

Semolina cookery / Stork Margarine Cookery Service.

Contributors

Stork Margarine Cookery Service.

Publication/Creation

London : Stork Margarine Cookery Service, 1945.

Persistent URL

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SEMOLINA FRUIT JELLY

1 lb. any fresh fruit in season, such as plums, damsons, etc.
1 1/2 pints water 3 tablespoonsful sugar

Simmer the fruit with the water and sugar until cooked. Strain and make up the juice to 1 1/2 pints by adding water if necessary.

BOTTOM LAYER: Cooked fruit Lemon or other flavouring if liked
1/2 pint juice 2 1/2 level dessertspoonful gelatine

Let the cooked fruit cool, then arrange it in the bottom of a glass bowl. Dissolve the gelatine in the fruit juice over a low heat and add a very little extra flavouring if liked. Pour over the fruit and leave to set in a cool place.

TOP LAYER: 1 pint fruit juice 1 1/2 level tablespoonful semolina
3 tablespoonful water 5 level teaspoonful gelatine

Cherries for decoration

Bring the juice to the boil, scatter in the semolina and simmer for 10 minutes until cooked, stirring frequently. Dissolve the gelatine in the water on a low heat, remove the fruit juice, etc. from the heat, stir in the dissolved gelatine and leave to cool. When only lukewarm and sufficiently cool that it will not melt the jelly, pour over the bottom layer and leave in a cool place to set. When almost set, decorate with whole bottled cherries pressed lightly into the jelly. Plums cut in half can also be used for decoration. (Serves 6-8 portions)

SAVOURIES

CHEESE AND SEMOLINA SAVOURIES

1 pint milk 2 ozs. semolina (5 level tablespoonful)
1/2 pint water 1 reconstituted dried egg
2 ozs. cheese salt and pepper
Cayenne Fat for frying

FOR COATING: 1 reconstituted egg 1 tablespoonful breadcrumbs

Put the milk and water in a saucepan, bring to the boil, sprinkle in the semolina and simmer gently for 10 minutes, stirring all the time. Grate the cheese and add with the egg to the semolina, stirring over a gentle heat until the cheese is melted. Remove from the heat, season to taste, and put into a wetted sandwich tin, spreading smoothly and evenly. Leave until cold, then turn out and cut into 8 equal triangular portions like a fruit tart. Brush each one with reconstituted egg, cover the surface well with breadcrumbs and fry in hot fat until golden-brown on both sides. (Serves 8 portions)

BACON AND TOMATO SAVOURY (15 minutes cooking time)

2 good-sized tomatoes 2 1/2 level tablespoonful semolina
1 good-sized onion 1/2 pint vegetable stock or water
2 reconstituted dried eggs 1/2 oz. margarine
2 rashers fat bacon or ham or pieces of fat pork salt and pepper

Chop the bacon roughly and fry until crisp. Add the chopped onion and fry until beginning to turn golden-brown. Sprinkle in the semolina and stir with the bacon and onion for a minute or two. Bring the stock to the boil and pour over the semolina, etc., stirring all the time. Season, simmer gently for 10 minutes, stirring in the reconstituted eggs 5 minutes before the semolina is cooked. While the semolina is cooking slice and fry the tomatoes in the hot margarine. Serve the savoury in a hot dish with the tomatoes on top. (Serves 2 portions)

BREAKFAST

SEMOLINA PORRIDGE (for breakfast when cereals are scarce)

1/2 pint milk 2 ozs. (5 level tablespoonful) semolina
1/2 pint water Pinch of salt

Bring the water and milk to the boil, sprinkle in the semolina with the salt, stirring all the time. Simmer gently for 10 minutes, stirring often. Serve with a little golden syrup or sprinkled with sugar for breakfast on days when cereals are unprocurable. (Serves 5-6 portions)

NOTE: When apples are plentiful use 1 lb. apples and 1/2 pint water instead of milk and water. Peel, core and slice apples, cook them in the water for 5 minutes and sweeten to taste. Then sprinkle in the semolina and cook for a further 10 minutes.

COOKERY NOTES No. 67

Recipes approved by the Ministry of Food.

AUGUST, 1945



STORK MARGARINE COOKERY SERVICE

SEMOLINA COOKERY

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SAVOURIES: CHEESE AND SEMOLINA SAVOURIES BACON AND TOMATO SAVOURY	
BREAKFAST: SEMOLINA PORRIDGE	

Now that rice is practically unobtainable, semolina is a grand alternative for both hot and cold puddings and other dishes.

Semolina cookery is very easy and economical too because a little goes a long way. That is an important point to remember and the amounts used in these recipes have been carefully tested and should be followed exactly. Semolina is a starchy food and swells a lot in cooking, so if too much is used the puddings will be too thick and close instead of nice and creamy as they should be.

The Baked Semolina Pudding (quick new method) will help to replace an ordinary Rice pudding which was so easy to make. Pouring boiling milk on the semolina before baking does away with the usual cooking of semolina in milk before finishing it off in the oven, but remember soaking in cold milk will not be successful. The heat is necessary to start swelling the little grains.

With summer days ahead the cold puddings and jellies will help to provide suitable "afters" for hot days. The usual kinds of powders for making moulds are far from plentiful, but you will be surprised with the lovely dishes which can be made with semolina. **NOTE:** In the measurements "level" means running an upright knife blade across the spoon edges.

COOKERY NOTES are published by the
STORK MARGARINE COOKERY SERVICE,
Unilever House, London, E.C.4,
to help solve your present-day cooking problems.



HOT PUDDINGS

BAKED SEMOLINA PUDDING (Quick New Method)

1 pint milk 1 oz. margarine
3 level tablespoonsful semolina Grated nutmeg
2-3 tablespoonsful sugar Vanilla or lemon flavouring if liked
Grease a pie-dish and place the semolina and sugar in the bottom. Bring the milk to the boil, pour over the semolina and mix well. Allow to stand for a minute or two, stir again, add flavouring if used, dot with the margarine, grate nutmeg over and bake for 45 minutes in the lower part (second shelf from the bottom) of a moderate oven (Regulo Mark 4). (Serves 4-6 portions)

SEMOLINA FIG OR DATE CUSTARD

1 pint milk 3 ozs. figs or dates
2½ level tablespoonsful semolina ¼ oz. margarine
2 tablespoonsful sugar 2 reconstituted dried eggs
1 teaspoonful powdered cinnamon
Cut the figs in quarters, place with the milk into a saucepan over a gentle heat and bring the milk to simmering point and continue cooking the figs at this heat for 5 minutes. Grease a pie-dish, put in the semolina and sugar and stir in the reconstituted eggs. Increase the heat under the milk and when it is boiling pour over the semolina mixture, stirring well. Dot with the margarine, sprinkle over the powdered cinnamon and bake for 45 minutes in the lower part of a moderate oven (Regulo Mark 4).
NOTE: Dates or sultanas can be used instead of figs. It will not be necessary to cook these in the milk; simply mix with the dry semolina. Also, previously-cooked stewed figs can be used the same way. Grated nutmeg can also be used instead of cinnamon. (Serves 5-6 portions)

STEAMED FRUIT SEMOLINA PUDDING

6 ozs. self-raising flour 1 teaspoonful grated nutmeg
2 ozs. (5 level tablespoonsful) semolina 1 teaspoonful mixed spice
3 ozs. margarine 1½ tablespoonsful dried egg
3 tablespoonsful sugar 1½ tablespoonsful water
2-3 ozs. raisins, sultanas, etc. 1 teaspoonful salt
Sieve the flour, dried egg, spices and salt into a basin. Add semolina. Rub in the margarine, add the sugar, fruit and water and mix well. Put into a greased basin, cover with greaseproof paper and steam for 1 hour. Serve with warmed syrup, custard or sweet sauce.
NOTE: This is a very good, light pudding which turns out perfectly. (Serves 6 portions)

SEMOLINA TREACLE TART

PASTRY: 8 ozs. self-raising flour Pinch of salt
3 ozs. margarine Water to mix
FILLING No. 1 (using cooked semolina left over from a baked pudding):
2 tablespoonsful syrup 1 level dessertspoonful breadcrumbs
2 good tablespoonsful cooked left-over semolina
Sieve the flour and salt into a basin, rub in the margarine and mix to a dry paste with the water. Roll out thinly, cut off a strip and press down round the wetted rim of a tart plate. Brush round with water and line the plate with the round of pastry. Trim and flute the edges.
To make the filling, mix the cooked semolina, breadcrumbs and 1 tablespoonful of the syrup well together with a fork. Spread the remaining syrup over the pastry, then spread the semolina mixture smoothly on top. Bake for 30 minutes in a fairly hot oven (Regulo Mark 6).
NOTE: Jam or marmalade can be used instead of syrup. (Serves 6 portions)
FILLING No. 2 (using uncooked semolina):
2 tablespoonsful syrup or jam 1 teaspoonful breadcrumbs
1 teaspoonful semolina 2 tablespoonsful water
Place 1 tablespoonful syrup or jam with the water in a saucepan, bring to the boil, sprinkle in the semolina and simmer for 5 minutes. Spread the remaining jam or syrup on the pastry, spread the semolina mixture smoothly over, sprinkle with the breadcrumbs and bake for 30 minutes in a fairly hot oven (Regulo Mark 6). (Serves 6 portions)

ALMOND DATE FLAN

6 ozs. self-raising flour Pinch of salt
2 ozs. margarine Water to mix
Make pastry as for Semolina Treacle Tart. Line flan ring or sandwich tin.
FILLING: 3 ozs. dates 1 tablespoonful sugar
1 pint milk 2 reconstituted dried eggs
2 heaped teaspoonful semolina Almond flavouring
Cut the dates in quarters and arrange in the bottom of the flan. Put the milk with the sugar in a saucepan and bring to the boil. Sprinkle in the semolina, stirring all the time, and simmer for 10 minutes, stirring frequently. Remove from the heat, stir in the reconstituted eggs and the almond flavouring and pour over the dates. Bake for 30 minutes in a fairly hot oven (Regulo Mark 6). (Serves 5-6 portions)

When the housewife is in a hurry:

TWO QUICK SEMOLINA PUDDINGS (15 minutes cooking time)

1 pint milk 2 ozs. sultanas, dates, etc. if liked
1-2 tablespoonsful sugar 2 ozs. (5 level tablespoonsful) semolina
TOPPING: ¼ oz. margarine 1 dessertspoonful sugar
1 level tablespoonful breadcrumbs Grated nutmeg
Put the milk and sugar in a saucepan, bring to the boil, sprinkle in the semolina and the fruit, stirring all the time, and simmer gently for 10 minutes, stirring frequently. Pour into a greased pie-dish, sprinkle evenly with the breadcrumbs, dot with the margarine, sprinkle with the sugar and nutmeg and put under a moderately hot grill until a nice crisp golden-brown all over (about 5 minutes). This quick pudding is specially recommended. (Serves 4-5 portions)

GOLDEN SEMOLINA

1 pint milk 2 ozs. (5 level tablespoonsful) semolina
1-2 tablespoonsful sugar 2 ozs. (5 level tablespoonsful) semolina
TOPPING: ¼ oz. margarine 1 dessertspoonful sugar
1 level tablespoonful breadcrumbs Grated nutmeg
Put the milk and sugar in a saucepan, bring to the boil, sprinkle in the semolina and the fruit, stirring all the time, and simmer gently for 10 minutes, stirring frequently. Pour into a greased pie-dish, sprinkle evenly with the breadcrumbs, dot with the margarine, sprinkle with the sugar and nutmeg and put under a moderately hot grill until a nice crisp golden-brown all over (about 5 minutes). This quick pudding is specially recommended. (Serves 4-5 portions)

SEMOLINA FRESH FRUIT PUDDING

1 pint milk 2 ozs. (5 level tablespoonsful) semolina
1 lb. fresh fruit in season, such as apples, blackberries, plums, etc.
2 reconstituted dried eggs 1 tablespoonful golden syrup
2 tablespoonsful sugar ¼ oz. margarine
A little water
Cook the semolina as for Golden Semolina, adding the eggs 5 minutes before the cooking is finished. Cool a little and pour into a glass dish. While the semolina is cooking, simmer the fruit with the syrup, margarine and water. Cool a little and pour over the semolina. Serve either hot or cold. (Serves 5-6 portions)

COLD PUDDINGS

FRUITY SEMOLINA

2 ozs. apple rings (For fresh apples see Note)
¼ pint juice (saved after straining cooked apple rings)
1 pint cold water Colouring
2 tablespoonsful sugar Lemon flavouring
1½ level tablespoonsful semolina
Bottled cherries for decoration, if available
Wash the apple rings, put into a saucepan with the cold water, bring to the boil and boil fast until soft, adding a little more boiling water if beginning to boil dry. Strain, saving the juice. Measure half a pint, making up if necessary with a little water or lemon squash, put into a saucepan, bring to the boil, add the sugar and sprinkle in the semolina, stirring all the time. Simmer for 10 minutes, stirring frequently. Then chop the apple rings finely and add. Stir well and cook gently for a further 2 or 3 minutes. Remove from the heat, add the flavouring and a few drops of colouring if liked, stirring in evenly. (Or divide into three portions, colouring them pale pink, pale yellow and pale green respectively.) Put into custard or sundae glasses and place a bottled cherry on top of each for decoration. Serve cold, but do not leave to stand too long, as the appearance is spoilt if not served freshly.
NOTE: Two fairly large fresh cooking apples, peeled, cored and sliced and cooked in a little water (instead of 1 pint) can be used when in season. (Serves 3 portions)

ORANGE MOULD

1 pint milk 2 tablespoonsful marmalade
5 level tablespoonsful semolina 2 tablespoonsful sugar
Bring the milk to the boil, sprinkle in the semolina and sugar and cook gently for 10 minutes, stirring frequently. Remove from the heat, stir in the marmalade, pour into a wetted mould and leave to set. (Serves 5 portions)

NOTE: POWDERED GELATINE is used in the four following recipes and the results are delicious, but make sure you buy a good quality or well-known brand of gelatine.

STRAWBERRY CREAM

1 pint milk 3 tablespoonsful water
1½ level tablespoonsful semolina 2-3 tablespoonsful sugar
5 level teaspoonful gelatine Strawberry flavouring
Pink colouring
Put the milk and sugar in a saucepan and bring to the boil. Sprinkle in the semolina, stirring all the time. Simmer gently for 10 minutes, stirring frequently. Dissolve the gelatine in the 3 tablespoonsful water over a low heat; do not allow to boil. Remove the semolina from the heat and stir in the gelatine. Add the flavouring very carefully, tasting for strength. Add the colouring a drop at a time from a skewer, and stir in very evenly until the right shade is obtained. Pour into a wetted mould and leave to set in a cool place overnight or place in refrigerator if available.

To turn out, press down gently with the tips of the fingers all round the sides until the cream comes away from the sides of the mould. Place the mould upside down in the centre of the dish from which it is to be served, hold the dish and the mould firmly and shake up and down briskly until the cream comes away. If possible, avoid holding the mould under the running hot water tap, as this melts the cream and spoils the shape and appearance.

NOTE: A good tablespoonsful of strawberry jam simmered with 1 tablespoonful of water and then pressed through a fine sieve or strainer will make sufficient strawberry purée to flavour and colour the cream without any other additions. Simply take away two tablespoonsful of milk from the pint when cold and stir in the purée after the semolina is cooked. (Serves 5 portions)

OTHER FLAVOURS with appropriate colouring: lemon, orange, raspberry, almond, etc.; use flavourings sparingly and always taste for strength. For fresh fruit flavours when they are available, add the grated rind of 1 orange or lemon to the milk before boiling and stir in the juice after the semolina is cooked. Remove sufficient milk from the pint to allow for the amount of juice to be added later on. Lemon, orange, raspberry or other flavours can also be obtained by making a purée (as with strawberry jam) from lemon or orange marmalade, raspberry jam, etc. (See directions above.)

CHOCOLATE MOULD

1 pint milk 6 tablespoonsful hot water
1½ level tablespoonsful semolina 5 level teaspoonful gelatine
1 level tablespoonful cocoa 3 tablespoonsful sugar
Make as for Strawberry Cream. Mix the cocoa thoroughly with 3 tablespoonsful of the hot water and add to the semolina 5 minutes before it is cooked, stirring in evenly. (Serves 5 portions)

LEMON EGG JELLY

1 pint milk 2-3 tablespoonsful sugar
1½ level tablespoonsful semolina 5 level teaspoonful gelatine
2 reconstituted dried eggs 2 tablespoonsful water
Lemon flavouring and a few drops of yellow colouring if liked
Make as for Strawberry Cream, adding the reconstituted eggs 5 minutes before the semolina is cooked. Simmer very gently after the eggs are added, stirring well.
NOTE: If lemons are available, flavour with the rind and juice of one lemon as for a Lemon Cream variation of Strawberry Cream. (Serves 5 portions)