

Soup, egg & fish recipes / Stork Margarine Cookery Service.

Contributors

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No. 6. CARROT & FISH CASSEROLE

$\frac{1}{2}$ lb. carrots, grated 1 dessertspoonful curry powder
1 lb. soaked, flaked salted fish 1 oz. margarine
1 lb. sliced potatoes, weighed after peeling
 $\frac{1}{2}$ pint vegetable stock or water pepper and salt to taste

Soak the fish according to instructions given in the opening notes, and remove all skin and bones. Mix the grated carrot and the flaked fish and fry lightly in the margarine. Add the curry powder, and stir well. Add the vegetable stock or water and bring to the boil. Stir well and put into a greased casserole. Season to taste and place the sliced potatoes in a thick layer on top. Sprinkle with pepper and salt, cover and bake for 40 minutes in a hot oven (Regulo Mark 7).
(Serves 6 persons)

No. 7. EGG & LENTIL CUTLETS

$\frac{1}{2}$ lb. cooked, drained lentils (4 ozs. uncooked)
 $\frac{1}{2}$ lb. oatmeal 2 tablespoonsful vinegar
1 reconstituted dried egg salt and pepper
3 tablespoonsful chutney fat for frying

Mix all the ingredients well together, seasoning to taste, then leave for 10 minutes, for the oatmeal to swell. Turn out on to a lightly floured board, form into cutlets and fry on both sides until golden brown in a little hot cooking fat.
(Makes 4-6 portions)

No. 8. FISHERMAN'S PIE

8 ozs. soaked, flaked salted fish 1 oz. flour
2 ozs. grated cheese (6 heaped dessertspoonsful)
1 oz. breadcrumbs (3 heaped tablespoonsful)
 $\frac{1}{2}$ pint vegetable stock 1 oz. margarine
salt and pepper

Soak the fish according to instructions given in the opening notes, and remove skin and bones. Melt the margarine, add the flour and cook until it bubbles. Remove from the heat and add the stock. Return to the heat and bring to the boil, stirring all the time. Cook for 3 minutes. Add the flaked fish, grated cheese and 1 oz. of the breadcrumbs. Stir well, season, and turn into a greased pie-dish. Sprinkle the remainder of the breadcrumbs on top and bake for 20-30 minutes in a moderately hot oven (Regulo Mark 6).
(Serves 3 persons)

No. 9. CHEESE & EGG CASSEROLE

3 ozs. grated cheese (equals 9 heaped dessertspoonsful)
2 good-sized onions $\frac{1}{2}$ pint household milk
1 oz. margarine 1 lb. potatoes (weighed after peeling)
3 reconstituted dried eggs pepper and salt

Fry the sliced onions in the margarine until light brown. Put into the bottom of the casserole; mix egg, grated cheese and milk together and pour half over the onions. Cover with a layer of thinly sliced potatoes. Season and pour over the remainder of the cheese, milk and egg mixture. Bake for 40 minutes in a hot oven (Regulo Mark 7).
(Serves 4-6 persons)

No. 10. SWEDE & POTATO PIE

1 lb. mashed potatoes 2 finely chopped onions or leeks
3 reconstituted dried eggs 1 lb. mashed swedes
1 oz. margarine, melted chopped parsley
seasoning

Mix all the ingredients well together, season to taste, put into a greased pie-dish and bake 40 minutes in a moderately hot oven (Regulo Mark 6).
(Serves 3-4 persons)



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STORK MARGARINE COOKERY SERVICE

SOUP, EGG & FISH RECIPES

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CARROT AND FISH CASSEROLE
EGG AND LENTIL CUTLETS
FISHERMAN'S PIE
CHEESE AND EGG CASSEROLE
SWEDE AND POTATO PIE

HOW TO SOAK AND COOK SALTED FISH

The worst of the weather is now with us, and that calls for hot filling meals, but they must be nourishing as well. In this Leaflet we are giving winter recipes for those days when you have no meat, but which have been planned to take the place of meat. They consist of soups followed either by a dish containing dried eggs or salted fish, and they are grouped to give a balanced diet—that is, serve No. 1 Soup and No. 1 Dish together, or both No. 2's, etc.

SOUPS: Many soups are nicest if they are sieved after cooking, which gives a creamy consistency. Sieving takes time, however, and to some extent, decreases the nourishing qualities of the ingredients. So in some of the recipes we recommend grating the vegetables, which gives almost as good a consistency as sieving.

SALTED FISH: We have tried many ways of soaking and cooking salted fish, and the following are our recommendations:—

SOAKING: (a) If your fishmonger has already soaked the fish for 24 hours in cold water, soak it yourself as follows:
Cover with boiling water and leave for 2 hours. Then drain off the water and cover it again with cold water and leave for 4 hours. Rinse thoroughly in fresh cold water.

(b) If the fish has not been soaked at all by the fishmonger, then proceed as follows:

Cover with boiling water and leave for 2 hours. Drain thoroughly and cover it again with more boiling water and leave for 10 hours. Drain again, cover with cold water and leave for 12 hours. Rinse thoroughly in fresh cold water.

COOKING SALTED FISH:

By these methods you will find the fish has only the same slight taste of salt which you find in kippers or smoked haddock and can be cooked in the same ways—

- Like smoked haddocks—put in a pan, cover with cold water, bring to the boil and boil 10 minutes. Serve with a little margarine or vinegar.
- Like kippers—spread on a little margarine and grill until cooked. Serve with a little vinegar or savoury sauce.
- Steam for 15-30 minutes according to size, and serve with parsley or cheese sauce.
- Fry until golden-brown, in the same way you would fry fillets of fresh fish.

Some recipes including the fish are also given later in this leaflet.

No. 1. ARTICHOKE SOUP

4 lb. artichokes 1 teaspoonful sugar
1 onion 3½ pint vegetable stock or water
4 large potatoes ½ pint household milk
salt and cayenne to taste

Grate the artichokes, onion and potatoes very finely or put through a mincer. Put them into a stewpan with enough stock or water to cover them, and boil gently for 1 hour until tender. If you have time, sieve them—this improves artichoke soup. Otherwise, add the milk, sugar and the remainder of the stock, boil up and season with salt and cayenne. (Serves 6-8 portions)

No. 2. BEETROOT SOUP

2 cooked and finely grated beetroots 6 tablespoonsful vinegar
2 finely chopped onions 2 teaspoonful of made mustard
2 ozs. flour 2 quarts of vegetable stock
2 ozs. margarine salt and pepper

Melt the margarine in a pan, add the vegetables and stir over a low heat for a few minutes without browning. Add the stock and simmer for 1 hour. Mix the flour to a cream with a little of the liquid and add to the soup, stirring over a gentle heat till boiling. Add the vinegar and made mustard and season to taste. (Serves 6-8 portions)

No. 3. CELERY SOUP

2 heads of celery 2 quarts vegetable stock or water
1 lb. potatoes 1 pint household milk
salt and pepper

Wash the celery and chop very finely or put through a mincer. Grate the potatoes. Put in with stock or water and bring to the boil, then simmer until the vegetables are cooked tender, about half an hour. Add the milk and cook gently for a further half an hour. Season and serve. (Serves 6-10 portions)

Note: Celery soup is nicer if put through a sieve after cooking.

No. 4. HARICOT & SWEDE SOUP

½ lb. haricot beans 3 pints vegetable stock or water
1 small swede ½ pint household milk
1 medium onion or leek 1 heaped teaspoonful chopped or dried mint
1 potato salt and pepper

Soak the beans for 24 hours in 1 pint of cold unsalted water. Drain and keep the water for the soup. Put them into a pan with the stock and the water in which they were soaked, making up to 3 pints. Bring to the boil. Wash, peel and slice the vegetables and add them. Simmer all gently for 2 hours. Rub through a sieve. Add the milk, return to the pan and boil up again. Add mint, and pepper and salt to taste. (Serves 5-6 portions)

No. 5. LEEK & OATMEAL SOUP

2 lbs. leeks 2½ pints water
½ oz. margarine or dripping 1 oz. oatmeal
1 reconstituted dried egg salt and pepper

Melt the fat in a saucepan, add the finely chopped leeks, and fry until beginning to brown, stirring all the time. Mix the oatmeal with the water and add to the leeks. Bring to the boil, then simmer for 1 hour. Five minutes before the end of cooking time, add the reconstituted dried egg, and stir the soup for the last 5 minutes. Season and serve. (Serves 5 portions)

No. 6. MACARONI SOUP

½ lb. macaroni 2 quarts vegetable stock or water
3 ozs. dry grated cheese (equals 9 heaped dessertspoonful) salt and pepper

Break the macaroni into very small pieces (even break up the small "wartime" macaroni), boil in one-quarter of the salted stock or water until quite tender—about 15-20 minutes. Add the remainder of the stock and the milk and bring to the boil, stirring all the time. Add the grated cheese and allow to melt but do not boil. Add pepper and serve hot. (Serves 8-10 portions)

No. 7. PARSNIP SOUP

1½ lbs. parsnips 2 quarts vegetable stock or water
1 oz. margarine or dripping ½ pint household milk
salt and pepper to taste

Peel and slice the parsnips. Melt the fat in a saucepan, put in the parsnips and simmer gently for 10 minutes. Add enough of the stock or water to cover, bring to the boil, then simmer until the parsnips are soft. Rub through a sieve and return to the pan with the milk and the rest of the stock or water. Add pepper and salt. Bring to the boil, stirring well. Serve hot. (Serves 6-8 portions)

No. 8. SCOTCH BROTH

1 small head of celery 2 heaped tablespoonsful pearl barley
1 small turnip 2½ pints water
2 onions cayenne, salt and pepper

Wash the barley and finely chop all the vegetables. Put them all in a stewpan, add pepper and salt and cover with the water. Bring to the boil and simmer for 1 hour. (Serves 5 portions)

No. 9. TOMATO SOUP

1 lb. jar tomato purée (see note) 1 carrot
½ oz. fat 1 pint vegetable stock or water
1 onion 1 small turnip
1 good-sized potato ½ pint household milk
1 stick celery or 1 teaspoonful celery seeds tied in muslin
5 peppercorns and 1 blade mace tied in muslin salt and pepper

Note: If whole bottled tomatoes are used, a 2-lb. jar will be needed. If you do not like the skins, they should be sieved before using.

Chop the onion finely. Grate the carrot, turnip and potato. Wash and slice the celery. Melt the fat in a pan, add all the vegetables and cook for 10 minutes, shaking occasionally. Add the stock and herbs and simmer gently for 1 hour. Then add the tomato purée and simmer for another ½ hour, or until the vegetables are soft. Remove the herbs, add the milk, salt and pepper, bring to the boil again and serve. (Serves 5-6 portions)

No. 10. VEGETABLE MULLIGATAWNY SOUP

1 carrot 1 oz. margarine
1 turnip 1 quart vegetable stock or water
1 medium onion or leek 1 tablespoonful flour
1 stick celery or 1 root celeriac 1 dessertspoonful curry powder
1 apple, if available, or 2 tablespoonsful bottled apricots
bunch of herbs tied in muslin or 1 level teaspoonful dried herbs salt

Melt the margarine in a pan; add the finely sliced or grated vegetables and herbs and fry until light brown, stirring frequently. Add the flour apples. Stir until boiling, then simmer for 1 hour. Salt to taste and if too thick add a little more water or stock. (Serves 4-5 portions)

No. 1. BRUSSELS SPROUTS SAVOURY

2 lbs. brussels sprouts 1 oz. margarine
3 tablespoonsful dried egg 1 tablespoonful flour
½ pint household milk chopped parsley
2 ozs. grated cheese (equals 6 heaped dessertspoonful) salt and pepper

Cook the brussels sprouts for 10 minutes in boiling salted water. Drain and put into a greased fireproof dish. Mix the dried egg with the ½ pint milk, adding a little at a time. Melt the margarine in a saucepan, add the flour and stir until the mixture bubbles. Remove the saucepan from the heat, gradually add the mixed egg and milk. Return to the heat and bring slowly to the boil, stirring all the time, until the sauce thickens. Add pepper and salt and chopped parsley. Stir half the grated cheese into the sauce. Pour the sauce over the brussels, sprinkle rest of cheese on top, and cook under the grill until the top is browned. (Serves 4 persons)

No. 2. FISH CAKES

½ lb. soaked, flaked salted fish 2 teaspoonful vinegar
½ lb. mashed potatoes pepper and salt to taste
2 tablespoonsful chopped parsley fat for frying

Soak the fish according to instructions given in the opening notes, and remove all skin and bones. Mix all the ingredients thoroughly together with a fork, form into cakes about half an inch thick, roll in a little flour and fry in hot fat until golden brown on both sides. (Makes 6 fish cakes)

No. 3. FISH & MACARONI SAVOURY

4 ozs. macaroni 1 oz. margarine
8 ozs. soaked, flaked salted fish pepper and salt
2 tablespoonsful vinegar chopped parsley

Soak the fish according to instructions given in the opening notes, and remove all skin and bones, and flake the fish. Cook the macaroni for 20 minutes in boiling salted water. Drain well and return macaroni to the saucepan. Put the margarine in the saucepan with the macaroni. When it is melted, also add the flaked fish, vinegar and pepper and salt. When the mixture is thoroughly hot, serve on rounds of hot toast, or in a ring of mashed potatoes and garnished with chopped parsley. (Serves 3-4 persons)

No. 4. EGG & PARSNIP PIE

2 lbs. parsnips 2 tablespoonsful tomato or savoury sauce
1 oz. margarine or dripping 2 reconstituted dried eggs
3 ozs. grated cheese (equals 9 heaped dessertspoonful) salt and pepper

Semolina pastry to cover (recipe in Cookery Notes No. 47)
Cook the parsnips until soft in boiling salted water. Drain and then sieve them or mash them with a fork or wooden spoon until free from lumps. Add the cheese, melted margarine, egg and tomato sauce or savoury sauce and season to taste. Put into a greased pie-dish and cover with the semolina pastry; make a hole in the centre for the steam to escape. Bake for 40 minutes in a moderately hot oven (Regulo Mark 6). (Serves 6 persons)

No. 5. RISOTTO

2 lb. jar bottled tomatoes ½ lb. rice
½ pint juice from strained tomatoes and vegetable stock
2 small onions, finely chopped 2 level dessertspoonful curry powder
2 ozs. margarine salt and nutmeg

Melt the margarine and fry the onion in it for a few minutes without browning. Add the drained tomatoes and washed rice and cook for a few minutes longer, stirring all the time with a wooden spoon. Add the curry powder, and stir well in. Meantime, bring the stock and tomato juice to the boil separately, then pour it over the rice and tomatoes, and bring the mixture to the boil again, stirring all the time. Reduce the heat and simmer very gently, stirring occasionally, until the rice is soft, about 40 minutes. Season and add the grated nutmeg, salt and pepper. Serve very hot. (Serves 4-5 persons)