

## **New macaroni recipes / Stork Margarine Cookery Service.**

### **Contributors**

Stork Margarine Cookery Service.

### **Publication/Creation**

London : Stork Margarine Cookery Service, 1944.

### **Persistent URL**

<https://wellcomecollection.org/works/ctynf66x>

### **License and attribution**

Conditions of use: it is possible this item is protected by copyright and/or related rights. You are free to use this item in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s).



Wellcome Collection  
183 Euston Road  
London NW1 2BE UK  
T +44 (0)20 7611 8722  
E [library@wellcomecollection.org](mailto:library@wellcomecollection.org)  
<https://wellcomecollection.org>

### PLAIN BOILED MACARONI

(To serve with grilled or baked chops, fried liver, etc.)

8 ozs. macaroni 2 quarts boiling water 1 teaspoonful salt  
Cook the macaroni in the boiling salted water until tender (20-30 minutes). Shake the saucepan occasionally to prevent the macaroni sticking. Drain and keep hot if not required immediately. Serve with Tomato Sauce (see recipe) or plain with brown gravy as an accompaniment to meat.

### TOMATO SAUCE (No. 1)

$\frac{1}{2}$  lb. tomatoes 1 small carrot  
1 onion 4 peppercorns  
1 oz. margarine A few bacon rinds  
1 bayleaf and 1 sprig of thyme Salt and pepper  
1 teaspoonful cornflour or 1 teaspoonful flour  
1 gill vegetable stock (or just enough to cover the sliced tomatoes)  
Chop the bacon rinds and the onion, dice the carrot and slice the tomatoes. Melt the margarine in a saucepan and add the bacon rinds, carrot, onion, bayleaf, thyme and peppercorns, and cook very gently for a minute or two, stirring all the time. Add the tomatoes and stock to cover and simmer gently for about  $\frac{1}{2}$  an hour until the tomatoes are soft. Rub through a sieve or wire strainer. Mix the cornflour or flour to a smooth paste with a little water, add to the tomato purée and stir in smoothly. Return to the saucepan, bring to the boil and cook for 3 minutes, stirring all the time. Season well and, if required, add a few drops of red colouring. Serve very hot. Makes about  $\frac{1}{2}$  pint of sauce.

### TOMATO SAUCE (No. 2)

$\frac{1}{2}$  pint bottled tomato sauce or purée 1 oz. margarine  
 $\frac{1}{2}$  pint vegetable stock or water 1 dessertspoonful flour  
1 teaspoonful sugar  
Melt the margarine, add the flour and cook until it bubbles. Add the stock and tomato sauce and stir until boiling. Add the sugar. Cook for 3 minutes, stirring continuously. Season and serve very hot.

### MACARONI MILK PUDDING (Method No. 1)

2 ozs. macaroni (2 heaped tablespoonsful)  
2 tablespoonsful sugar 1 oz. margarine 1 pint water  
1 pint milk Grated nutmeg 1 teaspoonful salt  
Bring the water (with the salt added) to the boil, sprinkle in the macaroni and boil until the macaroni is cooked (20-30 minutes), then cook gently for about 10 minutes longer until the water has almost evaporated. Put the macaroni with any liquid that remains into a well-greased pie-dish, add the sugar, pour over the milk, and stir. Grate nutmeg over, dot with margarine and bake for 1½ hours in a very moderate oven (Regulo Mark 3). If the oven is in use at a higher temperature, place the dish at the bottom. (Serves 4-5 portions)

### MACARONI MILK PUDDING (Method No. 2)

Place the macaroni in a pie-dish and pour over boiling water until about an inch from the top of the dish. Place on the second shelf from the top of a hot oven (Regulo Mark 7) and leave until the water has been absorbed or evaporated (about 1½ hours). Remove the dish, add the sugar and milk, grate nutmeg over, dot with margarine and bake for 1½-2 hours in a very moderate oven (Regulo Mark 3). If the oven is in use at a higher temperature, place the dish at the bottom. (Serves 4-5 portions)

NOTE: The above is a very good method when the oven is in use for several hours, but is not recommended if the oven has to be heated for the pudding alone. The longer cooking time results in a most delicious creamy pudding that is a revelation of how good a macaroni pudding can be.

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



## COOKERY NOTES No. 68

Recipes approved by the Ministry of Food

SEPTEMBER, 1945

FOLD HERE

## STORK MARGARINE COOKERY SERVICE

### NEW MACARONI RECIPES

CORNER BEEF AND MACARONI PIE	RABBIT AND MACARONI CURRIED
HERRING AND MACARONI PIE	SAUSAGE AND MACARONI MOULD STEAMED
LIVER AND MUSHROOMS BAKED	QUICK MACARONI STEW
MACARONI CHEESE AND ONION SAVOUREY	STEWED STEAK AND MACARONI
MACARONI KEDGEE	STUFFED MARROW WITH PORK AND SAUSAGES
MARROW SHELLS WITH SAUSAGES	PLAIN BOILED MACARONI
PORK AND MACARONI BOILED	TOMATO SAUCES
	MACARONI MILK PUDDINGS

Macaroni is a valuable addition to a meal when there is very little meat to go round, and it makes very appetising savoury meals because it easily absorbs the flavours included in the recipe. It can also be served as a substitute for rice in curries, kedgrees and stews and can be used instead of potatoes or root vegetables when these are scarce, or as a topping for shepherd's pie instead of mashed potato. Macaroni Pudding, too, when cooked by the long slow oven method, is delicious and, now that rice is unobtainable, can be used to replace the ever-popular Rice Pudding.

NOTE: The instructions for cooking macaroni are included in the recipe for "Plain Boiled Macaroni."

### CORNER BEEF AND MACARONI PIE

$\frac{1}{2}$  lb. macaroni cooked in 2 quarts boiling salted water  
 $\frac{1}{2}$  lb. corned beef 1 good teaspoonful horseradish sauce  
 $\frac{1}{2}$  lb. tomatoes 1 heaped teaspoonful flour  
2 good-sized onions 1 pint water from cooking macaroni  
1½ ozs. margarine 1 heaped dessertspoonful breadcrumbs  
1 reconstituted egg Salt and pepper

Cook the macaroni until soft. Drain, saving the water. Cut the corned beef in strips and lay along the bottom of a greased pie-dish. Slice the tomatoes, chop the onions and fry both in 1 oz. of the margarine until beginning to brown. Lay the tomatoes and onions over the corned beef and season with salt and pepper. Sprinkle the pan with the flour and allow to cook for a minute or two, stirring all the time. Add the stock or water and stir until boiling. Stir in the horseradish sauce, season

and pour over the tomatoes, etc. Mix the cooked macaroni with the reconstituted egg and spread evenly over the top of the pie. Scatter the breadcrumbs over the top, dot with the remainder of the margarine and bake for 1 hour in a fairly hot oven (Regulo Mark 6).

**VARIATIONS:** Any cooked meat or tinned meat may be used instead of corned beef, and a teaspoonful of vegetable extract or ketchup, pickle, or chutney instead of horseradish sauce. If fresh horseradish is used, mix half a teaspoonful, grated, and a teaspoonful of vinegar with the gravy before pouring over the tomatoes, etc. (Serves 5-6 portions)

#### HERRING AND MACARONI PIE

1 tin herrings (pilchards, mackerel or equivalent in sardines can)  
1 lb. macaroni cooked in 2 quarts boiling salted water (also be used)  
3 tablespoonful tomato sauce or purée (or sweet chutney, pickle)  
1 pint water in which macaroni was cooked (or table sauce)  
2 tablespoonful vinegar 1 reconstituted egg  
1 oz. margarine 1 tablespoonful breadcrumbs  
Salt and pepper

Split the herrings down the centre and lay half in the bottom of a greased pie-dish, sprinkle with 1 tablespoonful vinegar and salt and pepper. Melt 1 oz. of the margarine and stir in the flour. Cook until it bubbles, stirring all the time. Add the stock and stir until boiling. Stir in the tomato sauce or chutney, season and pour half over the fish. Repeat with another layer of fish sprinkled with 1 tablespoonful vinegar and salt and pepper. Pour over the remainder of the sauce. Mix the reconstituted egg with the cooked macaroni, season and spread evenly on top of the pie. Sprinkle with breadcrumbs and dot with the remainder of the margarine and bake for 20 minutes in a hot oven (Regulo Mark 7). (Serves 5-6 portions)

#### LIVER AND MUSHROOMS BAKED

1 lb. macaroni cooked in 2 quarts boiling salted water  
1 lb. liver 1 lb. half-ripe tomatoes  
1 lb. sausages 1 dessertspoonful flour  
1 lb. mushrooms 2 rashers fat bacon or pieces of pork  
Salt and pepper 1 pint water in which macaroni was cooked  
Mix the flour with 1 teaspoonful pepper and 1 teaspoonful salt and roll the sliced liver in it. Cut the rashers in strips and fry until brown. Remove and fry the liver and sausages until brown on both sides. Peel the mushrooms and slice the tomatoes and fry lightly. Place the cooked macaroni in the bottom of a greased pie-dish, arrange the mushrooms and tomatoes on top and lay the liver, sausages and strips of bacon on top of the mushrooms, etc. Pour the water into the pan and stir until boiling. Season and pour into the pie-dish around the sides. Cover with greaseproof paper and bake for 1 hour in a moderate oven (Regulo Mark 4). (Serves 5-6 portions)

#### MACARONI CHEESE AND ONION SAVOURY

1 lb. macaroni cooked in 2 quarts boiling salted water  
2 ozs. cheese (stale grated cheese can be used)  
3 good-sized onions 1 teaspoonful made mustard  
1 oz. margarine 1 level dessertspoonful flour  
Salt and pepper 1 pint water in which macaroni was boiled  
Cook the macaroni with the chopped onions in the boiling salted water until soft, drain and save the water. Melt 1 oz. of the margarine in the saucepan in which the macaroni was cooked, add the flour and stir until it bubbles. Add the 1 pint of water in which macaroni was cooked and stir until boiling. Lower the heat, and add the grated cheese and mustard, stirring until the cheese is melted. Add the macaroni and stir in and season, pour into a dish, cut the remaining margarine in pieces and sprinkle on top, and brown under the grill. (Serves 4-5 portions)

#### MACARONI KEDGEREE

1 lb. cold cooked fish  
1 lb. macaroni cooked in 2 pints boiling salted water  
2 reconstituted eggs Salt and pepper and cayenne  
2 ozs. margarine Chopped parsley to garnish  
Flake the fish and remove bones and skin. Mix with the cooked, drained macaroni and 1 reconstituted egg. Melt 1 oz. of the margarine in a saucepan, add the macaroni mixture and heat thoroughly, stirring all the time. Season with salt, pepper and cayenne and keep hot over a low heat. Melt the remaining 1 oz. of margarine, pour in the other reconstituted egg and scramble, stirring with a fork until cooked.

Season, chop finely and sprinkle over the kedgerree with finely chopped parsley. Serve very hot.  
**NOTE:** The chopped scrambled egg may be omitted. (Serves 4 portions)

#### MARROW SHELLS WITH SAUSAGES

1 marrow (medium size) 1 lb. sausages 1 rasher fat bacon  
1 lb. macaroni cooked in 2 quarts boiling salted water  
1 tablespoonful mushroom or tomato ketchup  
2 teaspoonful made mustard 1 level teaspoonful salt  
1 tablespoonful chutney 1 oz. margarine (melted)  
1 tablespoonful mushroom or tomato ketchup  
1 good teaspoonful meat or vegetable extract

Drain the cooked macaroni, saving the water. Cut the marrow in half lengthways, peel and remove the seeds. Have ready two greased fire-proof dishes or casseroles and place half a marrow in each. In one half-marrow arrange the sausages. Cut the bacon into as many strips as there are sausages and place a strip on each. Stir all the sauce ingredients together and mix 4 tablespoonful with the cooked macaroni, adding salt and pepper to taste. Fill the other half-marrow with the macaroni mixture. Pour the remainder of the sauce equally around each half-marrow. Cover them with greaseproof paper and bake for 1-1½ hours in fairly hot oven (Regulo Mark 6) according to the size of marrow. Baste with the gravy at intervals and serve in the baking dishes. When cooked, a skewer should be able to go through the marrow easily. (Serves 5-6 portions)

#### PORK AND MACARONI BOILED

6 ozs. pickled pork (or fat bacon) 1 oz. margarine  
3 pints water 1 heaped teaspoonful flour  
4 ozs. macaroni 1 pint stock from pork  
2 good-sized cooking apples, 2 onions, 2 carrots  
2 tablespoonful tomato sauce or purée Salt and pepper

Put the pork into a saucepan with the cold water, bring to the boil, skim, and simmer gently until tender (about 45 minutes). Remove and keep hot. Bring the water in which the pork was cooked to the boil, adding salt if necessary. Peel and slice the apples, chop the onions, and peel and dice the carrots. Sprinkle the macaroni into the boiling water, add the apples and vegetables and cook for 20-30 minutes, stirring frequently. Drain and keep hot, saving the stock. Melt the margarine, add the flour and cook until it bubbles. Measure 1 pint of the stock, add to the flour, etc., and stir until boiling. Cook for 3 minutes, stirring all the time. Stir in the tomato purée and season. Slice the pork into 3 portions, place in the centre of a hot dish with a little of the tomato sauce poured over. Make a ring of macaroni and vegetables round the pork and serve the remainder of the sauce separately in a sauce-boat. If possible, serve with an additional green vegetable.

**NOTE:** To keep macaroni, vegetables or boiled meat hot, place in a colander covered with a plate and place over a saucepan of gently boiling water. (Serves 3-4 portions)

#### RABBIT AND MACARONI CURRIED

(for using left-over rabbit)

6 ozs. macaroni cooked in 3 pints boiling salted water  
1 lb. cooked rabbit (weighed after removing bones)  
1 onion 2 dessertspoonful curry powder  
1 cooking apple 2 tomatoes  
2 ozs. margarine 1 pint macaroni water  
2 ozs. flour 1 tablespoonful vinegar

Cook the macaroni in boiling salted water and drain in a colander, saving 1 pint of water for the curry. For this dish the cooked macaroni should be fairly dry. While the curry is cooking, put a plate over the macaroni; then place the colander in a warm oven if in use, or line a saucepan with greaseproof paper brushed with melted margarine, add the cooked macaroni and keep in a warm place on top of the stove. Peel and chop the apple and onion and fry until light brown in the margarine. Stir in the flour and curry powder, and cook for 5 minutes. Add the tomatoes, cut in quarters, and the water, and stir until boiling. Add the meat and vinegar, and season with salt and pepper and simmer very gently with the lid on for 1 hour. Serve with a border of the boiled macaroni.

**NOTE:** Any other cold cooked or tinned meat can be used instead of rabbit. (Serves 4 portions)

#### SAUSAGE AND MACARONI MOULD STEAMED

1 lb. macaroni cooked in 2 pints boiling salted water  
1 lb. sausage meat 1 teaspoonful meat extract  
1 rasher fat bacon 1 dessertspoonful Worcester sauce  
1 oz. margarine 1 teaspoonful made mustard  
2 tomatoes Salt and pepper  
1 good-sized onion 1 dessertspoonful breadcrumbs

Remove tomato skins, chop bacon, onion and tomatoes and fry lightly in the margarine. Put into a basin the sausage meat, sauce, mustard, meat extract and cooked macaroni and mix well together. Add the fried onion, etc., salt and pepper, and again stir. Place the mixture in a greased pudding basin, sprinkle the breadcrumbs all round the inside and fill with the mixture. Cover and steam for 1 hour. Leave until cold before turning out and serve with salad. Any left over can be sliced and fried for breakfast. (Serves 4-5 portions)

#### QUICK MACARONI STEW

(Cooking time: ¼ hour)

1 lb. corned beef, tinned meat, cold cooked meat, rabbit, etc.  
1 lb. tomatoes (green or half-ripe tomatoes can be used)  
Outside sticks of head of celery or 3 carrots  
4 ozs. macaroni 1 lb. turnips or swedes  
3 pints water 2 carrots  
1 oz. margarine 1 parsnip  
2 good-sized onions Salt and pepper

Wash, peel and slice the vegetables. Make the margarine hot in a fairly large pan, add the sliced vegetables and fry lightly, stirring often. Add 3 pints boiling water, bring to the boil, sprinkle in the macaroni and boil fairly fast for 20-30 minutes, until all the vegetables are tender and the macaroni is soft. Stir often. Chop the meat 5 minutes before the stew is ready, and add. Season and serve. (Serves 6 portions)

#### STEWED STEAK AND MACARONI

1 lb. stewing steak 2 good-sized onions  
2 carrots 4 ozs. macaroni  
2 parsnips or turnips 1 tablespoonful flour  
1 swede 1 oz. dripping or margarine  
Outside sticks of celery if available 3 pints water  
1 good teaspoonful meat or vegetable extract Salt and pepper

Peel and slice the root vegetables and chop the celery. Measure 1 pint of the water and keep aside. Bring the remainder of the water to the boil and add the vegetables and macaroni. Boil fast for 10 minutes. Cut the steak in small pieces and fry until beginning to brown in the hot dripping or margarine. Sprinkle with the flour, and allow this to brown also, turning the steak over until brown on all sides. Pour the 1 pint of water over the steak, stir until boiling, remove from the heat, stir in the meat or vegetable extract, and add the meat and gravy to the macaroni and vegetables. Lower the heat immediately to simmering point, cover the pan and cook very gently for 2 hours. Season well and serve with boiled potatoes. (Serves 5-6 portions)  
This is a very filling and satisfying stew when there is very little meat to spare.

#### STUFFED MARROW WITH PORK AND SAUSAGES

1 medium-sized marrow 1 reconstituted egg  
1 lb. mushrooms 1 oz. dripping, margarine or cooking fat  
4 ozs. pork, bacon or ham Salt and pepper  
6 ozs. macaroni cooked in 3 pints boiling salted water  
1 tablespoonful tomato chutney or sweet table sauce

Prepare the marrow in 2 halves as for Marrow Shells. Mince or chop the pork or bacon finely and fry until beginning to brown. Add the peeled mushrooms (with the stems removed) and fry lightly. Arrange the mushrooms in one half-marrow, sprinkle with salt and pepper, and arrange the pork on top. Pour over the gravy again, sprinkling with salt and pepper. Mix the cooked macaroni with the egg and chutney, season and press evenly into the other half-marrow. Place the two halves together, tie with string, spread the margarine over the marrow, put into a greased meat tin with the macaroni-filled half resting on the tin so that the gravy soaks into the macaroni, cover with greaseproof paper and bake for 1-1½ hours in a fairly hot oven (Regulo Mark 6), basting at intervals. (Serves 5-6 portions)  
**NOTE:** Mushroom stems add flavour to soups and stews.