

Tea-time in war-time / Stork Margarine Cookery Service.

Contributors

Stork Margarine Cookery Service.

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half an hour before using. If it thickens too much, add a little more household milk. Use as a filling also for flans and pies.

Fruit Filling. Add to the dry ingredients 2 ozs. chopped prunes, soaked overnight, or 2 ozs. sultanas, currants, chopped dates or figs.

Lemon or Orange Curd Fillings. 1 level tablespoonful flour
2 level tablespoonful dry egg powder 1 pint orange or lemon squash
2 teaspoonful sugar 1 oz. margarine
Mix flour, sugar and egg powder well together. Blend to a smooth paste with a little of the orange or lemon squash. Gradually add the remainder of the squash. Stir thoroughly and bring to the boil, stirring all the time. Cook for three minutes. Draw off the heat and beat in the margarine. This curd can also be used as a spread or as a filling for flans and tarts.

HIGH-TEA SAVOURIES

POTATO PASTRY SAVOURY TARTS.

6 ozs. mashed potato 1½ ozs. margarine or cooking fat
3 ozs. self-raising flour Pinch of salt
Sieve flour and salt into a bowl. Rub in the margarine. Add the potato and rub in. Press together until the mixture forms a ball and leaves the sides of the basin clean. No water for mixing needed. Roll out thinly on a floured board. Cut into rounds and put into well-greased patty tins as for jam tarts. Put about a teaspoonful and ½ half of salmon and anchovy filling in each and bake 30-40 minutes in a moderately hot oven (Regulo Mark 6).

Salmon and Anchovy Filling.

4 tablespoonful mashed potato A little household milk
4 teaspoonful salmon and anchovy fish paste Seasoning if liked
Mix the fish paste and potato well together with a little household milk until the mixture is smooth and free from lumps and of a spreading consistency. Add seasoning if required.

Kipper Filled Pasties. As for salmon and anchovy filling, using kipper paste for flavouring. Cut fairly large rounds from pastry. Brush round edge of one half of round with water. Put a teaspoonful of filling in the centre of this half. Fold over the other half of the pastry, pressing the edges gently together and serrating them with the back of a knife. Place on a well-greased baking sheet and bake for 30-40 minutes in a moderately hot oven (Regulo Mark 6).

Bloater Turnovers. Use bloater paste for flavouring. Shape pastry as for pasties.

Crab and Lobster Flan. Line a flan ring, placed on a greased baking sheet, with potato pastry. Press a piece of greaseproof paper on top of the pastry and bake for 10 minutes in a moderately hot oven (Regulo Mark 6). Remove paper carefully and fill flan with the following mixture:—

6 tablespoonful mashed potato Seasoning if required
6 teaspoonful crab and lobster paste A little milk to mix
Mix to a rather softer consistency than for previous fillings. Return flan to oven and bake for a further 20-30 minutes at the same temperature (Regulo Mark 6).

Meat paste can also be used, but two teaspoonful are required to each tablespoonful mashed potato, as the flavour is not so strong as fish paste. A little more seasoning will also be needed.

Savoury Baked Potatoes. These fillings are equally good for spreading or for filling baked potatoes. Bake potatoes as usual. Then cut potato in half lengthwise, scoop out a tablespoonful from the centre of the potato and mix this with the meat or fish paste, household milk, and seasoning. Fill up the hole in the potato with the filling, press two halves of potato together, keeping them in position with a skewer, and reheat in the oven for a few minutes before serving.

COLD DISHES

CRAB SALAD. 4 tablespoonful mashed potato
4 teaspoonful crab paste Watercress
A little chopped onion or leek and chopped celery Lettuce, if obtainable
Grated raw carrot, swede, beetroot and cabbage Seasoning

Mix the crab paste smoothly with the mashed potato. Season to taste. Arrange a few lettuce leaves on a plate. (If lettuce is not obtainable, grated cabbage can be used as a base.) Place the potato and crab mixture in the centre. Sprinkle with the chopped onion or leek and the chopped celery. Arrange mounds of the raw grated vegetables round and top with a few sprigs of watercress. Serve with cooked salad dressing.

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COOKERY NOTES No. 40

Recipes approved by the Ministry of Food

MARCH, 1943

STORK MARGARINE

COOKERY SERVICE

TEA-TIME IN WAR-TIME

POTATO FARLS
FESTIVAL CAKE
JAM CAKE
EVERYDAY CAKE
JAM SANDWICH
GINGERBREAD SANDWICH
YEAST FRUIT CAKE
ROCK CAKES
HOME MADE EMERGENCY BREAD
POTATO SCONES (See Leaflet No. 39)

AFTERNOON TEA BISCUITS
CUSTARD TARTS
BAKED CUSTARD
HOME MADE CUSTARD
FOR HIGH TEA—
SAVOURY TARTS, PASTIES,
TURNOVERS AND FLANS
CRAB SALAD
POTATO SALAD
SALAD DRESSING

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COOKED SALAD DRESSING.

1 gill vinegar (half tarragon and half 1 flat teaspoonful salt
malt will improve flavour) 1 flat teaspoonful dry mustard
2 dessertspoonful sugar 1 tablespoonful dry egg powder
3 tablespoonful cooked sieved potato ½ oz. margarine (if this can be spared)

Mix together sugar, salt, dry egg powder, and dry mustard. Stir in the sieved potato. Gradually add the vinegar, stirring it in until the mixture is smooth and free from lumps. Put into a saucepan, and bring to the boil, stirring until it thickens. Remove from the heat and beat in the margarine. Cool and serve with the salad. If too thick, thin down with a little household milk or water. Make this Dressing as required—just sufficient to last a few days only. It is excellent for mixing with potato salad. Here are the instructions:—

POTATO SALAD.

1 lb. potatoes (cooked in their jackets)
A little chopped onion or leek or chopped chives or spring onion
Seasoning Salad dressing to mix
Peel the potatoes while hot. Cut up roughly and mix (taking care not to break them) with the chopped onion or leek and the salad dressing. Season to taste. To save bread, serve a large helping with salads or cold meats.

In this leaflet we are giving you various tea-time, high-tea savouries and salad recipes, all of which are very easy on rationed ingredients and will help you to save bread.

You will find two cake recipes which do not need sugar or syrup, but jam supplies the sweetening, and in two others syrup is used.

The afternoon tea biscuits are very simple to make and will save your Points. The different Savoury Tartlets and Pasties are all made with unrationed potted fish and meat pastes.

Cooked potatoes are used in most of the recipes, so always cook more potatoes than you need at dinner time to have some ready for use, as we told you in Potato Cookery Leaflet No. 39. Tips worth remembering are that a heaped tablespoonful of mashed potatoes weighs about 1 oz., and recipes in which potatoes are used either need no liquid for mixing or very little. Also make up these recipes in quantities which will be eaten within a week, as potato recipes do not keep well for a longer period.

Home-made Custard and Baked Custards are not exactly tea-time dishes, but the recipes given are in answer to many enquiries.

POTATO FARLS

1 lb. mashed potatoes 2 ozs. flour pinch of salt
Mix potato, flour, salt together: no additional liquid is needed. Turn on a floured board, knead lightly and roll out to a thickness of about ¼ in. Cut into fairly large rounds. Heat some cooking fat in a frying



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to help solve your present-day cooking problems.

pan and cook over a low heat for about 10 minutes—first one side then the other, or bake in a moderate oven (Regulo Mark 5). Serve hot or cold, spread with margarine. Makes 14 to 18.

FESTIVAL CAKE

4 ozs. self-raising flour Pinch of salt
2 ozs. cooked sieved potatoes 3 ozs. sugar
3 ozs. sultanas (if possible) 1 teaspoonful mixed spice
3 ozs. currants, chopped prunes or 2 teaspoonful dried egg mixed
dates (if possible) with 4 tablespoonful water
2-3 ozs. special margarine A dessertspoonful vinegar
1 level teaspoonful bicarbonate of soda

Line the bottom of a cake tin with greaseproof paper, and brush inside with melted margarine. Sift flour, bicarbonate of soda, salt and spice together. Rub in sieved potato. In another basin, cream the margarine and sugar together, and beat well. Beat in the liquid egg, a little at a time, alternately with the flour and potato mixture. When all the flour and egg are beaten in, fold in the fruit. Stir in the vinegar last. Bake 1 hour in a moderate oven (Regulo Mark 4) and 1 to 1½ hours longer in a slow oven (Regulo Mark 1).

JAM CAKE

8 ozs. self-raising flour 1 level teaspoonful bicarbonate of
4 ozs. cooked sieved potatoes soda
2 oz. lard 1 level teaspoonful mixed spice (if
3 tablespoonful home-made jam liked)
2 tablespoonful dried egg mixed Pinch of salt
with 4 tablespoonful water

Additions: 2 ozs. currants, sultanas, chopped prunes or dates.

Rub the lard into the sieved flour, salt and spice. Add the potatoes, and rub in lightly with the tips of the fingers until the mixture looks like fine breadcrumbs, then add the dried fruit if used. Add the jam and mix well. Dissolve the bicarbonate of soda in the liquid egg. Add to the mixture. Stir in quickly, put into a well-greased cake tin, and bake for 1 hour in a moderate oven (Regulo Mark 4).

EVERY DAY CAKE

8 ozs. self-raising flour 1 teaspoonful mixed spice (if
4 ozs. cooked sieved potatoes liked)
2 tablespoonful golden syrup 2 ozs. currants, sultanas, chopped
1 level teaspoonful bicarbonate of prunes or dates
soda 2 tablespoonful dried egg mixed
2 ozs. margarine or cooking fat with 4 tablespoonful water
Pinch of salt

Sieve the flour, spice and salt into a basin. Add the sieved potatoes, and rub in. Add the fruit and mix. Heat the golden syrup and margarine or cooking fat in a saucepan. Add to the mixture and stir in well. Dissolve the bicarbonate of soda in the liquid egg. Stir quickly into the mixture. Put into a well-greased cake tin and bake for 1 hour in a moderate oven (Regulo Mark 4).

JAM SANDWICH

5 ozs. self-raising flour 3 tablespoonful home-made jam
3 ozs. cooked sieved potatoes 1 level teaspoonful bicarbonate of
2 ozs. margarine or lard soda
2 tablespoonful dried egg mixed 1 teaspoonful vanilla essence (if
with 4 tablespoonful water liked)

Sieve flour and salt. Rub in sieved potatoes. In another basin, beat the margarine with a wooden spoon until it is soft, then add the jam, and beat both together until the mixture is smooth and creamy. Beat in the liquid egg and the flour, and potato mixture alternately until about a dessertspoonful of egg remains. Dissolve the bicarbonate of soda in this, add to the mixture, with vanilla flavouring. Stir in quickly. Put into a well-greased sandwich tin lined at the bottom with greaseproof paper, and bake for 40-50 minutes in a moderate oven (Regulo Mark 4). When cold split open and spread with a layer of home-made plum jam.

GINGERBREAD SANDWICH

5 ozs. self-raising flour 2 ozs. margarine or cooking fat
3 ozs. cooked sieved potatoes 2 tablespoonful dried egg mixed
2 tablespoonful golden syrup or with 4 tablespoonful water
treacle 1 teaspoonful mixed spice
1 level teaspoonful bicarbonate of 1 teaspoonful ground ginger
soda Pinch of salt

Additions: 2 ozs. sultanas, currants, chopped prunes or dates.

Sieve the flour, ginger, spice and salt into a bowl. Add the potato, and rub in. Add the fruit, if used, and mix together. Heat the golden syrup and margarine or cooking fat in a saucepan until the fat is melted. Add to the flour and potato, and mix. Dissolve the bicarbonate of soda in the liquid egg, add to the mixture, and stir in quickly. Put into a greased sandwich tin, or a ginger bread tin, lined at the bottom with greaseproof paper, and bake for one hour in a moderate oven (Regulo Mark 4).

N.B.—The ginger may be omitted if wished. As a spice cake, the flavour is equally good.

ROCK CAKES

3 ozs. cooked sieved potatoes 2 ozs. sugar
5 ozs. self-raising flour 1 tablespoonful dried egg mixed
2 ozs. margarine with 2 tablespoonful water
Pinch of salt

Additions: 2 ozs. currants, sultanas, chopped prunes or dates.

Rub the margarine into the sieved flour and salt. Add the potato, and rub in. Add the sugar, and fruit, if used. Add the liquid egg, and mix to a stiff dough. Place in rough heaps on a greased baking sheet and bake for 15 minutes in a moderately hot oven (Regulo Mark 6).

YEAST FRUIT CAKE

10 ozs. plain flour 3 ozs. sultanas
6 ozs. cooked sieved potatoes 3 ozs. currants or chopped prunes
7 tablespoonful liquid household (weighed after stoning)
milk 1 tablespoonful dried egg mixed
2 tablespoonful boiling household with 2 tablespoonful water
milk 2 ozs. melted margarine or cooking
1 oz. yeast fat
2 ozs. sugar 1 level teaspoonful salt

Sieve the flour and salt into a bowl. Rub in the sieved potato. Leave in a warm place for an hour. Stir the yeast and a teaspoonful of the sugar together until creamy. Make the 7 tablespoonful milk tepid, and mix with the yeast. Make a hole in the centre of the warmed flour and potato mixture, and pour in the liquid. Stir in enough flour from the sides to make it into a batter. Leave in a warm place to rise for 20 minutes. Mix the beaten egg with 2 tablespoonful boiling household milk. Stir this into the "batter" and add the melted margarine or cooking fat, the sugar and fruit. Beat all well together. Cover with a cloth, and leave in a warm place for 1½ hours to rise. Bake in a greased tin in a moderately hot oven (Regulo Mark 6) for 1½ hours. Lower heat to moderate (Regulo Mark 4) and bake for a further half an hour.

HOME-MADE EMERGENCY BREAD

10 ozs. plain flour 1 level teaspoonful bicarbonate of
6 ozs. cooked sieved potatoes soda
1 teaspoonful salt 1 tablespoonful vinegar
6 or 7 tablespoonful liquid household milk

Sieve flour, salt and bicarbonate of soda into a bowl. Rub in the sieved potato. Add the milk, and mix to a firm elastic dough which leaves the sides of the bowl clean. Add the vinegar last, and mix in. Turn out on to a floured board. Knead lightly. This quantity makes 2 small approximately 1 lb. loaves, baked in greased tins for 1 hour in a hot oven (Regulo Mark 7) or 1 larger loaf, weight about 1 lb., baked in a greased Bread or Cake tin for 1½ hours in a hot oven (Regulo Mark 7).

AFTERNOON TEA BISCUITS

5 ozs. self-raising flour 2 ozs. sugar
3 ozs. cooked sieved potatoes 2 ozs. margarine
Pinch of salt

Sieve flour and salt into a basin. Add the potato and rub in. Cream the margarine and sugar together. Add the flour and potato mixture and work in with a wooden spoon. No water for mixing is needed. Knead lightly. Turn out on a floured board. Roll out very thinly. Cut into rounds. Prick all over with a fork or skewer, and bake 10-15 minutes in a fairly hot oven (Regulo Mark 5).

VARIATIONS:

Plain Biscuits: Omit sugar, and eat with cheese or to replace bread.

Oatmeal Biscuits: Use half unrationed oatmeal and half flour.

Sandwich Biscuits: Before baking, sandwich together with a little home-made plum jam, or while still hot after coming out of the oven.

Jam Cinnamon Rolls: Roll dough as thin as possible into a long narrow strip. Spread with plum jam and sprinkle thickly with cinnamon (if liked). Roll up firmly like roly-poly, and cut in slices half an inch wide. Bake on a well-greased tray with cut side down. As these burn very easily they should only be cooked for about 8 minutes.

Golden Biscuits: Use 1 tablespoonful syrup instead of sugar and sieve in 1 teaspoonful cinnamon with the flour.

Spicy Fruit Balls: Knead in 2 ozs. currants, sultanas, chopped prunes, dates or figs, to the mixture before rolling out, previously sieving in 1 level teaspoonful mixed spice with the flour. Form into balls about the size of a walnut. Brush with a little household milk, and bake 15 minutes.

Ginger Biscuits: Sieve in 1 teaspoonful ground ginger with the flour, and use 1 tablespoonful black treacle or syrup and 1 oz. of sugar instead of 2.

Chocolate Biscuits: Use 4 ozs. flour and 1 oz. cocoa or grated chocolate sieved together.

CUSTARD TARTS

Make pastry, following the recipe for Afternoon Tea Biscuits, omitting the sugar, if desired, cut in rounds and cover small greased patty tins. Fill with any of the following fillings, using 1-2 teaspoonful for each tart, and bake 20-30 minutes in a moderately hot oven (Regulo Mark 6).

Custard Tart Filling: 1 pint liquid household milk
1 level tablespoonful flour 2 level tablespoonful dry egg powder
2 teaspoonful sugar 1 teaspoonful vanilla flavouring

Mix flour, sugar and dry egg powder together. Blend to a smooth paste with a little of the milk. Gradually add remaining milk. Stir thoroughly. Bring to the boil, stirring all the time, and cook until mixture thickens. Add flavouring. When cool fill into the tarts and grate over nutmeg.

Chocolate Custard Tart. Add to dry ingredients 2 heaped teaspoonful of cocoa or grated chocolate.

Baked Custard. Make the same as Custard Tart Filling, then pour into a greased pie dish and bake for 30 minutes in a fairly moderate oven (Regulo Mark 4).

Home Made Custard. Use Custard Tart Filling recipe but only 1 tablespoonful of egg powder, and when mixture thickens boil for three minutes. Serve hot or cold with puddings, etc.

Egg and Sweet Potato Filling.

1 lb. mashed potato 1 level teaspoonful ginger
2 ozs. sugar 1 level teaspoonful cinnamon
2 tablespoonful dry egg powder 1 level teaspoonful salt
1 pint liquid household milk 1 oz. margarine melted

Mix the potatoes, sugar, dry egg powder, salt and spices. Add milk slowly, then the melted margarine. Let this mixture stand at least