

## **More puddings : hot and cold / Stork Margarine Cookery Service.**

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Stork Margarine Cookery Service.

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### SEMOLINA FRUIT CUSTARD

2-lb. jar bottled plums, gooseberries, cherries, etc., or fresh fruit  
1 tablespoonful semolina 2 tablespoonful sugar  
2 reconstituted dried eggs

Drain the fruit, keeping the juice, and arrange fruit in the bottom of a greased pie-dish, adding a little of the juice. Then sprinkle over 1 tablespoonful sugar. If fresh fruit is used, cook it first in a saucepan, simmering until it is beginning to soften. Measure the fruit juice left, and if it is not 1 pint add water to make up. Put the 1 pint juice in a pan, bring to the boil, sprinkle in the semolina, and boil gently for 10 minutes, stirring all the time. Remove from the heat, add the remaining 1 tablespoonful sugar and reconstituted eggs, mix well, and spread evenly over the fruit. Bake for 20 minutes in a moderately hot oven (Regulo Mark 6). Serve hot. Serves 5 portions.

**NOTE:** If fruit bottled in syrup is used, it will only be necessary to add sugar to the semolina mixture.

### COLD SWEETS

**NOTE:** In the following recipes "level" means a really flat tablespoonful, so that only the bowl of the spoon is filled.

#### CARAMEL CUSTARD

1 pint milk or milk and water 4 level tablespoonful dried egg  
2 level dessertspoonful flour 1 tablespoonful sugar

#### FOR CARAMEL:

1 tablespoonful sugar 1 tablespoonful water

Put the sugar and water for the caramel together in a saucepan and allow to boil rapidly until the mixture becomes a dark golden brown, then pour into a dry plain mould or pudding basin, turning it round and round so that some of the mixture coats the sides.

Sieve the dried egg and flour together, add the sugar, and mix to a smooth thin paste with a little of the milk. Gradually add the remainder of the milk and mix until smooth and free from lumps. Put into a saucepan, and cook gently until thick, stirring all the time, then pour into the mould and bake for 20-30 minutes in a moderately hot oven (Regulo Mark 5). Serve hot or cold. Serves 4-5 portions.

This recipe and the Coffee Mould will set firm and can be turned out of moulds when they are cold.

#### CHOCOLATE MOULD

1 pint water 2 heaped tablespoonful cocoa  
2 tablespoonful sugar 2 level tablespoonful dried egg  
8 level tablespoonful flour or 4 level tablespoonful cornflour

Mix together the dried egg, flour, sugar and cocoa, and blend to a smooth thin cream with sufficient of the water. Bring the remainder of the water to the boil, and pour gradually over the mixture, stirring all the time. Put into a saucepan, and bring slowly to the boil, stirring all the while, and let it boil for 3 minutes. Then whisk well with a wire whisk or a fork for 2-3 minutes, and pour into a wetted mould. Leave overnight before turning out. Serves 4-5 portions.

#### COFFEE MOULD

1 pint water and 1 pint strong coffee  
4-5 teaspoonful coffee essence mixed with 1 pint water  
2 tablespoonful sugar 3 level tablespoonful dried egg  
8 level tablespoonful flour, or 4 level tablespoonful cornflour

Mix the flour, dried egg and sugar together, and blend to a smooth thin cream with sufficient of the water. Add the coffee or coffee essence to the remainder of the water and bring to the boil, and pour gradually over the flour mixture, stirring all the time. Put into a saucepan and bring slowly to the boil, stirring well, and let it boil for 3 minutes. Then pour into a wetted mould, and leave until quite cold before turning out. Serves 4-5 persons.

### ORANGE AND LEMON CREAM

This cream recipe is not suitable for turning out of a mould, but is thick enough to serve cold out of custard cups.

1 pint water Grated rind of 1 orange  
2 tablespoonful sugar 3 level tablespoonful dried egg  
3 level tablespoonful flour or 1 1/2 level tablespoonful cornflour  
1 teaspoonful lemon substitute mixed with 2 1/2 teaspoonful water, or juice of 1/2 lemon and no added water

Mix together the flour, sugar, dried egg and grated orange rind, and blend smoothly to a thin cream with some of the water. Bring the remainder of the water to the boil, and pour over the flour mixture gradually, stirring all the time. Put into a saucepan and bring slowly to the boil, stirring continuously, and let it boil gently for 3 minutes. Then remove from the heat, and stir in the lemon substitute or lemon juice. Whip briskly with a wire whisk or a fork for 2-3 minutes, pour into custard cups, and serve cold. Serves 5 portions.

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## COOKERY NOTES No. 52

Recipes approved by the Ministry of Food

APRIL, 1944

## STORK MARGARINE COOKERY SERVICE

### MORE PUDDINGS—HOT and COLD

<b>HOT</b>	BREAD PUDDING SPICED CHELSEA ROLL PUDDING CHOCOLATE BAKEWELL TART CHOCOLATE GINGER PUDDING CHOCOLATE RICE PUDDING CHOCOLATE ROLL FRUIT PUDDING STEAMED	MARMALADE PUDDING ORANGE CURD TART PLUM CHARLOTTE RICE CINNAMON DUMPLINGS SEMOLINA FRUIT CUSTARD
<b>COLD</b>	CASHEL CUSTARD CHOCOLATE MOULD	COFFEE MOULD ORANGE AND LEMON CREAM

No British main meal of the day is complete without a pudding, and with a little planning it is easier to vary puddings than most of our war-time dishes. Here we are giving more suggestions, as our last pudding leaflet No. 47 seemed very popular—ideas suitable for any kind of weather, and recipes which are economical in fat. They are also sparing on other rationed foods and at the same time make use of ingredients which are not rationed.

**BREAD CRUMBS:** Some of this month's recipes contain bread crumbs, which can be obtained from ordinary stale bread, but the better way, and the way to avoid wasting even a scrap of bread, is to keep a tin of dried bread crumbs. What you do is to save every scrap of bread and dry it in the oven when using it for cooking or after the heat has been turned off. Or rest the bread in front of an open fire or even on top of a boiler fire. When the bread is crisp and completely dry, crush it with a rolling pin, or put it through a mincer. Then shake it through a wire sieve to make sure no lumps are left, store it in an airtight tin or jar, and the crumbs will keep a long time.

**Weight of Crumbs:**  
For Dried baked crumbs - 2 heaped dessertspoonful equal 1 oz.  
Freshly made crumbs - 2 heaped tablespoonful equal 1 oz.

**SAUCES:** Some of the following recipes suggest serving a sauce with the pudding. For all the sauces mentioned, make a Hot Custard from recipe given in Cookery Notes No. 51, with the following additions—

**Chocolate Sauce:** Add 1 level dessertspoonful cocoa to other dry ingredients.

**Cinnamon Sauce:** Add 1 heaped teaspoonful cinnamon to other dry ingredients, or mixed spice if cinnamon not available.

**BREAD PUDDING (SPICED)**

- 4 thick rounds stale bread, or the same amount of pieces
- 2 tablespoonsful sugar
- 2 tablespoonsful milk
- 2 reconstituted dried eggs
- 2 ozs. margarine
- 1 heaped teaspoonful spice
- 3 ozs. chopped prunes, dates, sultanas, or currants
- 2 tablespoonsful self-raising flour
- 1 teaspoonful bicarbonate of soda
- Pinch of salt

Break the bread up, and soak in cold water for 5 minutes. Squeeze dry, put into a bowl and break as small as possible with a fork. Sieve the flour, salt and spice, and add with the fruit and sugar to the bread, stirring all together. Stir in the reconstituted eggs. Melt the margarine, dissolve the bicarbonate of soda in the milk, and add both to the flour, etc., stirring well until the mixture is smooth. Put into a greased pie-dish, and bake for 50-55 minutes in a fairly hot oven (Regulo Mark 6).

**NOTE:** The secret of making a good bread pudding of this type lies in soaking the bread just long enough to get moist but not pappy. If soaked too long the pudding will be wet and stodgy inside.

If liked, a little jam sauce can be served with this pudding, i.e., jam mixed with an equal quantity of water and heated.

**CHELSEA ROLL PUDDING**

- 1 lb. self-raising flour
- 1 1/2 tablespoonsful sugar
- 1 1/2 cups currants (or other fruit)
- 2 ozs. cooking fat (or margarine if it can be spared)
- 1 pint milk or milk and water
- 2 tablespoonsful water
- 1 1/2 ozs. currants (or other fruit)
- 1/2 oz. salt

Sieve together the flour, dried egg and salt. Rub in the fat. Add the water to the milk, make a hole in the centre of the flour and pour in. Mix to a smooth dough. Turn out on to a floured board and knead a little. Shape into an oblong and roll out into a long strip about 1/2 inch thick. Sprinkle the fruit and sugar evenly over the surface. Roll up firmly like a roly-poly. Bake for 35 minutes on the middle shelf of a hot oven (Regulo Mark 7), or wrap up in greaseproof paper and a pudding cloth and steam for 1 hour.

**CHOCOLATE BAKEWELL TART**

- 1 tablespoonful cocoa
- 1 tablespoonful dried egg
- 1 oz. margarine
- 2 tablespoonsful sugar
- 2 tablespoonsful self-raising flour
- 2 tablespoonsful water
- 1 tablespoonful milk

Melt the margarine. Sieve the cocoa, dried egg and flour together. Add the sugar, and mix well. Mix smoothly with the milk and water. Add the melted margarine and beat well.

**PASTRY:**

- 4 ozs. bread crumbs
- 4 ozs. self-raising flour
- 1/2 teaspoonful bicarbonate of soda
- 2 level tablespoonsful dried egg
- 1 oz. margarine
- Cold water to mix
- Pinch of salt
- 2 tablespoonsful Jam

Sieve the flour, dried egg, bicarbonate of soda and salt together. Add the bread crumbs, and mix. Melt the margarine, cool slightly, and add, stirring well. Add sufficient water to make a stiff paste, knead slightly, turn out on to a floured board and roll into a round. Line a greased sandwich tart or flan tin with the pastry. Spread the jam over the bottom, smooth the chocolate filling over the top, and bake for 25-30 minutes in a fairly hot oven (Regulo Mark 6). Serves 4-5 portions.

**CHOCOLATE GINGER PUDDING**

- 4 ozs. bread crumbs
- 3 ozs. self-raising flour
- 1 tablespoonful cocoa
- 2 reconstituted dried eggs
- 2 tablespoonsful syrup, or 3 tablespoonsful sugar
- 1 heaped teaspoonful ground ginger
- 2 ozs. margarine
- 1 teaspoonful bicarbonate of soda
- 1 tablespoonful milk
- Pinch of salt

Sieve the flour, salt, cocoa and ginger together, and mix with the bread crumbs. Put the syrup or sugar and margarine in a saucepan and melt. Allow to cool slightly, and add the reconstituted eggs, and the bicarbonate of soda dissolved in the milk. Stir well, and add this mixture to the flour, etc. Mix well, put into a greased pudding basin, and cover with greaseproof paper, and steam for 1 hour. Serve hot with Chocolate Sauce, or hot syrup. Serves 6 portions.

**CHOCOLATE RICE PUDDING**

- 2 tablespoonsful rice
- 1 pint milk or milk and water
- 2 tablespoonsful syrup, or 3 tablespoonsful sugar
- 1 tablespoonful cocoa
- 2 reconstituted dried eggs
- 2 tablespoonsful sugar

Mix the cocoa to a smooth thin paste with a little of the milk. Bring the rest of the milk to the boil, and scatter in the washed rice. Boil gently for 20 minutes, until the rice is soft. Remove from the heat, add the cocoa, reconstituted dried egg, and sugar or syrup. Mix well, put into a greased pie-dish, and bake for 30 minutes on the middle shelf of a moderate oven (Regulo Mark 4). Serve hot. Serves 4-5 portions.

**CHOCOLATE ROLL**

- 6 ozs. self-raising flour
- 2 level tablespoonsful dried egg
- 2 tablespoonsful sugar
- Milk or milk and water to mix (about 1/2 pint)
- 2 tablespoonsful cocoa
- 2 ozs. margarine
- Pinch of salt

Sieve the flour, salt, cocoa and dried egg together. Mix thoroughly, and rub in the margarine. Add the sugar, and mix with milk to a dry paste. Roll out on an oblong on a floured board. Mix the cocoa thoroughly with the jam, and spread evenly over the pastry, roll up, wrap loosely in a greaseproof paper brushed with melted margarine, and steam for 1 hour. Serve hot with Chocolate Sauce. Serves 6 portions.

**FRUIT PUDDING STEAMED**

- 2-lb. jar fruit in syrup, or 1 lb. fresh fruit, or rhubarb
- 4 ozs. bread crumbs
- 4 ozs. self-raising flour
- 2 level tablespoonsful dried egg
- (2 tablespoonsful sugar, if fresh fruit is used, or fruit bottled in water and not syrup)
- 1/2 teaspoonful bicarbonate of soda
- 1 oz. margarine
- Pinch of salt
- Cold water to mix

Sieve the flour, salt, dried egg, and bicarbonate of soda together. Add the bread crumbs and mix. Melt the margarine, cool slightly, and add, stirring well. Mix with cold water to a stiff dough that leaves the sides of the bowl clean. Roll out thinly on a floured board. With half the pastry, line the inside of a greased basin. Roll the remaining half into 2 rounds, one bigger than the other. Half fill with the fruit. (If bottled fruit is used, strain off the juice. If fresh fruit or fruit bottled in water is used, sprinkle with sugar.) Over the fruit place the smaller round of the pastry. Then put the remainder of the fruit on top, and cover with the remaining larger round of pastry. Cover with greaseproof paper, and steam for 1 hour. Serves 4-5 portions.

**MARMALADE PUDDING**

- 4 ozs. self-raising flour
- 4 ozs. bread crumbs
- 2 reconstituted dried eggs
- 2 tablespoonsful marmalade
- 1 oz. margarine
- 1 tablespoonful sugar
- 1/2 teaspoonful bicarbonate of soda
- 1 tablespoonful milk
- Pinch of salt

Sieve the flour and salt, and mix with the bread crumbs. Put the marmalade, sugar and margarine in a saucepan, and melt. Allow to cool slightly, and add the reconstituted eggs and the bicarbonate of soda dissolved in the milk. Stir well, and add this mixture to the flour, etc. Mix well, put in a greased pudding basin, cover with greaseproof paper, and steam for 1 hour. If liked, a little extra marmalade can be put in the bottom of the basin before filling with the mixture, or serve with hot marmalade diluted with a little water. Serves 6 portions.

**ORANGE CURD TART**

- 6 ozs. self-raising flour
- 1 1/2 ozs. margarine
- 7 tablespoonsful water
- 1 level tablespoonful dried egg
- Pinch of salt
- Water to mix

Sieve together the dried egg, salt and flour. Rub in the margarine and mix with cold water to a dry paste that will leave the sides of the bowl clean. Roll out on to a floured board to a round large enough to fit a sandwich tin or open tart plate. Line the tin or plate with the pastry, trim the edges, and save the pieces to make strips to decorate the tart.

**FILLING:**

- Rind of 2 oranges
- 1 tablespoonful sugar
- 2 level tablespoonsful cornflour, or 4 level tablespoonsful flour
- 2 level tablespoonsful dried egg
- 7 tablespoonsful water
- or juice of 1 lemon

Mix the dried egg, flour, sugar, and grated orange rind together. Mix the lemon substitute or lemon juice with the 7 tablespoonsful of water, and mix smoothly to the egg, flour, etc. Put into a double saucepan, or an ordinary saucepan on a very low heat, and cook until thick, stirring carefully. Fill the tart, decorate with criss-cross strips of pastry, and bake for 40 minutes in a moderately hot oven (Regulo Mark 6). Serve hot. Serves 6 portions.

**PLUM CHARLOTTE**

- 2-lb. jar bottled plums, or fresh plums
- 2 tablespoonsful golden syrup, or 3 tablespoonsful sugar
- 4 ozs. bread crumbs
- 1 oz. margarine
- 2 reconstituted dried eggs
- 1/2 teaspoonful bicarbonate of soda

Drain the bottled plums, and arrange in the bottom of a greased pie-dish, adding about 2 tablespoonsful of the juice. (If plums were bottled without sugar, or if fresh plums are used, sprinkle with sugar.) Put the golden syrup or sugar and the margarine in a saucepan and heat until the margarine is melted. Mix the bicarbonate of soda with the reconstituted egg, and add to the bread crumbs. Add the cooled margarine and syrup, mix well together, and pour evenly over the plums. Bake until golden brown on top (about 20 minutes) in a moderately hot oven (Regulo Mark 6). Serve hot. Serves 5-6 portions.

**NOTE:** Any other fruit can be used.

**PRUNE PUDDING**

- 8 ozs. self-raising flour
- 2 ozs. margarine
- 2 reconstituted dried eggs
- 1 oz. margarine
- 2 tablespoonsful sugar
- 3 ozs. prunes (weighed before stoning)
- 2 tablespoonsful milk
- Pinch of salt

Sieve the flour and salt into a basin. Remove the stones, and chop the prunes, adding them to the flour. Melt the margarine and sugar over a low heat. Cool slightly, and add with the reconstituted egg to the flour and prunes. Mix well, adding 2 tablespoonsful of milk. Put into a greased pudding basin, cover with greaseproof paper, and steam for 1 hour. Serves 5-6 portions.

**RICE CINNAMON DUMPLINGS**

- 4 ozs. rice
- 2 tablespoonsful sugar
- 2 reconstituted dried eggs
- 1 heaped teaspoonful cinnamon or mixed spice
- 4 ozs. self-raising flour
- 2 ozs. margarine
- 1/2 teaspoonful salt

Cook the washed rice in boiling water for 15-20 minutes until soft. Drain, saving the water for stock. Put the rice in a bowl, add the sieved flour, cinnamon and salt, the sugar, the reconstituted eggs, and mix. Melt the margarine and add. Take a spoonful at a time, roll in some additional flour, and drop into boiling water. Boil for 15 minutes, drain, and serve with Cinnamon Sauce, a little hot jam or syrup, or sprinkled with sugar. Use mixed spice if cinnamon not available. Makes 8-10 dumplings.