

## **Pastry making in war time / Stork Margarine Cookery Service.**

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Stork Margarine Cookery Service.

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### CHOCOLATE PEPPERMINT FLAN

**Biscuit Crust**  
**FILLING:** 2 tablespoonsful dry household milk  
 3 reconstituted dried eggs 2 tablespoonsful sugar  
 1 pint water 2 heaped teaspoonful cocoa  
 2 heaped teaspoonful flour Peppermint essence  
**TOPPING:** 2 tablespoonsful dry household milk  
 1 tablespoonful candied peel (home-made) or grated rind of orange  
 1 tablespoonful syrup 1 tablespoonful water

For the filling, mix or sieve the household milk, cocoa and flour together, add the sugar and mix very smoothly with the water. Add the reconstituted eggs, stir and cook very gently on a low heat until thick, stirring all the time. Remove from the heat and add the peppermint essence, tasting until the right strength has been obtained. Line a flan ring with the pastry, trim the edges, pour in the filling and bake for 20 minutes in a fairly hot oven (Regulo Mark 6). Remove, pour the topping over and bake for 10 minutes longer. Serve cold.

To make the topping, chop the peel finely, put with the syrup and water in a saucepan and make hot, stirring well. Pour gradually over the household milk and stir until smooth.

When household milk is not available, use 1 pint fresh milk instead of water for the chocolate filling. For the topping, when household milk is not available, leave the flan until cold and spread with wartime cream (as recipe in Cookery Notes No. 59). (Serves 6 portions)

### DEVONSHIRE ROLL

**Biscuit Crust**  
 1 lb. apples, fresh or bottled, or 1/2 lb. apple rings  
 1 tablespoonful sugar 6 cloves (optional)  
 2 tablespoonsful sultanas, currants, etc. A little water

Cook the sliced apples until soft with the water (about 2 tablespoonsful) and the sugar and cloves. Remove the cloves. Mash with a fork and mix with the sultanas. Roll the pastry to a large oblong, about 1/2 in. thick. Trim the edges and brush all round the edges with water. Spread with the filling, roll up loosely, seal the edges by pressing gently together, place on a baking sheet and bake for 30 minutes in a fairly hot oven (Regulo Mark 6). (Serves 5-6 portions)

**NOTE:** If apple rings are used, soak overnight and cook them as for Apple and Cherry Flan.

### FRUIT CREAM FLAN

**Biscuit Crust**  
**FILLING:** 1/2 lb. rhubarb or any kind of fresh or bottled fruit  
 1 pint liquid from cooked fruit, made up with water if necessary  
 1 heaped teaspoonful cornflour or arrowroot or 2 heaped  
 2 tablespoonsful sugar 1 teaspoonful flour

**TOPPING:** 2 rounded tablespoonsful household milk  
 1 teaspoonful gelatine 1 dessertspoonful sugar  
 4 tablespoonsful water A few drops vanilla flavouring

Wash the rhubarb, cut in pieces and cook with the sugar and a little water until soft. Drain, saving the liquid. Bake the pastry as for Apple and Cherry Flan. When cold, arrange the rhubarb or other cooked fruit evenly in the bottom. Mix the cornflour to a paste with a little of the drained liquid, bring the remainder to the boil and pour over the cornflour, stirring all the time. Return to the saucepan and cook for 3 minutes until clear. Allow to cool slightly and pour evenly over the fruit.

To make the topping, dissolve the gelatine and sugar in the water on a low heat, stirring all the time, cool slightly, pour into a medium-sized bowl, sprinkle the milk powder on top, add the flavouring and whisk with a rotary egg-beater, egg whisk or fork until thick and creamy, for about 10 minutes. Pour over the fruit in the flan and allow to set. A few bottled or cooked fresh cherries, well wiped to avoid damping the topping and cut in halves, may be used for decoration. When household milk is not available, top with wartime cream, as recipe in Cookery Notes No. 59). (Serves 6 portions)

### LEMON CURD TART

**Biscuit Crust**  
 1 dessertspoonful breadcrumbs  
 2 good tablespoonsful home-made lemon curd

Cut a strip of pastry about 1/2 in. wide, brush round the edges of a tart plate with water and line with the pastry, and then brush the pastry strip with water. Roll out the rest of the pastry to a round, the size of the plate, and place on the plate, gently pressing down the edges all round. Cut off the surplus pastry, flute the edges with the sides of the thumb and forefinger, spread over the lemon curd smoothly with a knife, sprinkle with breadcrumbs on top, decorate with thin strips of pastry and bake for 30 minutes in a fairly hot oven (Regulo Mark 6). (Serves 6 portions)

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## COOKERY NOTES No. 63

Recipes approved by the Ministry of Food

APRIL, 1945

### STORK MARGARINE

### COOKERY SERVICE

### PASTRY MAKING IN WAR TIME

<b>SHORT PASTRY</b>	
<b>SWEET FILLINGS:</b> COVERED JAM TART ORANGE PIE LEMON PIE ORANGE CANDY PIE THREE-FLAVOUR CUSTARD TARTLETS <b>BISCUIT CRUST No. 1:</b> APPLE AND CHERRY FLAN ALMOND BARKWELL TART CHOCOLATE PEPPERMINT FLAN	<b>SAVOURY FILLINGS:</b> SAVOURY MEAT TARTLETS SAVOURY MEAT PATTIES SAVOURY MEAT TURNOVERS SAVOURY MEAT ROLLS FISH PATTIES <b>BISCUIT CRUST No. 2:</b> DEVONSHIRE ROLL FRUIT CREAM FLAN LEMON CURD TART

In pastry making one is concerned chiefly with three ingredients—flour, fat and water—and pre-war it was not difficult to make good pastry provided one followed the rules and used the correct amounts of these ingredients.

Pre-war short pastry was based on half the amount of fat to the weight of flour used, and the reason for these proportions was to bring about the correct action of these ingredients when the liquid was added. In bread making flour is the main ingredient and when liquid is added a product called gluten is produced which develops in threads and strands throughout the dough and forms a close network which is the main basis of bread structure.

In pastry we do not want this network of small holes, so fat is added to the flour in sufficient quantity so that every particle of flour can be covered with fat. This is why the fat is "rubbed into" the flour. The fat then acts as a kind of mackintosh to the flour particles and on the addition of liquid prevents the development and cohesion of the gluten particles, with consequent shortening of the threads and strands—hence the expression "short pastry."

With wartime pastry and the need to economise in margarine used, there is difficulty in completely covering the flour with fat and a tendency to use too much liquid. Less margarine to shorten the gluten strands and more liquid means more gluten development and results in tough, brittle and less short pastry. An added difficulty is that wartime flour seems to need more liquid in mixing, but this temptation should be ignored as the result will only be hard pastry.

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 to help solve your present-day cooking problems.



The two wartime pastry recipes described in this leaflet have been evolved to help to overcome these difficulties and still economise in fat. They are based on the theory that if one cannot entirely cover the flour particles wholly with fat, the next best is achieved by covering with an intimate mixture of margarine and flour, plus some additional care in the mixing.

In our earlier Press announcements we referred to three types of wartime pastry, but on preparing this leaflet we only had room to give recipes for the short pastry and biscuit crust. Recipes for the third type will appear in Cookery Notes No. 64.

### SHORT PASTRY

8 ozs. self-raising flour 2 tablespoonsful cold water  
3 ozs. margarine or cooking fat or half of each ½ teaspoonful salt

Follow these directions carefully:

Sieve the flour and salt together, then put half the flour into a mixing bowl (about 4 heaped tablespoonsful) and cut all the margarine into it in pieces about the size of a walnut. Rub the fat into the flour until the mixture looks like coarse breadcrumbs. Add the remainder of the flour and continue rubbing in until the mixture looks like very fine breadcrumbs. Add the water and mix with a knife until a stiff dough is formed. Knead lightly with the finger-tips into a ball, leaving the sides of the bowl clean. Roll out on a lightly floured board to a thickness of about one-fifth of an inch and use as directed with any of the following recipes.

### SWEET FILLINGS FOR SHORT PASTRY COVERED JAM TART

Short Pastry

FILLING: 2 tablespoonsful jam ½ pint water  
2 slightly rounded tablespoonsful cornflour, arrowroot or flour

NOTE: If flour is used three tablespoonsful of jam will be required. Mix the cornflour to a smooth cream with a little of the water. Bring the remainder of the water to the boil and pour over the cornflour, stirring all the time. Return to the saucepan and cook for 3 minutes until clear. Mix the jam with the cooked cornflour. Roll out 2 rounds of pastry, one the same size as the tin, the other big enough to line the tin and sides. Brush the tin with melted margarine. Fit larger round into the tin and trim the edges. Place the filling in the tart, smoothing it evenly. Dump the pastry edge with water, place the round on top, then press the two edges of pastry gently together and flute all round. Make a hole in the centre and bake for ½ hour in a fairly hot oven (Regulo Mark 6). If to be served cold, allow to cool and set in the tin before turning out. If to be served hot, do not remove from the tin. (Serves 6-8 portions)

### ORANGE PIE

Short Pastry

FILLING: ½ pint orange squash ½ pint water  
2 rounded tablespoonsful custard powder ½ tablespoonful sugar  
2 tablespoonsful orange marmalade 1 tablespoonful sugar

Mix the custard to a smooth paste with a little of the cold water. Bring the orange squash and the remainder of the water to the boil and pour over the custard, stirring all the time. Add the sugar. Return to the saucepan and cook for 3 minutes. Mix the marmalade with the cooked custard. Roll out 2 rounds of pastry, etc., and follow the instructions for Covered Jam Tart. (Serves 6-8 portions)

### LEMON PIE

Short Pastry

FILLING: ½ pint lemon squash ½ pint water  
2 rounded tablespoonsful custard powder ½ tablespoonful sugar  
2 tablespoonsful lemon marmalade 2 tablespoonsful sugar

Follow the directions for Orange Pie. (Serves 6-8 portions)

### ORANGE CANDY PIE

Short Pastry

FILLING: 2 tablespoonsful golden syrup 2 heaped tablespoonsful household milk  
1 tablespoonful home-made candied peel or grated orange peel

NOTE: The pastry for this roll should be ¼ in. thick.

Chop the peel finely and mix with the household milk. Warm the syrup in a saucepan, add the milk and peel and stir with a wooden spoon until smooth. Simmer very gently for a minute or two, stirring all the time. Line a shallow sandwich tin or tart plate with half the pastry. Put in the filling, spreading it evenly. Roll out remainder of pastry and cover the top, as for Covered Jam Tart, sealing and fluting the edges. Make a hole in the centre and bake for 30 minutes at Regulo Mark 6. (Serves 5-6 portions)

ANOTHER FILLING (when household milk is not available):

2 tablespoonsful golden syrup 3 reconstituted dried eggs  
2 tablespoonsful home made candied peel (or grated orange rind)

Place the reconstituted dried eggs, syrup and chopped candied peel in a saucepan and stir over a low heat until thick. Pour into the tart, cover and bake as directed.

### THREE-FLAVOUR CUSTARD TARTLETS

Short Pastry

FILLING: 2 tablespoonsful golden syrup 6 tablespoonsful water  
3 level tablespoonsful dried egg 2 heaped tablespoonsful flour

Flavourings: Almond, strawberry and lemon or any others available  
Sieve or mix well together the egg and flour and mix smoothly with the water. Warm the syrup in a saucepan, draw aside, add the egg, etc., and mix smoothly. Cook gently on a very low heat, stirring all the time until the mixture thickens. Remove from the heat and beat well. Divide into three portions and add a few drops of the different flavourings carefully to each. Fill 12 pastry tins with rounds of the pastry and bake for 15 minutes in a fairly hot oven (Regulo Mark 6). Remove from the oven and place a teaspoonful and a half of the filling in each, return to the oven and bake for a further 10 minutes until the fillings puff up and turn a light golden in colour. (Makes 10-12 fillings)

### SAVOURY FILLINGS FOR SHORT PASTRY SAVOURY MEAT TARTLETS

Short Pastry

FILLING: 3 reconstituted dried eggs ½ pint milk, fresh or household  
1 tablespoonful chopped chives or green tops of spring onion  
1 oz. grated cheese 2 ozs. tinned meat Pepper and salt

Add the grated cheese to the reconstituted dried eggs and milk and simmer gently on a very low heat until thick, stirring all the time. Add the finely chopped meat and the chives and stir together for a minute longer. Season. Line 12 pastry tins with rounds of pastry, place about a teaspoonful and a half of the filling in each and bake for 20-25 minutes in a fairly hot oven (Regulo Mark 6). (Makes 10-12 fillings)

### SAVOURY MEAT PATTIES

Cut rounds of pastry about 3½ in. in diameter. Place a teaspoonful and a half of the filling in the centre of half the rounds, brush the edges with water and top each one with another round of pastry. Press the edges tightly together to seal and flute all round. Place on a baking sheet and bake for 30 minutes in a fairly hot oven (Regulo Mark 6).

### SAVOURY MEAT TURNOVERS

Cut rounds of pastry about 4 in. in diameter. Place the filling on one half and brush the edges of this half with water, then fold the other half over to form a half-moon. Finish as for Patties.

### SAVOURY MEAT ROLLS

Cut squares of pastry about 3 in. along each side. Place the filling in a sausage shape along the centre. Brush the edges with water and fold over. Press the edges together to seal. Bake as for Patties.

NOTE: These meat patties and tarts are improved in appearance if the pastry is brushed over with reconstituted dried egg.

### FISH PATTIES

Short Pastry

1 tin sardines or equivalent in tinned herrings, mackerel or salmon  
FILLING: 2 teaspoonful anchovy essence (or table sauce) Pepper and salt  
3 reconstituted dried eggs 1 dessertspoonful vinegar

Remove the bones from the larger fish and mash with a fork, adding the anchovy essence, vinegar and seasoning. Add the reconstituted dried

egg, place in a lightly greased frying pan or saucepan and cook gently on a very low heat until thick, stirring all the time. Add a little more seasoning if necessary and make in Patties as the instructions for Meat Patties. (Makes 10-12 fillings)

This filling can also be used for Making Fish Rolls and Turnovers the same as explained for the Meat Fillings.

In pecanette Biscuit Crust is slightly richer than Short Pastry, and here are two wartime recipes; the making directions should be followed closely.

### BISCUIT CRUST No. 1

8 ozs. self-raising flour 2 reconstituted dried eggs  
2 ozs. margarine or cooking fat or half of each ½ teaspoonful salt

Beat the margarine until it is soft and fluffy. Then beat in the egg alternately with a little flour, about a tablespoonful of each at a time. Work in the remainder of the flour, do not add any additional liquid. Knead the mixture lightly, form into a ball that leaves the sides of the bowl clean, roll out on a lightly floured board and use as instructed with any of the following recipes.

### BISCUIT CRUST No. 2

8 ozs. self-raising flour 1 scant dessertspoonful water  
1 reconstituted dried egg ½ teaspoonful salt  
3 ozs. margarine or cooking fat or half of each

NOTE: This pastry is preferred to No. 1 if the extra ounce of margarine can be spared.

Sieve the flour and salt together, then put half the flour into a mixing bowl (about 4 heaped tablespoonsful) and cut all the margarine into it in pieces about the size of a walnut. Rub the fat into the flour until the mixture looks like coarse breadcrumbs. Add the remainder of the flour and continue rubbing in until the mixture looks like very fine breadcrumbs. Add the reconstituted dried egg and the extra water and mix with a knife until the pastry clings together and can be formed into a ball with the tips of the fingers, leaving the sides of the bowl clean. Knead lightly, turn out on to a floured board and roll out to a thickness of about one-fifth of an inch and use as instructed.

### APPLE AND CHERRY LAM

Biscuit Crust 3 ozs. apple rings 1 tablespoonful sugar  
½ pint liquid left over from cooking apple rings  
1 heaped teaspoonful cornflour or arrowroot or 2 heaped tea-  
6 or 7 bottled or fresh cherries for decoration  
3 or 4 cloves or a few drops of lemon flavouring

Wash the apple rings and soak overnight in plenty of cold water. Place in a saucepan with the water in which they were soaked, add sugar and cloves if used, and boil fast until soft; add more water if necessary. Drain, saving the juice and removing the cloves. Line a flan ring or sandwich tin with the pastry, trim the edge neatly and fill the inside with crumpled greaseproof paper to prevent the pastry rising. Bake for 10 minutes in a fairly hot oven (Regulo Mark 6), remove the paper and bake for 20 minutes longer. Cool on a wire tray before filling. When cold fill with the apple rings, arranging each ring to overlap the next, but leaving the hole in the centre exposed. Fill each hole with a cherry and place a cherry in the middle. Measure ½ pint of the apple water, mix the cornflour to a paste with a little of it, bring the remainder to the boil and pour over the cornflour, stirring all the time. Return to the saucepan and cook for 3 minutes until clear. Add a little lemon flavouring and a little pink colouring if liked, allow to cool slightly and pour evenly over the fruit. Leave in a cool place to set. (Serves 6 portions)

### ALMOND BAKEWELL TART

Biscuit Crust 1 tablespoonful dried egg  
2 tablespoonsful red jam 2 tablespoonsful self-raising flour  
1 oz. margarine 3 tablespoonsful milk  
2 tablespoonsful sugar Almond essence

Line a tart plate with the pastry as for Lemon Curd Tart. Spread the jam evenly in the centre. To make the filling, melt the margarine. Sieve the dried egg and flour together, add the sugar, and mix well. Stir in the milk and melted margarine. Add the flavouring, beat well and spread over the jam. Bake well for 30 minutes in a fairly hot oven (Regulo Mark 6). This is very good indeed, the filling is very rich and spongy. (Serves 6 portions)