

**How to make a little meat go a long way : and some pudding recipes too /  
Stork Margarine Cookery Service.**

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#### RICE AND MACARONI VEGETABLE STEW

1 lb. rice  
 2 ozs. macaroni  
 1 lb. potatoes  
 1 lb. carrots  
 1 lb. tomatoes (fresh or bottled)  
 1 small cauliflower, or celery  
 1 teaspoonful salt  
 Pepper

Wash and prepare all the vegetables and cut them into fairly small pieces. Put all into a saucepan with 2 pints cold water, adding 1 teaspoonful salt and pepper to taste. Bring to boil, and simmer for 20 minutes. Wash the rice in cold water, and add it with the macaroni to the saucepan and simmer for another 30 minutes. Stir when the rice and macaroni are first added so that they do not stick to the bottom of the pan, and also just before the stew is finished. Serves 4-6 persons.

#### PUDDINGS

##### BARLEY PUDDING

2 ozs. pearl barley  
 1 pint household milk  
 1 reconstituted dried egg  
 1 oz. margarine  
 1 oz. sugar  
 Pinch of salt  
 Nutmeg

Made this way, this pudding is just like a Sago pudding, which is unobtainable these days.

Soak the barley overnight in 1 pint of cold water. Put the barley and water in a pan and simmer gently until the water has all been absorbed. Heat the milk, and when nearly boiling add to the barley. Add the sugar, egg and salt, bring to the boil, stirring all the time. Pour into a greased pie dish, add little knobs of the margarine on top, and grate over nutmeg, and bake for 1 hour in a moderate oven (Regulo Mark 4). Serves 4 persons.

##### MACARONI CUSTARD

2 tablespoonsful macaroni 1 pint custard

Cook the macaroni in boiling salted water as instructions. Drain and put into a greased pie dish.

Custard: Either make 1 pint custard from custard powder or make your own as follows:—

1 level tablespoonful flour  
 1 pint household milk  
 1 level tablespoonful dried egg  
 2 teaspoonful sugar  
 1 teaspoonful vanilla essence

Mix together the flour, dried egg and sugar. Blend to a smooth paste with a little of the milk, then add the remainder of the milk. Bring to the boil, stirring all the time, and cook until the sauce thickens. Add the vanilla essence. Pour over the cooked macaroni, mix all together, and bake in a moderately hot oven for 10 minutes (Regulo Mark 5). The sugar in the custard will be sufficient to sweeten the macaroni, unless you have a very "sweet tooth." In that case, sprinkle a little extra sugar over the cooked macaroni. Serves 3 persons.

##### SEMOLINA BLANCMANGE

2 tablespoonsful semolina  
 1 pint household milk  
 1 bay leaf  
 1 tablespoonful sugar  
 2 reconstituted dried eggs

Put the milk into a double saucepan with the bay leaf. When boiling, remove the bay leaf. Take the saucepan off the heat and sprinkle in the semolina, add the sugar and eggs, and cook for 30 minutes. Pour into a wet mould and serve cold. Serves 4 persons.



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## COOKERY NOTES No. 46

Recipes approved by the Ministry of Food

SEPTEMBER, 1943

### STORK MARGARINE

### COOKERY SERVICE

#### HOW TO MAKE A LITTLE MEAT GO A LONG WAY

—and some pudding recipes too

As a nation we are inclined to forget the food value found in haricots, lentils, butter beans, etc., because we generally think of them as foods which help to make up a recipe and not as foods which can either replace meat, or make a little meat go a long way. Yet many of the pulse foods—as they are called—are high in protein, which means they help to build and repair the body.

Cereals, such as rice, barley and macaroni, give us warmth and energy, and are very good for winter meals.

One reason for our neglect of both the pulses and cereals is that unless well cooked and flavoured, they are "stodgy" and unappetising, so in this leaflet we are giving you general cooking instructions for haricots, lentils, barley, etc., and also some recipes showing how really tasty meals can be made with these often neglected foods.

#### HOW TO COOK THE VARIOUS DRIED PEAS & BEANS

In these days, when we must preserve all the goodness in the foods we eat, generally speaking we must drop two pre-war practices, and remember the following:—

1. Do not throw away the water in which the foods are soaked.
2. Do not add soda or bicarbonate of soda to the water, as they destroy some of the food values. The exceptions are split peas or dried whole peas, which will rarely soften without a little soda (a piece the size of a pea), or a pinch of bicarbonate of soda (quarter of a level teaspoonful). Add whichever you use to the cold soaking water—they quickly dissolve even in cold water.

First, wash the beans, etc., in cold, running water.

Soaking: Butter Beans }  
Haricot Beans } to each 1 lb. add 2 pints of cold, unsalted  
Dried whole Peas } water, and leave to soak for 24 hours.  
Split Peas }

This long soaking not only makes these foods nicer, but as you will see later, the actual cooking time is shortened, which means fuel is saved.

Cooking: There are many different varieties of these foods, so the cooking time varies, but the following table is a good guide:—Put the soaked beans, etc., with the water in which they have soaked in a saucepan, with additional cold water to make up to 2 pints, and still do not add salt. (For Split Peas, make water up to 3 pints.) Now to soften them, cook as follows:—

Bring to the boil, and simmer gently for	
Butter Beans	1 hour
Haricot Beans	1 to 1½ hours
Dried whole Peas	1 to 2 hours
Split Peas	1½ to 2 hours

Lentils do not require soaking. Add 2 pints of cold water to ½ lb. lentils, bring to the boil, and simmer for ½ hour.

Adding salt: Salt should not be added until about five minutes before the beans, etc., are ready for dishing up. This is because salt hardens them, yet at the same time they need to be well salted. Add at least 1 teaspoonful salt to each ½ lb. at this stage. In the recipes, which will be given later, the salt is included, but if you are cooking the beans, etc., to serve as vegetables, add salt just before the cooking is finished.

Weight of Haricots, etc., after soaking and cooking: Most of these foods more than double their own weight by the time they are cooked. It may help you to remember the following table, when estimating how much to cook for your family:—

Dry	When cooked
½ lb. Butter Beans	becomes 1½ lbs.
.. Haricot Beans	.. 1½ ..
.. Lentils	.. 1 lb. ..
.. Dried whole Peas	.. 1½ lbs. ..
.. Split Peas	.. 1 lb. ..

#### HOW TO COOK PEARL BARLEY

Pearl barley does not require soaking, unless specially stated in any recipe.

#### HOW TO COOK MACARONI, SPAGHETTI, AND VERMICELLI

These foods are not soaked. Put them in boiling, salted water, allowing 1 pint for each ½ lb. macaroni, etc. Keep the water at boiling point, and cook for 15-20 minutes. During the last few minutes' boiling, stir with a wooden spoon, as the macaroni is inclined to stick to the pan when it is getting soft, and most of the water has been absorbed. With this amount of water, you will find little will be left by the time the macaroni is cooked, and you will be getting all the food value in the food instead of leaving some of it in surplus cooking water.

#### HOW TO COOK RICE

Rice does not require soaking.

To cook rice for meat or vegetable dishes:—½ lb. rice needs 3 pints boiling salted water. Wash the rice, put it into the boiling salted water, and boil fast until tender—about 15-20 minutes. Strain off the water, saving it for soup. Put an asbestos mat or an old baking tin over a low heat, place the saucepan on top of it for a few minutes to dry the rice, shaking the saucepan occasionally so that the rice does not stick. Rice is inclined to stick to the bottom of the pan during the first 2 or 3 minutes' boiling, and also just at the end of the cooking time. Therefore, keep stirring the rice with a wooden spoon when it first goes into the boiling water, and until you can feel that none is sticking to the pan, and do the same when it is nearly cooked. If you remember these rules, you will not burn your saucepans.

For Milk Puddings, the usual very long slow cooking can be reduced by the following method:—Use 2 tablespoonful rice to 1 pint milk, but first put the rice into a greased pie dish and add a cup of cold water. Bake in a moderate oven until the water has been absorbed—about 20 minutes. Then add the milk and sugar, grate nutmeg over the top, and bake in a slow oven (Regulo Mark 2) for 1½ hours.

#### FLAVOURING RICE, HARICOTS, ETC.

When serving any of these foods with meat, or with vegetables only if you are having a meatless meal, try to add something to flavour them.

We all know that parsley sauce goes with butter beans, and the following are some suggestions for other simple flavourings:—

Chopped Parsley — mixed with the cooked haricots, rice, etc.  
Cooked Onion or Leek — they can be cooked in the same water as the cereal, then chopped and mixed together before serving.

Cooked Apple — Simmer cored and peeled apples in a very little water for 10 minutes, mashing them to a pulp with a wooden spoon, and mix with the cooked lentils, etc.

Cooked Tomato — Peel and cut tomatoes in small pieces, and cook without additional water for five minutes. Add a little salt, and mix with cooked foods.

Spinach or Kale — Cook spinach as usual. This is very nice mixed with cooked rice.

#### BAKED MACARONI AND LIVER

½ lb. macaroni 1 tablespoonful flour  
½ lb. liver ½ oz. margarine  
1 medium size onion Salt and pepper

Cut the liver into squares, and put in a saucepan with 1 pint of cold water. Bring to the boil and simmer for 10 minutes. Then add a little salt and the macaroni and continue simmering for another 10 minutes. Melt the margarine in a pan, add the chopped onion, and fry until brown. Then add the flour. Now pour off the liquid from the cooked liver and macaroni, add sufficient water to make up to ½ pint, and gradually pour it in the saucepan with the flour. Continue stirring over a low heat until the mixture thickens. Add the liver and macaroni, salt and pepper to taste, and mix all together. Grease a pie-dish, pour in the mixture, and bake in a moderately hot oven for 15 minutes. (Regulo Mark 6.) Serves 3 persons.

#### BOILED PORK AND BUTTER BEANS

½ lb. pork 1 teaspoonful salt  
½ lb. butter beans ½ pint parsley sauce

Soak the beans for 24 hours in 2 pints of cold unsalted water. Put the beans and the pork in a saucepan with the water in which beans were soaked, and add sufficient more cold water to make up to 2 pints. Do not add salt. Bring to the boil and simmer for 1 hour, but add the teaspoonful of salt ½ hour before the end of the simmering time. Strain and serve with parsley sauce.

Parsley Sauce: ½ pint household milk 1 oz. margarine  
1 tablespoonful flour 1 tablespoonful chopped parsley  
Salt and pepper

Melt the margarine in a saucepan, add the flour and cook until the mixture bubbles. Draw the pan off the heat, add the milk gradually, stirring all the time until smooth. Return to heat and cook for three minutes. Add chopped parsley and pepper and salt. Pour over cooked pork and beans. Serves 4 persons.

#### SAUSAGE AND LENTIL TOAD-IN-THE-HOLE

1 lb. sausages 1 teaspoonful salt  
½ lb. lentils Pepper  
1 onion or leek Cooking fat

Soak the lentils and cook as instructions, adding onion or leek as soon as the water is boiling. Just before the lentils are cooked, add 1 teaspoonful salt. When the lentils are soft, strain off water, chop up the onion or leek and mix it thoroughly with the lentils and add pepper. Grease a meat tin and spread the lentils over the bottom. Lay the sausages on top of the lentils, pushing them down a little into the lentils, and brush them over with a little melted cooking fat. Bake in a moderately hot oven (Regulo Mark 6) for 45 minutes, but after 20 minutes turn the sausages over so that they get browned all over. Serves 4 persons.

#### LENTILS AND BEEF PUDDING

½ lb. lentils 1 pint stock or water  
½ lb. stewing steak 1 tablespoonful flour  
1 lb. carrots, parsnips or celery 1 teaspoonful salt  
Pepper

Soak the lentils in 2 pints cold unsalted water for 24 hours. Strain off the water and keep it for the pudding. Sprinkle 1 teaspoonful salt over the lentils. Cut up the meat into squares and roll it in the flour, seasoned with pepper and salt. Wash and scrape the carrots and cut in rings. Place half the lentils in the bottom of a basin, then add the meat and carrots. Pour over 1 pint of water, using the water in which the lentils were soaked, adding enough to make up to 1 pint, if necessary. Put the rest of the lentils on top, pressing them down. Cover with greaseproof paper and a pudding cloth, and simmer in boiling water for 1½ hours. Serves 4 persons.

#### LEEKES WITH HARICOTS AND EGG SAUCE

2 lbs. leeks 1 oz. margarine  
½ lb. haricot beans 1 tablespoonful flour  
2½ level tablespoonful milk powder ½ pint water  
2 level tablespoonful dried egg 1 tablespoonful chopped parsley  
1 tablespoonful vinegar Pepper  
1 teaspoonful salt

Soak the haricots and cook as instructions, strain off water and keep hot. Cook the leeks in ½ pint boiling salted water for 20 minutes, or until soft, and have them ready by the time the egg sauce is made.

To make the egg sauce, mix egg powder, milk powder and flour together. Melt the margarine in a saucepan and pour it over the mixed flour. Gradually add to the flour ½ pint cold water, and stir to a smooth paste. Pour the mixture into the saucepan and cook over a low heat, stirring until it thickens, when it must be removed from the heat. Add salt and pepper, the cooked haricots, chopped parsley and vinegar, and mix well together. Lay cooked leeks in a dish, pour over the haricot and egg sauce, and serve immediately. Serves 4 persons.

#### SPAGHETTI, DRIED EGGS AND CARROTS

½ lb. spaghetti 4 tablespoonful dried egg mixed with 8 tablespoonful water  
1 lb. carrots Salt and pepper

Cook the spaghetti in 2 pints of boiling salted water until soft—about 20 minutes. The spaghetti will absorb most of the water, and what is left is needed for the final dish. Wash and scrape the carrots, cut in long strips, cook in boiling salted water until soft—about 20-30 minutes. Strain off the water and keep carrots hot. Now mix the egg powder with the water, and pour it into the saucepan which contains the spaghetti. Keep the heat low, and stir until the egg sets, adding salt and pepper to taste. When the egg is set, add the cooked carrots, stir all together and serve immediately. Serves 4 persons.

#### CURRIED DRIED PEAS

½ lb. dried whole peas 1 tablespoonful curry powder  
1 oz. margarine 1 tablespoonful sultanas  
1 tablespoonful flour 1 tablespoonful chutney  
½ pint water or stock 1 teaspoonful salt

Soak the dried peas and cook as instructions, strain off water and keep hot. Melt the margarine in a saucepan, add the flour and curry powder, and cook until the margarine has been absorbed. Remove from the heat and gradually add ½ pint water or stock, stirring all the time. Return the pan to the heat, and cook over a low heat until the sauce thickens, stirring all the while. Add the sultanas, chutney, salt and cooked peas, and continue cooking for five minutes. Serve immediately. When obtainable, add to the curry a chopped tomato, apple and onion. Haricots or butter beans can be used instead of peas. Serves 4 persons.