

Marrows, cucumbers & pumpkins / Stork Margarine Cookery Service.

Contributors

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or fine muslin and fill up the jars, making quite sure the gherkins are covered with the vinegar. Make completely airtight and keep for at least three months before using.

The following method is simpler, but gives a harder cucumber:

CUCUMBER IN SPICED VINEGAR

4 lbs. pickling cucumbers
Brine made by dissolving 8 ozs. salt (8 heaped dessertspoonsful) in 2 quarts water

Spiced Vinegar: 1 quart vinegar 6 peppercorns
1 oz. cinnamon (1 heaped teaspoonful)
1 oz. cloves (1 heaped teaspoonful)
1 oz. whole allspice (1 level dessertspoonful)
1 oz. mace (1 heaped teaspoonful)

Wash the cucumbers and cut up into pieces. Put them into an unglazed stone jar and cover with the brine and leave for 24 hours. Drain off the brine and wash the cucumbers in cold water, and then fill up the jars. To prepare the spiced vinegar, put the vinegar and all the spices in a covered saucepan and bring to the boil. Turn off the heat and let the vinegar stand for two hours. Then put through a strainer, and when the spiced vinegar is quite cold pour over the cucumbers, make the jars thoroughly airtight and store for at least three months before using.

CUCUMBER MUSTARD PICKLE

3 lbs. pickling cucumbers
Brine made by dissolving $\frac{1}{2}$ lb. salt (8 heaped dessertspoonsful) in 2 quarts water

Mustard Pickle: 2 ozs. sugar (2 heaped tablespoonful) 1 level tablespoonful salt
1 oz. flour (1 heaped tablespoonful) 1 level tablespoonful curry
1 oz. mustard (2 heaped teaspoonful) 1 pint vinegar

Wash the cucumbers, cut them up into small pieces and soak in the brine for 24 hours. Drain off the brine and wash well in cold water. Then cook the cucumber in boiling slightly salted water until tender (about 15 minutes), again drain off the water. Now make the Mustard Pickle. Mix all the ingredients to a smooth paste with a little of the cold vinegar. Bring the rest of the vinegar to the boil and pour over the mixed spices. Put the mixture back into the saucepan, bring to the boil and simmer for 5 minutes. Then add the cooked cucumber and simmer for a further 5 minutes. Fill up jars, make perfectly airtight, and keep for at least three months before using.

PICKLED CUCUMBERS (Continental or Jewish Method)

Last year we received several enquiries for pickling Cucumbers in this way, and we are indebted to Mrs. Florence Greenberg, Cookery Expert to "The Jewish Chronicle," for the instructions. When following this method the usual practice is to eat the cucumbers after they have been soaked in brine for about three weeks. If a lot of cucumbers have been put in the brine and it is wished to keep some of them for a much longer period, we experimented with storing them in spiced vinegar. We found the results were very satisfactory and the cucumbers firm but soft, and it would seem that the long soaking in brine takes away any suggestion of toughness. Here are the instructions:

First prepare the brine. Allow 3 ozs. (3 heaped dessertspoonsful) salt to each quart of water and boil together for 3 minutes. Leave to get quite cold. Then add 1 gill boiled vinegar to every quart of brine.

Choose young, green, medium-sized pickling cucumbers. Wash them and leave to soak in cold water for 24 hours, then dry thoroughly. Put into wide-necked unglazed jars or earthenware containers, filling the containers three-quarters full with cucumbers. Sprinkle over a little pickling spice (about 1 tablespoonful to every 6 cucumbers) and fill up the jars with the cold brine. Put a plate or saucer with a stone on top (to keep the cucumbers under the brine), cover with muslin and leave in a cool airy place for about three weeks. Once a week remove scum, wash saucer and stone and replace. If the brine evaporates, fill up container with weak salt and water.

The Jewish way is to eat the cucumbers at this stage, leaving them in the brine until they are wanted for the table. To preserve the cucumbers for a longer period in spiced vinegar, proceed as follows:

Fill jars with the cucumbers. Make spiced vinegar as given in the recipe for "Cucumbers in Spiced Vinegar." When cold, pour over the cucumbers, make the jars airtight, and store for at least three months before using.



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COOKERY SERVICE NOTES No. 55

Recipes approved by the Ministry of Food

JULY, 1944

**HOME FRONT
COOKERY ADVICE**

MARROWS, CUCUMBERS & PUMPKINS

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PICKLED CUCUMBERS (CONTINENTAL OR JEWISH METHOD)

There are more ways of eating marrows and pumpkins than just as vegetables. They also make wonderful savouries, delicious puddings, jams, spreads, pickles and chutneys. The small pickling or ridge cucumbers, and gherkins, can be pickled.

Marrows are plentiful at the same time as a lot of other vegetables, but most of the latter can only be served as vegetables. Marrows are very useful, however, because they blend well with other ingredients to make a variety of dishes, and for jams and puddings help a little fruit to go a long way.

Pumpkins: Pumpkins can be used in the same way as marrow in most of these recipes, but remember that pumpkins need longer cooking.

Cooking: Marrows and pumpkins should be cooked in boiling salted water. When mixed with other ingredients, be careful with added liquid; very little is needed, because marrows particularly contain a lot of water.

SAVOURIES

CURRIED MARROW OR PUMPKIN

- | | |
|--------------------------------------------|----------------------------------|
| 1 lb. marrow weighed without peel or seeds | 1 lb. any kind cooked meat |
| 1 lb. tomatoes or carrots | 1 tablespoonful flour |
| 1 medium-sized onion | 1 dessertspoonful curry powder |
| 1 cooking apple or bottled apple | 1 tablespoonful vinegar |
| 1 oz. margarine | 1 pint vegetable stock, or water |
| Salt and pepper | |

Cook the marrow in boiling salted water for 10 minutes (pumpkin will need longer). Drain and save the water to make the sauce. Melt the margarine, chop the onion and apple and fry lightly. Stir in the flour and curry powder, and cook on a low heat for 5 minutes, stirring all the time. Draw off the heat, and add the chopped-up meat, tomato, marrow, the stock, and the vinegar. Season, and bring to the boil, stirring all the time, then cover, and leave to simmer on a very low heat for 30-40 minutes. Serve with a border of plain boiled rice, or mashed potatoes. Serves 3-4 portions.

NOTE: If carrots are used instead of tomatoes, cut in cubes and cook for 10 minutes with the marrow.

MARROW TOAD-IN-THE-HOLE

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|------------------------------|---------------------------------|
| 1 lb. peel and sliced marrow | 2 level tablespoonful dried egg |
| 1 lb. sausages | Salt and pepper |
| 4 ozs. fat | Fat for baking |

Cook the marrow in boiling salted water, drain, press through a sieve and put back in the pan. Add the flour and egg and mix with the marrow. Cook for 5 minutes over a low heat, stirring all the time. Season. Melt the fat in a meat tin, and pour in the batter. Arrange the sausages in the batter, and bake on the second shelf from the top in a hot oven (Regulo Mark 7) for 30-35 minutes. Serves 4-6 portions.

SAVOURY MARROW OR PUMPKIN

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|------------------------------------------------------|----------------------------------|
| 2 lbs. marrow or pumpkin weighed after peeling, etc. | 1 pint milk |
| 2 medium-sized onions | 1 tablespoonful flour |
| 1 oz. margarine | 1 tin sausage meat or spiced ham |
- Peel the marrow, remove pulp and seeds, and cut into dice. Chop the onions, and cook both in the milk until soft. Melt the margarine, chop up the meat, and fry until brown, turning over frequently. Sprinkle in the flour, and cook until this begins to bubble, stirring all the time. Remove from the heat, and pour the marrow and onion mixture over. Return to the heat, and allow to simmer gently for a few minutes longer, stirring all the time. Serve immediately. Serves 3-4 portions.

STUFFED MARROW

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|------------------------------------------------------|-----------------------------|
| 1 medium-sized marrow | 1 lb. sausage meat |
| 1 medium onion | 1 reconstituted dried egg |
| Salt and pepper | 2 tablespoonful breadcrumbs |
| 1 level tablespoonful sage or mixed herbs (if liked) | |

Peel the marrow, cut a slice off one end and scoop out all the seeds. Boil the marrow, including the chopped-off end, in salted boiling water for 10 minutes. Drain thoroughly.

Sausage Mixture: Chop the onion finely, and mix with the sausage meat, breadcrumbs, reconstituted egg, herbs and pepper and salt to taste. Fill the marrow with the mixture, put the marrow end in position, keeping it in place with a skewer. Melt some fat in a baking tin, shake flour over the marrow, and bake in a moderate oven until brown and tender—30-45 minutes, according to age of marrow (Regulo Mark 5). Baste the fat over the marrow the same as roasting a joint. Serves 4 portions.

PUDDINGS

AMERICAN PUMPKIN PIE

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|--------------------------------------------------------|------------------------------|
| 1 lb. pumpkin weighed after peeling, etc. | 2 tablespoonful milk |
| 2 tablespoonful sugar | 1 level teaspoonful cinnamon |
| 2 reconstituted dried eggs | 1 level teaspoonful salt |
| 1 level teaspoonful each of ginger and mace (if liked) | Short pastry |
- Peel the pumpkin, remove the seeds, cut into fairly large pieces and cook in boiling salted water until soft. Strain off the water and mash with a fork. Mix in the milk, the reconstituted eggs, the sugar and all

the spices. Meantime, make some short pastry, sufficient to cover a fairly large and deep sandwich tin, trimming the edges neatly. Prick over the pastry with a fork, cover with greaseproof paper and bake for 10 minutes in a moderately hot oven (Regulo Mark 6). Now add the pumpkin mixture, pouring it over the pastry, bake a further 10 minutes at Regulo Mark 6, reduce the heat, and bake 20 minutes in a moderate oven (Regulo Mark 4). Serves 4-5 portions.

PRUNE AND MARROW OR PUMPKIN PIE

Make as Pumpkin Pie, but leave out the cinnamon, ginger and mace and add 3 tablespoonful sultanas and 2 teaspoonful lemon flavouring to the mashed marrow mixture.

SULTANA AND MARROW OR PUMPKIN FLAN.

Make as Pumpkin Pie, but leave out the cinnamon, ginger and mace and add 3 tablespoonful sultanas and 2 teaspoonful lemon flavouring to the mashed marrow mixture.

DATE AND MARROW OR PUMPKIN AMBER

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|-------------------------------------------|-----------------------|
| 1 lb. marrow, weighed after peeling, etc. | 6 tablespoonful water |
| 3 ozs. dates or raisins | 1 oz. margarine |
| 4 ozs. breadcrumbs | 1 tablespoonful sugar |
| 2 reconstituted dried eggs | |

Chop the dates, and mix with the mashed marrow or pumpkin, adding half the sugar. Put into the bottom of a greased pie-dish. Melt the margarine, and mix with the breadcrumbs, the egg, and the remainder of the sugar. Spread over the marrow and date mixture, and bake for 30 minutes in a moderately hot oven (Regulo Mark 6). Serves 3 portions.

STEAMED MARROW AND FRUIT PUDDING

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|------------------------------------------|-----------------------|
| 1 lb. marrow weighed after peeling, etc. | 2 tablespoonful sugar |
| 1 lb. plums or any other fruit in season | |

Pastry:
1 lb. self-raising flour 1 tablespoonful dried egg 1 teaspoonful salt
2 ozs. margarine 6 tablespoonful water

Grate the marrow, and mix with the plums and the sugar. Sieve the flour, the egg and the salt together, and rub in the margarine. Mix to a fairly soft dough with the water, roll out thinly on a floured board, and line a greased pudding basin, cutting out a round for the top. Put in the marrow and fruit mixture, fold the edges of the pastry over, brush edges with water, and place the round of pastry on top, and press gently down. Cover with greaseproof paper, and steam for 2 hours. Serves 4-6 portions.

JAMS & SPREADS

APPLE AND MARROW OR PUMPKIN JAM

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|-------------------------------------------|-------------------------------------|
| 2 lbs. marrow weighed after peeling, etc. | |
| 2 lbs. apples (fresh or bottled) | 1 pint water |
| 12 cloves | Sugar (1 lb. to each pint of purée) |

Peel the marrow, remove the pith and seeds, and cut into pieces. Peel and core the apples, and cut into pieces. Put into a saucepan with the water, and the cloves tied in a piece of muslin, and simmer gently until the marrow and apples are soft. Remove the cloves, and press through a sieve. Measure the puree, and add 1 lb. sugar to each pint. Put back in the saucepan with the cloves, keeping the heat low until the sugar is dissolved, then, stirring all the time, boil fairly briskly until the jam sets when tested on a cold plate (15-20 minutes). Remove the cloves, put the jam while still hot, cover and seal. (Makes about 6 lbs. jam.)

DAMSON OR PLUM AND MARROW JAM

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|------------------------------------------------------|------------------------------------|
| 3 lbs. damsons or plums | Sugar (1 lb. to each pint of pulp) |
| 3 lbs. marrow or pumpkin weighed after peeling, etc. | 2 pints water |

Peel and seed the marrow, and chop in small pieces. Cook the damsons or plums and the marrow very gently in the water until soft (removing as many stones as possible). Measure the cooked fruit mixture, and add 1 lb. sugar to each pint. Return to the saucepan, add the sugar, and stir on a gentle heat until the sugar is dissolved, then cook fairly briskly until the jam sets when tested on a cold plate, about 25 minutes. Pot while still hot, cover and seal. (Makes about 7 lbs. jam.)

PRUNE AND MARROW OR PUMPKIN SPREAD

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|-------------------------------------------------------|------------------------------------|
| 2 lbs. marrow or pumpkin, weighed after peeling, etc. | 1 pint water |
| 1 lb. prunes | 4 ozs. sugar to each pint of purée |

Soak the prunes in the water overnight. Remove, stone and chop, making the water in which they were soaked up to 1 pint. Put the marrow, cut into small pieces, and the prunes with the water in a saucepan, and cook gently until soft. Press through a sieve, and add 4 ozs. sugar to each 1 lb. of purée. Return to the pan with the sugar and cook gently, stirring all the time, until the puree thickens to the consistency of jam (about 20 minutes). Pot and cover while still hot. **NOTE:** This spread should be made as required, as it will not keep for any length of time. Makes approx. 2 1/2 lbs.

PICKLES & CHUTNEYS

APPLE AND MARROW OR PUMPKIN CHUTNEY

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|-------------------------------------------------------|----------------------------------------------|
| 2 lbs. marrow or pumpkin, weighed after peeling, etc. | |
| 1 lb. apples | 1 oz. bruised whole ginger (10 small pieces) |
| 1 lb. onions | 20 chillies and 20 peppercorns |
| 1 lb. sugar | 4 tablespoonful water |
| 1 tablespoonful salt | 1 pint vinegar |

Cut the peeled marrow into small pieces, lay on a dish, and sprinkle over the salt. Leave overnight, then drain well. Chop the apples and onions, tie the spices in muslin, and place all the ingredients, including the water but not the vinegar, in a saucepan, and cook very gently for 1 hour. Then add the vinegar, and cook the chutney until it has the consistency of jam (about 1 1/2 hours). Pot and make airtight. (Makes 4 lbs.)

MARROW SWEET PICKLE

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|-----------------------------------------------|---------------------------------------|
| 4 lbs. marrow weighed after peeling, etc. | |
| 1 lb. onions | 1 oz. turmeric (2 heaped teaspoonful) |
| 1 lb. sugar | 1 oz. mustard (heaped tablespoonful) |
| 1 quart vinegar | 6 cloves, 6 chillies |
| 1 oz. ground ginger (2 level dessertspoonful) | |

Peel and seed marrow, peel onions and cut into small pieces, spread out on a dish, sprinkle over with salt and leave overnight. Next day, drain off all the moisture. Mix turmeric, ginger and mustard to a smooth paste with a little of the vinegar. Put the rest of the vinegar in a saucepan, stir in the mixed spices, add cloves, chillies and sugar, and bring to the boil. Boil for 10 minutes. Add marrow and onion and cook for 20-30 minutes or until tender. Remove cloves and chillies if preferred. Pour into jars, and make airtight. Makes approx. 8 lbs.

The following method is specially suitable for Gherkins, but Pickling or Ridge Cucumbers can also be treated the same way. The daily soaking in vinegar softens the Gherkins, so this method should be used if a softer pickle is liked.

PICKLED GHERKINS OR CUCUMBERS WHOLE

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|----------------------------------------------|------------------------------------------------|
| 2 lbs. gherkins or cucumbers | 1 oz. cloves (1 heaped teaspoonful) |
| 2 pints vinegar | 4 bay leaves 1 oz. mace (1 heaped teaspoonful) |
| 1 oz. allspice (2 level dessertspoonful) | |
| 1 oz. ground nutmeg (2 heaped teaspoonful) | |
| 1 oz. mustard seed (1 level teaspoonful) | |
| 1 oz. powdered ginger (6 heaped teaspoonful) | |

Brine made by dissolving 12 ozs. salt (12 heaped dessertspoonful) in 1 quart water

NOTE: Omit or reduce ginger according to taste.

Wash and put the gherkins or cucumbers into unglazed stone jars and cover with the brine. Leave for 2 or 3 days until the gherkins begin to turn yellow and then drain off the brine. Boil the vinegar and while still boiling pour it over the gherkins. Cover and leave for 24 hours. Then drain off the vinegar into a saucepan, reboil it and pour over the gherkins again. Repeat this daily until the gherkins turn green. The number of times this process has to be done depends on the age and size of the gherkins. If the vinegar evaporates, add a little extra, so that the gherkins are always covered. When the gherkins are green place them in the jars, then boil up the vinegar again, adding all the spices. Let the vinegar stand for 2 hours, then put through a strainer