

## **Darker flour cookery made easy / Stork Margarine Cookery Service.**

### **Contributors**

Stork Margarine Cookery Service.

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STORK MARGARINE COOKERY SERVICE

**PLAIN BISCUITS (With Egg)**

These require a little longer baking time and a little more liquid

1 lb. self-raising flour 1 reconstituted egg  
 3 oz. margarine 1 tablespoonful milk 1 teaspoonful salt  
 Sieve the flour and salt into a basin, rub in the margarine and mix with the reconstituted egg and milk to a stiff dough. Knead a little and roll out on a floured board to a thickness of about one-tenth of an inch, prick all over with a fork, cut into rounds and bake for 20-25 minutes in a moderately hot oven (Regulo Mark 5). (Makes 18-20 biscuits)

**SWEET BISCUITS**

As above, adding 2-3 tablespoonful sugar and a few drops of flavouring if liked.

**WITHOUT EGG:** For either Sweet or Plain Biscuits, mix with 4 tablespoonful milk instead of egg.

**PANCAKES**

No extra liquid or cooking time required

1 level tablespoonful dried egg 4 ozs. self-raising flour  
 1 pint milk, fresh or household Pinch of salt  
 Sieve the flour, dried egg and salt into a mixing bowl. Add half the milk and gradually mix in with the flour, beating well. Add the remainder of the milk, a little at a time, finally beating for 5 minutes. Have ready a frying pan with sufficient hot melted fat to cover the bottom, taking care that the heat is just medium. Pour in sufficient pancake mixture to cover the bottom of the pan. Cook until nicely browned underneath and the top set and covered with bubbles. Then toss, or turn with a fish ladle or palette knife, and cook until the other side is golden brown. Sprinkle a little sugar over or spread with a little jam or syrup. Roll and serve very hot. (Makes 4 pancakes)

**NOTE:** To make richer pancakes use 2 tablespoonful dried egg.

**SAVOURY PANCAKES:** Mix 3-4 tablespoonful grated cheese or cooked or tinned chopped meat with the batter.

**YORKSHIRE PUDDING**

Make a batter the same as for pancakes. While the batter is being mixed, heat a good knob of fat in a medium-sized baking tin or use some dripping from the meat tin if a joint is cooking. When the batter is ready pour it into the tin (the fat should be smoking hot), place on the third shelf from the top and bake for 40-45 minutes in a hot oven (Regulo Mark 7). (Serves 6 portions)

**BAKED TOAD-IN-THE-HOLE VARIATIONS:** Arrange in the bottom of the pan 1 lb. sausages, sausage meat balls rolled in flour seasoned with pepper and salt, chops, sliced liver, fillets of fish, chopped bacon and cooked vegetables, or chopped cold cooked or tinned meat, and pour over the batter. Bake as for Yorkshire Pudding.

3-4 ozs. stale grated cheese can also be mixed with the batter to make a Cheese Savoury.

**SWEET BATTERS:** Place 4-6 ozs. prunes or figs (soaked overnight) in the bottom of the baking tin and pour over the batter, or mix 3-4 ozs. chopped dates or sultanas, raisins, etc., with the batter before baking. Serve sprinkled with sugar. Sweet batters, particularly with prunes, are great favourites in the North of England.

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

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**STORK MARGARINE  
 COOKERY SERVICE**

**COOKERY NOTES No. 77**

JULY, 1946

**DARKER FLOUR COOKERY MADE EASY**

- CHOCOLATE FIG CAKE
- CHOCOLATE GINGERBREAD
- DATE AND NUTMEG CAKE
- LEMON MADEIRA CAKE
- SPICY FRUIT CAKE
- APPLE CREAM SANDWICH
- APPLE CREAM FILLING
- APPLE CREAM BUTTERFLIES
- ROCK BUNS
- SCONES

- SHORT PASTRY
- GOOSEBERRY PIE
- APPLE PASTIES
- FRUIT SPONGE PUDDING
- CHOCOLATE SPONGE PUDDING
- PLAIN BISCUITS
- SWEET BISCUITS
- PANCAKES
- YORKSHIRE PUDDING
- BAKED TOAD-IN-THE-HOLE
- SWEET BATTERS

Cooking with the new darker flour (90% extraction) will not make much difference, providing a few simple rules are followed.

The most important is to avoid using too much liquid, particularly in pastry making. After rubbing the margarine into the flour, the new flour may seem to need quite a lot more liquid than usual, but in fact only a little extra is sufficient, although you may have to take more trouble in mixing and working the ingredients together. So remember to knead pastry well and give cake and pudding mixtures a good beating. Our recipes have been carefully tested to determine the correct amount of liquid each requires.

Secondly, most dishes will need a little longer baking time.

The notes above each recipe make comparisons with the average similar recipe in which white or lighter coloured flour is normally used.

The last point is that a careful choice of ingredients and colourings will hide the dark colour of the flour and give attractive results.

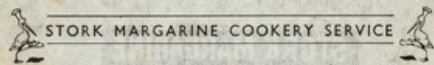
**CHOCOLATE FIG CAKE (Eggless)**

No extra liquid, but longer cooking time required.

- 7 ozs. self-raising flour 1 level teaspoonful ground cinnamon
- 1 oz. cocoa 1 level teaspoonful bicarbonate of soda
- 3 tablespoonful sugar 1 pint water
- 3 ozs. chopped figs 1 teaspoonful salt

3 ozs. margarine or cooking fat, or half of each  
 Sieve the flour, cocoa, salt and cinnamon together. Put the margarine, sugar, chopped figs and water in a saucepan and bring to the boil. Simmer for 3 minutes. Cool, and add the bicarbonate of soda. Make a well in the centre of the flour and pour in the mixture. Stir quickly, mixing all the ingredients together. Put into a cake tin lined with greaseproof paper and brushed with melted margarine, and bake for 1 1/2 hours in a moderate oven (Regulo Mark 4).

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#### CHOCOLATE GINGERBREAD (With Eggs)

*A little extra cooking time is required, but no extra liquid*

7 ozs. self-raising flour	3 ozs. margarine
1 tablespoonful cocoa	2 reconstituted eggs
3 level tablespoonful golden syrup (or sugar)	2 level teaspoonful mixed spice
2 level teaspoonful bicarbonate of soda	1 teaspoonful salt
1 rounded and 1 level teaspoonful ground ginger	1 pint boiling water

1 level teaspoonful bicarbonate of soda  
1 pint boiling water

Cream the margarine, cocoa and sugar or syrup together and gradually beat in the reconstituted eggs. Sieve the flour, salt, ginger and spice together and add to the creamed mixture, mixing thoroughly. Dissolve the bicarbonate of soda in the boiling water and add a little at a time, beating well after each addition. Give a final beating, pour into a well-greased and lined tin, and bake for 1 1/2 hours on the middle shelf of a moderate oven (Regulo Mark 4).

#### DATE AND NUTMEG CAKE (Egless)

*A little longer cooking time than usual required, but no extra liquid*

1 lb. self-raising flour	1 heaped teaspoonful nutmeg
3 tablespoonful sugar	3 ozs. chopped dates
3 ozs. margarine	8 tablespoonful milk
1 1/2 tablespoonful vinegar	1 teaspoonful salt
1 level teaspoonful bicarbonate of soda	

Sieve the flour, salt and nutmeg together, rub in the margarine and add the chopped dates and the 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 1/2 hours in a moderate oven (Regulo Mark 4).

#### LEMON MADEIRA CAKE (With Eggs)

*No extra baking time required and no extra liquid except the flavouring*

1 lb. self-raising flour	3 ozs. margarine
3 ozs. sugar	3 reconstituted eggs
1 teaspoonful salt	Strip of home preserved peel
1 teaspoonful lemon substitute mixed with 3 teaspoonful water	

(or 4 teaspoonful lemon juice and grated rind of lemon if available)

Put the margarine into a bowl, and break it up with a wooden spoon and beat briskly until soft. Add the sugar, and beat with the margarine until white and creamy. Gradually beat in the reconstituted eggs, thoroughly absorbed before adding the next. If the mixture shows any signs of curdling, add a little flour (sieved with the salt) with each addition of egg, and beat in together. Add the remainder of the sieved flour and salt, and fold in with a metal spoon, cutting through the mixture with the spoon instead of stirring. Add the flavouring towards the end of the folding process. Put into a greased and lined tin, level the top with a palette knife and place the strip of peel (previously steeped in warm water to soften and afterwards dried) on top, pressing it down slightly, and bake for 1 1/2 hours on the middle shelf of a slow oven (Regulo Mark 2).

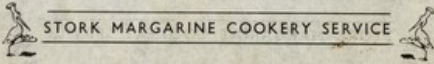
**NOTE:** If a lemon is available, scrub and wash well, dry and grate off the rind with a fine grater. Mix with the sugar and leave for 20 minutes to absorb the flavour. Then beat the sugar into the softened margarine as directed. Add the juice towards the end of the mixing. The rind and juice of an orange can also be used for an Orange Madeira Cake and a strip of home-preserved orange peel placed on top.

#### SPICY FRUIT CAKE (With Eggs)

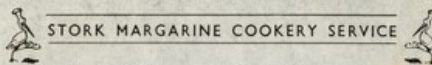
*About same amount of liquid required, but a little longer baking time*

1 lb. self-raising flour	1 level teaspoonful mixed spice
3 tablespoonful sugar	1 level teaspoonful grated nutmeg
3 ozs. margarine	2-3 ozs. sultanas, currants, etc.
2 reconstituted eggs	1 oz. home-preserved peel (if available)
3 tablespoonful milk	1/2 teaspoonful salt

Sieve the flour, salt and spices into a basin, rub in the margarine, add the sugar, fruit and chopped peel and mix with the eggs and milk. Put into a greased, lined tin and bake for 1 1/2 hours in a moderate oven (Regulo Mark 4).



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#### APPLE CREAM SANDWICH (With Eggs)

*This is a delicious combination when the ingredients can be spared.*

*A little extra milk and a little longer baking time are required*

4 ozs. self-raising flour	2 reconstituted eggs
3 ozs. margarine	1 dessertspoonful milk
3 ozs. sugar	Pinch of salt

Beat the margarine and sugar to a cream, add the eggs, a tablespoonful at a time, and beat in each addition well, adding a little flour (sieved with the salt) if the mixture shows any signs of curdling. When all the egg has been beaten in, add the milk and fold in the remainder of the sieved flour. Put into a well-greased 8-inch sandwich tin with a round of greaseproof paper in the bottom, and bake for 30 minutes on the middle shelf of a moderately hot oven (Regulo Mark 5). When cold, cut in half and spread with Apple Cream Filling.

#### APPLE CREAM FILLING

1 oz. margarine	1 tablespoonful sugar
1 1/2 heaped tablespoonful dry household milk	2-3 tablespoonful cooked or bottled apple (sweetened)

1 1/2 heaped tablespoonful sugar  
2-3 tablespoonful cooked or bottled apple (sweetened)

Cream the margarine and sugar together and beat in 1 heaped tablespoonful of dry household milk, then add the apple, a teaspoonful at a time, heating in each addition until white and creamy. Sieve in a remaining milk powder and beat in thoroughly. If the apple is very juicy, a little more household milk may be required to make the cream of a thicker consistency. This is sufficient to fill a large sandwich. Half would be sufficient to cover a trifle.

**NOTE:** Any other cooked or bottled fruit can be used instead of apple, but it must be sieved before adding to the cream to get a smooth effect. Sieved strawberry or raspberry jam, etc., or lemon curd can be used to vary the flavours. The cream is really delicious whatever flavour is used and is very refreshing for warm weather uses.

#### APPLE CREAM BUTTERFLIES

Recipe as for Apple Cream Sandwich. Half fill paper cases with the mixture, place on a baking sheet and bake for 20-25 minutes on the second shelf of a moderately hot oven (Regulo Mark 5). Cool and cut a thin slice off the top of each, cut each slice in half and slope the cut edges so that when put together they stand up like the wings of a butterfly. Place about a teaspoonful of Apple Cream Filling on each cake, spreading it neatly towards the edges. Arrange the "wings" on top, keeping them well together and pressing the edges lightly down into the cream. (Makes 12-13 cakes)

#### ROCK BUNS (With Eggs)

*A little extra milk and a little longer baking time are required*

1 lb. self-raising flour	2 ozs. sultanas, currants, etc.
3 ozs. margarine	1 tablespoonful milk
3 tablespoonful sugar	1 teaspoonful salt
2 reconstituted eggs	Few drops lemon flavouring

Sieve the flour and salt into a bowl and rub in the margarine. Add the sugar, fruit and flavouring and mix to a stiff dough with the eggs and milk. Place in tablespoonful well apart on a well-greased baking sheet and bake for 20-25 minutes in a fairly hot oven (Regulo Mark 6).

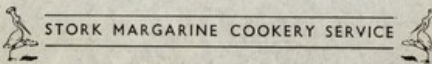
**WITHOUT EGG:** Mix with 6 tablespoonful milk to a stiff dough, omitting eggs. (Makes 8-9 buns)

#### SCONES

*A little extra liquid and longer cooking time*

1 lb. self-raising flour	9 tablespoonful milk (or milk and water)
1 oz. margarine	1/2 teaspoonful salt

Sieve the flour and salt into a basin, rub in the margarine and mix to a soft dough with the milk. Turn on to a floured board, knead well, roll out to 1/4-inch in thickness, cut into small rounds, place on a greased baking sheet and bake for 20-25 minutes on the second shelf of a hot oven (Regulo Mark 7). (Makes 8-9 scones)



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#### GOOSEBERRY PIE

1 lb. gooseberries (any fruit in season, or a 2-lb. jar of bottled fruit can be used instead)

1 pint water  
3 tablespoonful sugar

**PASTRY:**  
1 lb. self-raising flour  
3 ozs. margarine  
1/2 teaspoonful salt  
Just under 3 tablespoonful water

Wash and trim the gooseberries, place with the water and sugar in a saucepan and simmer for about 15 minutes, depending on the ripeness of the fruit. To make the pastry, sieve the flour and salt into a basin, rub in the margarine and mix to a stiff dough with the water. Roll out on a floured board to a thickness of about 1/4 inch and to a size 1/2 inch larger than the dish. Put the gooseberries with the juice into a pishish, heaping them up in the centre to support the pastry. Damp the edge of the pishish, cut a strip of pastry about 1/2 inch wide and cover the edge all round, pressing the pastry gently down. Damp this strip of pastry all round, lift the remaining pastry up on the rolling pin and place it carefully over the top of the pie, taking care not to stretch it, otherwise it will shrink away from the edge of the dish. Press it gently down all round, then, holding the dish on one hand, trim all round the edges with a knife, and bake for 30-35 minutes in a fairly hot oven (Regulo Mark 6). (Serves 5-6 portions)

#### APPLE PASTIES

Pastry as for Gooseberry Pie

3 heaped teaspoonful cooked sweetened apple

Roll the pastry out very thinly. Cut into rounds about 4 1/2 inches in diameter. Damp the edge half-way round, place a heaped teaspoonful of cooked apple in the centre, then bring the edges of the round of pastry together to meet in the centre, pinching together to seal them. Place a sheet of greaseproof paper on a baking sheet, brush with melted margarine and arrange the pasties, down the centre. Bake for 25-30 minutes in a fairly hot oven (Regulo Mark 6). (Makes 8 pasties)

**NOTE:** Any other fruit in season can be used instead of apple. Bottled fruit can also be used if sweetened.

#### FRUIT SPONGE PUDDING (Egless)

*This requires no extra liquid and no longer time for steaming*

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

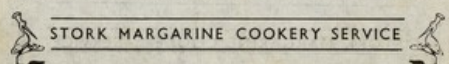
Sieve the flour, salt and spice together and rub in the margarine. Add the sugar and fruit. Add the vinegar to the milk, then stir in the bicarbonate of soda, and mix quickly with the flour, etc. Put into a well-greased pudding basin with a round of greased greaseproof paper in the bottom, cover with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

#### CHOCOLATE SPONGE PUDDING (With Eggs)

*A longer steaming time is required, but no extra liquid*

3 tablespoonful sugar	2 reconstituted eggs
7 ozs. self-raising flour	3 tablespoonful milk
1 heaped tablespoonful cocoa	1/2 teaspoonful salt
3 ozs. margarine	

Cream the margarine and cocoa together and beat in the sugar. Add the eggs, a tablespoonful at a time, and beat in each addition thoroughly before adding the next, adding a little flour (sieved with the salt) if the mixture shows any signs of curdling. Add the remainder of the flour and mix to a soft dough with the milk. Put into a well-greased pudding basin with a round of greased paper in the bottom, cover with greaseproof paper and a pudding cloth, and steam for 1 1/2 hours. Serve with hot syrup, jam or chocolate sauce. (Serves 6 portions)



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