

**Good food value in carried meals : for heavy workers, office workers /
Stork Margarine Cookery Service.**

Contributors

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extract all fat, leave fat in the pan. Chop the shallot, chop the bacon and cook both together in the bacon fat. Add the minced liver and stir all together for several minutes. Then add chopped thyme to taste, the bay leaf crushed and powdered, salt and pepper, and moisten with good stock. Cook gently until the stock is absorbed, leave until cold. Press firmly into small pots, cover with a thin film of melted margarine, and tie down securely.

SHRIMP PASTE

1 oz. margarine Cayenne pepper
4 tablespoonsful picked shrimps 1 teaspoonful vinegar
1 tablespoonful anchovy sauce Pinch of grated nutmeg

Soak the shrimps, after skinning, in cold water for half-an-hour. Chop them very small, or pound them in a mortar to a fine paste. Add the anchovy sauce, vinegar, cayenne and nutmeg and work with the margarine, to a smooth paste. Leave in a cool place until firm, then press firmly into a small pot, and run a cover of melted margarine over the top. Tie down securely.

INDIAN RELISH

1 oz. margarine 1 teaspoonful made mustard
1 good tablespoonful home-made chutney 1/2 teaspoonful curry powder
Salt, pepper and cayenne

Cream the margarine with the chutney, add mustard, curry powder and seasonings. Leave until quite cold and firm, then pot and tie down. This paste keeps well and is very good on toast or biscuits.

POTTED CHEESE

To every 2 ounces of grated cheese add:
1/2 oz. margarine. Pinch of grated nutmeg
A few drops of Worcester Sauce

Use every scrap of dry cheese, so near the rind that you can only just grate it. Blend the grated cheese with nutmeg and Worcester Sauce, and work the margarine into it. Press into a jar, cover with melted margarine, and tie down.

BAKED POTATOES

Choose fairly large potatoes, scrub them well, and bake them for about an hour in a fairly hot oven (Regulo Mark 7). Take them out, hold them in an oven cloth and split the skin, so that the steam escapes. Then remove with a spoon the floury inside into a basin and combine it with any of these fillings:

1. Boiling milk, chopped parsley, chives and tarragon, pepper and salt.
2. Grated cheese, boiling milk, left-over tomato sauce or any savoury sauce.
3. Chopped fried bacon and bacon fat (one rasher will flavour 4-6 good sized potatoes).
4. Chopped watercress, boiling milk, chopped chives.
5. American sausage meat and chopped parsley.

Put back into the oven for 10 minutes for the potatoes to heat through again.

These potatoes, provided the filling is mixed with the potatoes while it is still hot, are very good to eat cold. If your office does not provide facilities for heating food, take a little salt with you, in case the seasoning is not enough.



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to help solve your present-day cooking problems.



COOKERY NOTES No. 33

Recipes approved by the Ministry of Food

SEPTEMBER, 1942

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GOOD FOOD VALUE IN CARRIED MEALS

FOR

HEAVY WORKERS:

MINER'S LOAF PIE—with
FARMHOUSE FILLING
SARDINE OR PILCHARD AND POTATO
SALAD FILLING
SAUSAGE AND SAGE STUFFING
CHEESE AND VEGETABLE FILLING
NORFOLK DUMPLINGS
CORNISH PASTIES
SHEPHERD'S PIE
VEGETABLE TOAD-IN-THE-HOLE

OFFICE WORKERS:

SANDWICH FILLINGS
POTTED FISH
POTTED LIVER
SHRIMP PASTE
INDIAN RELISH
POTTED CHEESE
FILLED SCONES—with
SARDINE OR SALMON FILLING
HADDOCK OR SMOKED COD FILLING
VEGETABLE FILLING
BAKED POTATOES—with
VARIOUS FILLINGS

STORK MARGARINE

COOKERY SERVICE

CARRIED MEALS for HEAVY WORKERS

Miners, Dockers, Agricultural Workers

Where Canteen facilities are available, additional rations have been allotted to meet the special needs of workers in these industries. There are still sections of the community, however, who—because they work away from Canteens or British Restaurants—have not so far been able to partake in this Canteen Scheme. It is hoped that the following recipes, which have been invented and tested by The Margarine Cookery Service, will help these workers in overcoming the difficulty of the "Carried Meal."

In preparing them, special care has been taken to economise in the use of rationed ingredients which, in the main, will still be needed for family meals at home.

Miner's Loaf Pie, with its alternative fillings described here, provides an eatable container for the meal. Its simplicity is also a point in its favour—an important item to a busy housewife. No doubt the wives of heavy workers will be able to adapt the recipes for fillings according to the season and local supplies, and the four fillings given illustrate the types of mixtures which make a savoury and well-balanced meal.

MINER'S LOAF PIE

1 National Wheatmeal Loaf

(a) Farmhouse Filling

2 rashers fat bacon 1 tablespoonful chopped parsley
1 cold cooked potato 1 teaspoonful vegetable stock
1 tomato or 3 sticks celery 1 teaspoonful flour
1 oz. raw meat Salt and pepper

Cut the top off the loaf and cut out the inside crumb, as neatly as possible, so that the crumb can be cut in slices and used at home, as bread and jam, etc.

Cut the bacon into small pieces, and put it into a frying pan, rind and all, fry until brown. Cut up the meat in small pieces and toss them in flour, mixed with one saltspoonful of salt and half saltspoonful of pepper. Take the bacon out of the pan, put in the meat and brown it all over. Then pour in the vegetable stock, stir well and bring to the boil. Leave the meat to simmer gently in the pan for half hour. Then remove bacon rind and mix together meat, with gravy, bacon and vegetables and chopped parsley. This work should be done overnight. In the morning pour the cold mixture into the loaf and replace the top of the loaf, previously spread with margarine. The quantities given are for one person. Double amount, in a 2 lb. loaf, will serve two.

When tomatoes are out of season, celery can be used. It can be stewed with the meat, or chopped and put in raw, as preferred. Scrub well and cut across in rings before using.

(b) Sardine or Pilchard and Potato Salad Filling

4 sardines or 1 pilchard 2 ozs. chopped cooked beetroot
1 lb. mashed potato 2 tablespoonful chopped parsley
Vinegar, pepper and salt

Soak the beetroot in vinegar while making the rest of the mixture. Mash the sardines or pilchard with a fork, mix with mashed potato and parsley, season with pepper and salt. Mix in the chopped beetroot and vinegar. Fill into loaf as before.

(c) Sausage and Sage Stuffing Filling

1 lb. sausages Salt and pepper
1 lb. mashed potato 1 onion (if possible)
1 teaspoonful chopped sage (fresh if possible)

Fry the sausages in a frying pan until quite cooked, take them out and cut them in pieces. Chop the onion and cook in the sausage fat until soft, but not brown. Mix together sausages, cut in pieces, onion, potato and sage, and fill the loaf.

(d) Cheese and Vegetable Filling

Cold cooked vegetables Grated cheese
Cold mashed potato Cold white or curry sauce
1 tablespoonful mixed herbs

Chop up any cold vegetables left over from previous meal; for example, carrots, cauliflower, brussels sprouts, tomatoes, raw or cooked, haricot beans, runner beans, vegetable marrow, etc., etc., and mix them with cold mashed potato. Mix all together with a few tablespoonful of cold white sauce, or curry sauce, and some grated cheese. If you have a rasher of bacon to spare, cut it up, fry until brown, and add it. Add one tablespoonful of chopped herbs, parsley, mint or tarragon, or chopped chives, and mix well. Fill the loaf as before.

NOTE—It is best to use a small loaf, large enough for one person. If, however, only 2 lb. loaves are available, cut off the top, then cut the loaf in half and remove the crumb. Fill one half loaf with the mixture, then turn the other half loaf upside down, spread the inside top with margarine, and fill it over the first half loaf, so that there is one thickness of crust top and bottom and two thicknesses of crust at the sides, and the loaf can then be carried quite easily.

NORFOLK DUMPLINGS and CORNISH PASTIES

The same fillings can be enclosed for carrying in Potato Pastry, made up into round dumplings or Cornish Pasties, and baked for half hour in a moderately hot oven (Regulo Mark 6). To make Potato Pastry, take

3 ozs. plain flour 1 teaspoonful baking powder
6 ozs. mashed potato Pinch of salt
1½ ozs. margarine and/or cooking fat Cold water to mix

Sift flour, baking powder and salt into a bowl, rub in the fat, add the mashed potato and mix to a stiff paste with cold water. Roll out on a floured board and cut into squares or rounds, put cool filling inside and form into round dumplings, or into pasties.

This amount of pastry makes one large dumpling or pasty, or two smaller ones, with the amount of filling given for Miner's Loaf Pies.

The same Potato Pastry, or a covering of mashed potato, can be used to cover a small Shepherd's Pie. This is a very good dish for a carried lunch; it can be eaten hot, if there are facilities for heating, or cold, if there are none. So can the Vegetable Toad-in-the-Hole, which follows.

SHEPHERD'S PIE

1 lb. mashed potato, or 1 tomato
Potato crust as described above 1 carrot
2 ozs. cold meat, chopped or minced 2 tablespoonful cooked haricot beans
1 leek, or onion, if available Gravy, stock, or left over sauce
1 oz. margarine, cooking fat or lard

Take all fat and gristle away from meat and mince or chop roughly. Chop leek or onion and carrot, cook until soft in margarine or fat. Mix with the tomato, cut up, and the cooked haricot beans and the meat and pour in the fat used for frying. Any other root vegetable can be added, with or instead of, the haricots—swede, Jerusalem artichoke, a little turnip or parsnip, celery or some dice of beetroot. These vegetables should be cooked, as the short time allowed for cooking is not enough to cook them thoroughly. Season meat and vegetables with salt and pepper and mix with plenty of gravy, or, if you have no gravy, melt a cube of vegetable extract in potato water or vegetable stock. Make the mixture really wet before covering with potato or potato crust. Bake 15-20 minutes in a hot oven, or brown the potato crust under a hot grill.

VEGETABLE TOAD-IN-THE-HOLE

2 ozs. plain flour 1 tablespoonful hot dripping
1 pint milk—milk and water or 1 tomato
household milk and water 1 leek or
1 teaspoonful of baking powder 1 field mushroom
Good pinch of salt Salt and pepper

Sift flour and salt into a basin, mix with half the liquid and beat well. Add remaining liquid and stand for an hour. Cut up tomato and leek or mushroom. In a small baking dish or enamel pie dish make the

dripping very hot in the oven. Lay in the vegetables, add baking powder to batter and pour at once into the dish. Bake half hour in a very hot oven (Regulo Mark 7).

CARRIED MEALS for SEDENTARY WORKERS

FILLED SCONES

To make one large or two medium scones:—

4 ozs. plain flour, sifted with
1 heaped teaspoonful of baking powder
and
A pinch of salt

1 oz. margarine or cooking fat
Water, milk and water, or sour milk to mix

Rub the fat into the sifted flour and mix to a slack dough with liquid. Form quickly into a flat cake, or cakes, and bake at once, in a hot oven, for 15-20 minutes (Regulo Mark 7). Split in half while still hot and fill with:

SARDINE OR SALMON FILLING

3 sardines or half tin Grade 3 Salmon ½ teaspoonful Worcester Sauce
1 oz. margarine Black pepper and cayenne
Few drops of vinegar Watercress

Take skin and bone from fish, pound in a mortar with margarine, or mash well with a fork and beat in margarine. Add vinegar and Worcester Sauce and season with black pepper and a grain of cayenne. Spread on scone and put washed, picked watercress on top.

HADDOCK FILLING

3 ozs. cooked haddock, free from skin and bones ½ oz. plain flour
1 oz. margarine ½ pint water used to cook haddock
Salt and pepper

Make white sauce with margarine, flour and haddock stock. Stir in the flaked fish and season with very little salt (if necessary) and pepper.

VEGETABLE FILLING

Chop any cooked vegetable, carrots, potatoes, green beans, cauliflower, etc., mix with a little chopped beetroot and a teaspoonful or so of vegetable Bechamel sauce. Season well with salt and pepper.

PASTES FOR SANDWICHES

POTTED FISH

1 lb. fish 1 oz. margarine
Parsley Salt and pepper
Thyme Vinegar
Bay leaf

Herring or mackerel can be used for this paste, or, if neither of these is easily obtainable, it can be made with a firm white fish, like halibut or rock salmon. Poach the fish in well salted water, remove skin and bones, and pound in a mortar with a little vinegar. If no mortar is available, flake the fish as finely as you possibly can and pour a little vinegar over it. Add to the vinegar chopped parsley, chopped thyme (1 tablespoonful of each), a crushed and powdered bay leaf, and salt and pepper. Leave for 3 to 4 hours in a covered dish, then work in the margarine. Put into small pots and tie down. Keeps for a week or so.

POTTED LIVER

1 lb. calf's or pig's liver Bay leaf
1 rasher fat bacon 1 shallot
Salt and pepper A little stock
Thyme

Wash the liver in salted water, put it into boiling salted water, and cook for 15 minutes. Take out, drain and chop very finely or put through a mincer. Remove rind and rusk from bacon, cook the rind gently to