

## **Cold meals for hot weather / Stork Margarine Cookery Service.**

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Stork Margarine Cookery Service.

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#### APRICOT MOULD.

1½ pints liquid household milk 3 ozs. semolina  
4 tablespoonsful apricot jam (if apricot is not obtainable, any other can be used instead) 1 oz. castor sugar  
(First, grease the bottom of the pan with a margarine wrapper, before putting in the milk.) Bring the milk to boiling point, sprinkle in the semolina and simmer gently for about 20 minutes, stirring frequently. Dilute the jam with a tablespoonful of hot water and press it through a sieve or strainer into the saucepan with the cooked semolina. Add the sugar, and when well mixed pour into a wetted mould. Leave until cold, turn out and serve. (Serves 4 persons.)

#### CARAMEL PUDDING.

1½ pints liquid household milk 3 ozs. sugar  
3 ozs. semolina Vanilla flavouring  
Put 2 ozs. of the sugar into a pan with 1 tablespoonful cold water, allow it to boil quickly until it becomes dark golden brown, then pour it into a dry plain mould which must be turned over and over until the inner surface is completely coated with the melted sugar. Grease the bottom of a saucepan with a margarine wrapper, put in the milk and the remainder of the sugar. Bring to the boil, sprinkle the semolina in, stirring all the time, and cook gently, stirring frequently for about 20 minutes until the semolina tastes cooked. Remove, add the vanilla flavouring, stir well and pour into the prepared mould. Leave until cold, turn out and serve. (Serves 4 persons.)

#### COFFEE CUSTARD.

1 dessertspoonful flour ½ pint liquid household milk  
1 oz. sugar 2 tablespoonsful dried egg powder  
4 tablespoonsful strong liquid coffee  
Sieve together the egg and flour. Add the sugar and mix to a smooth paste with a little of the milk. Gradually add the remainder of the milk, and mix until smooth and free from lumps. Cook gently until thick, then stir in the coffee flavouring. Pour into a greased pie-dish, and bake in a moderate oven (Regulo Mark 4) for 20 to 30 minutes. Serve cold. (Serves 3 persons.)

#### COLD DRINKS

##### CHOCOLATE MILK SHAKE.

½ pint freshly made household milk 2 tablespoonsful boiling water  
1 heaped teaspoonful cocoa Vanilla and salt to taste  
1 teaspoonful sugar  
Mix the cocoa and sugar to a paste with the boiling water, allow to cool, and add to the freshly made milk. Stir well, then add salt and vanilla to taste, shake well in a large corked bottle, or stir briskly with a fork till the mixture is frothy, and serve.

##### COFFEE MILK SHAKE.

Add 2-3 tablespoonsful strong liquid coffee to the freshly made milk. Sweeten with a teaspoonful of sugar, flavour with vanilla, and salt to taste, shake, and serve.

##### VANILLA MILK.

This is a very refreshing and palatable drink. To make, simply flavour a glass of freshly made household milk with vanilla and salt to taste, and serve immediately.

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**STORK MARGARINE COOKERY SERVICE,**  
Unilever House, London, E.C.4,  
to help solve your present-day cooking problems.

#### RELISHES

Easily and quickly made accompaniments for picnic and cold meals, in place of pickles or chutney.

##### CABBAGE AND APPLE RELISH.

2 tablespoonsful finely chopped white cabbage  
2 tablespoonsful finely chopped raw apple  
2 teaspoonful finely chopped onion  
2 tablespoonsful home-made salad dressing  
A little vinegar, if liked

Mix all the above ingredients together, and serve as an accompaniment to cold meats, pies, etc. Make freshly as required. Put into screw-top jars or cartons for picnic meals. (Enough for 4 to 6 portions.)

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## STORK MARGARINE COOKERY SERVICE

### COOKERY NOTES No. 45

Recipes approved by the Ministry of Food  
AUGUST, 1943

## COLD MEALS FOR HOT WEATHER

On hot summer days before the war, what was nicer for dinner or supper than a piece of Veal and Ham Pie? We have not the meat to spare to make the "real thing" these days, but we can still make many kinds of really delicious cold pies for meals at home, for picnics, and also for carried meals for workers in factories or on farms. The secret of making a pie which keeps really firm when cut, is that the filling should be firm when cold—not too wet and not too dry. In most of the pie recipes, we have included sieved haricot beans, which give the fillings just the right texture, as you will be able to prove for yourselves. Remember always to press the fillings well down in the tin before putting on the top round of pastry. Make the pie overnight, so that it is really cold before it is cut.

Cold puddings, tasty relishes, salads and cool drinks, complete our hot weather fare, and the Marshmallow Cream and Lemon Snow recipes are new ways of making delicious creams from household milk.

#### COLD MEAT OR FISH PIES

First, prepare the filling, choosing one of the recipes given later, so that you have it ready before you start on the pastry.

Secondly, here is the recipe for the pastry, and instructions for making it and lining the tin. For cold meat pies, we use Raised Pie pastry:

##### RAISED PIE PASTRY.

12 ozs. self-raising flour ½ pint water  
3 ozs. lard, dripping or cooking fat, or 4 ozs. if you can spare it  
½ teaspoonful salt

Sieve the flour and salt into a basin, and make a well in the centre. Put the water and fat in a saucepan, and bring to the boil. Pour the boiling mixture on to the flour, and mix quickly with a knife until all the flour is worked in. Knead the dough a little, and use immediately, as this type of pastry is difficult to shape when cold.

For the filling recipes given, you will need a round cake tin measuring 8" across: it is not necessary to grease the tin.

Cut the kneaded dough in half. Roll out one half on a floured board, place the tin lightly on top and with a sharp pointed knife cut out two rounds (one for the top and one for the bottom of the pie) and put aside in a warm place; then roll out the remaining dough, and cut a long strip about an inch wider than the depth of the cake tin, and long enough if possible, to line all round the tin inside. Put one of the rounds of pastry in the bottom of the tin, pressing it out towards the sides of the tin with the tips of the fingers.

Brush round the edge with cold water, and then line the inside of the tin with the long strip of pastry, allowing a margin of about ½" to overlap the bottom round, and pressing it down firmly. Press the strip

##### BEETROOT AND HORSE RADISH RELISH.

3 tablespoonsful cooked, diced beetroot  
1 tablespoonful finely grated horseradish root  
2 teaspoonful home-made salad dressing  
1 dessertspoonful vinegar Salt

Mix all together, and serve with cold meats, etc. If freshly grated horseradish root is not available, mix the beetroot with 2 tablespoonsful horseradish sauce, adding a little extra vinegar if necessary. (Enough for 4 to 6 portions.)

##### HORSE RADISH SAUCE.

Mix 2 heaped tablespoonsful grated horseradish root with 4 tablespoonsful home-made salad dressing (see recipe). Leave for a couple of hours before using, to get the full flavour of the horseradish. If it becomes too thick, thin out with a little vinegar and milk. A pinch of sugar may be added if liked. (Enough for 4 to 6 helpings.)



of pastry close to the sides of the tins. If there are any gaps, brush the edges with water and press down more strips of pastry so that the inside is completely covered. Now put in the filling, pressing down each layer.

To finish the pie, press down on to the filling a narrow margin of the top of the pastry all round; brush this turned down edge of pastry with water and put on the other round of pastry to form a lid. Flute the edge, make a hole in the centre to let the steam out, and if liked, ornament with leaves of pastry. Bake according to directions for the different fillings. Do not turn pie out of tin until it is quite cold.

**NOTE:** If a smaller pie is required, use a 7" cake tin, and reduce all the ingredients by a third, or make individual pies and save fuel as they will not take so long to bake.

**TO COOK HARIOT BEANS:** Wash and soak the beans overnight in cold water. Put beans and the water into a saucepan, adding sufficient additional cold water to make 1 quart to every 1 lb. beans. Bring to the boil and cook gently until beans are tender—about 2 hours. Do not add salt to the water, as salt hardens haricot beans. Press cooked haricots through a sieve for use in these recipes.

#### CORNEED BEEF PIE FILLING.

1 lb. corneed beef Salt and pepper to taste  
1 lb. cooked sliced beetroot Raised pie pastry, as recipe  
1 lb. cooked chopped carrots or grated raw young carrots  
1 lb. haricot beans, cooked and sieved  
3 tablespoonsful water in which beans were cooked  
Mix the sieved haricots, corneed beef and water with a fork, and season to taste. Fill the pie with a layer of the corneed beef mixture at the bottom, then a layer of sliced beetroot, then chopped carrots, and so on until the pie is full. Add top round of pastry. Bake for 40 minutes in a moderately hot oven. (Regulo Mark 6.) Serves 8 persons.

#### AMERICAN SAUSAGE MEAT PIE FILLING.

1 lb. tin American sausage meat 1 lb. haricots cooked and sieved  
2 tablespoonsful tomato sauce or puree, or fresh tomato juice  
1 lb. cooked beetroot, carrot or outdoor cucumber. (These can be omitted if a plain pie is preferred)  
Raised pie pastry Pepper and salt  
Remove the fat from the sausage meat to make the pastry, and save the meat juices from the tin to use for making gravy or soup. Turn the sausage meat out into a bowl, and mix thoroughly with the sieved haricot beans and the tomato sauce or puree. Season to taste. Make the fat from the tin up to 4 ozs. with cooking fat and proceed to make the pastry as instructed. Place a layer of sliced vegetable in the bottom (any of the above can be used, or a layer of each), then a layer of the sausage meat mixture well pressed down, another layer of vegetable, and so on until all are used up. Cover with the pastry, and bake for 50 to 60 minutes in a moderately hot oven (Regulo Mark 6). Serves 8 persons.

#### SAUSAGE MEAT PIE FILLING.

1 lb. sausage meat 2 to 4 ozs. finely chopped onion  
Salt and pepper Raised pie pastry  
2 tablespoonsful home-made tomato sauce, or fresh tomato juice  
6 ozs. cooked chopped carrot, or grated raw young carrots  
Place all the above ingredients in a bowl and mix thoroughly with a fork. Season well. Make the pastry, line the tin, fill, cover and bake for 1-1½ hours in a moderately hot oven (Regulo Mark 6). Serves 8 persons.

#### RABBIT PIE FILLING.

1 lb. cooked rabbit meat 1 lb. cooking apples, peeled, corneed  
1 lb. finely chopped onion or leek and sliced  
1 lb. haricots cooked and sieved 1 teaspoonful chopped parsley  
1 lb. fat bacon Salt and pepper Raised pie pastry  
A medium sized rabbit weighing 3 lbs. when skinned and cleaned will provide 1 lb. of rabbit meat.  
Wash the rabbit, cut into joints, put in a saucepan in cold water and a little salt, and bring to the boil and simmer for 1 hour. Remove meat from bones (keeping bones and the liquid for rabbit broth.) Chop up meat and bacon and mix together. Separately chop up onion, apples and parsley, and mix with them the sieved haricots. Now fill up pie with alternate layers of the rabbit, and haricot mixture, adding salt and pepper to each layer. Cover and bake in a moderate oven for 1 hour at Regulo Mark 6, then for 1 hour in a slow oven (Regulo Mark 2). Serves 8 persons.

#### SALMON PIE FILLING.

1 large tin Grade 3 salmon 2 tablespoonsful vinegar  
1 lb. haricots cooked and sieved Salt and pepper  
1 tablespoonful of any savoury sauce Raised pie pastry  
8 ozs. sliced cooked beetroot or uncooked outdoor cucumber  
Turn the salmon out into a bowl, saving the juice to make fish sauce, etc., and mix thoroughly with sieved haricot beans, sauce, vinegar, salt and pepper. Make pastry and proceed as for other pies (i.e. a layer of beetroot or cucumber and a layer of salmon until the tin is full). Bake in a moderately hot oven (Regulo Mark 6) for 40 to 50 minutes. Serves 8 persons.

#### SAVOURY SAUSAGE MOULD.

1 lb. sausage meat Salt and pepper  
2 tablespoonsful chutney 2 tablespoonsful chopped parsley  
2 to 4 ozs. finely chopped leek or onion  
Mix all the above ingredients thoroughly together, and season to taste. Grease a metal or earthenware meat or jelly mould and fill with the mixture, pressing it well down. Bake in a moderately hot oven (Regulo Mark 6) for 40 minutes. Allow to become quite cold before turning out. This is delicious sliced and eaten with salad or pickles.  
**NOTE:** American sausage meat, Spam, or corneed beef can be used instead of butcher's sausage meat. Use only half quantity, and mix with 1 lb. Haricot Beans cooked and sieved. Serves 4-5 persons.

#### COOKED SALAD DRESSING.

1 gill vinegar 1 level teaspoonful dry mustard  
2 dessertspoonful sugar 1 level tablespoonful dried egg  
1 dessertspoonful flour 1 oz. margarine  
1 level teaspoonful salt A little water  
Mix together sugar, flour, salt, mustard, and dried egg, and mix to a thin cream with a little water. Add the vinegar and mix well together. Bring to the boil, and cook for several minutes, stirring all the time. Add margarine, take off the heat and beat well. Cool and bottle. This salad dressing will keep for several days, and should be thinned down with a little milk before using. (Enough for 3 good sized salads.)

#### QUICK SALAD DRESSING.

1 gill water 5 tablespoonsful vinegar  
1 teaspoonful dry mustard 3 tablespoonsful dry household milk  
2 dessertspoonful sugar or 1 level tablespoonful if stocks are low  
Put the water in a bowl with the sugar, sprinkle the milk powder on top and beat with a fork until thick and free from lumps. Mix the mustard to a paste with 1 tablespoonful of the vinegar. Add the remainder, stir, add to the milk mixture, and mix well. The salad dressing is now ready to serve. If it becomes too thick after standing, it can be thinned down with a little vinegar. (Enough for 2-3 salads.)

#### HERRING SALAD.

1 tin herrings (or pilchards) chopped 2 tablespoonsful vinegar  
2 apples, corneed, peeled and diced Pepper and salt to taste  
1 lb. cooked, sliced beetroot 1 lb. tomatoes  
1 lb. cooked, sliced potatoes A few sprigs of cress  
2 peeled and sliced outdoor cucumbers (if obtainable)  
2 reconstituted dried eggs, scrambled and chopped  
1 tablespoonful home-made salad dressing  
Mix all the above ingredients without mashing. Put in a glass dish, decorate with slices of tomato, and sprigs of cress. This is an excellent supper dish. (Serves 8 persons.)

#### DATE AND CHUTNEY SALAD.

9 good sized dates 1 lettuce  
Salt, pepper and cayenne 3 tomatoes  
1 tablespoonful home-made chutney  
1 tablespoonful home-made salad dressing  
Sprigs of watercress  
Chop the dates and mix with the chutney and salad dressing. Season to taste with salt, pepper and cayenne. Arrange 3 lettuce leaves on each plate, and place a tablespoonful of the date and chutney mixture in the centre. Cut the tomatoes in quarters, and arrange round the plate, with a sprig of watercress between each two, and serve with cold diced potatoes or haricot beans. (Serves 3 persons.)

## COLD SWEETS

In the two following recipes for Marshmallow Cream and Lemon Snow, the mixtures will remain thick for some hours, providing lemon substitute is used as directed. They can both be made without lemon substitute if this flavour is not liked, and vanilla or other essences used instead, provided they are eaten immediately, but without the lemon substitute the mixture will revert to liquid after a short time.

#### MARSHMALLOW CREAM.

3 tablespoonsful household milk powder  
1 pint luke-warm water 1 tablespoonsful sugar  
1½ to 2 teaspoonsful lemon substitute  
Put the luke-warm water in a medium sized bowl or pudding basin, with the sugar. Sprinkle the milk powder on top and beat for about 10 minutes with an egg-beater (the rotary type), until the mixture is thick like beaten white of egg. Sprinkle the lemon substitute on top and continue beating with a spoon until the mixture thickens like whipped cream. It is then ready for use.  
**NOTE:** If an egg-beater is not available, beat briskly with a fork in a fairly large bowl for 20 minutes, until thick. (This quantity makes about a pint).

#### LEMON SNOW.

1 oz. margarine 1 oz. sugar  
5 or 6 tablespoonsful Marshmallow Cream, according to the consistency required.  
Cream the margarine and sugar together; then beat in the Marshmallow Cream, a spoonful at a time until the right consistency is obtained. In conjunction with Marshmallow Cream, Lemon Snow can be used to make a variety of delicious cold sweets. The following are a few suggestions:—

**FRUIT SALAD:** Serve with fresh or bottled fruit in custard cups or individual fruit dishes. Put a tablespoonful of Marshmallow Cream on top, and top this with a teaspoonful of Lemon Snow.

**FRUIT POOL:** Mix sieved sweetened stewed fruit with Marshmallow Cream, pile in custard cups or fruit dishes, and top with Lemon Snow.

**LEMON JUNKET:** Fill custard cups with Marshmallow Cream, sprinkle with grated nutmeg or ground cinnamon, leave in a cold place for about 20 minutes to set, and serve.

**CREAMED SEMOLINA:** Mix cooked semolina with Marshmallow Cream in equal parts, sprinkle with nutmeg or cinnamon and serve. Ground rice, or whole rice, can also be served this way. If liked, a little ground cinnamon or grated nutmeg may be mixed in with the semolina as a flavouring.

#### APPLE MERINGUE.

1 lb. apples 2 tablespoonsful dried egg powder  
3 ozs. sugar 1 pint liquid household milk  
3 tablespoonsful dry household milk powder  
Peel, slice, and core the apples, and stew with the water and 2 ozs. of the sugar until soft. Pass through a sieve, or beat to a pulp. Put ½ pint of the household milk in a saucepan, and reconstitute the egg with 4 tablespoonsful taken from the remainder of the milk. Add the liquid egg and ½ oz. of the remaining sugar to the milk in the saucepan and cook until it thickens, stirring all the time; you have now made an egg custard. Put the apple in a greased pie-dish and spread the egg custard evenly over the top. Put the remainder of the ½ pint household milk in a basin with the remainder of the sugar, sprinkle the dry household milk on top, and whisk with a fork until it thickens into a smooth paste. Spread this evenly over the custard in the pie-dish, and bake for 30-40 minutes in a moderately hot oven (Regulo Mark 6). (Serves 4 persons.)