# Contributors

Stork Margarine Cookery Service.

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#### CHOCOLATE SAUCE

I oz. margarine 1 heaped tablespoonful four 1 heaped tablespoonful four 1 heaped tablespoonful sugar 1 heaped tablespoonfu

#### SWEET SAUCE (Foundation Recipe)

SWEET SAUCE (Foundation Recipe) 1 pint water 3 teaspoonful sugar 1 level tablespoonful comflour, or arrowroot, or A few drops vanilla essence I rounded tablespoonful flour Mix the cornflour, arrowroot, or flour with the sugar, and blend to a smooth cream with a little of the water. Bring the remainder of the water to the fill, as is peed git very carefully to avoid lumps). Return to the succepan, bring to the boil and cook gently for about 3 minutes longer, stirring continually. Remove from the heat, add the flavouring, tasting until the right degree is obtained. Serve very hot.

#### VARIATIONS

Fruit Sauce Use 1 pint of the juice from bottled or stewed fruit instead of water, sweeten with syrup, sugar, or honey, and make as directions above. If juice from sweetened bottled fruit is used, less sugar will be needed.

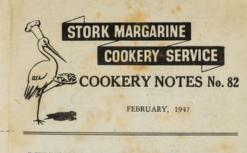
sugar will be needed. Jam Sauce Make as recipe for Sweet Sauce, but omit the sugar. When the sauce is cooked, remove from the heat and stir in 1 good tablespoonful jam, blending it thoroughly with the sauce. Lemon Sauce Use 1 level tablespoonful custard powder instead of cornflour, etc., and follow the method for Sweet Sauce. When the sauce is cooked remove from the heat and flavour with lemon essence according to taste, or stir in 2 tablespoonful limon squash. More bleft Source Eellow the previse for Sweet Sauce and when it sources and start of the previse for Sweet Sauce and when it

Marmalade Sauce Follow the recipe for Sweet Sauce, and when it is cooked thoroughly, stir in a good tablespoonful of marmalade. Orange Sauce This sauce can be made either with 1 level table-spoonful cornflour, etc., or custand powder. Make as recipe for Sweet Sauce and add the flavouring when the sauce is cooked, by stirring in 2 tablespoonsful orange squash or a few drops of orange essence, according to taste.



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



#### MILKLESS PUDDINGS AND SAUCES

# PUDDINGS CASTLE FUDDINGS CASTLE FUDDINGS CASTLE FRUITY FUDDINGS CHOCOLATE DATE FLAN JAM DUMPLINGS STEAMED FLUM SPONGE PAKED OPEN FRUIT PIE

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CHOCOLATE SAUCE SWEET SAUCE FRUIT SAUCE JAM SAUCE LEMON SAUCE MARMALADE SAUCE ORANGE SAUCE

SAUCES

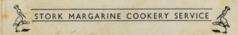
STEAMED OR BAKED SPONGE PUDDINGS

# CHOCOLATE PUDDING GINGER PUDDING GOLDEN PUDDING RED-CAP PUDDING SPICED FRUIT PUDDING

Few people can spare enough milk these days for making puddings, let alone the sauces that go with them, and yet many puddings are so much nicer if served with the correct sauce, especially steamed puddings.

When making a sauce for a pudding, the point to remember is that the flavour of the sauce should go with the pudding in question, and most of the pudding recipes in this leaft include recommendations for the correct accompanying sauce. It is important to stir sauces continu-ously whilst they are made to obtain a smooth consistency and to avoid lumps.

In our climate a hot pudding at this time of the year is as important as a hot meat dish, and the pudding recipes will help to round off the main meal of the day.



STORK MARGARINE COOKERY SERVICE

#### CASTLE PUDDINGS

1 oz. margarine 1 heaped tablespoonful dried egg 3 tablespoonsful water 2 heaped tablespoonsful self-raising flour

2 heaped tablespoonsful self-raising flour Grease five medium-sized dariole moulds (or any other small individual moulds). Sieve the flour and dried egg together, and stir in the sugar. Add the water, beating well. Melt the margarine on a low heat and beat in thoroughly. Half-fill the dariote moulds, place on a baking sheet, and bake for 15-17 minutes on the second shelf of a fairly hot oven (Regulo Mark o). Serve with any of the seuces given. (Makes 5 small puddings)

#### CASTLE FRUITY PUDDINGS

CASILE PAULT PODATOS 4 orzs, drife baked breadern ubs (8 heared desertspoontful) 4 orzs, selfensing flour 2 ozs, selfensing flour 2 ozs, mærgarine 1 level teaspoonful baking r.owder 1 level teaspoonful parted nutimeg or 1/2 level teaspoonful salt 1 level teaspoonful parted nutimeg or 1/2 level teaspoonful salt 1 level teaspoonful parted nutimeg or 1/2 level teaspoonful salt powder, salt, and nutimeg or spice into a bowl, and mix with the bread-grounds, salt, and nutimeg or spice into a bowl, and mix with the bread-grounds, salt, and nutimeg or spice into a bowl, and mix with the bread-grounds, spice on a baking sheet. And bake for 20-25 minutes on the second shelf of a fairly bot oven (Regulo Mark 6). Serve with any of the sauces given. Make half quantities for a smaller number of puddings. (Makes 10 small puddings)

#### CHOCOLATE DATE FLAN

PASTRY	FILLING
6 ozs. self-raising flour 2 ozs. margarine 24 tablespoonsful water Pinch of salt	1 oz. margarine 1 heaped tablespoonful flour 1 heaped tablespoonful sugar 1 level dessertspoonful socoa 1 pint water 2-3 ozs. dates Pinch of cinnamon

Pinch of cinnamon To make the pastry, sieve the flour and salt together, rub in the margarine, and mix with the water to a still paste which leaves the sides of the boyd cleam. Roll out hinly on a lightly floured board. Line a medium-sized flan tin, fill the cavity with crumpled greaseproof paper, and bake on the second shelf of a lairly hot over, (Regulo Mark 6) for 10 minutes. Remove the paper carefully, and bake for a further 20-25 minutes at same temperature. Remove, and place on a wire tray to cool. To make the filling, chop the dates. Blend the cocoa and cinnamon with a little of the water. Melt the margarine in a succepta, add the four and cook until it bubbles. Add the remainder of the water and stir until boiling. Stir in the sugar, the chopped dates and blended cocoa and cinnamon, and cook sently for a further 3 minutes. Cool a little, pour evenly into the pastry flan. Eat either hot or cold. (Serves 4-5 portions)



# STORK MARGARINE COOKERY SERVICE

#### JAM DUMPLINGS STEAMED

JAM DUMPLINGS STEAMED + Ib. self-raising flour + tablespoonsful ware 6 good teaspoonsful year Sieve the flour and salt together, and rub in the margarine. Mix to a fairly soft dough with the water. Turn on to a floured board, and knead a little, until smooth. Divide into 6 portions. Roll each portion into a ball, then make a deep hollow in the centre so that the ball of pastry resembles a bird's nest. Place a teaspoorful of jam inside and fold the edges over so that they seal. (As the pastry is rather soft it is not necessary to wet the edges.) Gently shape into a ball again. Take a sheet of greaseproof paper and place one half of it on the pottom of the top part of the steamer. Place the dumplings on the greaseproof paper and fold the paper over so that it covers them. Put on the lid and steam for 1 hour. Serve with Sweet or Lemon Sauce. (Berves 6 portions)

NOTE : A proper steamer is needed for these puddings, as they must not be placed in water.

#### PLUM SPONGE PUDDING STEAMED

PLUM SPONCE PUDDING STRAMED

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#### PRUNE SPONGE BAKED

PRUNE SPONGE BAKED 4 ozs. prunes 3 tablespoonsful sold water 1 babespoonsful sold water 2 haped tablespoonsful sold raising flour 1 haped tablespoonsful sold raising flour 1 haped tablespoonsful sold raising flour 1 haped tablespoonful direction 1 rounded teaspoonful conflour (or arrowroot) Wash the prunes, put into a bowl, pour over the boiling water, and some poonful sugar, and simmer for 20-25 minutes, or unit soft. Drain, and the point sold tablespoonful direction of the sold sold tablespoonful direction poonful sugar, and simmer for 20-25 minutes, or unit soft. Drain, and the conflour or arrowroot to a crean with a little of the 1 pint pice, stirring all the time. Return to the saucepan, and stir until boiling, returns in the bottom of a medium-sized piedish, and pour over the comfour, stater and eggt together, and stir in the remaining 2 tablespoonsful sugar. Add the 3 tablespoonsful water, and mix





smoothly, beating well. Melt the margarine over a low heat, and stir into the sponge mixture, again beating well. Pour evenly over the prunes, and bake on the middle shelf of a fairly hot oven (Regulo Mark 6) for 30 minutes. Serve with Lemon Sauce (Serves 4 portions)

#### OPEN FRUIT PIE

 OPEN FRUIT PIE

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 2-b, is any else or enter bottled fruit 1 ables population and the pick of the market 2 reconstituted eggs

 Bounder 3 tables
 2 reconstituted eggs

 Bound and flate the edges.
 Drain the apples, put into a saucepan with eqgs and lenon flavouring and simmer entity off. Mash with a fork, stir in the gags and lenon flavouring and simmer entity off. Mash with a fork, stir in the ease on the second shell of a moderately hou to very (Regulo Mark 5) for the constituted eggs (Regulo Mark 5) for the remaining margarine, sprinkle with the remaining sugar, and ease on the second shell of a moderately hou to very (Regulo Mark 5) for the constituted eggis and lenon flavouring and simmer entity out the remaining sugar, and simmer entity off.

#### STEAMED OR BAKED SPONGE PUDDING

SIEARED OR BAKED STONGE PUDDING 6 ors.self-raising flour 2-3 tablespoonful sugar 1 tablespoonful sugar Sieve the flour and salt together. Beat the margarine until soft, add the sugar, and beat until creamy. Beat in the reconstituted eggs, a table-spoonful at a time, and the tablespoonful water. When all has been beaten in, gently fold in the sieved flour. Put into a greased pudding basin, cover with greasproof paper, and steam for 2 hours. Serve with any of the sauces given. To bake, place the mixture in a greased piedish and bake for 1 hour on the middle shelf of a moderate oven (Regulo Mark 4). (Serves 6 portions)

#### VARIATIONS

Chocolate Pudding Replace 1 tablespoonful flour with 1 tablespoonful cocoa and add 1 teaspoonful cinnamon, and serve with Chocolate Sauce.

Chocolate Sauce. Ginger Pudding Add 1 level texpoonful ground ginger to the four, etc., before sieving. If a hotter flavour is desired the amount of ginger may be increased. Serve with hot golden syrup. Golden Pudding Place a tablespoonful golden syrup in the bottom of the basin or piedish before putting in the pudding mixture, and serve with hot golden syrup, or Sweet or Lemon Sauce. Redcap Pudding Place a tablespoonful jam in the bottom of the basin or piedish before putting in the pudding mixture. Serve with Jam Sauce.

Spiced Fruit Pudding Add to the flour 2 ozs. sultanas or raisins, I level teaspoonful mixed spice, and, if available, 1-oz, mixed peel, and gently fold into the beaten mixture. Serve with Sweet or Lemon Sauce.

