

## **Puddings / Stork Margarine Cookery Service.**

### **Contributors**

Stork Margarine Cookery Service.

### **Publication/Creation**

London : Stork Margarine Cookery Service, 1943.

### **Persistent URL**

<https://wellcomecollection.org/works/f9v3xfqs>

### **License and attribution**

Conditions of use: it is possible this item is protected by copyright and/or related rights. You are free to use this item in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s).



Wellcome Collection  
183 Euston Road  
London NW1 2BE UK  
T +44 (0)20 7611 8722  
E [library@wellcomecollection.org](mailto:library@wellcomecollection.org)  
<https://wellcomecollection.org>

Rub the margarine into the sieved flour, dried egg and salt. Add the sugar and jam, and mix well together. Dissolve the bicarbonate of soda in the liquid household milk. Add to the mixture and stir in quickly. Put into a well-greased basin, and steam for 2 hours. Serves 4 persons.

#### BAKED RICE PUDDING

This is a recipe for people who can obtain our home-grown nuts—cob, hazel or walnuts. The result is really delicious.

- 1 oz. rice
- 2 tablespoonsful ground or chopped cob or hazel nuts
- $\frac{1}{2}$  pint household milk
- $\frac{1}{2}$  dessertspoonful sugar

Put the rice in a greased pie-dish with a cup of water, and bake in a moderate oven (Regulo Mark 4) until all the water has been absorbed—about 20 minutes. Add the chopped nuts, sugar and milk. Stir all together, and bake in a slow oven for 1 $\frac{1}{2}$  hours (Regulo Mark 2).

Serves 2-3 persons.

#### STEAMED OATMEAL PUDDING

- 5 ozs. medium oatmeal
- 2 tablespoonsful plain flour
- 1 level teaspoonful bicarbonate of soda
- 1 oz. margarine
- $\frac{1}{2}$  pint household milk
- $\frac{1}{2}$  tablespoonful dried egg
- 1 tablespoonful sugar
- jam

Put the oatmeal, flour and dried egg into a basin and rub in the margarine. Add the sugar. Dissolve the bicarbonate of soda in the milk. Add milk to the flour, etc., and mix well. Grease a pudding basin, putting a circle of greaseproof paper at the bottom (this helps the pudding to come out easily). Place some jam in the basin, pour over the mixture. Cover with greaseproof paper and a pudding cloth and steam for 1 to 1 $\frac{1}{2}$  hours. If you cannot spare the jam, make the pudding according to the recipe, but add 2 tablespoonsful sugar instead of one.

#### FRUIT BATTERS

$\frac{1}{2}$  pint household milk  
pinch of salt  
1 level tablespoonful dried egg mixed with 2 tablespoonsful water

$\frac{1}{2}$  lb. self-raising flour  
currants, sultanas, or chopped apple

Sieve the flour and salt into a basin. Mix the dried egg with the water. Add the egg and milk to the flour gradually, beating all the time to keep the mixture smooth. Beat well for 5 minutes. Leave to stand for  $\frac{1}{2}$  hour in a cool place. Grease six small dishes or moulds. Give the batter a final beat and fill the dishes three-quarters full. Add a few sultanas or chopped apple to each dish. Bake in a hot oven for 15 minutes (Regulo Mark 7). Serve immediately. Makes 6 small batters.

#### FRUITY WHIP

Here is a recipe for using up fruit juice or bottled purée.

2 tablespoonsful semolina  
1 pint fruit juice or purée

Put the fruit juice into a saucepan, add the semolina and sugar, bring to the boil and simmer gently for 15 minutes. Pour the mixture into a basin and leave to cool slightly. Then thoroughly beat with an egg whisk until the mixture is light and frothy—about 10 minutes' beating—pour into custard cups and serve cold. Makes 6 portions.

#### 'MAS is coming!

Our home-grown cob, hazel, walnuts and chestnuts will soon be ready. In our next leaflet we will give suggestions for using these nuts for mass cooking, so try and get some and store them in a dry place until they are needed.



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

FOLD HERE

FOLD HERE



## COOKERY NOTES No. 47

Recipes approved by the Ministry of Food

OCTOBER, 1943

# STORK MARGARINE COOKERY SERVICE PUDDINGS

- SULTANA PUDDING CRUST } INCLUDING SEMOLINA
- STEAMED PUDDINGS } PASTRY CRUST
- PUDDING CRUST—COOKED FLOUR METHOD
- QUICK FRUIT DUMPLINGS
- HOLY POLY PUDDING
- WARTIME FLANS AND INSTRUCTIONS FOR FILLINGS
- BAKED PUDDING
- STEAMED PUDDING WITH JAM
- OATMEAL JAM BATTER
- BAKED CHOCOLATE BARLEY PUDDING
- ORANGE PUDDING
- THURSDAY PUDDING
- BAKED RICE NUT PUDDING
- STEAMED OATMEAL PUDDING
- FRUIT BATTERS
- FRUITY WHIP

The cold weather is approaching and that means a demand for nice, filling and warming puddings, especially where there are children to cater for.

Most of our pre-war puddings need a lot of fat, so in this leaflet we are giving recipes for puddings and pastry which will save fat and sugar, and also fuel; also suggestions for using your jam and bottled fruit, as well as a few special pudding recipes to lend variety to winter meals.

### RECIPES WHICH SAVE FAT

#### PUDDING CRUST WITH SEMOLINA

- $\frac{1}{2}$  lb. self-raising flour
- 2 ozs. semolina
- 1 oz. margarine
- pinch salt
- 9 tablespoonsful cold water

Sieve the flour and salt into a basin. Add the semolina. Rub in the margarine and mix to a stiff paste with the 9 tablespoonsful of water. Turn out on to a floured board and roll to shape required.

Use: As a crust for steamed meat or fruit puddings.

Roll out two-thirds of the dough to line a greased pudding basin, letting the dough overlap the edge of the basin. Fill with meat or fruit mixtures. Roll out the remaining piece of dough to cover the top, and turn back the edge of dough from the sides. Cover with greaseproof paper and a pudding cloth and steam for 2 hours.

#### STEAMED SULTANA PUDDING WITH SEMOLINA

$\frac{1}{2}$  lb. self-raising flour 1 oz. margarine  
2 ozs. semolina 1 tablespoonful sugar  
2 ozs. sultanas pinch of salt  
1 level tablespoonful dried egg 11 tablespoonful cold water

Sieve flour, dried egg and salt into a basin. Add semolina. Rub in margarine. Add sultanas and sugar and mix in the cold water. Grease a basin, and fill with the mixture. Steam for 2 hours. Serves 4 persons.

#### PASTRY CRUST WITH SEMOLINA

$\frac{1}{2}$  lb. self-raising flour 2 ozs. semolina  
 $\frac{1}{2}$  oz. margarine 8 tablespoonful cold water  
pinch of salt

Sieve flour and salt into a basin. Add the semolina. Rub in the margarine and mix to a stiff dough with the cold water. Turn out on to a floured board and roll to shape required.

Uses:

- (1) As a crust for meat or fruit pies.  
Fill the pie dish with the filling as usual, roll out the dough and cover the top of the pie in the usual way. Bake in a moderately hot oven for 30 minutes (Regulo Mark 6).
- (2) As pastry for an open jam tart.  
Grease a sandwich tin or plate, roll out the dough to the shape required, spread with jam, cross over with strips of the pastry, and bake in a moderately hot oven for 30 minutes (Regular Mark 6).

### RECIPES WHICH SAVE FAT AND FUEL

#### PUDDING CRUST—COOKED FLOUR METHOD

$\frac{1}{2}$  lb. self-raising flour  
 $\frac{1}{2}$  pint boiling household milk  
1 level tablespoonful dried egg mixed with 2 tablespoonful water  
1 oz. sugar  
pinch of salt

Bring the household milk to the boil. Sift into the boiling milk the flour and salt. Draw the saucepan off the heat immediately the flour has been added. Quickly mix the flour and milk together and beat hard until the mixture forms a stiff dry dough. Now pour over the reconstituted egg and beat. Then sprinkle in the sugar and give a final beating. Turn out on to a floured board and roll out to shape required.

Uses:

- (1) **Quick Plum or Apple Dumplings**  
Following above recipe, cut the dough into 4 pieces. Roll each one out to form a round. Place 3 plums or pieces of sliced apple in the centre of each and sprinkle over a little sugar. Damp the edges of the crust, fold up to the centre, and press the edges so that they are sealed together. Drop in fast-boiling water and boil 15 minutes, or longer if the fruit used will require more cooking. Any fruit—fresh or bottled—can be used for these dumplings. Makes 4 dumplings.
- (2) **Roly-poly Steamed Pudding**  
Roll out the dough to an oblong shape. Sprinkle over some sultanas or spread with jam. Roll up to look like a Swiss Roll. Wrap in greaseproof paper and a pudding cloth. Tie the ends of the cloth with tape and steam for 1 hour. Serves 4 persons.

#### WARTIME FLANS—Using fresh or bottled fruit

To make a pre-war fruit flan, a lot of sugar and whisked white of egg was needed. The sugar was necessary to make a syrup, chiefly to prevent the fruit juice from saturating the pastry and making it wet and unappetising. The white of egg made the flan look nice, but it was not so essential as the sugar. Our wartime flan method only uses enough sugar to sweeten the fruit, and a thick sauce, to keep the fruit firm and set, replaces the pre-war syrup. The flans can be eaten hot or cold, and will provide another way of using bottled fruit during the winter months.

Method: The pastry must be baked first before adding the fruit, and here are the instructions:—

(1) **Short Pastry.** Line a flan or round sandwich tin with pastry, and bake in a moderately hot oven for 15 minutes (Regulo Mark 6). Before baking, prick over the pastry with a fork to prevent it rising, or put a sheet of greaseproof paper over the pastry and weight it down with small stones.

(2) **Filling base:**  $\frac{1}{2}$  oz. margarine  
1 tablespoonful flour  
1 pint cold water or fruit juice

Melt the margarine in a saucepan. Add the flour and stir until all the margarine has been absorbed into the flour. Draw the saucepan off the heat, and gradually add the water or fruit juice, stirring all the time. Put the saucepan over a low heat and stir until the mixture boils.

Fruit additions:

- (a) 1 lb. plums (if bottled, the plums only and not the juice)  
2 tablespoonful sugar
- (b) 2 medium-sized cooking apples, cored, peeled and sliced  
2 tablespoonful sugar
- (c) 2 ozs. sultanas  
pinch of mixed spice, or cinnamon

As soon as the filling sauce boils, add any of the above, and cook in the sauce for 5 minutes, or until the fruit is slightly softened. The fruit must not be completely cooked, otherwise the mixture will be too soft. Some apples only need 3 minutes' cooking in the sauce. Let the mixture cool for a few minutes, then pour it on to the baked pastry, and bake in a moderate oven for 15 minutes (Regulo Mark 4). Serves 4 persons.

Note: Any other fresh or bottled fruit can be used in the same way as plums, but the juice must be strained off. The flans will look nicer if fruit juice is used for the sauce instead of water.

#### BAKED PUDDING

This is a good pudding to make with "overs" of pastry and cake mixtures, when you are making cakes and tarts. Roll out a round of pastry, and cover the bottom of a greased sandwich tin, spread the pastry with jam, and then add sufficient cake mixture to cover the pastry. Bake for 40 minutes in a moderately hot oven (Regulo Mark 6). Serves 4 persons.

To make specially, here is the recipe:

**Short Pastry:** 4 tablespoonful self-raising flour  
1 oz. lard  
pinch of salt

Sieve the flour and salt into a basin. Rub in the fat, and mix with cold water, adding a little at a time until the paste is a stiff dough. Roll out to shape on a floured board and line a greased sandwich tin.

**Cake Mixture:**

$\frac{1}{2}$  lb. self-raising flour 1 tablespoonful sugar  
 $\frac{1}{2}$  oz. margarine 2 tablespoonful currants  
1 level dessertspoonful egg powder

Sieve the flour and dried egg into a basin. Rub in the margarine. Add the sugar and sultanas, and add sufficient water or milk to get a fairly wet mixture. Beat well with a wooden spoon. The mixture should drop easily from the spoon.

#### STEAMED PUDDING WITH JAM

6 ozs. self-raising flour 9 tablespoonful household milk to mix  
2 ozs. cooking fat pinch of salt  
1 level tablespoonful dried egg 2 tablespoonful jam

Sieve the flour, dried egg and salt into a basin. Rub in the fat, and mix to a fairly soft consistency with household milk. Grease a pudding basin. Put the jam at the bottom and pour over the pudding mixture. Cover with greaseproof paper and a pudding cloth and steam for 2 hours. Serves 4 persons.

#### OATMEAL JAM BATTER

2 tablespoonful self-raising flour 2 tablespoonful oatmeal  
 $\frac{1}{2}$  pint household milk pinch of salt  
1 level tablespoonful sugar jam  
1 level tablespoonful dried egg mixed with 2 tablespoonful water

Mix flour, oatmeal, sugar and salt together. Mix the dried egg and water, and add to the flour, etc. Pour over the milk, and beat well. Melt some dripping in a baking tin, pour in the mixture, and bake  $\frac{1}{2}$  hour in a moderately hot oven (Regulo Mark 6). Serve immediately, spread with . . . Serves 4 persons.

#### BAKED CHOCOLATE BARLEY PUDDING

2 ozs. pearl barley 1 tablespoonful sugar  
1 pint household milk 1 tablespoonful flour  
1 level tablespoonful dried egg 1 tablespoonful cocoa  
 $\frac{1}{2}$  teaspoonful vanilla essence

Soak the barley overnight in 1 pint of cold water. Put the barley and water in a saucepan and simmer until all the water has been absorbed. Mix the cocoa, flour, dried egg and sugar to a smooth paste with a little of the cold milk, then gradually add the remainder of the milk. Heat the mixture, and when nearly boiling add the cooked barley and vanilla essence. Bring to the boil, stirring all the time. Immediately the mixture boils, pour into a greased pie dish and bake for 1 hour in a moderate oven (Regulo Mark 4). Serves 4 persons.

#### ORANGE PUDDING

8 ozs. self-raising flour peel of two oranges  
2 ozs. margarine 9 tablespoonful household milk to mix  
2 ozs. sugar  
1 level tablespoonful dried egg pinch of salt

Simmer the quartered orange peels until soft in the  $\frac{1}{2}$  pint household milk which is included in the sauce recipe below. Remove and shred very finely. Put the milk aside to cool, making up to  $\frac{1}{2}$  pint ready for making the sauce.

To make the pudding, rub the fat into the sieved flour, dried egg and salt, add the sugar, half of the shredded orange peel, and mix in the 9 tablespoonful of household milk. Steam for 2 hours in a well-greased pudding basin covered with greaseproof paper, or a cloth.

Orange Sauce:

$\frac{1}{2}$  pint household milk 1 teaspoonful sugar  
1 level tablespoonful flour 1 level teaspoonful dried egg

Mix flour, sugar and dried egg well together. Blend to a smooth paste with a little of the household milk. Gradually add the remainder of the  $\frac{1}{2}$  pint milk. Stir thoroughly. Bring to the boil, stirring all the time. Cook for three minutes. Add the remainder of the shredded orange peel, cook for a minute or two longer, and serve with the orange pudding, pouring a little over the top when turned out. Serves 4 persons.

#### THURSDAY PUDDING

By Thursday, rations are generally getting low, and here is the pudding recipe which will help to bridge the gap. Jam is used instead of dried fruit, and, as jam also helps to sweeten puddings, only a little sugar is needed.

8 ozs. plain flour 1 tablespoonful sugar  
2 ozs. margarine pinch of salt  
3 tablespoonful home-made jam 2 tablespoonful dried egg  
6 tablespoonful liquid household milk  
1 level teaspoonful bicarbonate of soda