

Meals from canned meat or fish / Stork Margarine Cookery Service.

Contributors

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GRILLED PIQUANTE SALMON

$\frac{1}{2}$ pint rice stock water, and liquid from salmon tin 2 ozs. rice
 $\frac{1}{2}$ large or 1 small tin Grade 3 salmon 2 reconstituted dried eggs
 $\frac{1}{2}$ oz. margarine 1 tablespoonful breadcrumbs
1 heaped tablespoonful flour Pepper and salt
1 tablespoonful mustard pickles finely chopped

Cook the rice in $\frac{1}{2}$ pint boiling salted water until soft—about 20 minutes. Drain, and keep the water. Meantime, break up the salmon with a fork, removing all bones. Melt 1 oz. of margarine in a saucepan, add the flour and cook until the mixture bubbles, stirring all the time. Add the $\frac{1}{2}$ pint liquid, and stir until the mixture thickens. Remove from the heat, and stir in reconstituted eggs, salmon, rice, chopped pickles, pepper and salt. Return to the heat and cook gently until the mixture again bubbles. Pour into a fireproof dish, sprinkle over the breadcrumbs, and put under the grill until golden brown on top. Serves 4 portions.

SALMON AND NUTMEG FLAN

CRUST
 $\frac{1}{2}$ lb. potatoes $\frac{1}{2}$ oz. margarine
1 reconstituted dried egg 2 tablespoonful breadcrumbs
Salt and pepper

Cook the potatoes, drain, and keep the water. Reconstitute 1 egg and add to the potatoes with the margarine, breadcrumbs, pepper and salt. Mash all thoroughly together. Turn out on to a floured board, and gently roll to form a flat cake the size of a fairly large sandwich tin. Put the cake into the tin, and with a knife press the mixture up round the sides to form a flan shape with a crust all round about an inch wide and $\frac{1}{2}$ inch deep. Decorate by pressing a fork lightly down on the crust edge all the way round, and smooth the bottom of the potato cake with a knife.

FILLING
 $\frac{1}{2}$ large or 1 small tin Grade 3 salmon 1 heaped tablespoonful flour
2 reconstituted dried eggs Grated nutmeg
 $\frac{1}{2}$ oz. margarine 1 tablespoonful breadcrumbs
 $\frac{1}{2}$ pint liquor made up from salmon juice and potato water Pepper and salt
Drain the salmon and flake, and put aside. Make up the salmon juice to $\frac{1}{2}$ pint with the potato water. Melt 1 oz. of the margarine in a saucepan, add the flour and cook until the mixture bubbles, stirring all the time. Add the liquor, and stir till boiling. Remove from the heat, add the eggs and salmon. Season with grated nutmeg, pepper and salt, and pour into the flan. Sprinkle with the breadcrumbs, dot with the remainder of the margarine, and bake for 30 minutes in a hot oven (Regulo Mark 7). Serves 3-4 portions.

CURRIED SARDINES

1 small tin of sardines 1 oz. margarine
 $\frac{1}{2}$ an onion 1 tablespoonful flour
 $\frac{1}{2}$ a cooking apple or 1 stick of rhubarb 1 tablespoonful vinegar
Boiled rice or hot mashed potatoes $\frac{1}{2}$ pint vegetable stock
1 fresh or bottled tomato, or 1 tablespoonful tomato sauce or purée
1 dessertspoonful curry powder, or 1 tablespoonful if a very hot curry is preferred Pepper and salt

Chop the sardines, removing bones, and put aside. Then peel and chop the apple, or rhubarb, and onion. Melt the margarine in a saucepan, add the apple or rhubarb and onion, and fry until light brown. Stir in the flour and the curry powder, and cook gently for 5 minutes. Add the chopped tomato or sauce, and the stock, stir until boiling, then allow to simmer on a low heat for 15-20 minutes. Add the vinegar, and the sardines. Season, and cook gently for 10 minutes longer, until the sardines are heated through. Serve with a border of boiled rice, or mashed potatoes. Serves 2 portions.

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

SARDINE AND PARSLEY PIE

1 small tin sardines 2 tablespoonful chopped parsley
 $\frac{1}{2}$ pint potato water 1-2 tablespoonful vinegar
1 oz. margarine 3 reconstituted dried eggs
1 heaped tablespoonful flour 1 lb. potatoes Pepper and salt

Cook and mash the potatoes (keeping the water) and beat in 1 reconstituted egg and pepper and salt to taste. Chop up the sardines, removing the bones. Melt the margarine in a saucepan, add the flour and cook until the mixture bubbles, stirring all the time. Add the stock, and stir until boiling. Remove from the heat and add the sardines, 2 reconstituted eggs, the parsley and vinegar. Season, and pour into a greased pie-dish. Spread the mashed potatoes lightly over the sardine mixture. Bake for 20-30 minutes in a hot oven (Regulo Mark 7). Serves 3-4 portions.

FOLD HERE

FOLD HERE

RABBIT (OR MEAT) AND GREEN PEA SAVOURY

6 ozs. tinned rabbit, weighed after boning, or tinned meat
 $\frac{1}{2}$ lb. dried whole peas, or 1 $\frac{1}{2}$ lbs. fresh green peas 1 $\frac{1}{2}$ ozs. margarine
1 heaped tablespoonful flour 2 reconstituted dried eggs
1 tablespoonful vinegar 1 tablespoonful breadcrumbs
 $\frac{1}{2}$ pint water in which peas were cooked Pepper and salt
3 teaspoonful dried mint, or 2 teaspoonful chopped fresh mint

Cook green peas in boiling salted water until done, or soak and cook dried peas according to instructions in Cookery Notes No. 46. Drain and keep the water. Chop the rabbit or meat into small cubes. Melt 1 oz. of the margarine, add the flour, and cook until the mixture bubbles. Add the water and bring to the boil, stirring all the time. Cook for 3 minutes. Remove from the heat, add the rabbit or meat, cooked peas, chopped mint, reconstituted eggs, vinegar and seasoning. Stir well, put into a greased pie-dish, sprinkle with the breadcrumbs, dot with the remainder of the margarine, and bake for 20-30 minutes in a hot oven (Regulo Mark 7). Serves 5-6 portions.



COOKERY NOTES No. 53

Recipes approved by the Ministry of Food

MAY, 1944

STORK MARGARINE COOKERY SERVICE

MEALS FROM CANNED MEAT OR FISH

MEAT

BUFFILED SAUSAGES
RAGOUT OF SAUSAGE
SAUSAGE AND APPLE SAVOURY
SAUSAGE CUTLETS

CURRIED STEAK AND RICE
STEAK AND MACARONI CASSEROLE
BRAISED SPICED HAM WITH
DUMPLINGS
SPICED HAM AND LENTIL FRY

FISH

BAKED HERRINGS WITH MUSTARD
SAUCE
MACKEREL AND CHUTNEY PIE
MACKEREL RISOTTO
BAKED SALMON AND MACARONI

GRILLED PIQUANTE SALMON
SALMON AND NUTMEG FLAN
CURRIED SARDINES
SARDINE AND PARSLEY PIE

RABBIT OR MEAT AND GREEN PEA SAVOURY

That old remark about Mother being a wonderful cook with a tin opener has lost its point, for nowadays we rely on tinned meat or fish for a good many meals, especially now that some of them—particularly tinned fish—have been reduced on points value. Many of these goods are delicious served cold straight from the tin, but it is also nice to make them up into other kinds of meals with rice, potatoes, etc. Also, sometimes a whole tin is too much for one meal, and many of our recipes give ideas for using only part of the contents. Eat half cold one day, and then make a quite different flavoured dish with the rest for the next day. In these recipes a whole tin can, of course, be used if preferred, instead of the amount given; the result would just be a richer flavour of the meat or fish used.

NOTE: Ordinary unrationed sausage meat could also be used in any of the recipes based on tinned meat.

DEVILLED SAUSAGES

- 1 reconstituted dried egg
- Seasoning
- Breadcrumbs or oatmeal for coating
- DEVIL SAUCE
- 2 tablespoons cold gravy
- 1 dessertspoonful ketchup (if available)
- 1 dessertspoonful vinegar
- 1 teaspoonful salt, if needed
- 1 teaspoonful made mustard
- 1 oz. margarine melted
- 1 dessertspoonful chutney or chutney sauce

Mix the mashed potato, reconstituted egg and the sausage meat together thoroughly with a fork. Season to taste with pepper and salt. Turn out on to a board sprinkled with oatmeal or breadcrumbs, form into a roll, divide into 8 equal portions, form each portion into a "sausage," roll in the oatmeal or breadcrumbs, and lay side by side in the bottom of a large greased pie-dish or baking tin. Make the sauce by mixing all the ingredients together, adding the melted margarine last, and pour evenly over the sausages in the dish. Heat for 20-30 minutes in a moderately hot oven (Regulo Mark 6). Makes 8 sausages.

RAGOUT OF SAUSAGE

- 1 tin American sausage meat
- 1 pint vegetable stock or water
- 2 onions or leeks
- 4 ozs. rice
- 2 tablespoons home-made tomato chutney or sauce
- Pepper and salt
- 2 reconstituted dried eggs
- 1 oz. fat from tin
- Parsley for garnishing

Chop the onions or leeks finely. Melt the fat in a saucepan, add the chopped onions and the washed rice, and cook until the onions are beginning to turn golden brown. Pour in the stock, bring to the boil and cook for about 15-20 minutes until the rice is soft, stirring often. Chop the sausage meat finely and add, with the reconstituted eggs, and the sauce. Season to taste, and cook for a further 5 minutes. Serve on a hot dish, garnished with chopped parsley. Serves 3-4 portions.

SAUSAGE AND APPLE SAVOURY

- 1/2 contents of tin of American sausage meat (after fat has been removed)
- 4 ozs. macaroni
- 3 ozs. apple rings
- 2 reconstituted dried eggs
- 1 pint vegetable stock and water in which apple rings and macaroni were cooked
- Pepper and salt
- 1 oz. fat from can of meat
- 1 tablespoonful breadcrumbs

Wash the apple rings in cold running water and soak overnight in 1 pint cold water. Drain, make the water up to 1 pint, add 1/2 teaspoonful salt, bring to the boil, add the macaroni and cook gently until tender, about 20 minutes. Drain, again saving the water. Chop the apple rings and the sausage meat, and add to the macaroni with the reconstituted eggs, and the water in which the macaroni was cooked, made up to a pint with extra water or vegetable stock. Season to taste, put into a large greased casserole or pie-dish, sprinkle with the breadcrumbs, dot with the fat, and bake for 40-45 minutes in a moderately hot oven (Regulo Mark 6). Serves 6-6 portions.

SAUSAGE CUTLETS

- 1 tin American sausage meat
- 4 tablespoons oatmeal
- 4 tablespoons mashed potato
- 2 reconstituted dried eggs
- 1 tablespoonful tomato or any table sauce
- 1 tablespoonful chopped parsley
- Breadcrumbs or oatmeal for coating
- Pepper and salt
- Fat (from tin) for frying

Mix the sausage meat with the oatmeal, reconstituted eggs, potato, parsley and sauce. Season to taste. Sprinkle a pastry board with breadcrumbs or oatmeal, turn the mixture out and form into a roll. Divide into 8 equal portions, form each portion into the shape of a cutlet, coat with the oatmeal or breadcrumbs, and fry in the hot fat until golden brown on both sides. Makes 8 cutlets.

CURRIED STEAK AND RICE

- 1/2 or 1 contents of 1-lb. tin of steak
- 2 small onions or leeks (or several spring onions)
- 1 heaped tablespoonful flour
- 1 dessertspoonful curry powder
- 1 pint water in which rice is cooked
- 2 ozs. rice
- 1 apple (if available)
- 1 oz. margarine
- Salt and pepper
- 1 tablespoonful vinegar

Cook the washed rice in boiling salted water until soft. Drain, saving the liquid, and keep hot. Chop the apple and onions and fry in the margarine until light brown. Stir in the flour and curry powder (using a tablespoonful if a hotter curry is preferred), and cook for 5 minutes, stirring frequently. Draw off the heat and add the water, and the tomato or sauce. Bring to the boil, stirring all the time, then allow to simmer on a low heat for 15-20 minutes, stirring at intervals. Remove from the heat, chop the steak, and add, with the cooked rice, and the vinegar. Stir well, season, return to the heat, and cook gently for 10 minutes longer until the mixture is heated through. Serve immediately. Serves 2-3 portions.

STEAK AND MACARONI CASSEROLE

- 1/2 or 1 contents of 1-lb. tin of steak
- 2 leeks or several spring onions
- 4 ozs. macaroni
- 1 pint water, or vegetable stock, or water from macaroni
- 2 tablespoonful home-made tomato sauce, or purée, or any table sauce
- Pepper and salt
- 1 oz. margarine or cooking fat

Cook the macaroni in boiling salted water until soft. Drain, saving the water. Chop the leeks finely, and fry lightly in the fat in a fairly large saucepan. Chop the steak, and any large piece of macaroni, and put into the saucepan with the water or stock, and tomato sauce. Mix well together, season to taste, pour into a greased casserole, cover, and cook for 20-30 minutes in a moderately hot oven (Regulo Mark 6). Serves 5-6 portions.

BRAISED SPICED HAM WITH DUMPLINGS

- 1/2 a 12-oz. tin of spiced ham
- 1 lb. swedes
- 1 heaped tablespoonful flour
- 1 leek (or the equivalent in spring onions)
- 1 pint vegetable stock or water
- 1 oz. margarine or cooking fat
- Pepper and salt

DUMPLINGS (without fat)
1/2 lb. self-raising flour
1 teaspoonful salt
Water to mix

To make the dumplings, sieve the flour and salt into a basin and mix with water to a soft dough, as for scones. Turn out on to a floured board, form into a roll, and divide into 8 equal portions. Roll into balls.

Chop the leek, and dice the swedes and the meat. Melt the fat in a fairly large saucepan, add the leek and the swedes, and fry lightly, stirring often. Sprinkle with the flour, and cook for 3 minutes longer, stirring well. Add the stock, and bring to the boil, stirring all the time. Lower the heat to simmering point, add the meat, season, and add the dumplings. Cover, and allow to cook gently for 45 minutes, giving the pan an occasional shake. Serves 4-5 portions.

SPICED HAM AND LENTIL FRY

- 1/2 lb. whole green lentils
- 8 ozs. spiced ham
- 1 bundle watercress
- 1 pint fresh vegetable stock or water
- 1 oz. margarine or cooking fat
- 1 heaped tablespoonful flour
- 1 heaped tablespoonful parsley
- Salt

Wash the lentils in cold running water, and soak overnight in 1 pint cold water to which 1/2 teaspoonful bicarbonate of soda has been added. Drain, make the water in which they were soaked up to 1 pint with added cold water, bring to the boil, add the lentils, and cook gently until soft, about 1/2 an hour. Drain. Cut the meat into cubes. Chop the washed parsley and watercress, and fry lightly in the margarine. Add the flour and cook for 3 minutes longer, stirring all the time. Add the water or stock, and the meat, and bring to the boil, stirring all the time. Lower the heat, add the cooked lentils, and stir in. Season, and cook gently for 5 minutes longer, stirring frequently. Serve very hot. Serves 3-4 portions.

BAKED HERRINGS WITH MUSTARD SAUCE

- 1 tin herrings or pilchards
- 1/2 ozs. margarine
- 1 heaped tablespoonful flour
- 2 teaspoonful made mustard
- 1 heaped tablespoonful stale breadcrumbs
- 3 tablespoonful vinegar
- 2 reconstituted dried eggs
- 1 pint vegetable stock or water
- Pepper and salt

Put the herrings with the liquor from the tin in the bottom of a fairly large greased pie-dish. Sprinkle with a tablespoonful of the vinegar, pepper and salt. Melt 1 oz. of the margarine in a saucepan, add the flour, and cook until the mixture bubbles, stirring all the time. Add the stock, and stir until boiling. Cook for 3 minutes longer, stirring rapidly. Remove from the heat, add the reconstituted eggs, the mustard and the remainder of the vinegar. Season to taste, pour evenly over the herrings, sprinkle with the breadcrumbs, dot with the remainder of the margarine, and bake for 20-30 minutes in a hot oven (Regulo Mark 7) until golden brown. Serves 5-6 portions.

MACKEREL AND CHUTNEY PIE

- 1 tin mackerel
- 3 reconstituted eggs
- 2 ozs. margarine
- 1 heaped tablespoonful flour
- 1 pint liquor made up with sauce from tin and vegetable stock or water
- 2 tablespoonful chutney or chopped mixed pickles
- 3 tablespoonful vinegar
- 1 lb. cooked potatoes
- Pepper and salt

Strain the juice from the mackerel, and make up to 1 pint with vegetable stock or water. Lay the mackerel in the bottom of a greased pie-dish and sprinkle with 2 tablespoonful of the vinegar and pepper and salt. Melt 1 oz. of the margarine in a saucepan, add the flour and cook until the mixture bubbles, stirring all the time. Add the liquor, and stir until boiling. Cook for 3 minutes longer, remove from the heat, and stir in 2 reconstituted eggs, the chutney or pickle, and the remainder of the vinegar. Season to taste, and pour evenly over the mackerel. Mash the potatoes well with 1 reconstituted egg, and the remaining ounce of margarine. Season with pepper and salt and spread evenly over the mackerel. Bake for 30 minutes in a hot oven (Regulo Mark 7). Serves 5-6 portions.

NOTE: Tinned herrings or salmon can also be used for this dish.

PILCHARD - MACKEREL RISOTTO

- 2 ozs. rice
- 1 tin mackerel
- 2 reconstituted dried eggs
- 1 tablespoonful vinegar
- 2 teaspoonful made mustard
- 1 tablespoonful chopped parsley
- 1 oz. margarine
- 1 dessertspoonful flour
- 1 pint vegetable stock
- Pepper and salt

Flake the mackerel, removing all bones. Blend the flour to a smooth paste with a little of the stock, and put aside. Melt the margarine in a saucepan, add the washed rice, and fry for 3 minutes, stirring frequently. Pour in the stock, bring to the boil, and cook until the rice is soft, about 15-20 minutes. Remove from the heat, and stir in the flaked mackerel, mustard, vinegar, reconstituted eggs, and flour mixture. Season, return to the heat, and simmer gently for 10-15 minutes or until the mixture thickens, stirring frequently. Serve very hot, sprinkled with chopped parsley. Serves 2 portions.

BAKED SALMON AND MACARONI

- 1/2 pint liquor, made up from salmon juice from tin and macaroni water
- 1 large or 1 small tin Grade 3 salmon
- 4 ozs. macaroni
- 2 tablespoonful vinegar
- 1 oz. margarine
- Pepper and salt
- 1 heaped tablespoonful flour
- 2 reconstituted dried eggs

Flake the salmon, removing all bones. Cook the macaroni in 1 pint boiling salted water until soft. Drain, saving the water. Melt the margarine in a saucepan, add the flour, and cook until the mixture bubbles, stirring all the time. Add the liquor, and stir until boiling. Remove from the heat, add the salmon, eggs, macaroni, and vinegar. Season to taste, put into a greased pie-dish, and bake for 20-30 minutes in a hot oven (Regulo Mark 7). Serves 5 portions.