

## **Eggless cookery / Stork Margarine Cookery Service.**

### **Contributors**

Stork Margarine Cookery Service.

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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>



STORK MARGARINE COOKERY SERVICE



PUDDINGS

JAM ROLY-POLY

1 lb. self-raising flour 1 teaspoonful salt  
 3 ozs. margarine Water to mix  
 2 tablespoonful jam (marmalade or lemon curd can be used instead)

Sieve the flour and salt into a basin, rub in the margarine and mix with the water to a stiff dough that leaves the sides of the bowl clean. Turn on to a floured board, knead a little until smooth, and roll out to the shape of an oblong about 1in. in thickness. Spread with the jam, roll up, brush the edge with water and press gently down to seal. Wrap loosely in greased greaseproof paper, securing the edges and ends by folding over, and steam for 1-1½ hours. Serve with jam sauce or custard. (Serves 4-6 portions)

VARIATIONS:

Omit the jam and add 3 ozs. sultanas or other fruit to the flour, etc.

OATMEAL PUDDING (STEAMED)

5 ozs. medium oatmeal or rolled oats 2 ozs. margarine  
 2 tablespoonful self-raising flour 2-3 tablespoonful sugar  
 1 pint household milk 1 teaspoonful salt  
 1 level teaspoonful bicarbonate of soda

Put the oatmeal, flour and salt into a basin and mix. Rub in the margarine and add the sugar. Dissolve the bicarbonate of soda in the milk, pour on to the oatmeal and mix and beat well. Brush a pudding basin with melted margarine and place a round of greased greaseproof paper in the bottom. Pour in the mixture, cover with greaseproof paper and tie down, and steam for 1-1½ hours. When turning out run a knife gently round the pudding first, as it is very crumbly and is liable to break. Serve with hot golden syrup or jam. (Serves 6 portions)

ORANGE OR LEMON PUDDING

1 lb. self-raising flour 3 ozs. margarine  
 3 tablespoonful sugar 5 tablespoonful milk  
 Rind and juice of 1 sweet orange or 1 lemon 1 teaspoonful salt

Cream together the margarine and sugar and beat in the rind and juice of the orange or lemon a little at a time and alternately with a little of the sieved flour and salt. Add the remainder of the flour and the milk and mix to a soft dough. Put into a well-greased pudding basin with a round of greaseproof paper in the bottom, cover with greaseproof paper and a pudding cloth and steam for 2 hours. (Serves 6 portions)

STEAMED SPONGE PUDDING (Plain Foundation Recipe)

1 lb. self-raising flour 1½ tablespoonful vinegar  
 3 tablespoonful sugar 8 tablespoonful milk  
 3 ozs. margarine 1 teaspoonful salt  
 1 level teaspoonful bicarbonate of soda

Sieve the flour and salt together, rub in the margarine and add the sugar. Add the vinegar to the milk, stir in the bicarbonate of soda, and then quickly mix the liquid with the flour. Put into a well-greased pudding basin with a round of greased greaseproof paper in the bottom, cover with greaseproof paper and a pudding cloth and steam for 2 hours. Serve with hot jam or syrup. (Serves 6 portions)

VARIATIONS:

- (a) Add 3 ozs. fruit with the sugar. Serve with custard.
- (b) Sieve 1 heaped teaspoonful ground ginger in with flour and salt. Serve with hot syrup.
- (c) Place 2 tablespoonful jam in the bottom of the basin before pouring in the pudding mixture. Serve with custard.



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COOKERY NOTES No. 73

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EGGLESS COOKERY

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PUDDINGS:

- JAM ROLY-POLY
- ORANGE OR LEMON PUDDING
- OATMEAL PUDDING
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According to the latest news available at the time this leaflet is going to the printers, it appears that we must be prepared to cope with being without dried egg, and also with not having enough shell eggs to spare for cake and pudding making.

Some kinds of cakes and puddings can still be made without eggs, and although this means they will be yet another step away from our pre-war standards, the results are satisfactory and they will continue to provide variety in our meals.

There are two reasons for using eggs in cookery. First, they give added food value to the cake or pudding, and we cannot do much to replace the lost albumen. Secondly, eggs help to raise a cake or pudding, and here we can include some other ingredients and vary our method of mixing, to help make up for the missing eggs. Our recipes have been tested with these changes in mind; the results are very good, and the Golden Fruit Cake and Steamed Sponge Pudding are specially recommended.

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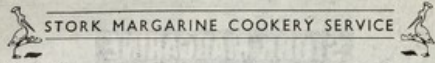


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 STORK MARGARINE COOKERY SERVICE,  
 Unilever House, London, E.C.4,  
 to help solve your present-day cooking problems.



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CAKES

BOILED FRUIT CAKE

- 1/2 lb. self-raising flour
- 3 ozs. currants, sultanas or mixed fruit
- 2 tablespoonful sugar
- 1 level teaspoonful bicarbonate of soda
- 3 ozs. margarine or cooking fat (or half of each)
- 1 tablespoonful jam or syrup
- 1/2 teaspoonful grated nutmeg
- 1/2 teaspoonful salt
- 1 pint hot water

Sieve the flour, nutmeg and salt together. Put the fat, fruit, sugar and jam or syrup in a saucepan with the water and bring to the boil. Allow to simmer for 3 minutes. Cool and add the bicarbonate of soda. Make a well in the centre of the flour, etc., pour in the mixture, stir quickly, mixing all ingredients together, put into a cake tin lined with grease-proof paper and brush with melted margarine. Bake for 1 hour in a moderate oven (Regulo Mark 4).

CURRANT CAKE

- 1/2 lb. self-raising flour
- 3 ozs. margarine
- 3 ozs. currants (sultanas or mixed fruit can also be used)
- 1 level teaspoonful bicarbonate of soda
- 3 tablespoonful sugar
- 1/2 teaspoonful salt
- 1 pint warm water

Sieve the flour and salt into a basin and rub in the margarine. Add the fruit and sugar and stir. Mix the bicarbonate of soda with the sour milk, add to the flour, mix quickly, put into a well-greased and lined tin and bake for 1 hour in a moderate oven (Regulo Mark 4).

DATE AND MARMALADE CAKE

- 1/2 lb. self-raising flour
- 3 ozs. margarine
- 3 tablespoonful marmalade
- 3 ozs. dates
- 1 level teaspoonful bicarbonate of soda
- 1 level teaspoonful sugar
- 1 pint warm water
- 1 level teaspoonful bicarbonate of soda

Sieve the flour, salt and bicarbonate of soda into a basin. Chop the dates and add with the sugar. Stir well together to distribute the bicarbonate. Put the marmalade, margarine and the water in a saucepan, bring to the boil and simmer for a minute or two. Cool and stir quickly into the flour and mix all ingredients together. Put into a greased, lined tin and bake for 1 hour in a moderate oven (Regulo Mark 4).

FIG CAKE

- 1/2 lb. self-raising flour
- 3 ozs. figs
- 3 ozs. margarine
- 2 tablespoonful golden syrup
- 1 level teaspoonful bicarbonate of soda
- 1 level teaspoonful mixed spice or cinnamon
- 1/2 teaspoonful salt

Sieve the flour, salt and cinnamon or spice into a basin. Chop the figs, put in a saucepan with the margarine, water and syrup, bring to the boil and simmer for 3 minutes. Cool, add the bicarbonate of soda and stir quickly into the flour, mixing well together. Put into a greased, lined tin and bake for 1 hour in a moderate oven (Regulo Mark 4).

GOLDEN FRUIT CAKE

- 1/2 lb. self-raising flour
- 3 tablespoonful sugar
- 3 ozs. margarine
- 1 1/2 tablespoonful vinegar
- 1 level teaspoonful bicarbonate of soda
- 1/2 level teaspoonful mixed spice
- 3 ozs. sultanas, currants or raisins
- 8 tablespoonful milk
- 1/2 teaspoonful salt

Sieve the flour, salt and spice together, rub in the margarine and add the fruit and sugar. Mix the milk and vinegar together, add the bicarbonate of soda, stir quickly and mix with the flour and other ingredients. Put into a greased, lined tin and bake for 1 hour in a moderate oven (Regulo Mark 4).



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JAM CAKE

- 1/2 lb. self-raising flour
- 3 ozs. sultanas or mixed fruit
- 3 ozs. margarine
- 1 level teaspoonful bicarbonate of soda
- 3 tablespoonful jam
- 1/2 pint water
- 1/2 teaspoonful salt

Sieve the flour, bicarbonate of soda and salt into a basin, stir well and rub in the margarine. Put the water, jam and fruit in a saucepan, bring to the boil, stir well, cool and mix well together with the flour mixture. Put into a well-greased, lined tin and bake for 1 hour in a moderate oven (Regulo Mark 4).

LARDY CAKE

- 1/2 lb. self-raising flour
- 1 1/2 tablespoonful cold water
- 3 ozs. sultanas, currants or mixed fruit
- 1 level teaspoonful mixed spice or cinnamon
- 3 tablespoonful sugar
- 3 ozs. lard or cooking fat
- 1/2 teaspoonful salt

Sieve the flour and salt into a basin, add the fruit and mix with the water to a soft dough. Turn out on to a floured board, knead lightly and roll out to the shape of a square about 1/2 in. thick. Mix the sugar and spice or cinnamon together and divide into three equal portions. Also divide the fat into three equal portions. Take one-third of the fat, cut it into little nuts and dot them over the surface of the dough, sprinkling with one-third of the spiced sugar. Now fold the dough into three, first one way and then the other. This is done by folding over one-third of the dough nearest to you, so that it covers the next third. The remaining third is then folded towards you over the first fold. Now take the end on your left and fold it over, leaving a third uncovered. Take this portion and fold it over the top, thus leaving you with a small square. This completes the first folding. Give the square of dough one turn to the right, seal all the edges by pressing down lightly with the rolling pin, then gently roll out to a square of the original size again. Take the second portion of fat and spiced sugar and repeat as for first portion. Repeat the process for the third portion and finally roll out to the size of the baking tin, which should be well greased. Press gently towards the sides, mark the top in squares and bake for 1 hour in a fairly hot oven (Regulo Mark 6).

ORANGE SHORTBREAD CAKE

- 1/2 lb. self-raising flour
- 3 ozs. margarine
- 1 level teaspoonful sugar
- 1/2 level teaspoonful salt
- 1 pint household milk or fresh if it can be spared
- 1/2 level teaspoonful sugar
- 1/2 oz. yeast
- 1/2 level teaspoonful salt

Cream the margarine and sugar together and beat in the orange rind and the juice, a little at a time, alternately with a little of the sieved flour and salt. Add the remainder of the flour and work in with a wooden spoon. Turn on to a floured board, knead very lightly and roll into a round that will fit a fairly large sandwich tin. Place in a greased tin, pressing gently towards the sides until it fits. Flute the edges, prick all over with a fork, mark into 8 or 12 portions and bake for 20-25 minutes in a fairly hot oven (Regulo Mark 6).

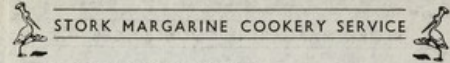
YEAST FRUIT CAKE

- 1 lb. plain flour
- 3 ozs. sultanas or mixed fruit
- 3 tablespoonful sugar
- 1 pint household milk or fresh if it can be spared
- 2 ozs. margarine or cooking fat
- 1/2 oz. yeast
- 1/2 level teaspoonful salt

Sieve the flour and salt into a bowl. Stir the yeast and a teaspoonful of the sugar together, warm the milk to blood heat (or tepid), mix with the yeast. Add the yeast mixture to the flour and mix well. Cover with a cloth and leave in a warm place for 20 minutes to rise. Melt the margarine and mix with the sugar and fruit. Add to the flour and yeast mixture, stir in and beat well. Rise again cover with a cloth and leave in a warm place for 1 1/2 hours to rise. Now give a final stir, put into a well-greased tin and bake for 1 hour in a fairly hot oven (Regulo Mark 6), then lower the heat to moderate (Mark 4) and bake for a further 1/2 hour. NOTE: On the bars over the stove is a good place to keep the yeast mixture warm. See that there is only a gentle heat underneath.



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BUNS AND SMALL CAKES

CHELSEA BUNS

- 1/2 lb. self-raising flour
- 2 ozs. margarine or cooking fat
- 3 ozs. sultanas, currants or mixed fruit
- 9 tablespoonful water and milk (or milk, if it can be spared)
- 2 tablespoonful sugar
- 1/2 teaspoonful salt

Sieve together the flour and salt and rub in the fat. Add the water and milk and mix to a soft dough. Turn on to a floured board and knead lightly until smooth. Shape into an oblong and roll into a long strip about 1/2 in. thick. Sprinkle the fruit and sugar evenly over the surface, keeping aside about a dessertspoonful of the sugar to sprinkle on the tops of the buns before baking. Roll up the strip firmly like a roly-poly and cut into pieces about an inch wide. Place on a well-greased baking sheet, with a cut side up and packed closely together to keep their shape. Brush with a little milk and sprinkle with the remainder of the sugar. Bake for 15 minutes in a hot oven (Regulo Mark 7). When cool, break the buns apart. (Makes 8 buns)

GOLDEN BUNS

- 1/2 lb. self-raising flour
- 3 tablespoonful sugar
- 3 ozs. margarine
- 2 ozs. chopped home-made candied orange or lemon peel
- 1 level teaspoonful bicarbonate of soda
- 1 1/2 tablespoonful vinegar
- 6 tablespoonful milk
- 1/2 teaspoonful salt

Sieve the flour and salt into a basin, and rub in the margarine. Add the chopped peel and sugar. Mix the vinegar with the milk, add the bicarbonate of soda and stir quickly into the flour, etc. Have ready about 18 well-greased bun or patty tins, place 2 good teaspoonful of the mixture in each and bake for 25 minutes in a fairly hot oven (Regulo Mark 6). (Makes 18 buns)

VARIATIONS:

2 ozs. currants or mixed fruit can be added instead of peel. ORANGE OR LEMON BUNS: Add grated orange or lemon rind and juice. Measure juice before adding and reduce milk by same amount so that the mixture will not be too wet. If the juice cannot be spared, add rind only and flavour with orange or lemon essence or substitute. SPICY BUNS: Sieve in 1 rounded teaspoonful of mixed spice with the flour.

GINGERBREAD FINGERS (OR SQUARES)

- 6 ozs. self-raising flour
- 2 ozs. dried breadcrumbs
- 3 ozs. margarine
- 1 tablespoonful golden syrup or black treacle
- 1 rounded and 1 level teaspoonful ground ginger
- 2 level teaspoonful bicarbonate of soda
- 1/2 level teaspoonful salt

Sieve the flour, salt, ginger, spice and breadcrumbs into a basin and mix well together. Put the water, syrup, sugar and margarine in a saucepan and bring to the boil. Stir well, cool, add the bicarbonate of soda, make a well in the centre of the flour and breadcrumbs, pour in the liquid mixture and mix thoroughly, beating well. Pour into a greased and lined square gingerbread tin and bake for 1 hour in a moderate oven (Regulo Mark 4). Cool and cut into fingers or squares. (Makes 12 "fingers")

ROCK CAKES

- 1/2 lb. self-raising flour
- 3 ozs. margarine
- 3 tablespoonful sugar
- 2 ozs. sultanas or any other fruit
- 2 level teaspoonful milk
- 1/2 level teaspoonful salt

Sieve the flour and salt into a basin and rub in the margarine. Add the sugar and fruit and mix to a stiff dough with the milk. Place in rough heaps on a well-greased baking sheet and bake for 20 minutes in a fairly hot oven (Regulo Mark 6). (Makes 8 buns)



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