

Casserole cookery / Stork Margarine Cookery Service.

Contributors

Stork Margarine Cookery Service.

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RABBIT HOT-POT

1 rabbit	2 tablespoonsful finely chopped parsley
1 lb. onions or leeks	1 oz. margarine
1 lb. potatoes	1 dessertspoonful flour
1 swede	1 pint vegetable stock or water
	Salt and pepper

Wash the rabbit, and cut into joints. Chop the onions, and dice the swede, and fry lightly in the hot margarine. Remove, and fry the rabbit joints. Place the vegetables and the rabbit joints in a casserole, seasoning each layer. Sprinkle the remainder of the fat with the flour and stir over a low heat until brown; add the liquid, and stir until boiling. Season, and pour over the rabbit. Slice the potatoes fairly thickly, and place in a layer on top. Sprinkle with salt and pepper, cover, and cook for 2½ hours in a moderate oven (Regulo Mark 4). 15 minutes before serving, add the chopped parsley.

NOTE: If liked, chop a rasher of bacon, and sprinkle over the potatoes before covering. Serves 6 portions

CURRIED RABBIT AND MACARONI

1 rabbit	2 dessertspoonful flour
2 dessertspoonful curry powder	1 oz. margarine
2 dessertspoonful chutney	½ lb. macaroni
1 good-sized cooking apple	2 pints vegetable stock or water
2 onions	1 dessertspoonful vinegar
4 bottled tomatoes, or 4 tablespoonsful tomato sauce	Salt and pepper

Cut the prepared rabbit into joints; heat the margarine, and fry until brown. Remove, and brown the chopped onions and sliced apple and tomatoes. Add the flour and curry powder, and cook for a minute or two, stirring well. Add the stock, and stir until boiling, then add the chutney, macaroni and vinegar, and boil 5 minutes. Place the joints of rabbit in a large casserole, season, pour the curry, etc., over, cover, and cook for 2½ hours in a moderate oven (Regulo Mark 4). Serves 6 portions

PIGEON CASSEROLE

1 pigeon	2 onions or leeks
2 thick rashers fat bacon	1 dessertspoonful flour
½ lb. carrots	1 pint vegetable stock or water
½ lb. parsnips	Salt and pepper

Wash the pigeon well, and cut in quarters. Cut the bacon in pieces, and fry; then fry the quarters of pigeon in the fat until brown on both sides. Remove the pigeon and bacon, and fry the sliced vegetables in the fat. Place the vegetables in a casserole with the pieces of pigeon and bacon on top. Sprinkle the flour in the pan, and brown, then add the stock, and stir until boiling. Season, and pour round the pigeon. Cover, and cook for 2½ hours in a moderate oven (Regulo Mark 4). Serves 4 portions

DEVILLED PIGEON AND CELERY

1 pigeon	1 teaspoonful curry powder
2 rashers fat bacon	2 teaspoonful chutney
1 head celery	1 teaspoonful flour
1 teaspoonful dry mustard	1 pint vegetable stock or water
2 tablespoonsful mushroom or tomato ketchup	Salt and pepper

Cut the prepared pigeon in quarters. Cut the bacon in pieces, and fry; then fry the pieces of pigeon in the fat until brown on both sides. Put into a casserole with the bacon. Put the mustard, curry powder, and flour in the pan and fry lightly, stirring all the time. Add the chutney, chopped celery, ketchup and stock, stir until boiling, season, and pour over the pigeon. Cover, and cook for 2½ hours in a moderate oven (Regulo Mark 4). Serves 4 portions

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COOKERY NOTES No. 60

Recipes approved by the Ministry of Food

JANUARY, 1945

STORK MARGARINE

COOKERY SERVICE

CASSEROLE COOKERY

CASSEROLE ROAST	RAGOUT OF MUTTON
BRAISED BEEF	STUFFED BREASTS OF LAMB
BEEF AND TOMATO HOT-POT	PORK AND APPLE CASSEROLE
STEWED STEAK	PORK AND PARSNIP CASSEROLE
CASSEROLE OF BEEF WITH DUMPLINGS (WHITE)	RABBIT AND BACON CASSEROLE
STEAK AND VEGETABLE STEW (BROWN)	RABBIT AND CELERY CASSEROLE
CASSEROLE OF MUTTON AND WATERCRESS	RABBIT HOT-POT
CASSOLET OF MUTTON	CURRIED RABBIT AND MACARONI
MUTTON AND ARTICHOKE STEW	PIGEON CASSEROLE
	DEVILLED PIGEON AND CELERY

The difference between cooking in a casserole and stewing is that stewing means cooking in liquid and casseroiling is cooking in a little liquid and the steam from the liquid. Therefore the first rule for casserole cooking is not to drown the dish with too much liquid.

Casserole cookery means long oven cooking at a very moderate heat and in a closely covered earthenware or fireproof glass dish. If the oven is being used at a high temperature, the casserole can be placed at the bottom of the oven or in the drip pan, and so fuel can be saved.

It improves many kinds of meat, particularly the cheaper cuts. There is also less shrinkage of meat compared with roasting, and casserole cooking is one of the best methods for invalids.

CASSEROLE ROAST

1 lb. topside or silverside of beef	2 parsnips
1 oz. margarine	1 teaspoonful flour
1 pint water or vegetable stock	Salt and pepper

Brown the meat quickly on both sides in the hot margarine. Cut the parsnips in 2-in. lengths and brown. Place the parsnips in a casserole with the meat on top. Sprinkle the fat with the flour, and allow to brown. Add the stock, stir until boiling, season and pour round, but not over, the meat. Cover and cook for 1½-2 hours in a very moderate oven (Regulo Mark 3). Serves 5 portions

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to help solve your present-day cooking problems.



BRAISED BEEF

1 lb. topside or silverside of beef
1 carrot, 1 onion, 1 white turnip or swede
A bag of mixed herbs (1 teaspoonful, if dry)
1 pint water or vegetable stock
1 oz. margarine
Salt and pepper

Brown the meat quickly on both sides in the hot margarine, then brown the cut-up vegetables. Place the vegetables in a casserole with the bag of herbs, season, and place the meat on top. Add the stock. Cover, and cook for 2 hours in a slow oven (Regulo Mark 2). Remove the herbs, and serve on a hot dish with the gravy and vegetables poured round the meat. Serves 4-5 portions

BEEF AND TOMATO HOT-POT

1 lb. shin of beef, 1 lb. ox kidney (optional)
1 lb. potatoes
1 lb. tomatoes (bottled)
1 tablespoonful flour
2 onions
1 cooking apple
Salt and pepper
1 pint water

Cut the meat into small pieces and dip in the flour seasoned with salt and pepper. Slice the vegetables and the apple, and arrange layers of meat, vegetables and apple alternately, seasoning each layer, and making the last layer of potatoes. Add sufficient water to come about one-third up the side (about 1 pint). Cover closely and cook for 2-3 hours until the meat is tender in a slow oven (Regulo Mark 2). Serves 5 portions

STEWED STEAK

1 lb. stewing steak
2 tablespoonful home-made tomato sauce
1 pint vegetable stock or water
1 heaped teaspoonful flour
1 oz. margarine
1 carrot
1 onion
Salt and pepper

Cut the steak in pieces, and fry lightly in the hot margarine. Remove, and fry the vegetables, sliced thinly. Place the vegetables and meat in a casserole, seasoning to taste. Sprinkle the flour in the remainder of the fat, and fry brown. Add the stock and the tomato sauce, and stir until boiling. Season and pour over the meat and vegetables. Cover closely and cook in a slow oven (Regulo Mark 2) until the meat is tender and the vegetables are soft (2-3 hours). Serves 4-5 portions

CASSEROLE OF BEEF WITH DUMPLINGS (White)

1 lb. stewing steak
1 onion, 1 small swede, 1 parsnip
2 tablespoonful chopped parsley
Water to cover
Half a head of celery
1 tablespoonful flour
Salt and pepper

Dumplings: 4 ozs. self-raising flour
1 oz. margarine Cold water
1 teaspoonful mixed herbs A pinch of salt
Wipe the steak, cut it into neat pieces, and roll in the flour seasoned with salt and pepper. Slice the vegetables and place with the meat in layers in a casserole, seasoning each layer. Add enough water to cover the vegetables, cover, and cook in a very moderate oven (Regulo Mark 3) for 2-3 hours. About 40 minutes before the stew is ready, add the dumplings, pushing them well down into the gravy. 15 minutes before the cooking is complete, sprinkle in the chopped parsley. To make the dumplings, rub the margarine into the sieved flour and salt, add the herbs, and mix with sufficient water to make a fairly soft dough. Turn on to a floured board, knead, and divide into 8 portions. Serves 4 portions

STEAK AND VEGETABLE STEW (Brown)

1 lb. stewing steak
2 parsnips, 2 carrots, 1 white turnip, 1 swede
1 pint vegetable stock or water
1 oz. margarine
1 tablespoonful flour
Salt and pepper

Wipe the steak, cut it into neat pieces, and fry in the hot margarine until beginning to brown. Put into a casserole, then fry the sliced vegetables and add, seasoning to taste. Sprinkle the pan with the flour,

and fry until brown. Add the stock, stir until boiling, season, and pour over the meat and the vegetables. Cover, and cook for 2-3 hours in a very moderate oven (Regulo Mark 3) until the meat is tender. Serves 4-5 portions

CASSEROLE OF MUTTON AND WATERCRESS

1-1 1/2 lbs. scrag or neck of mutton
1 bundle watercress
1 dessertspoonful flour
1 lb. small onions
1 oz. margarine
1 pint water or vegetable stock
Salt and pepper

Wash the meat, and cut into 4 to 6 pieces. Fry lightly in the hot margarine, and put into a casserole with the onions whole. Season with salt and pepper. Fry the flour in the remainder of the margarine till brown. Add the stock, and stir until boiling. Season and pour over the meat, etc., and cook for 3 hours in a very moderate oven (Regulo Mark 3). 30 minutes before the cooking is finished, add the chopped watercress. Serves 4-6 portions

CASSOULET OF MUTTON

1 lb. shoulder or neck of mutton
1 gill vegetable stock or water
Bouquet of parsley, thyme, and mint or tarragon
3 tablespoonful home-made tomato sauce
2 leeks
1 tablespoonful flour
1 dessertspoonful flour
1 oz. margarine
1 pint vegetable stock or water
Salt and pepper

Wash and cut up the meat, and trim off the excess fat. Cook the meat lightly in the hot margarine and remove. Cut the leeks into thin slices, and fry until they are light brown. Place meat and leeks in a casserole. Sprinkle the pan with the flour, and stir until this also browns. Pour in the vegetable stock, stir until it thickens, and put into the casserole. Add the bouquet of herbs and the tomato sauce, season, cover and cook gently in a moderate oven (Regulo Mark 4) for 2-2 1/2 hours. Remove the bouquet before serving. Serves 5 portions

MUTTON AND ARTICHOKE STEW

1 lb. scrag or neck of mutton
1 lb. artichokes
1 oz. margarine
1 dessertspoonful curry powder
1 pint vegetable stock or water
Salt and pepper

Wash the mutton, cut into pieces, and fry in the hot margarine. Remove, and fry the sliced artichokes. Place the artichokes in the bottom of a casserole with the meat on top. Add the curry, chutney, rice and flour to the frying pan, stir, and fry for a few moments. Add the stock and stir until boiling. Season, and pour over the meat. Cook in a very moderate oven (Regulo Mark 3) for 2-3 hours. Serves 4 portions

RAGOUT OF MUTTON

1-1 1/2 lbs. scrag or neck of mutton
2 onions
1 dessertspoonful flour
1 turnip, 1 parsnip
1 root of celeriac or small celery
1 tablespoonful pearl barley
1 pint vegetable stock or water
1 oz. margarine
1 lb. potatoes (optional)
Salt and pepper

Wash the meat, and cut into neat pieces. Dip in the flour seasoned with pepper and salt, and fry lightly. Place in a casserole. Then fry the cut-up vegetables (except the potatoes), and place with the meat, seasoning with salt and pepper. Sprinkle the pan with the remainder of the flour, and fry until beginning to turn brown. Add the stock and the barley, and stir until boiling. Pour over the meat, place the sliced potatoes on top, season, cover, and bake for 2 1/2 hours in a very moderate oven (Regulo Mark 3). Serves 4-6 portions

STUFFED BRAISED BREASTS OF LAMB

1-1 1/2 lbs. breasts of lamb
1 oz. margarine
2 carrots, 2 onions
Bunch of herbs, 2 pieces of mace and 1 clove tied in muslin
1 pint stock
2 teaspoonful flour
Salt and pepper

Stuffing: 3 tablespoonful breadcrumbs
1 teaspoonful chopped parsley
1 teaspoonful mixed herbs
Salt and pepper
1 reconstituted dried egg
Milk to bind

Wash the meat, and cut it into 4 to 6 portions. Fry lightly in the hot margarine. Then fry the chopped-up vegetables, and put with the meat and the bunch of herbs in the casserole. Season. Sprinkle the pan with the flour, and fry until light brown; add the stock, and stir until boiling. Pour over the meat, etc. Make the stuffing by mixing all the dry ingredients together, and binding with the egg and milk. Form into balls, and place round the meat. Cook for 2 1/2 hours in a very moderate oven (Regulo Mark 3). Remove the herbs before serving. Serves 4-6 portions

PORK AND APPLE CASSEROLE

1 lb. pork
2 cooking apples
2 large onions
1 lb. potatoes
2 teaspoonful powdered, or fresh, chopped sage
1 pint vegetable stock or water
1 dessertspoonful flour
Salt and pepper

Cut the pork in neat pieces. Add salt and pepper to the flour and roll the pork in it. Slice the onions and potatoes, and chop the apples. Arrange these ingredients in layers in a casserole, with the sage sprinkled in between, and seasoning each layer well with salt and pepper. Sprinkle the remainder of the seasoned flour on top, and pour the stock or water over. Cover, and cook in a very moderate oven (Regulo Mark 3) for 2 hours. Serves 4 portions

PORK AND PARSNIP CASSEROLE

1 lb. pork
1 lb. parsnips (weighed after peeling)
1 pint water or vegetable stock
2 tablespoonful chutney, or 1 tablespoonful vegetable pickle or piccalilli
1 dessertspoonful flour
1 oz. dripping or margarine
Salt and pepper

Stuffing: 1/2 lb. breadcrumbs
2 onions (chopped)
1 teaspoonful sage
1 reconstituted dried egg
A little milk
Salt and pepper
Cut the pork in pieces, roll in the flour seasoned with salt and pepper, and brown in the hot fat. Remove, and brown the parsnips, cut in 2-in. lengths. Place the parsnips in the bottom of a casserole, with the pork on top, and season with salt and pepper. Sprinkle the remainder of the flour in the hot fat, brown lightly, then add the chutney or pickle and the stock and stir until boiling. Season and pour over the pork, etc. Make the stuffing by mixing all the dry ingredients together, and binding with the egg and milk. Spread over the pork, or form into balls, and place on top. Cover and cook for 2 hours in a very moderate oven (Regulo Mark 3). Serves 4 portions

RABBIT AND BACON CASSEROLE

1 rabbit
About a tescupful of vegetable stock or water
1 lb. fat bacon
Salt and pepper

Stuffing: Recipe as above.
Wash the rabbit, cut into joints, sprinkle with salt and pepper, and place in the casserole. Make the stuffing by mixing all the dry ingredients together, and binding with the egg and milk. Form into balls, and place round the rabbit joints. Cut the bacon in pieces, and lay over the top. Pour the stock round, cover, and cook for 2 1/2 hours in a moderate oven (Regulo Mark 4). Serves 6 portions

RABBIT AND CELERY CASSEROLE

1 rabbit
2 rashers fat bacon
1 head celery
1 pint vegetable stock or water
2 good-sized cooking apples
2 onions or leeks
1 dessertspoonful flour
Salt and pepper

Wash and joint the rabbit. Cut the bacon into pieces, and fry, then fry the rabbit joints, and remove. Fry the chopped leeks or onions, and the chopped celery, and place in the casserole. Season to taste, and sprinkle the peeled and chopped apples over. Place the rabbit joints and the bacon on top. Sprinkle the pan with the flour, allow to brown a little, add the stock, and bring to the boil, stirring all the time. Season, pour round the rabbit, cover, and cook for 2 1/2 hours in a moderate oven (Regulo Mark 4). Serves 6 portions