

**Good soups from garden vegetables and good new vegetable dishes with sauces made without milk / Stork Margarine Cookery Service.**

**Contributors**

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### SCALLOPED POTATOES

2 lb. potatoes  
1 oz. flour  
1 oz. margarine  
½ pint potato water

1 tablespoonful chopped parsley  
Sprig of thyme  
½ bay leaf  
Salt and pepper

Scrub and scrape the potatoes and cook them in boiling salted water for 15 minutes, drain off the water and use it for the sauce. Rinse the saucepan and melt an ounce of margarine in it, stir in an ounce of flour and cook until it bubbles. Add the potato water, stirring well, and bring to the boil. Add salt and pepper, slice the potatoes and put them into the sauce with a sprig of thyme and half a bay leaf. Simmer very gently for 20 minutes, then turn into a hot dish, remove thyme and bay leaf. Sprinkle with parsley. Serves 4 portions

### CAULIFLOWER AND POTATO LOAF

1 cauliflower  
1 lb. potatoes  
Salt, pepper and nutmeg

Dried breadcrumbs  
A little grated cheese, if available  
A little melted margarine or cooking fat

Cook and mash the potatoes, add keep them hot. Wash the cauliflower, divide it into flowerets, cook them 15 minutes in boiling salted water. Drain and mash with a fork. Brush a pie dish with a little melted margarine or cooking fat, put in a layer of mashed cauliflower, sprinkle very lightly with salt, pepper and grated nutmeg, then put in a layer of mashed potato, and sprinkle that also with seasoning. Cover with dried breadcrumbs, mixed with a little grated cheese, if available. Put into a fairly hot oven (Regulo Mark 6) until brown and serve hot. Serves 4-6 portions

### CARROT RAGOUT

3 large carrots  
6 potatoes  
1 rasher of bacon  
Salt and pepper

Parsley  
Thyme  
Bay leaf  
2 cloves

)} tied in muslin

Scrape the carrots and cut them in dice. Scrub the potatoes and slice them thickly. Cut the bacon in small pieces and cut off the rind (which should be kept and used for extra fat for frying) and the rust. Tie up 2 cloves with 2 sprigs of parsley, a sprig of thyme and a bay leaf. Put the bacon into a saucepan and cook it until it is brown and frizzled, then add the diced carrot and shake over the heat for a few minutes. Add the bouquet of herbs, enough water almost to cover the carrots, and a little salt and pepper. Cover and cook gently for ½ hour. Add the potatoes and cook for another ½ hour. Remove the bouquet and serve hot. Serves 4-6 portions

### BRUSSELS SPROUTS AND CHESTNUTS

1 lb. Brussels sprouts  
Chestnuts  
Margarine

Salt, pepper and nutmeg  
Pinch of sugar  
A spoonful or two of milk

Wash the sprouts in salted water, pick off the withered leaves, and make a little slit across the stalk of each sprout. Put them into a saucepan with 4 tablespoonsful of water and ½ teaspoonful of salt. If you can spare it, add a speck of margarine. Cover the saucepan with a closely fitting lid, wedging the lid, if necessary, with a sheet of paper, and cook for 20 minutes.

Meantime, bring to the boil as many chestnuts as you can get (up to ½ lb. to the lb. of sprouts) in another pan, and remove both shell and skin. Simmer them gently for 20 minutes in a little milk and water with a pinch of salt and a pinch of sugar. Mix sprouts and chestnuts together. Season with pepper and a pinch of nutmeg and serve with their liquor. Serves 2-3 portions

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## COOKERY NOTES No. 17

Recipes approved by the Ministry of Food

NOVEMBER, 1941

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### GOOD SOUPS

FROM GARDEN VEGETABLES AND GOOD  
NEW VEGETABLE DISHES WITH SAUCES  
MADE WITHOUT MILK

COUNTRY SOUP	HARICOT BEANS IN SAUCE
GARDENERS' SOUP	LETTUCES OR CABBAGE AND BACON
WATERCRESS SOUP	SCALLOPED POTATOES
THICK TOMATO SOUP	CAULIFLOWER AND POTATO LOAF
RUNNER BEAN OR CABBAGE SOUP	CARROT RAGOUT
BREAD SOUP	BRUSSELS SPROUTS AND CHESTNUTS
RED CABBAGE AND APPLES	VEGETABLE BECHAMEL SAUCE

**STORK MARGARINE**

**COOKERY SERVICE**



COOKERY NOTES are published by the  
STORK MARGARINE COOKERY SERVICE,  
Unilever House, London, E.C.4,  
to help solve your present-day cooking problems.

## GOOD VEGETABLE SOUPS

A good savoury soup, with plenty of vegetables in it, a slice or two of bread and a pudding, all these make a satisfying, warming meal for the cold weather. A meal that is easy on your meat ration, too, for these vegetable soups taste better made with vegetable stock or water. You get the good fresh taste of the vegetables, and plenty of nourishment as well.

When vegetable stock is mentioned in any of the recipes in this leaflet, what is meant is simply the water in which potatoes, rice, or any vegetables have been cooked. You know by now that all such water should be drained off and saved for future cooking—this is one good thing we have learned from five years of war: how to economise and get good nourishment value at the same time.

## VEGETABLE DISHES

The dishes made from garden vegetables make either a good main dish, after a vegetable soup, or an accompaniment to meat or fish dishes. Any of them that has no sauce as a part of the dish can be accompanied by a milkless sauce, made with vegetable stock as liquid. You can, if you wish, add a tablespoonful of milk to improve the colour of your sauce, but it tastes very good and looks quite nice all by itself. One word of warning about vegetable stock—it should be used, at the latest, twelve hours after it is made, or the vitamin value and mineral salts that make it so good for you will suffer. Also, the vegetable water goes sour much more quickly than meat or fish stock.

## HARICOT BEANS

The little White Haricots are in good supply now, and housewives are recommended to lay a couple of pounds in the store cupboard. To make a Vegetable Béchamel Sauce, which can accompany any vegetable course, or fish, use:—

1 oz. margarine	1 onion (if available)
1 oz. flour	Pinch of nutmeg
$\frac{1}{2}$ to $\frac{3}{4}$ pint vegetable stock	1 teaspoonful salt
1 carrot	1 saltspoonful pepper

Bouquet of parsley, thyme and  $\frac{1}{2}$  bay leaf

Scrape and slice the carrot, peel and chop the onion, melt  $\frac{1}{2}$  oz. margarine in a saucepan, cook the vegetables in it for 10 minutes. Take them out on to a plate; in the same saucepan melt  $\frac{1}{2}$  oz. margarine and cook the flour in it. Add  $\frac{1}{2}$  pint of boiling vegetable stock, of the heat, stirring vigorously all the time. Bring to the boil, put back the carrot and onion and the bouquet, tied together with a piece of cotton. Add salt, pepper and nutmeg and let the sauce simmer gently for  $\frac{1}{2}$  hour. Then strain through a gravy strainer, re-heat and use. Thin down, if too thick, with a little more vegetable stock. The carrot and onion can be saved and added to any soup you make the same day.

## COUNTRY SOUP

2 carrots	6 potatoes
1 celeriac root or celery	2 tomatoes
1 onion (if available)	1 oz. margarine, cooking fat or dripping
$\frac{1}{2}$ cabbage	Salt and pepper
2 lettuce	Chopped herbs
$\frac{1}{2}$ lb. runner beans	2 quarts water

Scrape and dice the carrots. Peel and dice the celeriac, peel and chop the onion. Wash the cabbage (outside leaves can be used) and slice finely. Cut up the lettuce (outside leaves can be used, or lettuce that have gone to seed). Stiring and slice the beans. Scrub and scrape the potatoes and cut in quarters. Peel and slice the tomatoes. Make the fat hot in a large saucepan, put in all the vegetables and let them cook gently in the fat for 20 minutes. Put the lid on the pan and shake it from time to time. Add the boiling water, salt and pepper, and cook gently for 1 $\frac{1}{2}$  hours. Serve with the vegetables as they are, and sprinkle each plate with chopped parsley, tarragon or chervil, or a mixture of all three. Serves 8 portions

## GARDENERS' SOUP

3 turnips	3 pieces bread, toasted
3 potatoes	Salt and pepper
3 pints vegetable stock	1 tablespoonful chopped parsley

Scrub potatoes and cut them in quarters. Peel the turnips and cut them up in rough pieces. Put the vegetable stock into a saucepan, add the vegetables and the toasted bread and some salt and pepper. Cook for 45 minutes, then put through a sieve. Re-heat, add chopped parsley and serve at once. Serves 6 portions

## WATERCRESS SOUP

1 lb. potatoes	1 quart water
1 bunch watercress	Salt and pepper

Scrub the potatoes and wash the watercress well. Cut the potatoes in quarters, put them on to cook in a quart of water, salted. When they are soft, add the watercress, roughly chopped, and cook for another 5 minutes. Put through a sieve, season, re-heat and serve hot, with a few small sprigs of watercress floating on top. Serves 4 portions

## THICK TOMATO SOUP

1 lb. ripe tomatoes	3 sprigs of parsley
1 oz. margarine, cooking fat or dripping	2 pints vegetable stock
2 potatoes	Lump of sugar
1 thick slice of bread, toasted	Salt and pepper

Cut up the tomatoes and the potatoes, make the fat hot in a saucepan and stew the vegetables gently in the fat for 20 minutes. Add the boiling vegetable stock, parsley and toasted bread. Cook gently for 20 minutes. Put through a sieve, re-heat, add salt and pepper and a lump of sugar and serve very hot. Serves 4 portions

## RUNNER BEAN OR CABBAGE SOUP

$\frac{1}{2}$ lbs. beans or same weight in cabbage	1 quart vegetable stock
$\frac{1}{2}$ onion or shallot (if available)	Pinch of grated nutmeg
1 oz. margarine, dripping or cooking fat	2 tablespoonful flour
Crotonets of toasted bread	Salt and pepper

String and slice the beans (or shred the cabbage), chop the onion or shallot finely. Make the fat hot in a saucepan and cook the onion in it. Add the flour and stir well together. Add the beans, stir well together for a few minutes, then add the vegetable stock, salt and pepper and nutmeg. Cook gently for an hour, then put through a sieve, re-heat and serve with crotonets of toast. Serves 4 portions

## BREAD SOUP

2 roots of celeriac or celery	2 carrots
2 slices of bread	1 quart vegetable stock
1 oz. margarine, dripping or cooking fat	Salt and pepper

Peel the celeriac, or scrub the celery, scrape the carrots, cut both in rough pieces. Make the fat hot in a saucepan, add the vegetables, cover and cook gently for 20 minutes. In the meantime, toast the bread, cut half a slice in neat squares and put aside for crotonets. Bring the vegetable stock to the boil, add it to the vegetables and put in the rest of the toasted bread. Cook gently for an hour. Put through a sieve, re-heat, season with salt and pepper, and serve with the crotonets, which should be made hot in the oven. Serves 4 portions

## VEGETABLE DISHES

### RED CABBAGE AND APPLES

1 red cabbage	1 saltspoonful salt
2 cooking apples	Pinch of cayenne pepper
1 oz. margarine, dripping or cooking fat	Pinch of grated nutmeg
1 dessertspoonful sugar	1 tablespoonful vinegar
1 tablespoonful chopped onion (if available)	

Wash the cabbage in cold salted water and pick off the outside leaves. Cut the cabbage in thin slices with a sharp knife and soak it for  $\frac{1}{2}$  hour in cold water. Peel, core and chop the apples or grate them on a coarse vegetable grater. Heat the fat in a saucepan, put in the cabbage, onion, apple, salt, cayenne and nutmeg, and cook very gently, without water, until tender, 1-2 hours, stirring from time to time. Add sugar and vinegar, cook for another 5 minutes, and serve very hot with slices of bread and butter, or margarine. Serves 4-6 portions

### HARICOT BEANS IN SAUCE

1 lb. haricot beans	$\frac{1}{2}$ pint bean water
$\frac{1}{2}$ oz. flour	1 tablespoonful chopped parsley
1 oz. margarine	Salt and pepper
	Pinch of grated nutmeg

Soak haricots overnight. Put in a saucepan in luke-warm water, bring to boil and throw water away. (This water is too strong to use.) Put on again in boiling water without salt, and cook for 1-2 hours or until soft. Drain off the water, rinse out the pan and melt an ounce of margarine in it. Cook the flour until it bubbles, then add  $\frac{1}{2}$  pint of the water used to cook the beans and bring to the boil, stirring all the time. Season with salt and pepper and a pinch of nutmeg. Put the beans into a hot dish and pour the sauce over them. Sprinkle with chopped parsley. Serves 4 portions

### LETTUCES OR CABBAGE AND BACON

4 lettuces or a large cabbage	6 potatoes
$\frac{1}{2}$ rasher of fat bacon	1 pint boiling water
	Pepper

Wash the lettuces well in running water, pick off any shrivelled outside leaves and cut the end from the stalk, or wash cabbage and chop roughly. Put a pint of water into a saucepan and bring it to the boil. Put in the lettuces or cabbage and cook them gently for  $\frac{1}{2}$  hour. In the meantime, scrub the potatoes, and cut the bacon in small pieces. Put the potatoes in with the lettuces or cabbage, cover the pan, and cook for another  $\frac{1}{2}$  hour. Fry the bacon until brown. Drain the lettuces or cabbage, add a little salt and pepper, serve them in the middle of a hot dish, with the potatoes grouped round them and the bacon scattered over hot potatoes. Save the cooking liquor for soup or sauce. Serves 4-6 portions