

## **More "quick-to-make" puddings / Stork Margarine Cookery Service.**

### **Contributors**

Stork Margarine Cookery Service.

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### JELLIED PLUMS

2-lb. jar home-bottled plums 3 tablespoonsful sugar  
1 pint liquid from plums made up with water  
4 level dessertspoonful cornflour or arrowroot  
or 4 level tablespoonful flour

If the plums are sufficiently cooked, drain them well, saving the juice, and place them in a glass dish. (If they require further cooking, simmer gently in the liquid from the jar, with a little water added if necessary. See also note re Campden Tablets.) Drain, and place in dish. Sprinkle 1 tablespoonful of sugar over. Mix the cornflour to a smooth paste with a little of the plum liquid. Bring the remainder of the liquid with the remaining sugar to the boil and pour over the cornflour, stirring all the time. Return to the saucepan and cook for 3 minutes, stirring continuously. Pour over the fruit and leave until quite cold before serving. (Serves 6 portions)

### MARSHMALLOW FRUIT FLAN

**PASTRY:** 8 ozs. self-raising flour ½ teaspoonful salt  
3 ozs. margarine Water to mix

**FILLING:** 1-lb. jar bottled fruit, plums, cherries, etc.  
½ pint fruit juice from jar  
1 slightly rounded dessertspoonful cornflour  
1 tablespoonful sugar

**TOPPING:** 1 heaped tablespoonful dry household milk  
2 tablespoonful water  
½ teaspoonful powdered gelatine  
1 tablespoonful sugar  
½ teaspoonful vanilla essence

To make the pastry, sieve the flour and salt together, cut the margarine into pieces the size of a walnut and rub in until the mixture is like fine breadcrumbs all through. Add just sufficient water, about a teaspoonful at a time, to mix to a very dry paste which leaves the sides of the bowl clean. Form into a ball with the tips of the fingers and roll out to about ½-inch thick. Line a fairly large sandwich tin or flan ring with the pastry, fill the centre with greaseproof paper with a few crumpled bits on top to prevent the pastry rising and bake for 10 minutes in a fairly hot oven (Regulo Mark 6). Remove the paper, etc., and bake for 20 minutes longer at the same heat. Remove from oven and cool.

For the filling, drain the fruit well. (If it needs further cooking, simmer gently in the liquid from the jar. See also note below re Campden Tablets.) Arrange the fruit neatly inside the flan. Mix the cornflour with a little of the juice to a smooth paste. Bring the remainder of the juice with the sugar to the boil and pour gradually over the cornflour, stirring all the time. Return to the pan and cook for 3 minutes, stirring continuously. Pour over the plums and spread smoothly. Allow to become quite cold before adding the topping.

To make the topping, dissolve the sugar and gelatine in the water over a low heat, stirring all the time. Cool slightly, add the vanilla, and pour over the dry household milk. Whisk well with a fork or rotary egg-beater for 7-10 minutes until smooth and fluffy; pour over the flan, turning from side to side so that it covers the top evenly. Leave until set (about an hour). (Serves 6 portions)

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### USING FRUIT BOTTLED IN CAMPDEN TABLETS

If fruit bottled this way is used for any of the cold sweets, it must first be treated in the usual way.

Empty the fruit and liquid into an open saucepan and boil for 10 minutes until there is no further smell of the preservative. Then add sugar and simmer the fruit gently until it is cooked. The liquid can then be used for making fruit jellies and sauces, and the fruit according to the instructions given in the recipes.

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## COOKERY NOTES No. 62

Recipes approved by the Ministry of Food

MARCH, 1945

**STORK MARGARINE**

**COOKERY SERVICE**

### MORE "QUICK-TO-MAKE" PUDDINGS

HOT:	COLD:
CATTLE PUDDING	JELLY
DATE OR FIG PUDDING	CORNFLOUR JELLY
GOLDEN APPLE PUDDING	ORANGE OR LEMON JELLY
JAM MARSHMALLOW PUDDING	ORANGE AND LEMON FRUIT JELLY CREAM
MACARONI AND DATE OR BULGANA CHARLOTTE	SPONGE JELLY CREAM
ORANGE Caramel PUDDING	JELLIED PLUMS
ROLLED OAT PUDDING	MARSHMALLOW FRUIT FLAN
SULTANA OR DATE BOLL-Y-POLTY	

USING FRUIT BOTTLED IN CAMPDEN TABLETS

With the rationing and limitations of many foods, it is often difficult to "ring the changes" in the meat course, so it is most important that puddings are varied and there is still a big choice of ingredients available to produce a large variety of dishes for the sweet course.

This month's Cookery Notes provide a further selection of puddings, some to be served hot and some cold, ready for any kind of weather.

**Gelatine:** Many enquiries have been received regarding the use of gelatine in jellies and puddings, and several recipes are given.

Gelatine varies and care should be taken to use the right amount. For powdered gelatine it is easy to give the weight in terms of spoonful for the benefit of those people who do not possess scales, but leaf, sheet or crystal gelatine varies so much, we cannot give any easy guide and these types should be weighed.

Always remember, too, that gelatine when dissolved in liquid should not be boiled unless any recipe specifically gives this instruction.

When using gelatine these days, it is also recommended that a small test jelly is made to make sure that the results are liked before proceeding with the more elaborate dishes.

To remove a jelly from a mould, when set, hold the mould in the left hand and place the tips of the fingers of the right hand on top of the jelly near the edge. Gently pull the jelly away from the mould. Do this until the edge is released all round. Then turn the jelly mould upside down on a dish. Hold the dish and the mould firmly together and shake them until the jelly is free. If the jelly is obstinate and still adheres to the mould, dip the mould quickly in hot water and then try again.

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to help solve your present-day cooking problems.



## HOT PUDDINGS

### CASTLE PUDDING

2 ozs. margarine 6 ozs. self-raising flour  
2 tablespoonsful sugar 1 teaspoonful vanilla essence  
2 reconstituted dried eggs A little milk to mix

A pinch of salt  
Cream the margarine and sugar together and beat in the eggs gradually. Fold in the sieved flour and salt, add vanilla and mix with milk to a dropping consistency, as for a rich cake mixture. Three-quarters fill 10 well-greased dariole moulds; place on a baking sheet and bake for 20-25 minutes in a moderately hot oven (Regulo Mark 5). Serve with a little hot jam or syrup.

NOTE: To make one large pudding from the above mixture, place in a greased pie-dish and bake for 1 hour in a moderate oven (Regulo Mark 4) or put into a greased pudding basin and steam for 1 hour. (The small puddings can also be steamed for 1 hour.) (Serves 6 portions)

### DATE OR FIG PUDDING

4 ozs. self-raising flour 2 reconstituted dried eggs  
4 ozs. breadcrumbs 1 heaped teaspoonful mixed spice  
4 ozs. figs, dates or other fruit 1 heaped teaspoonful grated nutmeg  
2 tablespoonsful sugar 1 teaspoonful bicarbonate of soda  
3 ozs. margarine 2 tablespoonsful milk 1 teaspoonful salt

Sieve the flour, salt and spices into a bowl. Add the breadcrumbs and chopped dates or figs and mix together. Melt the margarine and the sugar together, cool slightly, add the bicarbonate of soda and mix with the dry ingredients, together with the egg and milk. Beat well, put into a greased pudding bowl, cover and steam for 1 hour. (Serves 6-8 portions)

### GOLDEN APPLE PUDDING

1 lb. apples A few drops lemon flavouring  
1 teaspoonful water 3 heaped tablespoonsful stale cake  
2 tablespoonsful sugar crumbs (or 2 tablespoonsful  
1 oz. margarine breadcrumbs)

TOPPING: 1 pint water A few drops lemon flavouring  
1 level tablespoonsful custard powder 1 tablespoonsful sugar

Peel, core and slice the apples. Simmer until soft with the water, margarine and sugar. Stir in the lemon flavouring and put into a greased pie-dish. Sprinkle the crumbs over and press them well down with a spoon, so that they are soaked in the juice.

To make the topping, mix the custard powder with a little of the cold water. Bring the remainder with the sugar to the boil and pour over the mixture, stirring all the time. Add the flavouring and pour evenly over the apples. Bake for 20 minutes in a moderate oven (Regulo Mark 4), if to be served hot.

To serve cold, put the apples, etc., into a glass dish and pour the sauce over. Leave until cold. (Serves 6-6 portions)

### JAM MARSHMALLOW PUDDING

6 ozs. breadcrumbs 2 reconstituted dried eggs  
1 tablespoonsful sugar 1 pint milk (fresh or household)  
1 oz. margarine 2 heaped tablespoonsful jam

MARSHMALLOW CREAM  
1 pint water 1 level dessertspoonful cornflour or  
1 oz. margarine arrowroot or 1 level tablespoonsful flour  
1 tablespoonsful sugar 2 heaped tablespoonsful household milk  
1 teaspoonful vanilla essence A little grated nutmeg

Place the breadcrumbs in a basin; put the milk, margarine and sugar in a saucepan, bring almost to the boil and pour over the breadcrumbs. Leave to stand for an hour. Stir in the reconstituted dried eggs, then put into a well-greased pie-dish and bake for 30 minutes in a moderate oven (Regulo Mark 4).

MARSHMALLOW CREAM: Blend the cornflour with a little of the water to a smooth cream. Bring the water, margarine and sugar to the boil, stirring all the time. Pour over the cornflour gradually, stirring continuously. Return to the saucepan and cook for 3 minutes, continuing to stir. Cool a little and pour gradually over the dry household

milk, beating all together until smooth. Stir in the vanilla. Remove the pudding from the oven, spread the jam evenly on the top, pour over the marshmallow cream, grate the nutmeg over the top and set for 10 minutes longer in a moderate oven (Regulo Mark 4). (Serves 6 portions)

### MACARONI AND DATE OR SULTANA CHARLOTTE

2 ozs. macaroni 1 tablespoonsful sugar  
1 pint milk (fresh or household) 2 reconstituted dried eggs  
3 ozs. dates or sultanas

TOPPING:  
2 tablespoonsful breadcrumbs 1 teaspoonful sugar  
1 oz. margarine Grated nutmeg

Soak the macaroni in the milk for 1 hour. Add the sugar and cook in a double saucepan until tender (about 1 hour). Stir in the eggs. Chop the dates and place in the bottom of a well-greased pie-dish. Pour over the cooked macaroni and sprinkle on top 1 tablespoonsful of the breadcrumbs. Dot with the margarine, sprinkle over the remaining breadcrumbs, sugar and the nutmeg. Bake for about 20 minutes in a fairly hot oven (Regulo Mark 6) until golden brown on top. (Serves 5-6 portions)

### ORANGE CARAMEL PUDDING

6 ozs. stale cake crumbs 1 pint water  
1 pint orange squash 1 tablespoonsful sugar (may be omitted)

CARAMEL SAUCE: 2 level tablespoonsful cornflour or arrowroot or  
2 tablespoonsful sugar 2 heaped tablespoonsful flour  
2 tablespoonsful water Additional 1 pint water

Place the cake crumbs in a well-greased pie-dish. Bring the water, sugar and orange squash to the boil and pour over the cake crumbs. To make the sauce, mix the cornflour to a smooth paste with a little of the 1 pint water. Put the sugar and 2 tablespoonsful water in a saucepan and boil until the mixture turns a deep golden brown. Leave to cool slightly, then add the remainder of the 1 pint water and when boiling stir into the cornflour. Return to the pan and cook for 3 minutes, stirring continuously. Pour over the cake crumbs and bake for 30 minutes in a moderate oven (Regulo Mark 4). (Serves 5-6 portions)

NOTE: It is necessary to let the caramel mixture cool before adding the cold water, because water added to boiling hot sugar will spit and splash.

### ROLLED OAT PUDDING

2 tablespoonsful rolled oats 1 oz. margarine  
1 tablespoonsful sugar 2-3 ozs. dates, figs or sultanas  
1 pint milk (fresh or household) Grated nutmeg

Grease a pie-dish and put in the oats, sugar and chopped dates or figs. Stir together, pour over the milk and place the margarine in little knobs on the top. Grate a little nutmeg if liked, and bake in a very moderate oven (Regulo Mark 3) for 2 hours. (Serves 4-3 portions)

### SULTANA OR DATE ROLY-POLY

8 ozs. self-raising flour 1 teaspoonful salt  
3 ozs. margarine Water to mix

FILLING:  
2 tablespoonsful golden syrup 3 ozs. chopped dates or sultanas  
1 teaspoonful cinnamon

Sieve the flour and salt together and rub in the margarine. Add water gradually a little at a time, and mix with a knife to a stiff, dry dough which leaves the sides of the bowl clean. Knead a little, and roll into an oblong on a lightly floured board. Heat the syrup, dates and cinnamon together, and spread evenly over the paste, leaving a margin of about 1/2-inch all round. Brush round the edges with water and form into a roll, pressing the outside edges and the ends lightly down to seal. Wrap loosely in greaseproof paper brushed with melted margarine; fold over the ends of the paper and steam for 1 hour. Serve with hot syrup if liked. (Serves 5 portions)

## COLD SWEETS

### JELLY

To 1 pint of water or fruit juice, use 1/2 oz. (5 level dessertspoonsful) of powdered gelatine. If the fruit juice is already sweet, no sugar is required. If water is used, flavouring essence should be added to taste and 3 good tablespoonsful of sugar to 1 pint of water or unsweetened fruit juice.

METHOD: Put the 1 pint of cold water or fruit juice in a saucepan. Add the powdered gelatine and place the saucepan over a very low heat until the gelatine is dissolved, stirring all the time. Then add the sugar and flavouring essence if used, and stir well until sugar is dissolved. Pour the mixture into a wetted basin or mould previously soaked in cold water and leave to set. The liquid must not boil and should only be heated sufficiently to dissolve the gelatine and sugar. (Serves 4 portions)

### CORNFLOUR JELLY

1 pint of water or unsweetened fruit juice  
3 good tablespoonsful granulated sugar  
2 level tablespoonsful cornflour  
Flavouring essence, if water is used and not fruit juice

Dissolve the cornflour in a little of the water or fruit juice to a smooth paste, then gradually add the remainder of the liquid. Put into a saucepan with sugar, bring slowly to the boil and boil for 10 minutes, stirring all the time. If water is used, add the flavouring at the end of the cooking time. Pour into a wetted mould, previously soaked in cold water and leave to set. (Serves 4 portions)

### ORANGE OR LEMON JELLY

(Using a Soft Fruit Drink and Gelatine)

1 pint orange or lemon squash 1 pint water  
1/2 oz. (3 level dessertspoonsful) powdered gelatine  
1-2 tablespoonsful sugar, according to taste

Put the gelatine with the water in a saucepan and dissolve gently over a very low heat, stirring all the time until every particle is dissolved, add the sugar and stir until dissolved. Remove from the heat, add the orange or lemon squash, stir well, pour into a wetted mould or a glass dish and leave in a cool place to set. (Serves 4 portions)

### ORANGE AND LEMON FRUIT JELLY CREAM

BOTTOM LAYER: Make 1 pint orange jelly, following above recipe, and put into a large glass dish and leave to set.

SECOND LAYER: Drain a 1-lb. jar of bottled fruit, preferably yellow plums, until the fruit is free of juice, then arrange in a neat layer on top of the set orange jelly. (See note re fruit bottled in Campden Tablets.)

THIRD LAYER: With the juice from the bottled plums make 1/2 pint of lemon jelly and pour over the top of the fruit. Again leave to set.

FOURTH LAYER: Top with a layer of wartime cream (recipe in Cookery Notes No. 59). To decorate, draw a fork along the top until the surface is ridged all over and decorate with bottled cherries, drained and wiped dry, or halves of plums, dates, etc. (Serves 12 portions)

### SPONGE JELLY CREAM

Break up three-quarters of a jam sponge sandwich (recipe in Cookery Notes No. 59). Put into a large glass dish and pour over 1 pint orange or lemon jelly (recipe above). Press with a fork to soak the sponge in the liquid. Allow to set, then pour over 1/2 pint jelly of alternative flavour. Allow to set and spread with wartime cream (recipe in Cookery Notes No. 59). (Serves 6-8 portions)