam  
Bottle

Miscel  
-ec

## Jam Making

$\frac{1}{4}$  sugar to 1 lb fruit (blackcurrant, gooseberries)  
under  
 $\frac{1}{2}$  pint water per 1 lb ~~water~~ <sup>fruit</sup>  
Fresh.  
1. apricots add acid (lemon juice).

15 ounces sugar to 1 lb ~~sa~~ fruit.  
2 tsp lemon juice to 1 lb fruit  
 $\frac{1}{4}$  pint water per 1 lb "  
 $\frac{1}{2}$  lb cut in half stoned, cleaned.  
2. stew.

### Yield.

4 lb gooseberries 5 lb sugar.  
 $\frac{1}{4}$  water, =  $8\frac{1}{4}$  lb jam.

4 lb apricots,  $\frac{1}{4}$  pints water  
 $3\frac{1}{4}$  lb sugar = 6 lb jam.

3. Add sugar + stir until dissolved.

4. Boil steadily stir occasionally

Jam  
Bottles

Miscel  
-ec

5. Boil for 5 mins.
6. Test for ~~acid~~ bectling. (ridge)
7. Put jars in oven (1.)
- 8.

## SANDWICH PIZZA

- 1 Layed labelover Marvel ( $\frac{1}{4}$  pint)
- 6 OZS S/A FLR
- 2 OZS SOFT MARGR, SALT + PEPPER
- 2 tins (125 GRAMS) SANDWICHES IN TOM SAUCE
- 1 SACHET cadbury TOM SNACK SOUP.

- 1) MOC merge Flour Salt + Pep with liquid marvel to form DOUGH.
- 2) OIL Frypan + Press some Dough into base + Fry For 10 mins
- 3) Turn OVER + arrange Sardines on top like wheel spokes
- 4) make up snack soup with  $\frac{1}{4}$  pt water + moc with rest of tom sauce from sardines.
- 5) Pour sauce in Pan over Sardines & cook for 10 mins

serve with Salad.

## Load-in-the-Hole

### Ingredients

- $\frac{1}{2}$  oz dripping
- $\frac{1}{2}$  pt. milk + water
- 1 egg
- 4 ozg flour +  $\frac{1}{2}$  tsp B.P.
- Pinch of salt.
- 1 sausage

### Method.

- 1) aerate flour + B.P. + salt
- 2) make a well in centre of flour + add egg and gradually mix in flour adding milk + water until mixture is a smooth paste.
- 3) Put dripping in tin + place in oven for 5 mins + continue beating batter
- 4) Skin sausage and cut into 4 + roll into small sausage Mince

5. Take out dish and place sausage in it put back in oven for 5 mins., continue beating batter until top is covered with air bubbles.

6. Take out dish and pour batter over carefully.

7. Leave for 45 mins.

8. All this is done in an oven which is 9<sup>regulo</sup> (450°).

### Blanc-mange

1 pt milk

1 1/2 corn-flowers

1 oz sugar

Flavouring

Method.

1. Blend corn flour and a little of milk

2. Boil rest of milk

3.

### HOT X BUNS.

#### Ingredients.

1 1 lb flour

1 level tsp salt

1 " " spice

2 eggs marga

2 eggs currants

1 egg yeast.

1 1/2 eggs sugar

about 1/2 pt. milk.

#### Method

1. aerate, salt, spice & flour.

2. cream yeast + sugar.

3. Warm milk + add to yeast + sugar.

4. stir in rest of sugar & allow to stand for 10 min

5. Rub marga into flour

6. add berrants.

7. add yeast to flour +  
beat well for 10 mins with  
hand. Leave to prove for  
 $\frac{3}{4}$  hour.

8. Turn onto a floured board  
knead.

9. Roll into 12 rounds put  
on a greased tin to prove  
for 10 mins.

10. Put a cross on each and  
put into an oven Regulo 8-9  
or 400-445 for 15 mins.

Apple Charlottes (rechauffe)

Ingredients

3 cooking Apples.

1 tbs syrup.

2 tsp. water.

brated rine a juice of  $\frac{1}{2}$  lemon.

3 large tbs of bread crumbs

1 oz. brown sugar.

Method

1. Grease pie dish & coat  
with bread crumbs.

2. Peel & slice thinly apples

3. mix brown sugar & crumbs

4. Put in alternate layers  
apples & crumbs in the pie  
dish heat other ingredients

5. pour over mixture in  
pie-dish. bake in oven  
350° 4-5 Reg. for 1 hour.

creamied Palatoes

1 lb potatoes

milks

$\frac{1}{2}$  oz marg.

Salt.

booking =  $\frac{1}{2}$  tsp salt to 1 pint  
of water.



greens,

blean and cut small  
bock untill tender in  
fast boiling water just  
enough to cover them. Keep  
the lid on the pan.

$\frac{1}{2}$  tsp salt to 1 quart water

various CURRIES

## GOOD EATING

**By Mrs Joy Barnett**

ON THESE cold, damp winter days there's nothing like a good curry to keep you warm. Try CURRIED EGGS one evening, and you've got a good inexpensive meal to enjoy.

First, hardboil 8 medium or standard eggs, and cool them in cold running water. Then make your curry sauce, like this:

Take 2 medium-sized onions, a small can of tomatoes, or 4 fresh ones, peeled; 2 oz. butter or luxury marger; 2 tablespoons plain yoghurt, or milk soured with lemon juice; 1 tablespoon desiccated coconut, a level teaspoon salt, a pinch or two of mixed herbs.

### FRY SLOWLY

Add curry powder like this: 1 level dessertspoon for mild, 1 level tablespoon for medium, and for hot . . . add it a teaspoon at a time until the sauce is hot enough for you. Finely chop the onions, add the herbs, and fry slowly in the butter or marger until they are golden, but not too brown. Add salt, coconut and curry powder, stir, and frizzle briskly until well mixed. Add tomatoes, and cook 15 minutes.

Lower the heat to simmer, stir in the yoghurt, add the eggs and spoon the sauce over them. Simmer with the lid on until the eggs are hot again.

LAMB CURRY can be made in just the same way, but add the lamb *before* you add the yoghurt, bring to the boil, and keep on the boil for at least 10 minutes.  $\frac{1}{4}$  lb. left over lamb is enough, cut into small cubes.

**EGG RECIPE  
OF THE MONTH**

**Egg Quiche** Serves 4.

4 oz. made short crust pastry      2 oz. cheese, grated  
3 eggs, hard boiled & chopped      4 fl. oz. single cream  
2 oz. cooked tongue or ham,  
chopped      2 eggs, beaten  
salt and freshly ground pepper

Preparation time about 35 min. Cooking time 30 min.  
Roll out pastry and line a 7" flan ring or pie plate. Fill  
with crumpled foil and bake at gas mark 5, electricity  
375° F. for 10 minutes. Take out foil, put in chopped  
eggs, tongue or ham. Beat eggs well with cream and  
seasoning. Pour into flan and cover with cheese.

Bake centre oven at same temperature for 25 to 30  
minutes. Serve hot or cold with vegetables or salads.

Variations: Use cooked, flaked, smoked white  
fish or canned salmon instead of meat. Add a  
sprinkling of herbs to flavour. Tips: A  
cooked pastry case (from freezer)  
could be used. Filling can be  
baked in a buttered dish  
without pastry.

1001) - W.N. THE - HOLL

113 SKINED SAUSAGES ( $\frac{1}{2}$  IN 2)  
2 LARGE TOMS (SKINED) + SLICED

GOUGERE BATTER

8 $\frac{1}{2}$  OZS MILK      2 OZS BUTTER  
5 OZS S.F. FLOUR      4 EGGS  
2 OZS DICED CHEDDER CHEESE,  
SPOONFUL TOP OF TAM MILK

PUT MILK + BUTTER (IN FOAMER) IN PAN  
ALLOW BUTTER TO MELT BY THE TIME  
MILK HAS BOILED

TOSS IN FLOUR ALLOW MILK TO  
SETTLE UP OVER IT WITHOUT BOILING OVER  
REMOVE FROM HEAT + BEAT VIGOROUSLY  
UNTIL SMOOTH BEAT IN EGGS 1 AT TIME  
SPREAD ENOUGH THICK BATTER TO COVER  
BOTTOM OF PAN IN DISH (10"). PUT IN  
SAUSAGE + TOMS COVER WITH BATTER (CHARGE  
(ON ONE BATTER ALONG SAUSAGE) COOK 9 $\frac{1}{2}$  MIN  
TILL BROWN

3.1

Bartons Little