

## **Christmas cookery, 1943 / Stork Margarine Cookery Service.**

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Stork Margarine Cookery Service.

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#### GARIBALDI BISCUITS

4 ozs. self-raising flour 1 oz. chopped sultanas or raisins  
1 oz. margarine pinch of salt  
1 oz. sugar milk to mix

Chop up the sultanas or stoned raisins. Sieve the flour and salt into a basin. Rub in the margarine and add the sugar. Mix to a very stiff paste, using as little milk as possible. It is better to do the mixing with the hand, and knead the ingredients together. By this way it is much easier to keep the mixture firm and not too wet. Roll out on to a floured board to about  $\frac{1}{4}$  in. thick. Cut the paste in half, and on one half spread over the chopped sultanas. Then place the other half of the paste on top, and again roll out to  $\frac{1}{4}$  in. thick. With a sharp knife cut into fingers, or use a pastry cutter to make circles. Place on a well-greased baking sheet and bake in a moderately hot oven for 15 minutes (Regulo Mark 5). Makes 18 biscuits.

#### NUT BISCUITS

4 ozs. self-raising flour 1 oz. chopped nuts  
1 oz. margarine pinch of salt  
1 oz. sugar milk to mix

Chop the nuts very finely. Sieve the flour and salt into a basin. Rub in the margarine and add the sugar. Mix to a very stiff paste, using as little milk as possible. It is better to do the mixing with the hand and knead the ingredients together. By this way it is much easier to keep the mixture firm and not too wet. Roll out on to a floured board to about  $\frac{1}{4}$  in. thick. Spread the chopped nuts all over the paste. Then, with the rolling pin, press the nuts into the paste. Cut into circles, fingers or squares, place the biscuits on a well-greased baking sheet, and bake in a moderately hot oven for 12-15 minutes (Regulo Mark 5). Makes 24 biscuits.

#### STEAMED MINCEMEAT PUDDING

8 ozs. self-raising flour cold water  
3 ozs. margarine  $\frac{1}{2}$  lb. mincemeat  
pinch of salt 2 ozs. sugar  
 $\frac{1}{2}$  lb. apples weighed when peeled and cored

Brush a pudding basin with melted margarine. Sieve flour and salt into a basin, rub in the margarine and mix to a stiff paste with cold water. Divide the pastry in two, one piece twice as large as the other. Roll out the larger piece and line the basin. Put half the peeled and cored apples at the bottom of the basin, then  $\frac{1}{2}$  teacupful of water, half the sugar and the mincemeat, then the remainder of the apple and the sugar, finishing with the rest of the mincemeat. Roll out the smaller piece of pastry to a round. Damp the edges of the pastry lining the basin, place the round of pastry on top, and press the two edges together. Cover with greaseproof paper and a pudding cloth, and steam for 2 hours. Serves 6 persons.

#### HOT CHESTNUT PUDDING

1 tablespoonful cocoa 1 oz. margarine  
 $\frac{1}{2}$  pint milk 2 ozs. flour  
 $\frac{1}{2}$  lb. chestnuts 1 reconstituted dried egg  
1 oz. sugar  $\frac{1}{2}$  teaspoonful vanilla essence

Cook the chestnuts for  $\frac{1}{2}$  hour in boiling water. Remove shells and skin and put through a sieve. Dissolve the cocoa in a little of the milk. Melt the margarine in a saucepan, stirring in the flour and gradually adding the milk, stirring all the time until the mixture thickens. Cool slightly, then add the reconstituted egg, the sugar, the sieved chestnuts, the dissolved cocoa and vanilla essence. Pour into a basin or pie dish, well brushed with melted margarine, and steam for  $1\frac{1}{2}$  hours or bake for 1 hour in a moderate oven (Regulo Mark 4). If steamed, cover the pudding with greaseproof paper and a pudding cloth. Serves 6 persons.

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## COOKERY NOTES No. 48

Recipes approved by the Ministry of Food

NOVEMBER, 1943



STORK MARGARINE

COOKERY SERVICE

## CHRISTMAS COOKERY, 1943

CHRISTMAS PUDDINGS

MINCEMEAT

CHRISTMAS CAKE

CHRISTMAS DUNDEE CAKE

FRUIT ROCK CAKES

NUT ROCK CAKES

GARIBALDI BISCUITS

NUT BISCUITS

STEAMED MINCEMEAT PUDDING

STEAMED CHESTNUT PUDDING

At this—our fifth wartime Christmas—we shall not be able to give our families all the good things which we associate with the 25th December, but if we have saved up our little stocks of dried fruit, it is surprising how many party dishes we shall be able to make.

In this leaflet we are giving several Christmas Pudding and Cake recipes, Mincemeat, and some biscuit and other pudding recipes too. Some of the recipes include our home-grown nuts. Not all of you will be able to obtain them, but if you have your own trees or live in districts where they grow, use them to help with your Christmas cooking. They give a lovely flavour and make your dried fruit go further. For those unable to get the nuts, an alternative recipe is given in every instance.

Fruit flans are always popular and go well with a cold supper, as they can be made the day before. Cookery Notes No. 47 give instructions for making wartime flans, with many suggestions for the fruit filling.

NOTE 1. Home-grown cob or hazel nuts need not be peeled. Walnut skin is sometimes bitter, and the nuts are nicer if it is removed. Pour boiling water over the walnuts, leave them in the water for a few minutes, then remove the skin.

To use the nuts for cooking, if you do not possess a nut mill (they are now unobtainable), chop them finely with a sharp knife. You will find the best way is to slice them first, then proceed with the chopping in the same way as mint is chopped.

NOTE 2. In all the recipes, if you cannot use the dried fruit stated, use an equal weight of another kind.

NOTE 3. A little ale or brandy can be added to the Christmas Puddings if these are liked or available, but they are not essential. Be careful not to make the mixture too wet.

NOTE 4. Do not make the Christmas puddings before December 1st. MEASUREMENTS if scales are not available.

1 oz. flour, sugar, currants, sultanas or raisins = 1 heaped tablespoonful  
1 oz. fresh breadcrumbs - - - = 2 heaped tablespoonsful  
1 oz. dried baked breadcrumbs - - = 2 heaped dessertspoonsful  
1 oz. chopped nuts - - - - = 2 heaped tablespoonsful  
("Heaped" means as much above as in the bowl of a spoon)

#### CHRISTMAS PUDDING (including Breadcrumbs)

$\frac{1}{2}$  lb. self-raising flour 2 ozs. raisins or prunes  
 $\frac{1}{2}$  lb. margarine  $\frac{1}{2}$  level teaspoonful grated nutmeg  
 $\frac{1}{2}$  lb. sugar  $\frac{1}{2}$  level teaspoonful mixed spice  
 $\frac{1}{2}$  lb. breadcrumbs 1 tablespoonful dried egg  
 $\frac{1}{2}$  lb. currants rind of 1 orange, if available  
2 ozs. sultanas pinch of salt  
milk to mix

Wipe over the prunes with vinegar before chopping them, as the vinegar helps to soften them. Then proceed to stone and chop up the prunes and clean the other fruit. Sieve the flour, dried egg and salt into a basin. Add the dried fruit, sugar, breadcrumbs, nutmeg, spice and grated orange rind, and mix all together. Melt the margarine and pour it over the dry ingredients. Then add sufficient milk to moisten the mixture. Only a little will be required, as the mixture must be fairly stiff. Turn into a well-greased basin, cover with greaseproof paper and a pudding cloth, and steam for 2 hours. When the pudding is cold, remove the pudding cloth and greaseproof, and re-cover with clean dry greaseproof and another pudding cloth: this helps the pudding to keep well. Store in dry place. Before serving, steam again for 2 hours. Makes one pudding sufficient for 8 persons.

#### CHRISTMAS PUDDING (including Breadcrumbs, and Nuts, if available)

$\frac{1}{2}$  lb. self-raising flour 2 ozs. sultanas  
 $\frac{1}{2}$  lb. margarine 2 ozs. currants or prunes  
2 ozs. breadcrumbs 1 level teaspoonful mixed spice  
2 ozs. chopped nuts (if available), 2 tablespoonsful dried egg  
weighed after shelling rind of orange, if available  
 $\frac{1}{2}$  lb. sugar pinch of salt  
 $\frac{1}{2}$  lb. raisins milk to mix

Clean all the dried fruit. Chop the nuts finely. Sieve the flour, dried egg and salt into a basin. Add the dried fruit, nuts, breadcrumbs, sugar, spice and grated orange rind and mix all together. Melt the margarine and pour over the dry ingredients, and stir well. Add a very little milk so that the mixture is moist all through but quite stiff. Give a final stir, and pour into a well-greased basin. Cover with greaseproof paper and a pudding cloth, and steam for 2 hours. When the pudding is

cold, remove pudding cloth and greaseproof, and re-cover with clean dry greaseproof and another pudding cloth: this helps the pudding to keep well. Store in a dry place. Before serving, steam again for 2 hours. Makes one pudding sufficient for 8 persons.

#### NUT CHRISTMAS PUDDING

$\frac{1}{2}$  lb. self-raising flour 2 ozs. raisins or prunes  
 $\frac{1}{2}$  lb. margarine 2 ozs. sugar  
 $\frac{1}{2}$  lb. chopped nuts, weighed 1 level teaspoonful mixed spice  
after shelling 1 large cooking apple (if available)  
 $\frac{1}{2}$  lb. sultanas 2 tablespoonsful dried egg  
2 ozs. currants pinch of salt  
milk to mix

Chop the nuts finely. Peel and core and chop the apple into small pieces. Clean all the dried fruit and stone where necessary, and chop prunes if used. Sieve the flour, dried egg and salt into a basin. Add the nuts, dried fruit, apple, sugar and mixed spice and stir all together. Melt the margarine and pour over the dry ingredients, and stir well. Add a very little milk and again stir. In this recipe, which does not include breadcrumbs, be very sparing with the milk, otherwise the mixture will be too wet; and the nuts also help to bind the mixture together. The final mixture should be moist all through but not wet. Give a final stir, and pour into a well-greased basin. Cover with greaseproof paper and a pudding cloth, and steam for 2 hours. When the pudding is cold, remove pudding cloth and greaseproof, and re-cover with clean dry greaseproof and another pudding cloth: this helps the pudding to keep well. Store in a dry place. Before serving, steam again for 2 hours. Makes one pudding sufficient for 8 persons.

#### WARTIME MINCEMEAT

3 ozs. margarine or chopped suet 4 ozs. currants  
3 ozs. sugar 4 ozs. sultanas  
8 ozs. dates, prunes, raisins or dried apricots, if available  
(If these fruits are not available they can be omitted, but the mincemeat will not be so "fruity." Therefore, try to increase the quantity of the dried fruits which you have by another  $\frac{1}{2}$  lb., making a total of 1 lb. of dried fruit in the mixture.)

12 ozs. grated apples (weighed after peeling and coring)  
4 ozs. grated carrot  $\frac{1}{2}$  level teaspoonful salt  
1 level teaspoonful mixed spice  $\frac{1}{2}$  pint vinegar  
1 level teaspoonful grated nutmeg  $\frac{1}{2}$  level teaspoonful lemon substitute  
 $\frac{1}{2}$  level teaspoonful orange essence, or grated rind of 1 orange (if available)

Clean the currants and sultanas and stone and chop up other dried fruit used. Peel and core and grate the apple. Grate the carrot. Mix all these ingredients together, adding the sugar, mixed spice, nutmeg, salt and grated orange rind. If margarine is used, melt it and pour over the mixture. If suet is used, chop it finely and add. Give the mixture a good stir. Then add the lemon substitute to the vinegar, and also the orange essence if you are not including orange rind, and mix well. Pour the flavoured vinegar over the other ingredients and give a final stirring. Put into jars and tie down to make airtight.

Note: If you have a little sherry or cider, add an eggcupful to the mixture, and decrease proportionately the vinegar, so that a total of  $\frac{1}{2}$  pint liquid is added. Makes  $3\frac{1}{2}$  lbs. mincemeat.

#### CHRISTMAS CAKE

8 ozs. self-raising flour 2 tablespoonsful dried egg  
3 ozs. margarine  $\frac{1}{2}$  level teaspoonful mixed spice  
3 ozs. sugar 10 tablespoonsful milk to mix  
8 ozs. mixed fruit (sultanas, currants, raisins or prunes) pinch of salt

Sieve flour, dried egg, spice and salt into a basin. Clean the currants and sultanas, and stone and chop the raisins or prunes. (Prunes should be soaked in cold water overnight.) Cream the margarine and sugar together, and beat well. Add a little milk and sieved flour mixture alternately, a little at a time of each, until all the 10 tablespoonsful milk and flour have been beaten in. Add the dried fruit, and give the mixture a final stir. Line a cake tin with greaseproof paper and brush over with melted margarine, and pour in the mixture. Bake 1 hour in a moderate oven (Regulo Mark 4), then  $1\frac{1}{2}$  hours in a very slow oven (Regulo Mark 1). Sufficient for 8-10 portions.

#### DUNDEE CHRISTMAS CAKE

8 ozs. self-raising flour 4 ozs. sultanas  
2 ozs. chopped nuts, weighed 1 tablespoonful dried egg  
after shelling pinch of salt  
2 ozs. margarine 11 tablespoonsful milk to mix  
2 ozs. sugar sliced nuts to cover

Chop the nuts finely. Also slice some nuts in half, lengthwise, for the top of the cake. Sieve flour, dried egg and salt into a basin. Rub in the margarine. Add the chopped nuts, sugar and sultanas. Mix to a fairly stiff dough with the milk. Line a cake tin with greaseproof paper, brushed with melted margarine, and put in the mixture. Level the top of the cake as much as possible and cover with the sliced nuts. The nuts should be put on with the cut side showing. Start in the middle, making a tiny circle of nuts, then go around this circle until the whole surface is covered. Bake in a moderate oven for  $1\frac{1}{2}$  hours (Regulo Mark 4). Sufficient for 8 portions.

#### FRUIT ROCK CAKES

8 ozs. self-raising flour 2 ozs. sultanas or currants  
3 ozs. margarine 1 tablespoonful dried egg  
2 ozs. sugar pinch of salt  
milk to mix

Sieve the flour, dried egg and salt into a basin. Rub in the margarine. Add the sugar and sultanas or currants. Mix to a fairly stiff paste with milk. The mixture should not drop too easily from the spoon. Place in heaps in greased patty tins and bake in a fairly hot oven for 20 minutes (Regulo Mark 6). Makes 18 cakes.

#### NUT ROCK CAKES

8 ozs. self-raising flour 1 tablespoonful dried egg  
2 ozs. margarine pinch of salt  
2 ozs. chopped nuts milk to mix  
2 ozs. sugar sliced nuts for the tops of the cakes  
Chop the nuts finely. Also slice some in half, lengthwise, for the tops of the cakes. Sieve the flour, dried egg and salt into a basin. Rub in the margarine. Add the sugar and chopped nuts. Mix to a fairly stiff paste with milk. The mixture should not drop too easily from the spoon. Place in heaps in greased patty tins and place half a nut on top in the centre of each. The nuts should be put on with the cut side showing. Bake in a fairly hot oven for 20 minutes (Regulo Mark 6). Makes 18 cakes.