

Milkless puddings and sauces / Stork Margarine Cookery Service.

Contributors

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STORK MARGARINE COOKERY SERVICE



CHOCOLATE SAUCE

- 1 oz. margarine
- 1 heaped teaspoonful cocoa
- 1 heaped tablespoonful flour
- 1 heaped tablespoonful sugar
- 1/2 pint water

Mix the cocoa and sugar together, and blend with a little of the water. Gradually stir in the remainder of the water. Melt the margarine, add the flour, and cook until it bubbles. Add the blended cocoa, and stir until boiling. Cook for 3 minutes, stirring all the time. Serve very hot.

NOTE: If liked, a pinch of cinnamon may be added to this sauce.

SWEET SAUCE (Foundation Recipe)

- 1/2 pint water
- 3 teaspoonfuls sugar
- 1 level tablespoonful cornflour, or arrowroot, or
- A few drops vanilla essence
- 1 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 boil, and pour gradually over the cornflour, etc., stirring all the time. (If flour is used, stir very carefully to avoid lumps.) Return to the saucepan, 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 1/2 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.

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 table-spoonful lemon squash.

Marmalade Sauce Follow the recipe for Sweet Sauce, and when it is cooked thoroughly, stir in a good table-spoonful of marmalade.

Orange Sauce This sauce can be made either with 1 level table-spoonful cornflour, etc., or custard powder. Make as recipe for Sweet Sauce and add the flavouring when the sauce is cooked, by stirring in 2 table-spoonful orange squash or a few drops of orange essence, according 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. 82

FEBRUARY, 1947

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MILKLESS PUDDINGS AND SAUCES

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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 leaflet include recommendations for the correct accompanying sauce. It is important to stir sauces continuously 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
- 2 heaped tablespoonful self-raising flour
- 1½-2 tablespoonful sugar
- 3 tablespoonful water

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 dariole moulds, place on a baking sheet, and bake for 15-17 minutes on the second shelf of a fairly hot oven (Regulo Mark 6). Serve with any of the sauces given. (Makes 5 small puddings)

CASTLE FRUITY PUDDINGS

- 4 ozs. dried baked breadcrumbs (8 heaped dessertspoonful)
- 4 ozs. self-raising flour
- 1 oz. chopped peel (if available)
- 2 ozs. margarine
- 1 level teaspoonful baking powder
- 1 level teaspoonful grated nutmeg or 1½ level teaspoonful mixed spice
- 2-3 ozs. dates, sultanas, etc.
- 2 tablespoonful sugar
- 8 tablespoonful water
- ½ teaspoonful salt

Grease 10 dariole or small individual moulds. Sieve the flour, baking powder, salt, and nutmeg or spice into a bowl, and mix with the breadcrumbs, sugar, fruit, and chopped peel. Melt the margarine and stir into the flour, etc., with the water, beating well. Three-quarters fill the dariole moulds, place on a baking sheet, and bake for 20-25 minutes on the second shelf of a fairly hot 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 | 1 oz. margarine |
| 2 ozs. margarine | 1 heaped tablespoonful flour |
| 2½ tablespoonful water | 1 heaped tablespoonful sugar |
| Pinch of salt | 1 level dessertspoonful cocoa |
| | 1 pint water |
| | 2-3 ozs. dates |
| | Pinch of cinnamon |

To make the pastry, sieve the flour and salt together, rub in the margarine, and mix with the water to a stiff paste which leaves the sides of the bowl clean. Roll out thinly 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 fairly hot oven (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 saucepan, add the flour 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 gently for a further 3 minutes. Cool a little, pour evenly into the pastry flan. Eat either hot or cold. (Serves 4-5 portions)

JAM DUMPLINGS STEAMED

- ½ lb. self-raising flour
- 4 tablespoonful water
- 6 good teaspoonful jam
- 3 ozs. margarine
- Pinch of salt

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 teaspoonful 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 bottom 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. (Serves 6 portions)

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

PLUM SPONGE PUDDING STEAMED

- 2-lb. jar bottled plums
- 3 tablespoonful sugar
- 3 tablespoonful cold water
- 1 oz. margarine
- 12 tablespoonful liquid from jar
- 1 heaped tablespoonful dried egg
- 2 heaped tablespoonful self-raising flour
- 1 rounded tablespoonful arrowroot or cornflour

Drain the plums, keeping the liquid, and place in a medium-sized fireproof dish, and sprinkle over 1 dessertspoonful sugar. Measure 12 tablespoonful liquid from the jar, mix the arrowroot to a smooth paste with a little, bring the remainder, with 1 tablespoonful sugar, to the boil, and pour over the arrowroot mixture, stirring all the time. Return to the saucepan, and cook for 3 minutes, stirring continually. Pour over the plums, and allow to cool a little. Sieve together the flour and dried egg and mix with the remainder of the sugar. Add the water, and mix smoothly, beating well. Add the melted and cooled margarine, and stir in, again beating well. Pour evenly over the plums, and spread carefully towards the sides with a knife. Cover with greaseproof paper and steam for 1 hour. Serve with Sweet or Lemon Sauce. (Serves 6 portions)

PRUNE SPONGE BAKED

- 4 ozs. prunes
- 3 tablespoonful sugar
- 1 oz. margarine
- ½ pint boiling water
- 3 tablespoonful cold water
- 2 heaped tablespoonful self-raising flour
- 1 heaped tablespoonful dried egg
- Lemon flavouring (optional)
- 1 rounded teaspoonful cornflour (or arrowroot)

Wash the prunes, put into a bowl, pour over the boiling water, and soak overnight. Put the prunes and liquid into a saucepan with 1 tablespoonful sugar, and simmer for 20-25 minutes, or until soft. Drain, and measure ½ pint of the juice, making up with water if necessary. Mix the cornflour or arrowroot to a cream with a little of the ½ pint juice. Bring the remainder of the juice to the boil, and pour over the cornflour, stirring all the time. Return to the saucepan, and stir until boiling. Remove from the heat and stir in the lemon flavouring. Place the prunes in the bottom of a medium-sized piedish, and pour over the sauce. Sieve the flour and egg together, and stir in the remaining 2 tablespoonful sugar. Add the 3 tablespoonful 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

- 6 ozs. self-raising flour
- 3 ozs. margarine
- Just under 3 table-spoonful water
- 3 tablespoonful sugar
- 2-lb. jar apples or other bottled fruit
- 4 tablespoonful juice from jar
- 1 dessertspoonful dried breadcrumbs
- 2 reconstituted eggs
- 1 teaspoonful lemon flavouring

Sieve the flour and salt together, and rub in 2 ozs. of the margarine. Mix with about 3 tablespoonful water to a stiff paste. Roll out thinly and line a piedish, first dumping all round the rim. Trim the pastry all round and flute the edges. Drain the apples, put into a saucepan with the 4 tablespoonful juice from the jar, ½ oz. margarine and 2½ tablespoonful sugar, and simmer until soft. Mash with a fork, stir in the eggs and lemon flavouring, and simmer gently until the eggs thicken, but do not boil. Pour into the piedish, sprinkle with the breadcrumbs, dot with the remaining margarine, sprinkle with the remaining sugar, and bake on the second shelf of a moderately hot oven (Regulo Mark 5) for 30 minutes. (Serves 6 portions)

STEAMED OR BAKED SPONGE PUDDING

- 6 ozs. self-raising flour
- 2-3 tablespoonful sugar
- 1 tablespoonful water
- 3 ozs. margarine
- 3 reconstituted eggs
- Pinch of salt

Sieve the flour and salt together. Beat the margarine until soft, add the sugar, and beat until creamy. Beat in the reconstituted eggs, a tablespoonful 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 greaseproof 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 ¼ teaspoonful cinnamon, and serve with Chocolate Sauce.

Ginger Pudding Add 1 level teaspoonful ground ginger to the flour, 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, 1 level teaspoonful mixed spice, and, if available, 1-oz. mixed peel, and gently fold into the beaten mixture. Serve with Sweet or Lemon Sauce.