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Contributors

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gently, beating and stirring the dates until smooth and well mixed with the syrup.

The date and syrup mixture is very nice alone, but the additions will make it go further. If the nuts or sultanas, raisins or currants are used, stir them into the mixture without further cooking.

If grated apple is used, add to the mixture, return the saucepan to the stove and cook over a low heat until the apple is soft.

MOCK BANANA SPREAD

1½ lb. parsnips ½ lb. sugar
3 pints water 6 cloves
¼ teaspoonful banana essence

Scrub and peel the parsnips and cut into small dice. Again wash well. Put into a saucepan with the 3 pints of water and the cloves and bring to the boil, then simmer until all the water is absorbed and the parsnips are soft. Mash well with a fork until smooth and free from lumps. Remove from the heat, add the sugar and banana essence, simmer again, stirring frequently, until the sugar is dissolved. Pot and tie down while still hot.

NOTE: This filling is very good for tarts and flans and is delicious in sandwiches or as a spread. It will not keep like a preserve, so should be made when parsnips are in season and used as required.

APRICOT OR PEACH SPREAD

½ lb. dried apricots or peaches 1 pint water ½ lb. sugar

Soak the apricots or peaches in 1 pint cold water overnight. Bring to the boil and simmer very gently until the apricots are cooked and all the water absorbed. Take off the heat, add ½ lb. sugar and mix with a wooden spoon. Return to the heat and simmer again, stirring all the time for 15 minutes. Makes 1½ lbs. apricot spread.

APPLE SPREAD

½ lb. apple rings 2 pints water ½ lb. sugar

Soak the apple rings in 2 pints of cold water overnight. Next day bring to the boil and simmer gently until the apple is cooked. Add ½ lb. sugar and simmer again for 15 minutes. This quantity makes 3 lbs. of apple spread and is very nice for apple flans or apple pies or on bread as a spread.

PRUNE SPREAD

½ lb. prunes 2 pints water 6 ozs. sugar

Wash the prunes and soak in 2 pints cold water overnight. Next day bring to the boil and simmer gently until cooked and all the water absorbed, taking out the prune stones as the mixture cooks. Then add the sugar and simmer for a further 15 minutes. Makes 1 lb. prune spread.

NOTE: Pot and tie down. The three fruit spreads—Apricot, Apple and Prune—are nicest used fairly soon after making. They should keep quite well for a few weeks, but they will not keep indefinitely like jam.

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Recipes approved by the Ministry of Food

JUNE, 1945



STORK MARGARINE

COOKERY SERVICE

"SNACKS, SPREADS, FILLINGS"

SNACKS AND FIVE-MINUTE MEALS

SAVOURY EGGS
BARKENES AND EGGS ON TOAST
DEVILLED BREAKFAST SAUSAGE ON TOAST
LIVER SAUSAGE PIE

SALMON SAVOURY
SALMON AND CHEESE PATTIES
BAKED BEAN SAVOURY
STUFFED PANCAKES

SANDWICH SPREADS OR FILLINGS (SAVOURY)

SAVOURY MEAT PASTE SPREAD
SAVOURY HERRING OR PILCHARD SPREAD
MARGARINE AND MEAT OR VEGETABLE EXTRACT SPREADS WITH EIGHT VARIATIONS

CHEESE AND HONGKONG SPREAD

SANDWICH SPREADS OR FILLINGS (SWEET)

ORANGE SPREAD
DATE AND SYRUP SPREAD
MOCK BANANA SPREAD

APRICOT SPREAD
APPLE SPREAD
PRUNE SPREAD

With the great Victory in Europe, and the freedom from danger of many parts of the country, many people this summer wish to make the most of their leisure time, either in the open air or visiting folk from whom they have been separated or seen only occasionally during these last five and a half years.

This month's leaflet gives recipes to meet these occasions. Meals which can be made quickly from food likely to be in the house, or bought easily beforehand, and many kinds of spreads and fillings for sandwiches. Some of the ingredients used in the recipes are meals or spreads by themselves, but our recipes show how to vary the flavour of these goods and also how to make them go a long way by simple additions.

SNACKS AND FIVE-MINUTE MEALS

SAVOURY EGGS

- 2 ozs. cooked or tinned cold meat or spiced ham
3 reconstituted dried eggs 1 pint milk
1 tablespoonful finely chopped onion, spring onion or chives
1 dessertspoonful soya flour (optional)
1 rasher fat bacon Salt and pepper

Chop the bacon and meat into small pieces and fry with the onion until the onion is golden brown and cooked. Mix the soya flour with the milk and add to the bacon, etc. Simmer for 2 or 3 minutes, stirring well. Add the reconstituted eggs and cook on a low heat until the mixture is thick, stirring all the time. Season and serve on rounds of hot toast spread with margarine. (Serves 2 portions)

SARDINES AND EGGS ON TOAST

- 1 tin sardines 1 pint milk
3 reconstituted dried eggs 1 dessertspoonful soya flour (optional)
1 oz. margarine 1 dessertspoonful vinegar
Salt and pepper

Flake the sardines with a fork and mix with the vinegar and salt and pepper. Mix the soya flour with the milk and add the reconstituted dried eggs. Melt the margarine, add the eggs and milk and stir gently over a low heat until thick. Season and stir in the sardines. Cook for a minute or two longer, stirring all the time. Serve on rounds of hot toast spread with margarine. (Serves 2-3 portions)

DEVILLED BREAKFAST SAUSAGE ON TOAST

- 4 ozs. unrationed breakfast sausage 1 pint milk
3 reconstituted dried eggs 1 level teaspoonful dry mustard
1 oz. margarine 1 dessertspoonful vinegar
1 level teaspoonful curry powder Salt and pepper

2 teaspoonful each of chutney and tomato sauce
Skin and cut up the breakfast sausage in small cubes. Fry lightly in the hot margarine. Mix the curry powder, mustard, chutney, tomato sauce and vinegar and add to the sausage. Fry all together for a minute or two longer, stirring all the time. Mix the reconstituted eggs with the milk, season and add to the sausage, etc. Continue cooking over a low heat until thick. Serve on rounds of hot toast spread with margarine. (Serves 2-3 portions)

LIVER SAUSAGE FRY

- 4 ozs. unrationed liver sausage 1 dessertspoonful soya flour (optional)
2 reconstituted dried eggs 1 oz. margarine or cooking fat
1 tablespoonful chutney or sweet table sauce Salt and pepper

Skin the sausage and mince with a fork. Stir the soya flour into the reconstituted eggs, add the liver sausage and chutney and season to taste. Make the fat hot and cook the mixture on a low heat, stirring all the time until thick. Serve on slices of toast spread with margarine and, if liked, put under the grill for a minute or two to brown before dishing up. (Serves 2 portions)

SALMON SAVOURY

- 1 small tin salmon 2 reconstituted dried eggs
1 dessertspoonful flour 1 tablespoonful chopped parsley
1 oz. margarine 1 teaspoonful vinegar
1 pint vegetable stock or milk Salt and pepper

Flake the salmon with a fork, first draining off the liquid. Melt the margarine, add the flour and cook until it bubbles. Add the vegetable stock or milk and cook over a gentle heat until boiling, stirring all the time. Cook for 3 minutes, still stirring. Remove from the heat and add the reconstituted dried eggs, flaked salmon and parsley. Cook gently over a low heat for 2 or 3 minutes longer, but do not allow to boil. Add the vinegar and seasoning and serve as a savoury or on rounds of toast or bread spread with margarine. (Serves 2-3 portions)

SALMON AND CHEESE PATTIES

- 1 small or 1 large tin of salmon 1 oz. stale grated cheese
2 tablespoonful breadcrumbs 2 reconstituted dried eggs
Salt and pepper

Drain the liquid from the salmon and break it up with a fork. Mix with all the other ingredients, seasoning to taste. Form into patties, roll each in breadcrumbs and fry in hot fat until golden brown on both sides. (Makes 3 patties)

BAKED BEAN SAVOURY

- 2 ozs. tinned sausage meat or unrationed black pudding
1 rasher fat bacon 1 finely chopped onion or a few spring onions
1 oz. margarine 3 tablespoonful or 1 small tin baked beans
Salt and pepper

Make the margarine hot and fry the onion gently until soft, add the chopped bacon and sausage meat or black pudding and fry until golden brown, stirring frequently. Add the baked beans and continue cooking until the beans are hot, stirring all the time. Season and serve immediately on toast spread with margarine. (Serves 2 portions)

STUFFED PANCAKES

- 2 ozs. flour 1 oz. margarine
1 tablespoonful dried egg 1 oz. cooking fat to fry
1 pint milk Pinch of salt

FILLING No. 1.

- 2 ozs. tinned or fresh sausage meat 1 tablespoonful chopped parsley
Sieve the flour, dried egg and salt into a mixing bowl. Add half the milk and gradually mix in, beating well. Add the remainder of the milk, a little at a time, finally beating for 5 minutes. Stir the chopped parsley into the pancake mixture. Have ready a frying pan with sufficient hot melted fat to cover the bottom and pour in sufficient batter to cover the bottom of the pan thinly—about half the mixture. Cook over a moderate heat until the bottom of the pancake is golden brown and the top is set and covered with bubbles. Remove from the heat and sprinkle half the sausage over the surface, then place the pan under a moderately hot grill and cook until golden brown. Spread over a little margarine and keep hot. Cook the remainder of the batter in the same way, adding the rest of the sausage meat. (Serves 4 portions)

NOTE: If fresh sausage meat is used, chop up and fry for a few minutes before spreading on to the pancake.

OTHER FILLINGS:

- No. 2 1 rasher fat bacon 2-4 ozs. breakfast or liver sausage
1 onion Salt and pepper

Chop the bacon and fry with the onion until cooked. Add the breakfast or liver sausage chopped, and fry for a minute or two. Season and use as for Filling No. 1.

- No. 3 2 ozs. cold fat pork 1 teaspoonful mixed herbs
1 dessertspoonful sweet chutney Salt and pepper

Mix the herbs with the batter and omit parsley. Chop the pork, mix with the chutney and season and use as for No. 1.

- No. 4 2 ozs. stale grated cheese Celery salt

Mix the cheese and celery salt with the batter. Before putting under the grill, melt 1 oz. margarine and pour over, saving the remaining 1 oz. margarine for the second pancake.

SANDWICH SPREADS OR FILLINGS (SAVOURY)

SAVOURY MEAT PASTE SPREAD

- 1 large jar meat paste
1 dessertspoonful salad dressing or tomato sauce
1 dessertspoonful chopped pickles, watercress, chopped chives or
Salt and pepper to taste grated carrot

Turn out the meat paste into a bowl and mix with the other ingredients.

HERRING OR PILCHARD SPREAD

- 1 small tin herrings or pilchards 1 oz. melted margarine
1 dessertspoonful anchovy essence 1 teaspoonful vinegar
Salt and pepper

Drain the herrings and remove the large bones. Put into a bowl, add all the other ingredients and beat with a wooden spoon to a smooth paste.

CHEESE AND HORSE RADISH SPREAD

- 2 ozs. stale cheese 1 oz. margarine
1 dessertspoonful horseradish sauce if it is available
OR 1 teaspoonful grated horseradish
1 teaspoonful vinegar
OR 1 teaspoonful dry mustard

Grate the cheese finely and beat with the margarine until creamy. Mix in the horseradish sauce. If grated horseradish is used, mix the mustard with the vinegar and add to the creamed margarine and cheese and finally stir in the horseradish.

MARGARINE AND MEAT OR VEGETABLE EXTRACT SPREADS

- 1 oz. margarine
1 level teaspoonful meat or vegetable extract

Add to this mixture any of the following:

- 2 heaped tablespoonful stale grated cheese
OR
2 heaped tablespoonful cooked vegetables—peas or carrots, etc.
OR
2 heaped tablespoonful raw grated carrot
OR
2 heaped tablespoonful chopped lettuce
OR
2 heaped tablespoonful chopped watercress
OR
1 level tablespoonful chopped chives
OR
1 teaspoonful finely chopped onion
OR
1 tablespoonful finely chopped celery

Cream the margarine with the extract and work in any of the other additions with a wooden spoon.

SANDWICH SPREADS OR FILLINGS (SWEET)

ORANGE SPREAD

- 2 ozs. margarine 1 dessertspoonful orange juice
1½ tablespoonful sugar Grated rind of an orange

Slightly warm the margarine in a basin over hot water. Beat in the sugar for several minutes until the mixture is soft and creamy. Add the grated orange rind and orange juice and give a final beating.

DATE AND SYRUP SPREAD

Dates are not always available, but keep this recipe by you and make it when you can, as it is really delicious.

- 2 ozs. dates 1 tablespoonful golden syrup

ADDITIONS which can be added if liked:

- 1 tablespoonful finely chopped cob or hazel nuts, raisins, sultanas or currants OR

- 1 grated apple or equivalent in cooked or bottled apples

Chop the dates and put them into a saucepan with the syrup. Simmer