

Cooking with pearl barley and barley flakes / Stork Margarine Cookery Service.

Contributors

Stork Margarine Cookery Service.

Publication/Creation

London : Stork Margarine Cookery Service, 1946.

Persistent URL

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

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).



STORK MARGARINE COOKERY SERVICE



BROWN ONION SOUP

4 heaped tablespoonsful flaked barley 3 pints water
2 large onions 1 oz. margarine Salt and pepper
3 dessertspoonsful meat or vegetable extract or 4-6 meat cubes

Peel and chop the onions finely, put with the water in a saucepan, bring to the boil, sprinkle in the barley and cook gently for 20 minutes, stirring at intervals. Add the margarine and the meat or vegetable extract (or the meat cubes mixed to a smooth paste with a little of the water from the barley), stir until boiling, simmer gently for 10 minutes longer, season and serve. (Serves 6-8 portions)

NOTE: The amount of meat or vegetable extract may be increased or decreased according to the "meatiness" required. If a thinner soup is preferred, add a little extra vegetable stock.

TOMATO SOUP

4 heaped tablespoonsful flaked barley 2 pints water
1 pint tomato purée (home-bottled) 1 medium-sized onion
1 pint milk 1 oz. margarine Salt and pepper

Peel and chop the onion finely, put with the water in a saucepan and bring to the boil. Sprinkle in the barley and cook gently for 20 minutes, stirring at intervals. Remove from the heat, add the tomato purée, margarine and milk, return to the heat and stir until boiling. Allow to simmer gently for 10 minutes longer. Season and serve. (Serves 5-6 portions)

NOTE: If milk is not included, add an additional $\frac{1}{2}$ pint vegetable stock.
QUICK TOMATO SOUP: For a quickly-made soup omit onion, bring the water to the boil, sprinkle in the barley and cook gently for 10 minutes. Add the tomato purée, margarine and milk and, if liked, two teaspoonsful meat or vegetable extract or 2 meat cubes mixed to a paste with hot water, to add extra flavour. Stir until boiling, season and serve.

VEGETABLE SOUP

2 heaped tablespoonsful pearl barley or 4 heaped tablespoonsful small lengths and cut the other vegetables into cubes. Make the margarine hot in a saucepan, add the vegetables, put on the lid and allow to "sweat" (a cooking term for slow frying) for 10 minutes on a low heat, shaking occasionally. Put the pearl barley in a fine strainer and hold it under running cold water. Add the water and barley to the soup and cook gently for $\frac{1}{2}$ hours. Season and serve. (Serves 6-8 portions)

NOTE: If flaked barley is used it is sprinkled into the water without washing in cold water and the cooking time can be reduced to 1 hour.

BARLEY WATER (With Lemon Squash)

2 pints water 2 heaped tablespoonsful pearl barley
Sugar Lemon squash

Wash the barley, put with the cold water in a saucepan, bring to the boil, then simmer gently for 2 hours. Strain and to each $\frac{1}{2}$ pint allow $\frac{1}{2}$ pint lemon squash and 1 tablespoonful sugar. Mix well and allow to get cold. This is a very good drink when fresh lemons are not available.



STORK MARGARINE COOKERY SERVICE



STORK MARGARINE COOKERY SERVICE

COOKERY NOTES No. 79

OCTOBER, 1946

FOLD HERE

COOKING WITH PEARL BARLEY AND BARLEY FLAKES

MAIN MEAL DISHES:

CASSEROLE OF LAMB AND BARLEY
CASSEROLE OF FISH AND TOMATO
MUTTON AND BARLEY STEW
STEWED STEAK AND CARROTS
STEAK AND BARLEY HASH
SAVOURY LAMB AND BARLEY
SAVOURY RABBIT AND BARLEY

PUDDINGS:

BAKED BARLEY PUDDING
QUICK BAKED BARLEY PUDDING
BARLEY CUSTARD PUDDING
CHOCOLATE CINNAMON BARLEY PUDDING
QUICK SULTANA AND BARLEY PUDDING

SOUPS:

BROWN ONION SOUP
TOMATO SOUP
VEGETABLE SOUP

BARLEY WATER (WITH LEMON SQUASH)

FOLD HERE



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



STORK MARGARINE COOKERY SERVICE



With the colder months ahead, we shall be thinking of more substantial hot meals and puddings, and Pearl Barley and Flaked Barley (which is generally sold as Barley Flakes) will be of great help. Barley goes a long way as only a small quantity is needed in most dishes, so that you will find 1 lb. of it will provide many interesting dishes. Also Barley—particularly the Flaked kind—serves as a thickener and saves the use of flour.

In the milk puddings we have given the quantity of milk needed, but this can be fresh milk, reconstituted household milk or any kind of liquid tinned milk used according to the directions on the tin. If sweetened tinned milk is used, it may not be necessary to add any sugar.



STORK MARGARINE COOKERY SERVICE

CASSEROLE OF LAMB AND BARLEY

1 lb. lamb chops or 1-1½ lbs. breast of lamb
Salt and pepper
1 lb. potatoes
1 good-sized onion
1 pint water or vegetable stock
2 heaped tablespoonsful flaked barley
1 oz. margarine, dripping or cooking fat

Make the margarine hot and fry the chops until brown on both sides (if breast of lamb is used, cut into neat pieces and remove surplus fat). Place in a fairly large casserole. Slice the onion and fry in the fat until beginning to turn brown and add to the chops. Wash and peel the potatoes, slice fairly thickly and place between and around the meat. Sprinkle with salt and pepper. Pour off the surplus fat from the pan until only about a teaspoonful remains, pour in the stock, stir until boiling, sprinkle in the barley and simmer for 5 minutes. Season and pour round the chops and potatoes. Cover and cook for 1½-2 hours in a moderate oven (Regulo Mark 4) until the meat is tender. Skim off any surplus fat before serving. (Serves 4-5 portions)

CASSEROLE OF PORK AND TOMATO

½ lb. lean pork
1 tomato (bottled or fresh)
2 small onions
Salt and pepper
1 oz. margarine, dripping or cooking fat
1 level dessertspoonful flaked barley
1 pint vegetable stock or water

Make the margarine hot in a frying pan, cut the pork in pieces and fry until brown. Put into a medium-sized casserole. Slice the onions, fry until beginning to turn brown and add to the pork. Sprinkle with salt and pepper. Slice the tomatoes and place on top. Pour the stock into the pan, stir until boiling, sprinkle in the barley, cook gently for 5 minutes, pour over the pork, cover and cook in a very moderate oven (Regulo Mark 3) for 2 hours. (Serves 3 portions)

MUTTON AND BARLEY STEW

1-1½ lbs. breast of lamb (or scrag)
6 small onions or shallots
1 swede or a medium-sized turnip
1 tablespoonful chopped parsley
3 level tablespoonsful pearl barley
1 parsnip
1 carrot
1 lb. potatoes
3 pints water
Salt and pepper

Wash and peel the vegetables. Halve the potatoes, dice the swede, parsnip and carrot and put with the whole peeled onions, water, barley and breast of lamb cut into pieces, in a fairly large saucepan, adding salt and pepper. Bring to the boil, skim off the froth from the top of the liquid, replace the lid and simmer gently for 2½-3 hours, stirring occasionally or until the meat is tender. Ten minutes before serving add the finely chopped parsley and stir well. (Serves 5-6 portions)

STEWED STEAK AND CARROTS (With Tinned Steak)

1 rounded teaspoonful meat or vegetable extract or 1 meat cube
1 tin steak
3 level tablespoonsful pearl barley
2 pints water
Salt and pepper
1 lb. carrots
1 medium-sized onion
1 oz. margarine (optional)

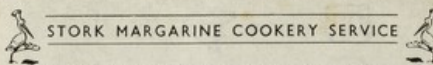
Peel and slice the carrots and onion, place with the water and washed barley in a saucepan, bring to the boil, lower the heat and cook gently for 1½ hours until the barley is soft. Stir in the steak, margarine and the meat extract or meat cube mixed to a paste with a little of the liquid from the saucepan, cook gently for a further 10 minutes, season and serve. (Serves 4-5 portions)

WITH FLAKED BARLEY (Quick Method): Bring the water and vegetables to the boil, sprinkle in 4 heaped tablespoonsful flaked barley, cook gently for 20-30 minutes, stirring at intervals, until vegetables are tender. Add steak and proceed as directed above.

NOTE: Use the rest of the tin of steak for a meat pie.



STORK MARGARINE COOKERY SERVICE



STORK MARGARINE COOKERY SERVICE

STEWED STEAK AND CARROTS (Using Fresh Steak)

½ lb. stewing steak
1 lb. carrots
3 rounded tablespoonsful flaked barley or 1½ rounded tablespoonsful 1 oz. margarine, dripping or cooking fat
1 dessertspoonful flour seasoned with salt and pepper
Salt and pepper
1 medium-sized onion
1 pint water or vegetable stock
1 pint water
2 rounded teaspoonsful meat or vegetable extract or 2 meat cubes (optional)

Cut the steak into neat pieces and roll in the seasoned flour. Slice the carrots in rounds and chop the onion. Make the margarine hot in a frying pan and fry the steak until well browned, turning it over and over. Fry the carrots and onion and place with the steak in a casserole, adding salt and pepper to taste. Pour the water into the pan, bring to the boil, sprinkle in the barley and simmer for 5 minutes, stirring all the time. Add a few drops of gravy browning. Pour over the meat and vegetables, cover and cook in a slow oven (Regulo Mark 2) for 2½-3 hours, until the meat is tender. Stir before serving. (Serves 3-4 portions)

STEAK AND BARLEY HASH

½ tin steak
1 good-sized onion
4 heaped tablespoonsful meat or vegetable extract or 2 meat cubes (optional)
Salt and pepper
1 oz. margarine
1 pint water

Make the margarine hot in a saucepan, add the finely chopped peeled onion and fry until soft. Remove and fry the steak lightly, turning it over with a fork. Remove from the heat. Bring the water to the boil, sprinkle in the barley, add the fried onion and cook gently for 10 minutes, stirring often. Stir in the steak and meat extract or meat cubes mixed to a paste with a little of the liquid from the saucepan, season, cook gently for 5-10 minutes longer and serve. (Serves 4-5 portions)

SAVOURY LAMB AND BARLEY

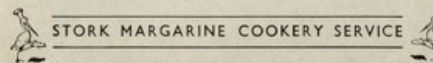
1-1½ lbs. neck of mutton, divided into portions, or 1-1½ lbs. lamb
1 medium-sized apple or equivalent in bottled apple
1 medium-sized onion
1 level teaspoonful powdered allspice or mace
1½ level tablespoonsful flaked barley
1 pint boiling water
1 level teaspoonful sugar
Salt and pepper

Chop the apple and onion, place half the meat in a casserole and cover with half the apple and onion, sprinkling with some of the sugar, allspice or mace and seasoning. Place the remainder of the meat on top and sprinkle with the remainder of the sugar, allspice and seasoning. Pour the boiling water over the barley, mix and pour round the meat. Cover and cook for 2-2½ hours in a moderate oven (Regulo Mark 4) until the meat is tender. (Serves 5-6 portions)

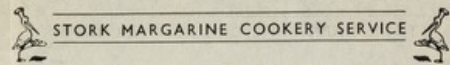
SAVOURY RABBIT AND BARLEY

1 medium-sized rabbit cut into portions
1 rather fat bacon, if available
1 oz. margarine, dripping or cooking fat
3 level tablespoonsful flaked barley
1 tablespoonful flour seasoned with salt and pepper
1 pint water
1 large onion
2 medium-sized apples
2 level tablespoonsful nutmeg
Salt and pepper

Blanch the rabbit to remove strong flavour and whiten the flesh by placing it in a pan, covering it with cold water and bringing to the boil. Remove the rabbit, rinse in cold water and dry the rabbit joints. Melt the margarine in a frying pan, roll the rabbit in seasoned flour and fry until nicely browned. Put into a casserole. Peel and slice the onion and the sliced apple and sprinkle with salt, pepper and nutmeg. Pour the water into the frying pan, bring to the boil, sprinkle in the barley and simmer gently for 5 minutes, stirring often. Season, pour round the rabbit, cover and cook gently for 2-2½ hours in a moderate oven (Regulo Mark 4) until the rabbit is tender. (Serves 3 portions)



STORK MARGARINE COOKERY SERVICE



STORK MARGARINE COOKERY SERVICE

BAKED BARLEY PUDDING (With Pearl Barley)

2 heaped tablespoonsful pearl barley
1 pint cold water
½ oz. margarine
1 pint milk
2 tablespoonsful sugar
Grated nutmeg

Wash the barley under the tap and soak overnight in the cold water. Put into a greased pie dish with the water in which it was soaked, place on the second shelf of a slow oven (Regulo Mark 2) and cook very gently until all the grains are soft and the water absorbed (about 2 hours). Remove, add the sugar, pour the milk over and stir well. Dot with margarine, grate the nutmeg over and bake for 1 hour longer on the middle shelf of a moderate oven (Regulo Mark 4). (Serves 4-5 portions)

BAKED BARLEY PUDDING (With Flaked Barley)

3 rounded tablespoonsful flaked barley
1-2 tablespoonsful sugar
Vanilla or other flavouring if liked
1 pint milk
Grated nutmeg
½ oz. margarine

Place the sugar and barley in the bottom of a pie dish, add the cold milk and the flavouring (if used) and stir. Cut the margarine into small pieces, dot over, sprinkle with freshly grated nutmeg, place on the second shelf of a very slow oven (Regulo Mark 1) and bake for 1½ hours. (If the oven is already in use at a higher temperature, place the pudding on the bottom shelf or the actual bottom of the oven, and bake as directed.) (Serves 4 portions)

QUICK BAKED BARLEY PUDDING (With Flaked Barley)

Ingredients as for Baked Flaked Barley Pudding. Bring the milk to the boil, sprinkle in the barley, add the sugar and simmer gently for 10 minutes. Add flavouring if used. Put into a pie dish, dot with margarine, grate over the nutmeg and bake for 40 minutes on the middle shelf of a very moderate oven (Regulo Mark 3). (Serves 4 portions)

BARLEY CUSTARD PUDDING (With Custard Powder)

1 pint milk
1-2 tablespoonsful sugar
2 rounded tablespoonsful flaked barley
1 level tablespoonsful custard powder
Vanilla flavouring, if liked

Blend the custard powder with a little of the milk to a smooth cream and put aside. Bring the remainder of the milk to the boil, sprinkle in the barley, add sugar and cook gently for 15 minutes, stirring often. Pour the cooked barley over the mixed custard, stir well, return to the saucepan and cook gently for 5-10 minutes longer, stirring all the time. Stir in the flavouring and serve, either alone or with stewed fruit. (Serves 4 portions)

CHOCOLATE CINNAMON BARLEY PUDDING

1 level tablespoonsful cocoa
1 level teaspoonful cinnamon
½ oz. margarine
1 pint milk
3 rounded tablespoonsful flaked barley
2 tablespoonsful sugar

Mix the cocoa, cinnamon and sugar well together. Bring the milk to the boil, pour a little over the cocoa and sugar and blend to a smooth cream. Stir in the remainder of the boiling milk gradually. Sprinkle the barley into a pie dish, pour the cocoa mixture over and stir. Dot with the margarine, place on the second shelf of a very slow oven (Regulo Mark 1) and bake for 1½ hours. Serve hot. (When the oven is in use at a higher temperature place on bottom shelf.) (Serves 4 portions)

QUICK SULTANA BARLEY PUDDING

1 pint milk
3 rounded tablespoonsful flaked barley
1-2 tablespoonsful sugar
2 ozs. sultanas or raisins

Bring the milk to the boil, sprinkle in the barley, stirring all the time, add the sugar and cook on a low heat for 15 minutes, stirring often. Add the sultanas or raisins and cook very gently for about 10 minutes longer. If possible, the cooking should be done in a double saucepan. Serve hot. (Serves 4 portions)



STORK MARGARINE COOKERY SERVICE