

Summer salads and new ways with old potatoes / Stork Margarine Cookery Service.

Contributors

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STORK MARGARINE COOKERY SERVICE



MASHED POTATOES WITH FRIED ONIONS

Make mashed potatoes as directed. Have ready a good-sized onion sliced and fried until soft but not too brown. Mix with the mashed potatoes just before serving. Sprinkle with chopped parsley. This also is delicious. (Serves 3-4 portions)

NOTE: Never put mashed potatoes in the oven to keep hot. They form a crust and lose their delicious flavour. Serve when freshly made, and if they require to be re-heated put another tablespoonful of milk in a saucepan, add the potatoes, turn the heat fairly high so that the milk boils. Keep turning the potatoes over and over quickly with a fork, and in a minute or two they will have absorbed the milk and will be piping hot. A little more salt may be needed. Serve as soon as hot, as they burn easily if left over the heat.

MASHED POTATO CHEESE DISH

Prepare mashed potatoes as directed, adding chopped chives or fried onions. Pile high in a fireproof dish, sprinkle with 2 good tablespoonful grated cheese (stale cheese can be used) and place under the grill for 5 minutes until golden brown. This dish is a meal in itself and, like the others, is delicious. It can be served with a green vegetable and is particularly nice with fish. (Serves 3-4 portions)

POTATO CROQUETTES

- | | |
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| 1 lb. freshly cooked potatoes | 1 oz. margarine |
| 2 tablespoonful chopped parsley | Salt and pepper |
| 2 tablespoonful milk | Fat for frying |
| 2 tablespoonful dried breadcrumbs | A little flour |

Mash the potatoes with the margarine, parsley and 1 tablespoonful milk and season well. Turn out on to a floured board. Flour the hands, form the potatoes into a long roll and divide into 8 equal portions. Form each portion into a croquette (or small roll), brush with milk and coat with breadcrumbs. Make the fat hot in a frying pan and fry the croquettes until golden brown all over. When turning over use a knife or palette knife, as the mixture is rather soft and must be handled with care. Lift carefully on to a hot dish and serve with such dishes as liver, sausages, bacon, etc.—with a green vegetable as an accompaniment. These croquettes have a particularly nice flavour. (Makes 8 small croquettes)

POTATOES BOILED OR BAKED IN THEIR SKINS

Old potatoes cooked either of these ways have a lovely flavour, and are much better than if peeled before cooking.

TO BOIL IN THEIR SKINS: Choose potatoes of equal size, scrub and wash well, then boil in the usual way for about 20 minutes in salted cold water. When cooked, drain and leave in the saucepan for at least 5 minutes over a low heat to dry off the surplus moisture. Serve when the skins are bursting and they are toasted underneath. They are served in their skins, but are, of course, peeled before being eaten.

TO BAKE IN THEIR SKINS: Choose potatoes of even size, scrub well, dry and place on the second or third shelves of a fairly hot oven (Regulo Mark 6) for about an hour until baked through. Any good heat can be utilised for baking potatoes, provided they are turned at intervals to ensure being cooked evenly. When eaten as a supper dish, cut in half and spread with margarine and salt and pepper to taste.



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to help solve your present-day cooking problems.



STORK MARGARINE COOKERY SERVICE



STORK MARGARINE COOKERY SERVICE

COOKERY NOTES No. 76

JUNE, 1946

FOLD HERE

SUMMER SALADS

AND NEW WAYS WITH OLD POTATOES

- | | |
|----------------------|---|
| FOUR WAYS OF SERVING | GREEN SALADS |
| BEETROOT RELISH | COOKED TOMATO RELISH |
| HERRING SALAD | POTATO SALAD |
| SAUSAGE SALAD | GRATED VEGETABLE SALAD |
| RUSSIAN SALAD | THICK SALAD DRESSING |
| | TOMATO JUICE COCKTAIL |
| | MASHED POTATOES WITH CHOPPED CHIVES |
| | MASHED POTATOES WITH FRIED ONIONS |
| | MASHED POTATO CHEESE DISH |
| | POTATO CROQUETTES |
| | POTATOES BOILED OR BAKED IN THEIR SKINS |

The summer months ahead will bring a wide variety of salad foods, which will help to provide a welcome variety in our meals. Apart from this reason, every opportunity should be taken of serving a salad at least once a day whilst the ingredients are available, because they are "protective" foods, rich in vitamins and mineral salts which help to protect against illness. The food value of the different salads varies, and of the most plentiful, their order of importance, as foods, is:

- (1) Watercress
- (2) Raw grated carrot
- (3) Tomatoes (fresh)
- (4) Lettuce

Salads can form part of a meal or can be quite substantial and "filling," and we have included a variety of recipes to suit all occasions. Old potatoes, too, can be made more interesting, with the addition of other flavourings and a little extra trouble in cooking and serving them.



STORK MARGARINE COOKERY SERVICE





FOUR WAYS OF SERVING GREEN SALADS

A green salad should consist of some of the following items in Group I, with some of Group II as they are in season.

GROUP I: Lettuce, watercress, mustard and cress, endive or chicory.
GROUP II: Spring onions, tomatoes, cooked or raw grated beetroot, cucumber, radishes, grated apple, grated raw carrots, swedes or turnips and sliced hard-boiled egg when available.

PREPARATIONS: The green leafy salads must be washed carefully a leaf or a sprig at a time under running cold water until they are free from earth. Then shake off all the water, because a green salad must be dry in order to take and hold the salad dressing. The only way to do this completely is to place the lettuce, watercress, etc., in a clean dry cloth, gather the ends securely and swing the cloth backwards and forwards until all the water has been shaken off. Do not cut up lettuce with a knife, but break it into pieces if desired. Wash, peel, chop or grate the other ingredients.

METHOD 1. DISPLAYED ARRANGEMENT:

Arrange a ring of lettuce, endive or chicory leaves around the sides and bottom of a salad bowl. Sprinkle in chopped spring onions. Add an outer ring of sliced tomatoes around the sides, then a ring of sliced cucumber, a ring of radishes (sliced or whole) and an inner ring of sliced beetroot. Sprinkle over grated apple. Grated raw carrots, turnips or swedes can replace any of these rings, according to the season of the year. In the centre, place the heart of the lettuce, supported by sprigs of watercress and bunches of mustard and cress. Add a sliced or chopped hard-boiled egg when available. Serve salad dressing separately.

METHOD 2. MIXED ARRANGEMENT:

Break up the lettuce or other green salad leaves into small pieces, chop, slice or grate all the other ingredients used, place in a salad bowl and mix all together, sprinkling over chopped hard-boiled egg if available. Serve salad dressing separately.

METHOD 3. DISHES OF SEPARATE SALAD INGREDIENTS:

This is a good method if some members of the family do not like all the ingredients, such as spring onions or radishes. Prepare all the items and serve each in a separate dish, with the salad dressing also served separately. Remember cucumber is much more digestible if prepared an hour beforehand. Slice it thinly, sprinkle with salt and then drain off the water before serving.

METHOD 4. INDIVIDUAL SALAD MEALS:

Make individual salad meals for each person, thus: Place a helping of cold meat or tinned salmon on the front of each plate and add a serving of Potato or Russian Salad on each side (see recipes). Arrange two or three lettuce leaves on the rest of the plate and place on top some sliced tomato, cucumber and beetroot, chopped spring onion and hard-boiled egg and grated raw carrot. Finish off with sprays of watercress or mustard and cress. Salad dressing can be added just before the meal or served separately.

BEETROOT RELISH

- 1 good-sized cooked beetroot (about $\frac{1}{2}$ lb.)
- 1 very finely chopped spring onion or half a small onion
- 1 rounded teaspoonful very finely chopped parsley
- 1 rounded teaspoonful very finely chopped mint
- 1 pint malt vinegar

Peel the beetroot and cut into either cubes or thin slices. Sprinkle with the chopped onion, parsley and mint and turn over carefully with a fork to ensure that all the ingredients are well mixed, seasoning with a little salt and pepper. Put into a glass dish, pour the vinegar over and leave in a cool place for at least half an hour before serving to ensure that the flavours are well absorbed. Serve with cold meat, tinned fish, green salad, etc. (Serves 4-6 portions)



COOKED TOMATO RELISH

- 2-lb. jar bottled tomatoes
 - 1 teaspoonful chopped mint
 - 2 spring onions or 1 small onion
 - 1 tablespoonful vinegar
 - 2 heaped tablespoonful chopped watercress
 - Salt and pepper
- Strain off the liquid from the tomatoes and put aside. Slice the tomatoes, place in a bowl with the juice that is on the plate, sprinkle with the chopped onion, watercress and mint, add the vinegar and stir carefully with a fork; season to taste and leave to stand in a cool place for a couple of hours. The flavour is even better if left overnight before serving. Serve with cold meat, etc. (Serves 10-12 helpings, depending on size)

NOTE: 1 lb. fresh tomatoes sliced and simmered until soft in $\frac{1}{2}$ pint water can also be used—straining off the surplus liquid, which can be used for soups or stews or Tomato Juice Cocktail (see recipe).

HERRING SALAD

- 1 lb. fresh herrings
 - 2 pints water
 - 6 tablespoonful vinegar
 - 2 teaspoonful salt
 - 1 lb. potatoes
 - 2 spring onions or 1 small onion
 - 1 level teaspoonful salt
 - 1 lb. tomatoes (when available)
 - 5 tablespoonful salad dressing
- Clean the herrings, cutting off their heads and tails. Wash well, put into a saucepan or large frying pan with the water, salt and vinegar, bring to the boil, then lower the heat and cook gently for 7-10 minutes until cooked through. Drain and flake the herrings, removing as many bones as possible. While the herrings are cooking, cook the potatoes in boiling salted water for about 20 minutes until soft. Drain and place over a very low heat for a minute or two to dry off. Chop the onions very finely, dice the cooked potatoes and mix with the flaked herrings, chopped onions, salad dressing, salt and pepper, taking care not to break up the potatoes. Put into a glass bowl and garnish with sliced tomatoes, sliced cucumber, with sprigs of watercress in between.

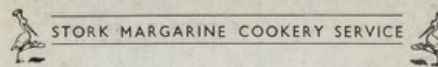
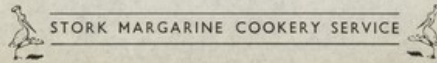
NOTE: Cold cooked potatoes can be used instead of freshly cooked potatoes if preferred, although the flavour is better if freshly cooked potatoes are used. (Serves 3-4 portions)

POTATO SALAD

- 1 lb. hot cooked potatoes
 - 1 level teaspoonful pepper
 - 2 spring onions or 1 small onion
 - 1 level teaspoonful salt
 - 4 tablespoonful salad dressing
- Cut the potatoes into cubes, sprinkle with salt and pepper and mix carefully with the salad dressing and the finely chopped onions. Leave in a cool place for at least half an hour before serving. (Serves 3-4 portions)

SAUSAGE SALAD

- 1 lb. sausages
 - 1 level teaspoonful mustard
 - $\frac{1}{2}$ cooking apple
 - 1 teaspoonful vinegar
 - $\frac{1}{2}$ lb. cooked potatoes (hot or cold)
 - Pinch of cayenne
 - 2 spring onions or 1 small onion
 - A few drops Worcester sauce
 - 5 tablespoonful salad dressing
 - Salt and pepper
- Prick the sausages all over with a fork, put into a saucepan with enough cold water to cover, bring to the boil, then lower the heat and cook gently for 15-20 minutes. Drain and leave until cold. Cut the potatoes into cubes, grate or chop the apple, chop the onions finely and slice the sausages fairly thinly, first removing the skins. Mix the mustard with the vinegar and Worcester sauce and stir in the cayenne, salt and pepper. Pour the mixture over the sliced sausages, turning them carefully over and over so that they are all well coated. Add the potatoes, chopped onion and grated apple and mix all carefully together with a fork, finally stirring in the salad dressing and seasoning with salt and pepper. Serve with a green salad and extra Potato Salad if liked. (Serves 4 good portions)



GRATED VEGETABLE SALAD (Uncooked)

- 1 carrot
 - 1 swede, when in season
 - 1 apple, when available
 - $\frac{1}{2}$ white turnip
 - 1 savoy cabbage
 - Salt
 - 4 tablespoonful young peas, when in season
 - Salad dressing
- Wash and peel the root vegetables and the apple. Use the white heart of a cabbage, wash and soak it for a few minutes in cold salted water. Dry the vegetables in a clean cloth after rinsing and shake the cabbage dry. Grate all the vegetables and the apple on a fairly coarse grater and mix all lightly together with a fork, adding the peas and seasoning. If salad dressing is to be served separately, prepare the salad and serve immediately, as the vitamin content of the vegetables decreases the longer they are kept. If preferred, mix the grated vegetables with 3-4 tablespoonful salad dressing. Serve with lettuce, etc. This salad has a very pretty appearance when freshly mixed. To preserve this it is better to serve the salad dressing separately. (Serves 4-6 portions)

RUSSIAN SALAD (Cooked Vegetable Salad)

- 1 lb. cold cooked vegetables in season, e.g., carrots, white turnips, broad beans, peas, French beans, runner beans, swedes, etc., in fairly equal proportions
 - 2-3 good tablespoonful salad dressing
 - Salt and pepper
- Dice the cooked carrots and turnips, etc., add the peas or broad beans and other beans cut into $\frac{1}{2}$ in. lengths, season and mix carefully with the salad dressing. Serve with a green salad, and cold meat, tinned salmon, etc. (Serves 4-6 portions)

THICK SALAD DRESSING

- 1 tablespoonful flour
 - 1 teaspoonful salt
 - $\frac{1}{2}$ pint milk
 - 1 oz. margarine
 - 1 teaspoonful pepper
 - $\frac{1}{2}$ pint vinegar
 - $\frac{1}{2}$ level teaspoonful mustard
 - 1 pint water
 - $\frac{1}{2}$ teaspoonful sugar
- Melt the margarine in a saucepan, add the mustard, sugar, salt and pepper, and blend well over the heat. Stir in the flour and cook for a minute, stirring all the time. Add the milk and water and stir until boiling. Add the vinegar and cook for 2-3 minutes longer, stirring all the time. Bottle when cold. This salad dressing will keep for at least two weeks.

NOTE: If a sharper flavour is preferred, add sufficient vinegar, a dessert-spoonful at a time, until the desired flavour is obtained. (Makes $\frac{1}{2}$ pint)

TIN SALAD DRESSING:

Dilute with milk and vinegar to the consistency required, stirring in a little sugar if liked.

TOMATO JUICE COCKTAIL

Liquid from 2-lb. jar of bottled tomatoes (approximately $\frac{1}{2}$ pint)
1 teaspoonful finely chopped onion
Salt and pepper
Pour the liquid over the chopped onion, season with salt and pepper to taste and leave in a cool place for at least an hour. Strain before serving. This is a delicious and refreshing drink. (Makes $\frac{1}{2}$ pint)

WAYS OF IMPARTING FLAVOUR TO OLD POTATOES

MASHED POTATOES AND CHOPPED CHIVES

(as served in Ireland)
1 lb. freshly cooked potatoes (cooked in boiling salted water, drained and dried off for a minute or two on a low heat)
1 oz. margarine
1 level teaspoonful salt (or more if liked)
1 tablespoonful milk
1 good tablespoonful chopped chives

Put the potatoes in a bowl, add the margarine, milk and seasoning and beat briskly with a fork or wooden spoon until white and creamy and free from lumps. Stir in the chopped chives, give another final beating, adding a little more salt if necessary, return to the saucepan and heat through quickly, turning over and over with the wooden spoon. Pile up in a hot dish, sprinkle chopped parsley over and serve at once. Mashed potatoes served this way are delicious at all times.

VARIATIONS: Instead of chopped chives, chopped spring onion tops, chopped watercress or very finely chopped parsley can be added. (Serves 3-4 portions)

