

Liver, heart, kidney, tripe, &c.; / Stork Margarine Cookery Service.

Contributors

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FRICASSEE OF SWEETBREADS

1 lb. sweetbreads 2 medium-sized onions
1 tablespoonful flour 1 reconstituted egg
1 oz. margarine Pepper and salt
1 pint milk and water in which sweetbreads were cooked

Prepare the sweetbreads as instructed, saving the liquor in which they were cooked, and making up to 1 pint with milk. Melt the margarine, add the flour, and cook until it bubbles. Add the liquor and the onions, finely chopped, and stir until boiling. Cook for 3 minutes. Add the reconstituted egg, sweetbreads chopped, and pepper and salt, and simmer gently for 20 minutes or until the sweetbreads are tender, stirring often. Serve with mashed potatoes. Serves 3-4 portions.

TRIFE AND ONIONS

1 lb. tripe 1 pint milk Salt and pepper
1 lb. onions 1 tablespoonful flour Cold water

Wash the tripe well, cover with cold water and bring slowly to the boil. Remove from the water and cut into small strips. Slice the onions and put in a saucepan with the tripe and milk, saving sufficient to mix the flour to a thin cream. Simmer gently for 1½-2 hours. Add the mixed flour and stir until thickened. Cook for a further 3 minutes. Season and serve. Serves 4-5 portions.

SAVOURY TRIPE

1 lb. tripe 1 oz. margarine
Cold water to cover 1 tablespoonful flour
1 pint milk or milk and water 2 tablespoonful sweet chutney
Salt and pepper

This is a useful recipe when onions are scarce. Wash the tripe, cover with cold water and bring slowly to the boil. Remove and cut into pieces. Simmer gently in the milk for 1½-2 hours in a covered saucepan. Drain and keep the milk hot. Melt the margarine and add the flour, stirring until it bubbles. Add the milk and stir until boiling. Add the chutney, the seasoning and the tripe and re-heat. Serves 4 portions.

How to Cook and Skin a Fresh Ox or Sheep's Tongue

Soak the tongue in salt and water overnight. Then rinse and scrape well in cold water until the tongue is thoroughly cleansed. Put into sufficient cold salted water to cover well, and bring to the boil. Boil moderately fast until the tip of the tongue is tender when tested with a fork (2½-3 hours, according to the size of the tongue). Remove and put into cold water. When sufficiently cool to handle, remove the skin. If the tongue has been cooked until tender, this is easy. Simply insert a knife under the skin at the root of the tongue and peel it off in pieces. The skin is thicker on the top of the tongue and is consequently easier to remove than the thinner skin on the back and tip, but no difficulty should be experienced unless the tongue is insufficiently cooked. In this case, cook again until really tender. The cooking time depends a lot on the age of the tongue, and ox tongues will take longer.

FRESH TONGUE SERVED COLD

When the tongue has been cooked and skinned as above instructions, roll it up and keep it in shape with a skewer. This should be done while it is still hot. Now rinse with cold water a round tin or dish of a size which will take the tongue so that it fits tightly. Press the tongue into the dish, place a board with some heavy weight on top of it, and leave it for about 12 hours. The tongue can then be removed and is ready for carving.

The tongues can, of course, be served cold without this rolling up, but if they are rolled up they certainly look nicer and are easier to carve.

COOKERY NOTES are published by the
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to help solve your present-day cooking problems.



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COOKERY NOTES No. 57

Recipes approved by the Ministry of Food

SEPTEMBER, 1944

STORK MARGARINE

COOKERY SERVICE

LIVER, HEART, KIDNEY, TRIPE, &c.

BRAINS ON TOAST	MOCK DUCK
COWHEEL AND STEAK PIE	LIVER AND BACON HOT-POD
ROAST HEART WITH STUFFING	LIVER CAKES
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OX HEART SHEPHERD'S PIE	TRIFE AND ONIONS
KIDNEY AND TOMATO PUDDING	SAVOURY TRIPE
KIDNEY STEW	HOW TO COOK AND SKIN A FRESH
BEVILED KIDNEYS AND BACON	OX OR SHEEP'S TONGUE
	FRESH TONGUE SERVED COLD

Since the war it sometimes seems that sheep and bullocks must be born without a heart or liver, and the other tasty kinds of unrationed meat called collectively by that very ugly description "offal." Then suddenly there are good supplies of them, and the recipes in this leaflet are for those times.

Most people know that small kidneys are nice grilled and that liver from the younger animals—calves and lambs—is very tender when fried, but some of the other delicacies need a little more preparation, as will be seen from the recipes.

HEARTS: In the recipes, any kind of heart can be used—ox, sheep, lamb or pig, etc. Most of the heart available is of the imported, frozen kind, which should be soaked for some hours in warm water to thaw out the ice, and then simmered according to the recipes. Fresh home-killed ox or sheep heart should also be simmered, but the smaller home-killed lamb or pig heart, etc., would be sufficiently tender without this preliminary cooking.

BRAINS

TO PREPARE BRAINS FOR COOKING: The brains should be washed in cold water with a little salt. Take away any loose skin and any clots of blood, and let the brains soak in cold water for at least an hour, changing the water once or twice. Drain, put them into a pan and cover with cold water, add a pinch of salt and a tablespoonful of vinegar. Bring to the boil and simmer gently for about 10 minutes. Then strain and put them into cold water for 1 or 2 minutes. Strain and drain on a cloth.

BRAINS ON TOAST

1 set of calves' brains or 2 sets hearts
1 reconstituted dried egg
1 teaspoonful chopped parsley
1 oz. margarine
1 gill milk
Salt and pepper

After preparing and cooking the brains, chop them coarsely. Beat the reconstituted egg with the milk, put into a small pan and add the brains, margarine and chopped parsley. Stir over low heat until the mixture thickens. Season and serve on slices of hot toast spread with margarine. (Serves 3-4 portions)

COWHEEL AND STEAK PIE

1 lb. stewing steak
1 lb. boned cowheel
1 large or 4 small onions
1 large tomato
1 oz. dripping
1 lb. self-raising flour
2 reconstituted eggs
1 teaspoonful salt
1 dessertspoonful flour
1 pint stock from stewed steak
and cowheel
1½ pints cold water
Salt and pepper

Cut the steak into pieces and roll in seasoned flour (i.e., a dessertspoonful flour mixed with a saltspoonful of salt and ¼ a saltspoonful of pepper). Chop up the cowheel, put with the steak in a saucepan with ½ pint water and simmer gently for 1 hour. Strain and save the stock. Make the fat hot in the saucepan, slice the onions and tomato and fry until golden brown. Sprinkle in the flour and cook for a few moments, stirring all the time. Add the stock and stir till boiling. Add the steak and cowheel, season and put into a greased pie-dish. Cover with the pastry and bake for 35-40 minutes on the middle shelf of a moderately hot oven (Regulo Mark 6).

NOTE: Save any liquor that remains to use as a basis for soups, etc.
TO MAKE THE PASTRY, cream the margarine in a warm bowl. Beat in the reconstituted eggs alternately with a little sieved flour and salt. Work in the remainder of the flour without adding any more liquid. Knead and roll out on a floured board to about ¼ inch thick. Cut a narrow strip off the outside, wet the edge of the pie-dish and line with the pastry. Brush with water and press the remainder of the pastry gently down on top, trimming the edges. Make a hole in the centre to allow steam to escape, flute edges and decorate. Serves 6 portions
NOTE: This pie can be eaten hot, with vegetables, or cold with salad. When cold it is firm and jellied and cuts easily into slices.

ROAST HEART WITH STUFFING

2 sheep's or pigs' hearts
1 pint stock in which hearts were simmered
Salt
Stuffing as for Braised Hearts—Forcemeat below
Wash the hearts, and remove gristle, etc. Simmer gently in sufficient water to cover, for 15 minutes. Drain and save the stock. Make the stuffing and fill the insides of the hearts. Stick some fat in a baking tin, baste the hearts well, sprinkle with salt and lay in the tin. Pour ½ pint stock round and roast gently in a slow oven (Regulo Mark 2) for 1½ hours or until the hearts are tender. If becoming too dry, brush over with a little melted fat, turning them over when half-cooked. Serves 4 portions

BRAISED HEART WITH FORCMEAT

1 lb. heart
1 onion or leek
1 carrot
1 small white turnip
1 tablespoonful flour
1 pint water in which hearts were simmered
1 oz. margarine
Salt and pepper

FORCMEAT:
4 tablespoonful breadcrumbs
1 oz. margarine
1 tablespoonful chopped parsley
A little milk
1 teaspoonful dried herbs
Salt and pepper
1 reconstituted dried egg

TO MAKE THE FORCMEAT, mix all the ingredients together and moisten with the egg and milk. Season and form into balls. Wash the heart well in warm water, dry, remove the tubes, trim and cut in slices about ½ inch thick. Cover with cold water and simmer very gently for 15 minutes. Drain, and keep hot, saving the stock. Chop the onion or leek and cut the turnip and carrot into cubes. Make the fat hot and fry the vegetables lightly, sprinkle with the flour, and cook until brown. Add the liquid, and bring to the boil, stirring all the time. Add the sliced heart, season, and put into a casserole, arrange the stuffing balls on top, cover and cook in a slow oven (Regulo Mark 2) for 1½ hours or until the heart is tender. Serves 4-5 portions

CURRIED HEART

1 lb. heart
1 onion
1 apple
1 oz. margarine
1 tablespoonful flour
1 pint stock in which heart was simmered
1 dessertspoonful curry powder
2 tomatoes
1 tablespoonful vinegar
Salt and pepper
2 tablespoonful rice

Simmer the prepared heart for 15 minutes, drain and chop into small pieces. Save the stock. Chop the onion and apple and fry in the hot margarine until light brown. Stir in the curry powder and flour and cook for 5 minutes. Add the stock and stir until boiling. Lower the heat to simmering point. Add the sliced tomatoes, vinegar, heart, rice and seasoning, and cook very gently for 40 minutes, or until rice is cooked. Serves 4 portions

OX HEART SHEPHERD'S PIE

1 lb. ox heart
2 onions
1 pint stock in which heart was cooked
1 lb. cooked mashed potatoes
Pepper and salt

Wash and slice the heart, add 1 pint cold water and simmer until the heart is tender, about ½ hour. Peel the onions and carrots and add to the heart when the water boils. Drain, saving the liquid, and chop heart, onions and carrots into small pieces. Fill a baking dish with the chopped ingredients, season with pepper and salt, pour over ½ pint of liquid in which the heart was cooked, cover with mashed potatoes, and bake for 30 minutes in a moderately hot oven (Regulo Mark 6). Serves 4-5 portions

KIDNEY AND TOMATO PUDDING

2 sheep's kidneys or 1 lb. ox kidney
1 tomato
1 pint water or vegetable stock
Fudding crust as for Cowheel and Steak Pie
2 good-sized onions
2 rashers fat bacon
1 dessertspoonful flour
Salt and pepper

Make the pudding crust and roll out to about ¼ inch thick. Grease a fairly large pudding basin and cut a round of pastry to fit the top. Line the basin with the remainder of the pastry and put on one side. Wash and slice the kidneys, chop the bacon and onion and slice the tomato. Fry the bacon lightly, add the kidney and fry until brown. Remove, add the onion and fry. Sprinkle with the flour and again fry until this browns. Add the vegetable stock and stir until boiling. Mix with the kidney and bacon. Line the inside of the pudding basin with the sliced tomato and sprinkle with pepper and salt. Pour in the kidney and bacon mixture, wet the edge of the pastry and place the round of pastry on top, pressing gently down round the edges. Cover with greaseproof paper and steam for 1½ hours. Serves 4 portions

KIDNEY STEW

2 sheep's kidneys or 1 lb. ox kidney
2 tablespoonful chopped parsley
1 pint vegetable stock or water
2 medium-sized carrots
1 oz. cooking fat
1 dessertspoonful flour
Pepper and salt

Wash and slice the kidney and fry in the fat until brown. Remove, add the carrot, diced, and fry until nicely browned, stirring at intervals. Sprinkle with the flour and allow to brown. Add the stock and stir until boiling. Add the kidney, parsley and seasoning, and simmer on a very low heat for ½ hour. Serves 2-3 portions

DEVILLED KIDNEYS AND BACON

2 sheep's kidneys
2 rashers bacon
1 level teaspoonful each of curry powder, made mustard, chutney and tomato sauce
4 tablespoonful water
4 double rounds of toast

Wash the kidneys and slice. Cut the bacon in pieces and fry. Add the kidneys and fry until both they and the bacon are cooked. Sprinkle the curry powder over and fry a little, then add the mustard, chutney and sauce and stir in. Add the water and allow to come to the boil. Simmer for a minute or two and season. Have ready the rounds of toast, spread with margarine, and heated for a moment under the grill, so that the margarine is melted. Arrange the kidneys and bacon on top, pour the gravy over and serve at once. Serves 2 portions

MOCK DUCK

1 lb. potatoes
1 lb. liver
1 good-sized onion
1 dessertspoonful flour mixed with ½ teaspoonful salt and Pepper and salt
1½ teaspoonful dried sage
1 large cooking apple
Potato water
½ teaspoonful salt and ½ teaspoonful pepper

Mix the flour, pepper and salt together. Wash the liver, removing any pipes. Cut the liver into small pieces and roll in the seasoned flour. Place in a greased pie-dish with layers of thinly-sliced onion and apple in between. Sprinkle with sage between each layer, and season with pepper and salt. Peel the potatoes, boil in salted water for 10 minutes, strain off the water, cut them in fairly thick slices and place in a layer on top of the liver. Three-parts fill the dish with the potato water, sprinkle the remainder of the seasoned flour on top, cover with greased paper and bake in a moderate oven (Regulo Mark 4) for 1 hour or until the liver is tender. Serves 3-4 portions

LIVER AND BACON HOT-POT

1 lb. liver
1 lb. fat bacon
1 dessertspoonful flour mixed with ½ teaspoonful salt and Pepper and salt
1½ lbs. potatoes
1 large onion
1½ teaspoonful salt and ½ teaspoonful pepper

Wash the liver, cut it into pieces and roll in the seasoned flour. Trim the bacon, and cut into strips. Slice the potatoes and chop the onion. Arrange all the ingredients in alternate layers in the hot-pot with a layer of potatoes on top, seasoning to taste. Add sufficient water to come three-quarters of the way up the hot-pot, cover, and cook in a moderate oven (Regulo Mark 4) for 2 hours. Serves 4-5 portions

LIVER CAKES

1 lb. liver
2 slices fat bacon
1 reconstituted dried egg
4 tablespoonful breadcrumbs
1 tablespoonful chopped parsley
Fat for frying
Salt and pepper
A little milk or water

Trim and chop the bacon and fry until crisp. Remove from the pan. Wash and dry the liver. Slice and fry until almost cooked in the bacon fat. Put the liver through a mincer or chop finely. Add bacon and all the other ingredients except the fat and mix to a stiff consistency, with a little milk or water. Season to taste, form into cakes, cover with breadcrumbs and fry on both sides in hot fat till golden brown. Makes 6 cakes

LIVER SAVOURY

1 lb. liver
1 oz. cooking fat
1 tablespoonful flour
1 large onion
½ teaspoonful mixed herbs
½ pint vegetable stock or water
2 ozs. haricot or butter beans
Salt and pepper

Wash the beans and soak overnight in ½ pint cold water. Put in a saucepan with the water in which they were soaked, made up to ½ pint. Bring to the boil and simmer gently for 1-1½ hours or until soft, adding ½ teaspoonful salt 5 minutes before they are ready. Drain and keep hot, saving the water for stock. Wash and dry the liver, removing any pipes. Cut into pieces. Make the fat hot, slice the onion and fry until golden brown. Remove, add the liver and fry lightly. Sprinkle in the flour and fry until brown. Add the stock, onion, seasoning and herbs and stir until boiling. Simmer gently for ½ hour or until the liver is tender, adding the beans 5 minutes before serving. Serves 3 portions

NOTE: The beans may be served in a border on a hot dish, with the liver in the centre. Pour a little of the gravy over and serve the remainder of the gravy separately.

TO PREPARE SWEETBREADS

After washing the sweetbreads, soak them in cold water for 1 hour. Rinse and blanch by putting them into a saucepan with cold water to cover, adding a tablespoonful of vinegar to whiten them. Bring slowly to the boil, cook gently for about 20 minutes, drain, put into a basin of cold water, and take away all skin, fat, veins, etc., but do not destroy the shape. Put them between two dishes with a weight on top and press until cold. They may then be used as desired.