

## **How to use dried eggs / Stork Margarine Cookery Service.**

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### **Publication/Creation**

London : Stork Margarine Cookery Service, 1944.

### **Persistent URL**

<https://wellcomecollection.org/works/xasj4bxq>

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### SCOTCH PANCAKES OR DROP SCONES

1 lb. self-raising flour 1 tablespoonful dried egg  
1 oz. margarine 1 pint milk, fresh or household  
2 tablespoonful sugar Pinch of salt

Rub the margarine into the sieved flour and salt. Sieve together the dried egg and sugar. 2½ tablespoonful dry household milk and mix with the flour, etc. Gradually add half pint cold water and mix to a smooth batter sufficiently soft to drop off the spoon. If fresh milk is used, sieve the flour, dried egg and salt together. Rub in margarine, add sugar, and mix with milk. The pancakes are now cooked by dropping tablespoonful either on to a girdle iron or a frying pan which should have a good thick base. Grease over the surface of whatever utensil you use, let the pan get fairly hot and then cook the pancakes first on one side until brown and then on the other. (Makes 18-24.)

### SANDWICH CAKE

This recipe is a little extravagant in margarine and sugar for wartime, but it does make a really good sandwich cake. It will appeal to those people who are not heavy bread and sugar eaters and so will have some margarine and sugar to spare.

4 ozs. self-raising flour 3 ozs. sugar  
2½-3 ozs. margarine 2 reconstituted dried eggs

Beat the margarine and sugar to a cream. (See Maderia Cake recipe for instructions on creaming.) Then beat in gradually the reconstituted dried eggs. Fold in the flour and put into a well-greased sandwich tin and bake for 25 minutes on the middle shelf of a moderately hot oven (Regulo Mark 5). Cool, cut open and spread with jam, pressing the halves carefully together again.

### SPONGE SANDWICH

2 level tablespoonful dried egg 3 ozs. self-raising flour  
2 ozs. sugar 1 teaspoonful baking powder  
2 heaped tablespoonful dry 5 tablespoonful warm water  
household milk Pinch of salt

Note: This recipe can only be made successfully with dry household milk and it is important that the mixture is beaten exactly as instructed.

Sieve the dried egg and milk powder into a medium-sized mixing bowl, or mix together with the fingers, rubbing out the lumps. Add 3 tablespoonful warm water and mix to a smooth paste, beating well. Add the remaining 2 tablespoonful warm water, a tablespoonful at a time and beat in smoothly. Add the sugar and beat briskly and rapidly with a wire whisk for 15 minutes. Sieve the flour, salt and baking powder together and fold in quickly with a metal spoon. Turn into a well-greased sandwich tin (6½-in. to 7-in. across) and bake for 20 minutes on the middle shelf of a moderately hot oven (Regulo Mark 5). Cool, cut open, spread with jam and put together again.

### SWISS ROLL

Recipe and Method same as for Sponge Sandwich.

Put the mixture into a well-greased Swiss Roll tin (8-in. x 12-in.). Spread evenly with a knife and bake for 12 minutes (on the second shelf from the top) in a fairly hot oven (Regulo Mark 6). Whilst baking, cut an oblong of greaseproof paper a little larger than the Swiss Roll, lay on a table and sprinkle with a teaspoonful of sugar. Have ready two tablespoonful warm jam. Turn the Swiss Roll on to the greaseproof paper, with a sharp knife quickly cut off about ½-in. from all edges. This keeps the roll a good shape and makes it roll more easily without cracking. Spread quickly with the jam and roll up.



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STORK MARGARINE COOKERY SERVICE,  
Unilever House, London, E.C.4,  
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## COOKERY NOTES No. 51

Recipes approved by the Ministry of Food

MARCH, 1944

**STORK MARGARINE**

**COOKERY SERVICE**

### HOW TO USE DRIED EGGS

BATTER OR YORKSHIRE PUDDING	OMELETTES
CUSTARD	PANCAKES
BAKED EGG CUSTARD	SCRAMBLED EGGS
EGG SAUCE	SCOTCH PANCAKES OR DROP SCONES
HARD-BOILED EGGS	SANDWICH CAKE
MADERIA ORANGE CAKE	SPONGE SANDWICH
MILK PUDDINGS	SWISS ROLL

Since we were first introduced to dried eggs we have learned by experience the best ways of using them. Our Cookery Notes No. 50, issued last month, was all about omelettes and the best way of making them with dried eggs. In this leaflet we are going to deal with most of the other types of dishes in which eggs are included.

Always remember that dried eggs are as good as fresh eggs and contain protein, the food value which is also found in meat, so that dried eggs help to replace meat. That is why everyone should obtain and use the full ration of dried eggs which are an important item in our wartime diet. That specially applies to those children who are allowed extra rations of dried egg and we are giving some easy ways of making dishes with dried egg which children are sure to like.

There are two ways of handling dried eggs in cookery:—

- (1) *Dry*—in its original powder form.
- (2) *Reconstituted*: that is, bring the eggs back to liquid form by mixing in the proportion of 1 level tablespoonful dried egg to two tablespoonful cold water. (Cookery Notes No. 50 showed the best way of mixing the egg and the water together to avoid lumps.)

**METHOD 1—DRY:** The general rule for using dried egg in its original powder form is when the recipe also includes other dry ingredients such as flour, although there are some exceptions to this rule. When using them dry in cakes and puddings, measure out 2 tablespoonful of cold water for each tablespoonful of dried egg used in the recipe. Then when you have rubbed the fat into the flour and added the other

dry ingredients, first add this cold water and then add sufficient additional water or milk to get the correct consistency. In this way it is easier to control the total amount of liquid which you are adding.

**METHOD 2—RECONSTITUTED:** The dried egg is always mixed first with the correct amount of water in:

(1) **PURELY EGG DISHES:**—that is, omelettes, scrambled eggs and hard boiled eggs.

(2) **CAKES AND PUDDINGS,** which are made by the creaming method, i.e., beating the margarine and sugar together first. This method which is used for richer cakes or puddings is a little strenuous because of the beating which is necessary and we have found it is less hard work to beat the reconstituted dried eggs into the creamed margarine and sugar than to beat in the egg in dry powder form (see full recipe given later). The main object of this creaming method is to beat air into the mixture so that the easier you make this work the more air you will get into your mixture, which is why we recommend reconstituting the eggs.

(3) **EGG SAUCE.** Serving an egg sauce is not a general practice and yet an egg sauce is very suitable for many types of dishes instead of just an ordinary white sauce. The addition of egg makes a much richer and more nourishing sauce and is a very easy way of using dried egg and so including this valuable food in your meals. Make egg sauce to serve with fish, cauliflower or any meal which needs a white sauce, and be sure to give it to the children too. Dried egg used in sauces has an advantage over fresh egg because with fresh egg one has to be careful not to let the mixture boil, otherwise the egg would curdle. With dried egg it is much simpler. You will see from the recipe given later that the reconstituted egg is added as soon as all the liquid has been stirred in, so that when the mixture thickens the sauce is ready. The reason why the dried egg is not added in its powder form to the flour in making this kind of sauce is because it would then be subject to too great a heat, would cook too quickly at that stage and also there would not be enough fat to absorb all the flour and egg.

(4) **MILK PUDDINGS.** Eggs are rarely included in any standard recipe for Milk Puddings and of this type. Rice Pudding is made more than any other because it is so easy to do. Dried eggs can be added which would make this pudding even more nourishing, particularly for children. The eggs should be reconstituted and added to the cold milk in the proportion of 1 tablespoonful dried egg to half pint milk.

**GENERAL INSTRUCTIONS:** 1 level tablespoonful dried egg equals one fresh egg. If reconstituted to liquid form, add 2 tablespoonful cold water to every level tablespoonful dried egg.

**NOTE:** Never reconstitute dried eggs until you are ready to use them.

## RECIPES

### BATTER OR YORKSHIRE PUDDING

Some people prefer the type of Yorkshire Pudding which is very puffed up with a lot of air holes, whereas others prefer the more substantial kind. This depends on the amount of egg used to a given amount of milk. The secret of a good batter is the beating. Batters using dried egg can be made with plain or self-raising flour, but you must be sure to follow the instructions carefully.

1 lb. flour 1 pint milk  
1 tablespoonful dried egg Pinch of salt

**Note:** Use 2 tablespoonful dried egg to get a more puffed-up result. Sieve the flour, dried egg and salt into a basin. Make a hole in the middle and gradually stir in the milk, keeping the mixture free from lumps, and when all the milk has been added beat well for five minutes. Do not let the mixture stand but put into the oven immediately. While you are making the batter, melt a good-sized knob of cooking fat in a baking tin which should not be too big for the half pint mix, or use some dripping from the meat tin if you have a joint cooking. See that the fat is really hot, then pour in the batter. It is important that the fat should be smoking hot. Place it on a shelf just above the middle of the oven, and bake in a hot oven for 40-45 minutes (Regulo Mark 7).

**Household Milk in Batters.** If you use household milk, add the correct amount of milk powder to the flour and dried egg and then add cold water for mixing.

**Size of Batter:** The half pint batter is sufficient for 4-5 persons. Use half quantities for smaller batters sufficient for 2-3 persons.

### CUSTARD (Cold)

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

**Using Fresh Milk:** Mix flour, sugar and dried egg together. Blend to a smooth paste with a little of the milk. Gradually add the remaining milk. Put in a saucepan. Bring to the boil over a gentle heat, stirring all the time until the mixture thickens. Cook for a further 3 minutes, add flavouring and serve cold.

**Using Household Milk:** Mix flour, sugar, dried egg and 2½ level tablespoonful dry household milk together. Proceed as above, but use half pint water for mixing.

### CUSTARD (Hot)

To serve hot, immediately the custard is made, add 2 tablespoonful dried egg to this recipe. You will then find it will be as thick as the above custard is when it is cold.

### BAKED EGG CUSTARD

This makes a delicious baked custard, very suitable for children, and can be served alone or with stewed prunes, fruit, etc.—

2 reconstituted dried eggs 2 teaspoonful sugar  
1 pint milk 1 teaspoonful vanilla flavouring

Reconstitute the dried eggs. Add sugar and beat well. Heat the milk, but do not boil it. If household milk is used, 2½ tablespoonful must be reconstituted with half pint water, and then heated in the same way. Pour heated milk over eggs gradually, stirring all the time. Add vanilla flavouring. Pour into a well greased dish. Place the dish in a larger dish of water, so that the water comes half way up the baked custard dish. Bake in a moderately hot oven (Regulo Mark 5) for 40-45 minutes. (Serves 3 persons.)

### EGG SAUCE

1 oz. margarine 1 pint milk, household or fresh  
1 oz. flour 1 reconstituted dried egg  
Salt

Melt the margarine, add the flour and cook until the mixture bubbles, stirring all the time. Remove from the heat and gradually stir in the milk, keeping the mixture smooth and free from lumps. Then add the reconstituted egg and stir in. Return to a gentle heat, bring to the boil, stirring all the time, and cook for 2 minutes. Season to taste. **Note:** If household milk is used it must be reconstituted first and not used dry.

### HARD BOILED EGGS

2 reconstituted dried eggs Small knob of margarine

Melt the margarine and add to the reconstituted dried egg and salt to taste. Pour into a greased cup or small mould, cover with grease-proof paper and tie down with string. Steam for 10-15 minutes in a covered saucepan with gently boiling water coming half-way up the side of the cup. Turn out carefully when cooled slightly, and use either hot or cold for all dishes in which hard boiled eggs are required—sauces, curries, salads, etc. If used for cold meals such as salads, do not chop up until the egg is quite cold.

### MADEIRA ORANGE CAKE

8 ozs. self-raising flour 3 reconstituted dried eggs  
3 ozs. sugar Grated peel of 1 orange  
2½-3 ozs. margarine Pinch of salt

Wash the orange well. Grate off the rind with a fine grater. Mix the grated rind with the sugar and leave to stand for 20 minutes for the sugar to absorb the flavour. Warm a mixing bowl or place the bowl over a basin of hot water, as this helps to soften the margarine. Put the margarine into the bowl, break it up with a wooden spoon and beat briskly until the margarine is soft. Add sugar

and beat into the margarine. Beat hard until the mixture is light and fluffy, and looks like cream. Gradually beat in the reconstituted dried eggs, about a third at a time, sprinkling in also a desertspoonful of the sieved flour and salt. Beat each addition of egg thoroughly until all the egg is absorbed, and the mixture becomes thick and creamy. Now gently fold in the rest of the sieved flour with a metal spoon. Add all the flour at once. Folding means lifting up the beaten mixture from the bottom of the basin and covering the flour with it. Then, with the edge of the spoon quickly cut through the mixture with several strokes and continue this lifting and cutting process until all the flour is folded in. Do not beat the mixture at this stage. If flavouring essence is used instead of orange peel, it should be added towards the end of the folding process. Line a cake tin with grease-proof paper. The paper for the side should stand up an inch higher than the depth of the tin. Brush over with melted margarine. Pour in the mixture, levelling the top. Place on the middle shelf of a slow oven (Regulo Mark 2) and bake for 1½ hours.

### MILK PUDDINGS

**GENERAL INSTRUCTIONS:** Allow 2 ozs. (2 heaped tablespoonful) of rice and 1 tablespoonful sugar to each pint of milk. When the pudding is to be cooked alone in the oven it should be placed in the upper part of a very slow oven (Regulo Mark 1). It is not necessary to heat the oven previously. If the pudding is to be cooked at the same time as a whole dinner with the heat high, place the pudding on the top shelf when first lighting the oven. After 15 minutes when the oven is hot, move the pudding to the lower runner or the bottom plate or tray.

### RICH RICE PUDDING

2 heaped tablespoonful rice 1 oz. margarine  
1 pint milk, fresh or household 1 tablespoonful sugar  
2 reconstituted dried eggs A little grated nutmeg

Wash the rice and put in a greased pie dish with the margarine, sugar and milk, mixed with the reconstituted eggs. Grate a little nutmeg on top, then place in the oven as explained above and cook for 2 hours, but also put the dish in another dish with water in it, so that the water comes half way up the sides of the rice pudding dish.

**Note:** When time is limited a quick method is to cook the rice in a saucepan for 20 minutes with the milk. When the grains are soft, mix in the reconstituted dried eggs, margarine and sugar, put in a greased pie dish, grate nutmeg over the top and bake for about 30 minutes on the middle shelf of a moderate oven (Regulo Mark 4) until golden-brown on top. (Serves 3-4 persons.)

### OMELETTES

See Leaflet No. 50 dated February, 1944, for full illustrated instructions for making omelettes with dried egg.

### PANCAKES

1 level tablespoonful dried egg 1 pint milk, fresh or household  
4 ozs. self-raising flour Pinch of salt

**USING FRESH MILK:** Sieve the flour, dried egg and salt into a mixing bowl. Add half the milk and gradually mix in with the flour, beating well. Add the remainder of the milk, a little at a time, finally beating for 5 minutes. Now cook over a medium heat. Have ready a frying pan with sufficient hot melted fat to cover the bottom. Pour in sufficient pancake mixture to cover thinly the bottom of the pan. Cook until the top is set and covered with bubbles. Then toss or turn with a fish ladle or palette knife and cook until the lower side is golden-brown. Sprinkle over a little sugar or a spoonful of jam or syrup. Roll and serve very hot.

**USING HOUSEHOLD MILK:** Add 2½ level tablespoonful dry household milk to flour, etc., and mix with half pint cold water. **Note:** To make a richer pancake add 2 tablespoonful dried egg to this recipe.

### SCRAMBLED EGGS

2 reconstituted dried eggs Pepper and salt  
2 tablespoonful milk Knob of margarine

Reconstitute the eggs and beat well. Add the milk and pepper and salt. Melt the margarine in a saucepan, pour in the egg and stir over a fairly low heat, as the eggs must not cook quickly. Stir occasionally and serve as soon as the eggs set.