

Simnel cake / Stork Margarine Cookery Service.

Contributors

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PHOTOGRAPH B—Nest and Eggs Decoration

ALMOND PASTE (using Mashed Potato Powder)

4 ozs. mashed potato powder (6 level tablespoonsful)
 1 heaped tablespoonful dried egg 4½ tablespoonsful granulated sugar
 2 ozs. margarine 1 teaspoonful almond essence
 2 tablespoonsful water 1 teaspoonful vanilla essence

ALMOND PASTE (using Semolina)

4 heaped dessertspoonsful dried breadcrumbs 2 ozs. margarine
 2 heaped tablespoonsful semolina 4 tablespoonsful sugar
 2 reconstituted dried eggs plus 2 extra tablespoonsful water
 1 teaspoonful almond essence 1 teaspoonful vanilla essence

FOR COLOURING

1 heaped teaspoonful cocoa
 A few drops green cooking colouring (see note at end of instructions)

Before decorating the cake turn on the oven with the heat at its hottest temperature (Regulo Mark 12). Make the almond paste as directed for the inside layer, and, after kneading, cut off one quarter and put aside, and then divide the remainder into two equal portions. With one portion make a round to fit the top of the cake, and with the other a long 1-inch strip to go round the top, and coat by brushing over the reconstituted egg. (See recipe for Photograph A Decorations, for full instructions.)

The cake is now put into the very hot oven (Regulo Mark 12) and baked for 3-4 minutes, until the almond paste is a golden brown. Remove and cool.

To finish decorating, place the cake on an upturned plate, and brush lightly with warmed sugar or syrup the almond paste in the centre about an inch from the outside ridge.

Divide the remaining portion of almond paste into two pieces. Place one portion in a small bowl, add the cocoa and work together with the fingers until smooth and uniform dark brown in colour. Form into a ball, then press the thumb in deeply, and with the fingers mould the almond paste into the shape of a bird's nest. Place on the pastry board, and, with the thumb inside the cavity, finish the moulding until the nest is firm and will keep its shape. Transfer carefully on to the damped surface of the cake, and press down gently. Take three very small portions of the remaining almond paste, and mould into eggs, rolling them between the palms of the hands until round and of the same size. Place carefully in the nest.

Put the rest of the almond paste in a small bowl, add one or two drops of green colouring, and work this in with the fingers until the colour is the same all through. Form into a strip, and roll out thinly. With a sharp knife, cut thin strips about 1 inch wide, pick each strip up carefully on the flat part of the blade of a knife, brush lightly underneath with the warm sugar or syrup, and arrange below the nest to represent reeds or branches. Three or four strips radiating from a point below the nest will be found very effective.

NOTE: If green cooking colouring is not obtainable, mix cocoa with practically all the paste for the decorations, leaving uncoloured just sufficient for the three little eggs. About 2 teaspoonful cocoa would be required.



MARCH, 1947

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SIMNEL CAKE

The origin of Simnel Cake is somewhat obscure, but as some dictionaries say the word is taken from an old French word *Simnel* it seems to have been a traditional cake for a very long time. Although the cake is more truly connected with Mothering Sunday, custom now associates it with the period of the year just before and at Easter.

Simnel Cake is a spiced fruit cake, with a layer of almond paste baked in the cake, and the baked cake is then decorated with more almond paste. The complete cake is made in this order:—

- 1st. The almond paste for the layer.
- 2nd. The actual cake.
- 3rd. The almond paste for the top and decorations.

We are giving recipes for two different types of almond paste, and our recommendation is for the mashed potato powder one which we evolved last Christmas, as the paste is of good texture and colour, and easy to handle for the decorations, although the new semolina recipe is a good alternative.

Two ways of decorating the cake are shown in the illustrations:

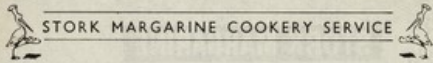
Photograph A shows the traditional Simnel Cake style of decoration, with the inner ring of balls of almond paste.

Photograph B is based on the Easter Egg idea, and is more economical in the amount of almond paste required.

When you have decided which almond paste recipe you will use, and which style of decoration you prefer, mark up the three recipes you will have to follow, and you will make that "something different for tea" which is the aim of every woman.

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

ALMOND PASTE FOR INSIDE LAYER (using Mashed Potato Powder)

- 2 ozs. mashed potato powder (3 level tablespoonsful)
- 1 level tablespoonful dried egg
- 1 oz. margarine
- 2 tablespoonsful granulated sugar
- 1 level tablespoonful water
- 1/2 teaspoonful almond essence
- 1/2 teaspoonful vanilla essence

Sieve together the mashed potato powder and dried egg, and mix well. Put the margarine, sugar and water in a saucepan, and stir over a low heat until the margarine is melted and the sugar dissolved (3-5 minutes). Add the potato powder and egg and stir in. Keep the heat low, and continue to stir for about 3 minutes until thick and smooth. Remove from the heat and thoroughly stir in the essences. When cool enough to handle, knead well on a board sprinkled with sugar (icing or castor sugar, if available). Roll out to a round that will fit a 7-inch cake tin. Place the cake tin on top, and cut the almond paste to the shape of the tin. Remove the tin, run a palette knife (or round-ended knife) under the round of paste to loosen it from the board, and leave until the cake mixture is ready.

ALMOND PASTE FOR INSIDE LAYER (using Semolina)

- 2 heaped dessertspoonful dried breadcrumbs
- 1 heaped tablespoonful semolina
- 1 reconstituted dried egg plus 1 extra tablespoonful water
- 1/2 teaspoonful almond essence
- 1 oz. margarine
- 2 tablespoonsful sugar
- 3 extra tablespoonsful water
- 1/2 teaspoonful vanilla essence

Melt the margarine in a saucepan. Add the semolina, breadcrumbs and reconstituted egg and water, and stir over a low heat for 5 minutes. Add the sugar, stir all together over the heat for a further 5 minutes. Remove from the heat, and thoroughly stir in the essences. When cool enough to handle, knead well and follow above directions.

SIMNEL CAKE

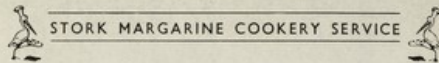
- 8 ozs. self-raising flour
- 3 ozs. sugar
- 3 ozs. margarine
- 8 ozs. mixed fruit (sultanas, raisins and currants)
- 2 level tablespoonsful dried egg
- 1 heaped teaspoonful mixed spice
- 10 tablespoonsful milk to mix
- Pinch of salt

Line a 7-inch cake tin with greaseproof paper, and brush all over with melted margarine. Sieve the flour, dried egg, spice and salt into a basin. Clean the currants and sultanas, and stone the raisins if used. Beat the margarine with a wooden spoon till soft, add the sugar, and beat together until smooth and creamy. Add a tablespoonful of the flour mixture and a tablespoonful of milk alternately, and beat in thoroughly. Continue until all the milk and flour has been beaten in. Gently stir in the dried fruit. Spread half the cake mixture in the bottom of the tin, smoothing the surface with a palette knife, or the back of a wooden spoon. Carefully lift the round of almond paste for the layer, and place on top of the cake mixture, pressing it gently down all over. Spread the remainder of the cake mixture on top, place the cake tin on the middle shelf of a moderate oven (Regulo Mark 4) and bake for 1 hour. Lower the heat to very slow (Regulo Mark 1) and bake for a further 1 1/2 hours. Cool on a wire tray before decorating.

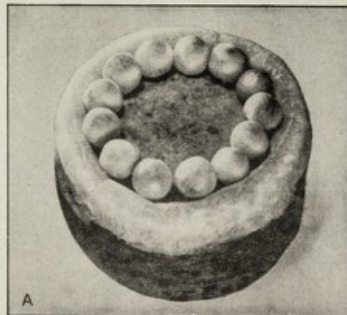
The following will be needed when decorating the top:
For Brushing Cake: 2 teaspoonful warmed syrup, or sugar melted in a very little water.
For Coating Almond Paste: 1 level dessertspoonful dried egg mixed with 2 dessertspoonful water.



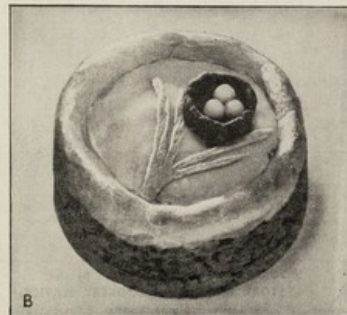
STORK MARGARINE COOKERY SERVICE



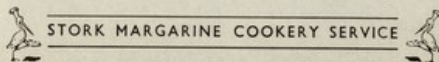
STORK MARGARINE COOKERY SERVICE



(A) SIMNEL CAKE—Traditional Decorations



(B) SIMNEL CAKE—Decorated with Nest and Eggs



STORK MARGARINE COOKERY SERVICE



STORK MARGARINE COOKERY SERVICE

PHOTOGRAPH A—Traditional Decorations

ALMOND PASTE (using mashed Potato Powder)

- 6 ozs. mashed potato powder (9 level tablespoonsful)
- 3 level tablespoonsful dried egg
- 3 ozs. margarine
- 7 tablespoonsful granulated sugar
- 3 level tablespoonsful water
- 1 1/2 teaspoonful almond essence
- 1 1/2 teaspoonful vanilla essence

ALMOND PASTE (using Semolina)

- 6 heaped dessertspoonful dried breadcrumbs
- 3 ozs. margarine
- 3 reconstituted dried eggs plus 3 extra tablespoonsful water
- 1 1/2 teaspoonful almond essence
- 6 tablespoonsful sugar
- 3 heaped tablespoonsful semolina
- 3 extra tablespoonsful water
- 1 1/2 teaspoonful vanilla essence

Before decorating the cake, turn on the oven with the heat at its hottest temperature (Regulo Mark 12).

Make the almond paste as directed for inside layer, and after kneading divide into three portions.

Place the cake on an upturned plate, and brush over the surface with a little of the slightly warmed sugar or syrup.

Roll out one portion of the almond paste to a round that will fit the top of the cake. Place the tin in which the cake was baked on top of the almond paste, and cut to shape. Carefully lift the round of almond paste with a palette knife (or two ordinary knives) on to the cake, and gently press down all round.

Brush all round the outer 1/4-inch surface of the almond paste with warmed sugar or syrup.

Form the second portion of almond paste into a long strip about 1/4 inch in thickness, rolling it lightly on the board until it is long enough to go round the edge of the top of the cake. Lift carefully on to the cake, and press gently down all round the edge to form a ridge about 1/4 inch deep and 1/4 inch wide. If the strip breaks whilst being placed in position, gently press the edges together, and mould into shape with the fingers until the ridge is smooth and of even thickness all round.

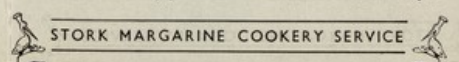
Inside the ring of almond paste, brush lightly another 1/4-inch ring all round with warmed sugar or syrup.

Take all the remaining almond paste, knead well, and form into balls about the size of a marble. Place these all round the inside of the raised edge of almond paste.

Coating: Reconstitute the egg, and brush lightly all over the outside ridge of almond paste, the top halves of the balls of almond paste, and the almond paste in the centre.

Final Baking: Put the cake on a baking sheet, place the baking sheet on the third shelf from the top of the very hot oven (Regulo Mark 12) and allow to remain for only 3-4 minutes, until the almond paste is a nice golden brown. Remove and cool on a wire tray.

NOTE: Mashed potato powder is sold in 1-lb. tins, or packets of varying sizes. Ordinary potato flour is not suitable for these recipes.



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