

Britain entertains America / Stork Margarine Cookery Service.

Contributors

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SALAD DRESSING

1 gill vinegar
2 tablespoonsful sugar
1 dessertspoonful flour
1 tablespoonful dried egg, smoothly mixed with 2 tablespoonsful water

SALADS

1 flat teaspoonful salt
1 flat teaspoonful dry mustard
1 oz. special margarine

Mix together flour, sugar, salt and mustard, and mix to a thick cream with a little cold water. Add vinegar and mix well. Put into a saucepan, bring to the boil and cook several minutes, stirring all the time. Pour the mixture on the beaten egg, add margarine, and beat well. Cool and bottle. Thin down before using with a little milk. This quantity gives enough dressing for four large salads

COLE SLAW

1 or 2 sticks of celery, and a little chopped apple if liked
1/2 cabbage Salad Dressing (see recipe)

Wash the cabbage well in cold water, cut in half and take off all dry and withered leaves. Cut away the hard stalk. Put into a cold place, if possible into a refrigerator, to get crisp. Cut across with a sharp knife into very thin shreds. Wash and scrape celery, cut into very thin slices and mix with cabbage. Add apples, if used. Pour dressing over and serve at once.

SALADS of either endive, lettuce, batavia or watercress can be served with the same dressing. For all green salads of this kind, the dressing should be well thinned down with milk. It should be, in fact, no thicker than milk, or it will be too heavy for the thin, crisp salad leaves.

Wash salads well in cold water and leave them, wrapped in a clean cloth, in a very cold place, in a refrigerator if you have one, or in a cold dry basin standing in a draught, or on a stone floor. Serve all salads dry and crisp, and as cold as possible, and remember always to put on the salad dressing immediately before serving the salad.

Green salads are much better made of one ingredient only—lettuce, endive or watercress, etc.

HOW TO MAKE GOOD COFFEE

1. Allow 1 tablespoonful of freshly ground coffee and 1/2 pint of boiling water for each person.
2. Be sure that the percolator, coffee pot or earthenware jug in which you make your coffee is scrupulously clean and hot.
3. Pour fast-boiling water over the coffee, leave it to stand for 3 minutes, then strain, and re-heat, but never allow coffee to boil again, as this ruins the flavour.

If you use a percolator or a coffee maker of any kind, be very particular to see that it is kept quite free from any traces of previously made coffee, which leave a stale flavour and spoil fresh coffee.

Coffee can very well be made in an earthenware or enamel jug. Put in the coffee, pour boiling water over, leave for three minutes, and strain through a muslin into a saucepan, or another jug, and re-heat.

Remember that Americans do not take hot milk with their coffee, as we do. They will add a few spoonful of cold milk, and if you can give them the creamy top milk, they like that very much.

STOP PRESS: It has just been announced that American Troops visiting private families have been asked to take with them rations of meat, fats and sweets. British housewives will appreciate this thoughtful gesture from Uncle Sam.

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COOKERY NOTES are published by the
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COOKERY NOTES No. 37

Recipes approved by the Ministry of Food

DECEMBER, 1942

BRITAIN ENTERTAINS AMERICA

MRS. DREXEL BIDDLE'S APPLE PIE — PRUNE PIE
HAMBURGERS—CREAM OF TOMATO SOUP—POTATO SOUP
PANCAKES — COLE SLAW AND OTHER SALADS AND
SALAD DRESSING

GINGERBREAD AND APPLE SAUCE

HOW TO MAKE GOOD COFFEE

STORK MARGARINE

COOKERY SERVICE

We have a great army of guests to entertain this Christmas. Many American and Canadian Soldiers are spending their first Christmas in the British Isles. British housewives, many of them, have sons in the Forces and they will understand how homesick a soldier can feel far from his home. America is well known for its open-hearted hospitality to strangers. Let us show America that we can be hospitable, too. Let us all invite a soldier from overseas to share our Christmas festivities.

What shall we give them to eat?

American tastes are not always the same as our own. Many of the traditional English dishes are liked by Americans, but not all. There are American dishes, however, that our housewives can make, and we have collected some of them here, after consultation with those who know what Americans like to eat.

First among American favourites is Pie, and especially Apple Pie with cheese. Mrs. Drexel Biddle, wife of the American Minister to Britain's Allies in England, has been kind enough to give us her recipe for Wartime American Apple Pie, and here it is, as well as a recipe for Prune Pie.

Americans like soup. Here are two good recipes for soup. Tomato, which you can make with your home-bottled tomatoes, and Potato Soup. Hamburgers are another favourite. Serve them with home-made Tomato Sauce. Pancakes, not the kind we eat on Shrove Tuesday, but what we call Scotch Pancakes, or Drop Scones, served hot with honey, are great favourites, and Americans like to eat them, honey and all, with sausages, or bacon. They like to eat savoury dishes with something sweet—just as we like redcurrant jelly with mutton.

Salads, very crisp and cool, are favourites too, even in winter. Those of you who have allotments can cut fresh salads and serve them just as Americans like them, with the Salad Dressing given later.

When making all these dishes, remember that Americans like their food well seasoned, very sweet or very savoury. So save up a little extra sugar for your visitors, and put plenty of spice in the sweet dishes, and plenty of flavouring. Season your savoury dishes well with salt and pepper.

COFFEE is what Americans drink, not tea. Study the rules for coffee-making and make it strong and serve it hot.

MRS. DREXEL BIDDLE'S APPLE PIE

Pastry

- 6 ozs. National self-raising flour, or
- 6 ozs. flour and 1 flat teaspoonful baking powder
- 2-3 ozs. margarine, or margarine and cooking fat
- Pinch of salt

Very cold water to mix

Filling

- 6-8 cooking apples according to size (about 2 lbs.)
- 1 teaspoonful grated nutmeg or mixed spice
- 1 teaspoonful lemon substitute mixed with 2½ teaspoonful water
- 2 ozs. sugar
- 1 oz. margarine
- Pinch of salt

Peel, core and slice the apples, and stew them until soft with margarine, salt, sugar, spice and lemon substitute; cool.

Sift flour, salt and baking powder, if used, into a bowl. Rub in fat. Mix to a stiff dry dough with a little very cold water. Pat into shape and divide into two pieces, one slightly larger than the other. Roll out on a floured board (the smaller piece first), brush the edge of a pie-plate with water and line with pastry. Fill with cold apple mixture. Damp edge of pastry. Roll out larger piece and cover. Press edge together, trim and decorate. Make small hole in middle for steam to escape and bake 30 minutes in a moderately hot oven (Regulo Mark 6). Serve with a slice of cheese. Serves 6 persons.

PRUNE PIE

- 1 lb. prunes
- 1 oz. margarine
- 1½ ozs. sugar
- 1 tablespoonful flour
- 1 teaspoonful lemon substitute, mixed with 2½ teaspoonful water

Pastry as for Apple Pie

Soak prunes in hot water, or hot weak tea, overnight. Cook gently until soft, with sugar and lemon substitute, in tea or water used for soaking. Remove stones, and cut prunes in quarters. Put juice back into pan and boil rapidly until it is reduced to 1½ tablespoonful. Leave to get quite cold.

Make pastry, roll out and line pie-plate as described for Apple Pie. Put in prunes, pour juice over, dot with small pieces of margarine and dredge with 1 tablespoonful flour. Put on top crust, trim and decorate edge. Make hole in top and bake 30 minutes in a moderately hot oven (Regulo Mark 6). Serves 6 persons.

HAMBURGERS

- 1 lb. minced beef, or ½ lb. beef and ½ lb. unrationed sausage meat
- 1 tablespoonful dried egg, smoothly mixed with 2 tablespoonful water
- 1 teaspoonful salt
- 1 chopped onion, if possible
- 1 teaspoonful pepper
- 1½ tablespoonful breadcrumbs

Mix meat, onion, breadcrumbs, salt and pepper together and bind with beaten egg. Shape into flat cakes and fry in hot cooking fat or margarine until brown on both sides. Leek or chopped chives can take the place of the onion.

Americans like their hamburgers served in a split roll, or a plain bun without any currants in it. If the bun is slightly sweet, all the better. Serve with home-made tomato sauce. If you grow your own onions, serve a few fried onion rings on top. Makes 15 hamburgers.

CREAM OF TOMATO SOUP

- 2 lb. bottle of whole tomatoes or purée
- 1 tablespoonful chopped onion or celery
- 1 cup water
- Pinch of carbonate of soda
- 2 teaspoonful sugar
- 2 ozs. margarine
- 2 cloves
- 2 ozs. flour
- 1 teaspoonful salt
- 1½ pints Household milk and water
- Salt and pepper to taste

Put tomatoes, water, sugar and cloves, salt and onion or celery into a saucepan and simmer gently for 20 minutes. Meanwhile, melt margarine in another pan, stir in flour and cook until mixture bubbles; draw off heat and pour in boiling milk and water. Stir with wooden spoon or small whisk until mixture boils. Strain tomato mixture, add soda and mix with margarine, etc., bring to boil, simmer 3 minutes, season with salt and pepper to taste, and serve very hot, in cups. Thin down, if necessary, with boiling water. Serves 6-8 persons.

POTATO SOUP

- 6 large potatoes
- 3 pints water
- 3 leeks
- 2 ozs. special margarine
- Sprig of parsley
- Salt and pepper

Scrub and scrape potatoes and cut in slices. Cut leeks into rings. Cook leeks and parsley in hot margarine for 10 minutes in a covered pan, shaking the pan from time to time. Add potatoes and 3 pints of boiling water and season with salt and pepper. Simmer 45 minutes. Put through sieve, re-heat, taste and add more salt and pepper if necessary. Serve very hot. Serves 6-8 persons.

PANCAKES

To eat hot with grilled sausages, grilled bacon, etc.

- 4 heaped tablespoonful National plain flour
- 1 tablespoonful dried egg, smoothly mixed with 2 tablespoonful water
- 1 pint milk or household milk and water
- 1½ teaspoonful baking powder
- 1 oz. margarine
- 1 dessertspoonful golden syrup

Sift flour and baking powder together, rub in margarine, stir in egg beaten with half the milk. Warm syrup in remainder of milk and add to batter. Cook in tablespoonful on a hot girdle, or hot frying pan, or the heated hot plate of an electric stove, rubbing the surface over first of all with a piece of cooking fat wrapped in a scrap of paper. Brown on one side, then turn to the other side with a round-bladed knife and brown other side also. Keep warm in a folded tea-cloth, and serve with honey or golden syrup, warmed and poured into a sauce boat. Makes 12 pancakes.

GINGERBREAD WITH APPLE SAUCE

- 6 ozs. golden syrup or treacle or 4 ozs. and 2 ozs. sugar
- 10 ozs. National self-raising flour
- 1 teaspoonful bicarbonate of soda
- 2½ ozs. margarine or cooking fat
- 1 teaspoonful mixed spice
- 1 pint household milk
- 1 teaspoonful ginger
- 1 teaspoonful salt
- 1 tablespoonful dried egg

Apple Sauce (see filling recipe for Apple Pie)

Melt fat and treacle (and sugar, if used) and bring to boil. Add the flour, sifted with salt, spices and soda, and beat well. Blend egg powder with milk and pour into mixture. Beat in. Brush shallow tin with melted cooking fat, pour in mixture and bake 45 minutes in moderate oven (Regulo Mark 4). Serve with Apple Sauce. (See filling recipe for Apple Pie, but put cooked mixture through sieve before serving.) Serves 8 persons.