

## **Cakes, buns, scones and biscuits / Stork Margarine Cookery Service.**

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Stork Margarine Cookery Service.

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**PLAIN BISCUITS**  
Recipe as for Congress Tart Pastry. When rolled out, prick all over, cut into rounds, and bake for 15 minutes in a fairly hot oven (Regulo Mark 5).

**SWEET BISCUITS**  
8 ozs. self-raising flour 2 tablespoonsful sugar  
2 ozs. margarine or cooking fat 1 reconstituted dried egg  
1 level dessertspoonful salt  
Sieve the flour and salt together and cream the fat and sugar. Beat in the egg and gradually work in the flour, a little at a time, with the back of a wooden spoon until all is absorbed. Knead well, form into a ball, turn out on to a floured board, roll out thinly, prick all over with a fork, cut into rounds, place on a greased baking sheet, and bake for 15 minutes in a fairly hot oven (Regulo Mark 5).

**OATMEAL BISCUITS**  
4 ozs. oatmeal 1 tablespoonful sugar  
4 ozs. self-raising flour 2 ozs. dripping, cooking fat or margarine  
1 level dessertspoonful dried egg mixed with 1 tablespoonful water  
1 level teaspoonful salt  
Sieve the flour and salt together. Add the oatmeal and sugar, and mix. Melt the fat, cool slightly, make a well in the flour and oatmeal and pour in. Mix with the reconstituted egg to make a stiff but pliable dough that leaves the sides of the bowl clean. Turn out on to floured board, knead slightly, roll out to a thickness of about 1/4 inch, prick all over carefully to avoid cracking the dough, cut into rounds or squares and bake for 15-20 minutes on a greased baking sheet in a moderate oven (Regulo Mark 4).

**WHOLE OATMEAL BISCUITS**  
8 ozs. oatmeal 1 pint boiling water  
1 1/2 ozs. margarine, dripping or cooking fat 1 level teaspoonful salt  
Mix the salt with the oatmeal, and make a well in the centre. Melt the fat, cool slightly, and pour in. Add the boiling water, and beat thoroughly. Leave for 1/2 hour to thicken. Turn out on to a well-floured board, knead, and roll out very thinly, cut into squares or triangles. Lift carefully with a broad-bladed knife on to a well-greased baking sheet, and bake for 20 minutes in a moderately hot oven (Regulo Mark 6).

**SPICED BISCUIT SANDWICH**  
1/2 lb. self-raising flour 1 reconstituted dried egg  
2 ozs. margarine 1/2 teaspoonful salt  
1 large tablespoonful jam 6 teaspoonful jam for filling  
1 heaped teaspoonful mixed spice A little milk  
Cream the margarine and add the reconstituted egg, a little at a time, beating thoroughly in, and then beat in the 1/2 teaspoonful jam. Sieve the flour, spice and salt together, and add gradually to the mixture. Do not add any more liquid. Knead lightly, and divide the dough into 4 equal portions. Grease a round sandwich tin, and roll out the dough into 4 rounds about 1/4 inch thick, the same size as the sandwich tin. Put a round of pastry at the bottom of the tin, spread over 2 teaspoonful of jam to within 1/4 inch of the edge. Damp the edge with milk. Lay over the remaining 3 rounds of pastry, covering 2 of them with jam, so that you have 4 rounds of pastry with 3 layers of jam. Press down the pastry edges, prick all over the top round with a fork, and bake in a moderately hot oven on the second shelf from the top for 25 minutes (Regulo Mark 6).



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to help solve your present-day cooking problems.

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## COOKERY NOTES No. 56

Recipes approved by the Ministry of Food

AUGUST, 1944

### STORK MARGARINE COOKERY SERVICE

#### CAKES, BUNS, SCONES AND BISCUITS

APPLE CAKE	CHELSEA BUNS
BARA BRITH	NUTMEG FRUIT BUNS
COFFEE CAKE	PLAIN SCONES
CONGRESS TARTS	FRUIT SCONES
GINGER FRUIT CAKE	OATMEAL SCONES
LARDY CAKE	PLAIN BISCUITS
ORANGE SHORTBREAD CAKE	SWEET BISCUITS
PRUNE CHOCOLATE SPICED CAKE	OATMEAL BISCUITS
ROCK CAKES	WHOLE OATMEAL BISCUITS

#### SPICED BISCUIT SANDWICH

You will not find any extravagant recipes in this month's leaflet, because most of you will have your own pre-war recipes for making cakes and buns when you can spare all the ingredients which we used in pre-war baking.

The trouble these days, however, is to make cakes which are nice but also easy on rationed ingredients, particularly margarine and sugar. At teatime, or with that last hot drink before going to bed, or if we are doing Fire Guard Duty, we all like a cake or biscuit; so all these recipes have been prepared to meet these needs.

Use margarine when you can, but if you are short, suggestions are given for using cooking fat or dripping instead. The quantities of fat given are the lowest it is possible to use, but if you can use the extra ounce, the cakes will be that much nicer and lighter. Jam can also replace sugar in some cakes, as you will see from the recipes.

**DRIPPING:** When dripping is used for cake-making it must be clarified. Cut it up and put it in a saucepan, cover it with cold water and bring to the boil. Pour into a bowl, and as it cools the fat will rise to the top. When it is completely cold and the fat is firm, just lift off the fat, scraping from the underneath any tiny pieces of meat, etc., so that the fat is left clean. Finally, again melt the fat, this time without any water, and heat it until it bubbles. This removes any remaining moisture. Pour into a basin, and when it has hardened it is ready to use.

**OATMEAL:** Fine or medium oatmeal gives the best results, but coarse oatmeal can also be used, but the scones, etc., will be "rougher."

#### APPLE CAKE

**FILLING:** 2 lb. jar apples, strained, or 1 lb. fresh apples, cooked and strained  
2 tablespoonsful sugar  
2 tablespoonsful breadcrumbs 1 teaspoonful mixed spice  
1 teaspoonful lemon substitute mixed with 1 teaspoonful spice  
**PASTRY:** 9 ozs. (or 9 heaped tablespoonsful) self-raising flour  
3 ozs. margarine or cooking fat  
2 reconstituted dried eggs 1 teaspoonful salt

To make the pastry, beat the fat until it is soft and creamy, then beat in the eggs alternately with a little of the sieved flour. Add the remainder of the flour gradually, and mix to a stiff dough without adding any more liquid. Turn out on to a floured board, knead a little, and cut off about a third. Form the remainder into a round about 2 inches bigger across than your sandwich tin. Grease the tin, place in the round of pastry, with the surplus coming up all round the sides in the shape of a flan.

To make the filling, mix all the ingredients together, and spread over the pastry in the tin. Then gently press the surplus pastry down on the apple all round. Roll out the remainder of the pastry thinly so that the round fits the tin exactly. Brush the turned-down margin of pastry in the tin with water, and press the top round down gently, fluting the edges. Prick all over with a fork, taking care not to press too hard, mark into sections with a knife, and bake for 30 minutes in a moderately hot oven (Regulo Mark 6).

#### BARA BRITH (Welsh Bread)

1 lb. self-raising flour 1 teaspoonful mixed spice  
1 tablespoonful sugar 1 tablespoonful treacle or syrup  
1 level tablespoonful dried egg 1 teaspoonful bicarbonate of soda  
2 ozs. sultanas Water  
2 ozs. cooking fat, dripping or margarine 1 teaspoonful salt  
Sieve the flour, salt, spice and dried egg into a bowl. Rub in the fat and add the fruit. Heat the treacle and sugar together, cool slightly, make a well in the flour, and pour in. Mix with sufficient water to make a fairly wet dough, adding the bicarbonate of soda dissolved in the last tablespoonful of water. Scrape out on to a well-floured board, sprinkle with flour, flour the hands, and knead well. Form into a loaf, put into a well-greased bread tin, and bake for 1 hour in a moderate oven (Regulo Mark 4).

#### COFFEE CAKE

1 lb. self-raising flour 10 tablespoonsful strong made coffee  
2-3 ozs. margarine 3 tablespoonsful dried egg  
2 tablespoonsful sugar 1 teaspoonful salt  
Sieve the flour and salt into a basin. Reconstitute the egg with 6 tablespoonsful coffee. Cream the fat and sugar together, and beat in the egg alternately with a little flour. Fold in the remainder of the flour and mix with the remainder of the coffee to a consistency that will drop easily from the spoon. Put into a cake tin lined with greaseproof paper and brushed with melted fat, and bake for 1 hour in a moderate oven (Regulo Mark 4).

#### CONGRESS TARTS

**PASTRY:** 1 lb. self-raising flour 2 reconstituted dried eggs  
2 ozs. dripping, cooking fat or margarine Salt  
**FILLING:** 2 tablespoonsful semolina 1 reconstituted dried egg  
1 tablespoonful sugar A few drops of almond essence  
1 oz. margarine Jam

To make the pastry, cream the fat and beat in the eggs alternately with a little of the sieved flour. Stir in the remainder of the flour with a wooden spoon, and then knead well with the hand to make the dough smooth. Turn out on to a floured board, roll out thinly, cut into rounds, and put into well-greased patty tins, saving a little of the pastry to decorate the tarts.

To make the filling, cream the margarine and sugar, and beat in the egg. Add the semolina and the essence, and mix well. Put a little jam in the bottom of each tart, top with a large teaspoonful of the semolina mixture, spreading it over smoothly, roll out the remainder of the pastry, cut into thin strips, and make a cross on the top of each tart. Bake for 20-25 minutes in a moderately hot oven (Regulo Mark 6).

#### GINGER FRUIT CAKE

12 ozs. self-raising flour 2 heaped tablespoonsful ground ginger  
3 reconstituted dried eggs 1 heaped teaspoonful mixed spice  
2 tablespoonsful jam 1 teaspoonful bicarbonate of soda  
4 ozs. prunes, weighed before stoning 1 teaspoonful salt  
2-3 ozs. dripping, cooking fat or margarine 1 pint water

Sieve the flour, salt, ginger and spice into a basin. Stone and chop the prunes, and put into a saucepan with the fat, jam and water. Bring to the boil, and simmer for 3 minutes. Cool, make a well in the flour and pour in. Dissolve the bicarbonate of soda in the reconstituted egg, add to the flour, mix quickly, put into a cake tin lined with greaseproof paper and brushed with melted fat, and bake for 1½ hours in a moderate oven (Regulo Mark 4).

#### LARDY CAKE

12 ozs. self-raising flour 3 tablespoonsful sugar  
2 level tablespoonsful dried egg 3 ozs. lard  
1 teaspoonful salt Cold water to mix  
1 heaped teaspoonful mixed spice or cinnamon  
2 ozs. chopped prunes, sultanas, etc., if available

Sieve the flour, salt and dried egg into a basin, add the fruit if available, and mix with sufficient cold water to a soft dough that leaves the sides of the basin clean. Turn out on to a floured board, knead a little, and roll out to square shape and about ½ inch thick. Mix the sugar and spice or cinnamon together, and divide it into 3 equal portions. Also divide the lard into 3 portions. Take one-third of the lard, cut it into little nuts and dot them over the square of dough, then sprinkle over one-third of the spiced sugar. Now fold the dough into three, first one way, then the other. This is done by folding over one-third of dough nearest to you, so that it covers the next one-third, then the remaining one-third (farthest away from you) comes over the first fold. Now take the end on your left and fold it over, then the end on your right goes over the first fold, leaving you with a small square. This completes the first fold. Give this one twist round to the right. Lightly press all edges with the rolling pin, then gently roll out until you have a large square again. Repeat this twice, with the remaining 2 portions of lard and sugar, and finally roll out to the size of your baking tin, which should be greased. Mark the top with a knife to form squares, and bake 45 minutes in a moderately hot oven (Regulo Mark 6). This cake is equally good eaten hot or cold.

#### ORANGE SHORTBREAD CAKE

1 lb. self-raising flour 1 reconstituted dried egg  
2 ozs. margarine Grated rind of 1 orange  
2 ozs. sugar

Cream the margarine and sugar together. Beat in the egg and grated orange rind. Sieve the flour and salt, and fold into the mixture. Turn out on to a floured board, and roll into a round that will fit a medium-sized sandwich tin. Grease the tin, put in the round of dough, flute the edges by pressing the thumb lightly down at ½-inch intervals all round, prick all over with a fork, mark into triangular portions, and bake for 20 minutes in a moderately hot oven (Regulo Mark 6).

#### PRUNE CHOCOLATE SPICED CAKE

1 lb. self-raising flour 2 reconstituted dried eggs  
2 tablespoonsful jam 2 ozs. prunes, weighed before stoning  
1 tablespoonful syrup 1 teaspoonful mixed spice  
2 tablespoonsful cocoa 2 tablespoonsful water  
2-3 ozs. dripping, cooking fat or margarine 1 teaspoonful salt

Stone and chop the prunes. Sieve the flour, cocoa, spice and salt together. In another warmed basin, cream the fat, jam and syrup together. Beat in the reconstituted eggs to the creamed mixture alternately with a little of the sieved flour mixture. Fold in the remainder of the sieved flour, etc. Add the fruit, and mix with the water, a tablespoonful at a time, to a soft dough that will drop easily from the spoon. Put into a greased, lined cake tin, and bake for 1 hour in a moderate oven (Regulo Mark 4).

#### ROCK CAKES

1 lb. self-raising flour 2 tablespoonsful jam  
2-3 ozs. dripping, cooking fat or margarine 2 reconstituted dried eggs  
2 ozs. chopped prunes, raisins or sultanas 1 teaspoonful salt

Sieve the flour and salt into a basin, and rub in the fat. Add the fruit. Mix the jam with the reconstituted eggs, add to the flour, and mix to a stiff dough (no additional water should be needed). Place in rough heaps on a greased baking sheet, and bake for 15 minutes in a moderately hot oven (Regulo Mark 6). Makes 9 large or 18 small cakes.

#### CHELSEA BUNS

1 lb. self-raising flour 2 tablespoonsful dried egg  
3 ozs. sugar 1 pint milk or milk and water  
4 ozs. lard or cooking fat, or margarine if it can be spared  
6 tablespoonsful water 3 ozs. sultanas 1 teaspoonful 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 ½ inch thick. Sprinkle the fruit and sugar evenly over the surface, saving about a dessertspoonful of the sugar to sprinkle on the tops of the buns before baking. Roll up firmly like a roll-poly and cut into pieces about an inch wide. Place on a greased baking sheet with the cut side up, and packed closely together to keep shape. Brush with a little milk and sprinkle with the remainder of the sugar. Bake for 15 minutes in a hot oven (Regulo Mark 7). When cool, break the separate buns apart. Makes 12 buns.

#### NUTMEG FRUIT BUNS

8 ozs. self-raising flour 1 oz. chopped prunes or sultanas  
3 tablespoonsful sugar Grated nutmeg  
3 reconstituted dried eggs 1 teaspoonful salt  
3 ozs. dripping, cooking fat or margarine 1 teaspoonful vanilla

Sieve the flour and salt. Cream the fat and sugar and beat in the eggs alternately with a little flour. Fold in the remainder of the flour. Add the flavouring and finally the fruit. Grease some patty tins and put 2 teaspoonful of the mixture into each; sprinkle over the top of each bun thickly with grated nutmeg and bake for 15 minutes in a moderately hot oven (Regulo Mark 6). Makes 9 large or 18 small buns.

#### PLAIN SCONES

1 lb. self-raising flour 1 teaspoonful salt  
1 oz. margarine Water to mix

Sieve the flour and salt together, rub in the fat and mix to a fairly soft dough with cold water. Turn out on to a floured board, knead and roll out to a thickness of ½ inch. Cut into squares, triangles or rounds, place on a greased baking sheet, and bake for 20 minutes in a hot oven (Regulo Mark 7). Cut open while hot, spread with margarine, and serve.

#### FRUIT SCONES

**SULTANA, PRUNE OR CURRANT SCONES:**  
Add 2 ozs. fruit and 1 tablespoonful sugar to the Plain Scone Recipe.

#### OATMEAL SCONES

4 ozs. oatmeal 1 oz. dripping, cooking fat or margarine  
4 ozs. self-raising flour 1 teaspoonful salt  
Water to mix

Sieve the flour and salt together. Add the oatmeal. Rub in the fat, and mix to a fairly soft dough with about ½ pint cold water. Turn out on to a floured board, knead and roll out to ½ inch thick. Cut into small shapes, place on a greased baking sheet and bake for 25 minutes in a hot oven (Regulo Mark 7).