

**How to cook wisely in war-time : keep this in your kitchen / British Electrical Development Association, Inc.**

**Contributors**

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## DELICIOUS SWEETS, CAKES AND COOKIES

### PUDDINGS

#### Dutch Milk Pudding

2 OZ. RICE, SEMOLINA,  
TAPIOCA, OR SAGO  
1 PINT MILK  
4 LITTLE LEMON RIND - JAM  
Wash the grain, and add it to  
the heated milk and lemon  
rind. Allow to stew for 1½  
hours, stirring quite often.  
Add sugar just before serving.  
Pour into a dish, and serve  
with jam.

#### Treacle Layer Pudding

8 OZ. FLOUR  
½ TEASPOONFUL BAKING  
POWDER  
SYRUP OR TREACLE  
3-4 OZ. CHOPPED SUET  
WATER  
PINCH OF SALT  
BREADCRUMBS  
Sieve the flour and salt. Add  
suet, and mix carefully. Make  
the suet crust into a soft  
dough. Roll out and cut into  
rounds of varying sizes to fill  
a pudding basin. Make layers  
of suet crust and treacle and  
breadcrumbs mixed, begin-  
ning and finishing with crust.  
Boil for at least 2 hours.  
Turn out and serve.

#### Honey Pudding

½ LB. HONEY  
½ TEASPOONFUL GROUND  
GINGER  
6 OZ. BREADCRUMBS  
1 OZ. MARGARINE  
1 SMALL LEMON  
1 PINT MILK  
2 EGGS  
1 OZ. GROUND RICE  
Cook the ground rice in the  
milk. Add breadcrumbs,  
honey, and finely grated  
lemon rind, and then the yolk  
of the egg. Beat well. Finally,  
add the whisked white of  
egg, pour into a greased  
basin, and steam for 1½ hours.

#### Baked Banana Pudding

Slice the required number of  
bananas lengthwise, and place  
them in a pie dish. Spread  
some apricots on them and  
cover with brown bread-

crumbs. Put some small dabs  
of margarine on top, and  
bake the pudding for 1 hour  
in a moderate oven (350°).

#### Brown Bread Pudding

½ LB. SOAKED BROWN BREAD  
WITH CRUMBS  
1 PINT MILK  
1 OZ. MARGARINE  
2 OZ. SUGAR  
1 TEASPOONFUL MIXED SPICE  
1 EGG (IF POSSIBLE)  
Squeeze all water from bread  
and break it up. Add all dry  
ingredients, and then the  
milk, fat, and egg.  
Mix thoroughly, and place in  
a greased pie dish. Bake in a  
moderate oven (350°) for 1  
hour. Turn out and serve.

#### Date Pudding

8 OZ. FLOUR  
½ TEASPOONFUL BAKING  
POWDER  
MILK TO MIX  
4 OZ. SUET (CHOPPED)  
3 OZ. SUGAR  
PINCH OF SALT  
4 OZ. CHOPPED DATES  
Sieve the flour and salt and  
baking powder. Add other  
dry ingredients. Mix with  
sufficient milk to make a very  
soft mixture—it should easily  
drop from a spoon. Place in  
a greased pudding basin.  
Cover with paper, and steam  
for 3 hours.

### SWEETS

#### Fried Bread-and-Jam Sandwiches

Cut slices of bread ½ inch  
thick. Jam two pieces to-  
gether. Dip them in egg and  
milk, and fry.

#### Victory Pancakes

4 OZ. FLOUR  
1 EGG  
1 PINT MILK  
PINCH OF SALT  
Sieve flour and salt. Mix it to  
a batter with the yolk of an  
egg and milk. Beat well.  
Stand for 1 hour. Stiffly beat  
the white of egg and fold  
into the batter. Heat sufficient

fat in a frying-pan to grease  
the pan. When very hot,  
pour in the batter sufficient to  
cover the pan. When brown  
on underside toss and brown  
again. Serve with syrup (or  
use jam and sugar). May also  
be stuffed with any savoury  
or sweet filling.

#### Apple Rouse

Stew 2 lb. apples with the  
rind of half a lemon and  
sieve them. Line a cake-tin  
with sponge cake or fingers  
of any cakes. Add 4-oz.  
dissolved gelatine to each  
pint of fruit pulp, and pour  
the mixture into the lined  
mould. Turn out and serve  
with custard.

Apple and blackberry is very  
good served this way, and  
bread may be used instead of  
cake.

### CAKES

#### Boston Tea Cakes

(Plain, Coffee or Chocolate)  
½ LB. FLOUR  
1 OZ. MARGARINE  
½ PINT MILK  
2 TABLESPOONFULS COFFEE  
ESSENCE OR 2 OZ. CHOCO-  
LATE POWDER

Don't forget: Electric cooking saves more than it costs;  
there is less shrinkage of meat when cooked slowly in  
an electric oven;

the "conservative" method of cooking vegetables in a  
covered pan with very little water as recommended for  
electric cooker saves vitamins and mineral salts  
so valuable for health;

grilling under the electric grill makes a more appetizing  
and nourishing dish and saves fat used in frying.

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2, SAVOY HILL, W.C.2

4 OZ. SUGAR  
1 TEASPOONFUL BAKING  
POWDER  
Rub fat into sieved flour and  
baking powder. Add sugar,  
then egg and milk. Beat  
well. Place in a greased and  
floured 1-lb. cake-tin. Bake  
in a moderate oven (350°) for  
1 hour. When cold, slit and  
spread with jam. Different  
flavourings may be added, if  
liked.

#### Dripping Cake

6 OZ. FLOUR  
1 OZ. BROWN SUGAR  
½ TEASPOONFUL MIXED SPICE  
MILK TO MIX  
1 EGG (IF POSSIBLE)  
1 OZ. CLARIFIED DRIPPING  
1 OZ. FRUIT  
½ TEASPOONFUL BAKING  
POWDER

PINCH OF SALT  
Grease and flour a 1-lb. cake-  
tin. Rub fat into sieved flour  
and baking powder and salt.  
Add all dry ingredients and  
then egg and milk to make a  
soft mixture. Put into the tin,  
and bake in a moderate oven  
(350°) for 1½ hours.

#### Oatmeal Biscuits

1 OZ. MARGARINE  
½ TEASPOONFUL BAKING  
POWDER  
2 OZ. SUGAR  
¾ OZ. SCOTCH OATMEAL  
¾ OZ. FLOUR  
LITTLE MILK  
Mix dry ingredients. Add  
mashed margarine and milk to  
make a stiff dough. Roll out  
to ½ inch thickness. Cut into  
shapes—prick with a fork,  
and bake in a moderate oven  
(350°) until golden brown  
(about 10 minutes).

## Make This War-Time Cookery Test

HERE'S a menu for a week. It's economical and every  
dish is easy to make. Follow it carefully and see what  
your family think about your cooking at the end of the week.  
Husbands get used to the old dishes — so give them a change.  
There will probably be smiles when you tell them of your  
plan. Husbands are always amused when mother is "different"  
... But they'll love it just the same! And you'll know that  
mother's war-time cookery is doing them good and helping  
the country to win the war.

	BREAKFAST	LUNCH	SUPPER
SUN.	Porridge Potted Herring Bread and Butter	Roast Beef Yorkshire Pudding Baked Potatoes Green Vegetables Stewed Fruit	Potato Soup Toast and Dripping
MON.	Cereal Bacon and Fried Potatoes Bread and Marmalade	Cold Beef Lettuce and grated Vegetable Salad Treacle Layer Pudding	Cheese Omelet Cocoa
TUES.	Poached Egg on Toast Oatcakes, Honey	Cornish Pasties Green Vegetables Apple Charlotte	Stuffed Potatoes Cocoa
WED.	Porridge Sausage and Tomato Bread and Butter	Herring Pie Baked Banana Pudding	Pearson Soup Bread and Cheese
THUR.	Porridge Baked Egg Bread, Butter and Marmalade	Bullock's Heart Steamed Potato Green Vegetables Honey Pudding	Gnocchi and Cheese Cocoa
FRI.	Kodjeree Oatcakes and Honey	Stewed Rabbit Green Vegetables Baked Potatoes Bread Pudding	Cheese and Tomato on Turnip Milk with dash Coffee
SAT.	Porridge Potato Cake Bread, Butter and Marmalade	Scotch Eggs Vegetable Pie or Salad Dutch Milk Pudding	Rice, Tomato and Cheese Pie Cocoa

## How to COOK WISELY in War-Time

★  
KEEP THIS IN  
YOUR KITCHEN

★  
This little leaflet is full of  
interesting recipes. It shows you  
how to make full use of the  
Protective Foods,  
the Body Building Foods  
and the Energy Foods  
so essential to us in war-time.

E. O. A. 1965

## READ THIS FIRST

### Eat Wisely in War-Time

You need food (1) to build the body and prevent the tissues wearing out, (ii) to give you energy to do your daily work, (iii) to protect the body from disease and keep you healthy.

To help you, and everyone else concerned with cooking in the home, the Electricity Supply Industry has produced this interesting collection of war-time recipes, carefully selected by experts so as to include the BODY-BUILDING FOODS, such as milk, cheese, eggs, meat, and fish; the ENERGY FOODS, such as oatmeal, rice, bread, butter, margarine, cheese, dripping, etc.; and the PROTECTIVE FOODS, e.g., milk, potatoes, fruit, green vegetables, herring, etc.

In order to ensure a good and balanced diet it is essential to choose some food from each of these food-groups every day. You will see from the suggested "week's menu" contained in this folder that war-time cookery and feeding need not be dull. Each of the meals shown in this menu is interesting in itself. And each one includes some of the foods essential to the maintenance of your family's good health. So remember, when you make these dishes for your family, you are doing more than just giving them something they will like—you are giving them dishes that will be good for them.

And, you are helping the national war effort, because by buying the food shown in the recipes you are buying the very things that will help to keep our ships free for other important war-time tasks. . . . Cook for victory . . . the Electric way.



Let electricity help you to advance on the kitchen front.

### ELECTRIC COOKING IS MOST ECONOMICAL

Enquire today about hire and hire purchase terms for electric cookers, etc., at your Electricity Showrooms.

## 32 INTERESTING WAYS OF COOKING WITH THE FOODS YOU NEED MOST . . .

### BODY-BUILDING FOODS

#### Potted Herrings

Bone the herrings. Steam or bake them. Remove skin and sieve them. Add sufficient margarine to make the mixture into a nice soft paste. Season carefully and put into a glass jar.

#### Baked Stuffed Haddock

(Mackerel is very good done this way.)

Trim and wash the fish. Remove head and tail and bone. Stuff with veal stuffing (below). Tie two or three times. Place little dab of dripping all over. Cover with greaseproof paper and cook for 30 minutes. Ten minutes before serving, remove the greaseproof paper, and sprinkle with brown breadcrumbs. Serve garnished with parsley and lemon, and a good brown sauce.

#### Stuffing

2 OZ. BREADCRUMBS  
1 TEASPOONFUL CHOPPED PARSLEY  
A LITTLE GRATED LEMON RIND  
1 OZ. CHOPPED SUET OR MARGARINE  
SALT AND PEPPER  
Mix the dry ingredients thoroughly and add sufficient water to make a nice soft paste.

#### Bullock's Heart

Wash the heart, and remove all large blood-vessels. Fry a mixture of carrots, onions, and turnip sufficient to make a good bed for the heart. Cover the vegetables with stock, and put in the heart. Simmer for 2 hours. Remove heart, and make a good brown sauce. Slice the heart, return it to the gravy and simmer for another hour. Serve with a garnish of vegetables.

#### Rabbit Stew

1 RABBIT  
A LITTLE BACON (IF POSSIBLE)  
1 DESERTSPOONFUL FLOUR  
2 OZ. FAT  
1 ONION  
1 PINT STOCK  
2 TOMATOES  
SEASONING

Joint the rabbit, wash, and dry it. Fry with the onions until nicely browned. Place in a casserole (or leave in the saucepan). Cover with stock, add bacon, tomato, and seasoning, and simmer gently, or cook in a moderate oven (350°) for 1 hour. Blend the flour with a little stock, add to the rabbit. Stir, and allow to reheat. Place the rabbit on a dish, and pour the sauce over, which, if preferred, can be strained.

#### Sausage Casserole

Wash the sausages in hot water. Arrange them on a bed of sliced onions and carrots in a casserole. Sprinkle with pepper. Cook in a hot oven (450°) for 1 hour. The sausages will require turning once or twice, to get them evenly browned. Dish the sausages, strain off the fat from the vegetables, and serve them piled up in the centre of the sausages.

#### Scotch Eggs

Allow 2 oz. sausage meat for each egg, or any minced meat mixed with a very thick brown sauce may be used. Hand boil the required number of eggs. Remove the shells and coat with the meat. Flatten the top and bottom so that they will stand when dished. Coat with egg and crumbs, and fry in deep fat for 10 minutes. Cut in half and serve. These are very good served hot or cold.

### ENERGY FOODS

#### Potato Soup

1 L.B. POTATOES  
1 OR 2 OUTSIDE STICKS OF CELERY  
1 OZ. SAGO  
SEASONING  
1 ONION  
1 OZ. DRIPPING  
1 PINT STOCK OR MILK (IF POSSIBLE)

Fry the onion slightly in the dripping. Add the potatoes and celery cut up, and 1 pint of water. Cook until tender, then sieve. Add the milk and sago and seasoning, and cook until the sago is clear, stirring carefully.

#### Kedgeree

6 OZ. COOKED RICE  
2 TEASPOONFULS CHOPPED PARSLEY  
PEPPER AND SALT  
8 OZ. COOKED FISH  
1 OZ. MARGARINE OR DRIPPING  
1 HARD-BOILED EGG  
Melt the fat, and reheat the rice and flake fish in it. Season well. Pile the kedgeree on a dish, and decorate with hard-boiled egg and parsley.

#### Stuffed Potatoes

Bake the required number of potatoes. Cut a piece off the top and remove insides. Mash with milk and margarine and salt and pepper. Mix in 1 oz. grated cheese for each potato. Pile into the skins again, and reheat in the oven or under the grill.

#### Cheese Omelet

The secret of a good omelet is speed. Allow 1 egg per person. Break the eggs into a basin, and beat slightly with a tablespoonful of cold water and a pinch of salt and pepper and 1 oz. grated cheese to each egg. Melt a little lard in a frying-pan—there should only be sufficient to well grease the pan. When it is really hot, pour in the mixture. Cut the mixture several times to allow the

uncooked mixture to cook. When just set (the top should be quite soft) fold and serve immediately.

A plain omelet is very good with a cheese sauce poured over it and just browned under the grill.

#### Cornish Pasties

(4 PERSONS)  
6 OZ. SHORT-CRUST PASTRY  
1 LARGE ONION  
SALT AND PEPPER  
6 OZ. STEWING STEAK (LEFT OVER MEAT)  
2 POTATOES

Cut the pastry into four rounds. Cut up the meat into very small pieces, also the onion and potato. Mix together with salt and pepper and, if you have it, a few drops of Worcestershire sauce. Place the mixture on the rounds of pastry. Damp the edges and make a half circle. Stand the pasties up, crinkle the edges, and make two holes to allow the steam to escape. Cook in a hot oven (450°) for 30 minutes.

#### Porridge

2 OZ. SCOTCH OATMEAL  
PINCH OF SALT  
1 PINT WATER  
When the water is boiling, gradually add the oatmeal, stirring carefully. Add the salt and all the porridge, to boil for 20 minutes only. Stir quite often to avoid lumps.

#### Potato Cakes

6 OZ. MASHED POTATO  
1 FLAT TEASPOONFUL BAKING POWDER  
3 OZ. FLOUR  
2 OZ. MARGARINE  
1 TEASPOONFUL SALT  
Sieve flour, salt, and baking powder. Rub in the margarine. Add the potato, and mix with milk to make a soft dough. Roll out to 1/4 inch thickness. Cut into rounds, and fry. Serve hot with butter.

### PROTECTIVE FOODS

#### Gnocchi and Cheese

1 PINT MILK  
4 OZ. GRATED CHEESE  
5 EGGS  
SEASONING

Boil the milk, sprinkle in the semolina. Allow to cook slowly. When thick and cooked, remove from the heat, and add 1 beaten egg, salt and pepper, and a very little grated nutmeg. Spread on a plate to cool—1/4 inch thick. When cold, cut into shapes, place on a flat, greased, fire-proof dish. Sprinkle with cheese, heat through and brown in the oven.

#### Tomato Soup (4 PERSONS)

1 ONION  
1 STICK CELERY  
1 CARROT  
1 1/2 L.B. TOMATOES  
1 TEASPOONFUL SUGAR  
1/2 PINT MILK  
1/2 OZ. FLOUR  
1 1/2 PINTS STOCK  
2 OZ. DRIPPING  
SEASONING  
Fry the vegetables in the dripping. Add the stock, and allow to cook for 1/2 hour. Pass through a sieve, return to pan, and season and add sugar. Mix the flour with a little milk and add to soup, stirring carefully. Add milk and reheat, but do not allow to boil.

#### Peasant Soup (3-4 PERSONS)

2 CARROTS  
2 POTATOES  
2 TOMATOES  
2 SPOONFULS PARSLEY  
2 ONIONS  
1 SMALL TURNIP  
2 LEEKS  
1 CLOVE  
1 OZ. DRIPPING  
1 OZ. FLOUR  
2 PINTS WATER  
SEASONING  
Cut up the vegetables and fry until the fat is absorbed. Add the water, parsley, clove, and seasoning, and allow to simmer for 1 hour. Sieve and add the flour mixed with a little water. Reheat, stirring until the soup boils.

#### Herring Pie

Bone the herrings. Place a layer of mashed potato in the bottom of a pie dish,

sprinkle with a little onion and if possible a layer of tomato. Next place the rolled-up herrings, add pepper, a layer of tomato and onion, and finally a layer of potato. Bake in a moderate oven (350°) for 30 minutes.

#### Vegetable Pie (4 PERSONS)

4 OZ. SUET CRUST  
2 OZ. BUTTER BEANS  
WATER  
SEASONING  
1 1/2 L.B. VEGETABLES (ROOT)  
1 TEASPOONFUL MARMITE  
Soak butter beans overnight and half cook. Cut up the vegetables, and half cook them in 1/2 pint of water to each pound of vegetables. Season carefully. Cover with the suet crust and cook for 1 1/2 hours. This may be baked or steamed. SUE CRUST—Half quantity of suet to flour. Pinch of salt. If less than 1/2 suet is used, 2 teaspoonfuls of baking powder to 1 lb. of flour should be added. Mix with water to a soft dough.

#### Rice, Tomato, Onion and Cheese Pie (4 PERSONS)

3 OZ. RICE  
1 L.B. TOMATOES  
3 ONIONS  
SEASONING  
Boil the rice for 20 minutes. Strain, and add to the fried onion and tomato. Season. Mix with cheese sauce and put into a pie dish. Sprinkle with a little grated cheese and brown under the grill.

#### Cheese & Tomato on Turnip

1 OZ. MARGARINE  
1 GILL TOMATO PUREE  
2 OZ. GRATED CHEESE  
SLICED TURNIP  
LEMON JUICE  
Simmer quarter inch thick slices of turnip in a small quantity of stock until tender and the liquid absorbed. Melt margarine, add cheese, tomato and little lemon juice. Stir over gentle heat till it begins to set. Set on the slices of turnip.