

Summer dinners / Stork Margarine Cookery Service.

Contributors

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STORK MARGARINE COOKERY SERVICE



STUFFED MARROW (Quick Method)

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|-------------------------|---|----------------|
| 1 medium-sized marrow | 2 lamb's kidneys | 2 small onions |
| 2 rashers fat bacon | 4 heaped tablespoonsful dried breadcrumbs | |
| 4 tablespoonsful milk | 1-2 ozs. margarine or cooking fat | |
| 1 dessertspoonful flour | Salt and pepper | |

Peel the marrow, cut a slice off one end and scoop out all the seeds and pith with a long-handled spoon or palette knife. Cook the marrow with the piece cut from the end in boiling salted water for 10 minutes. Drain thoroughly, lifting out very carefully. To make the filling, wash and cut the kidneys into small pieces, and chop the bacon and onions. Fry first the bacon, and then the kidneys until brown and almost cooked. Fry the onions, and mix with the bacon, kidneys, breadcrumbs and milk, together with any gravy left in the pan, and season to taste. Stuff the marrow with the mixture, taking care not to burst it. Close the opening with the piece from the end, fastening it with a skewer. Melt the margarine in a meat tin. Place the marrow carefully in the tin, sprinkle with the flour, salt and pepper, baste with the hot fat, and bake, basting at intervals, for 35-45 minutes (depending on size) in a moderately hot oven (Regulo Mark 5). Serve with thick brown gravy and mashed potatoes. (Half the filling will be sufficient for a small marrow.)

NOTE: The marrow can be baked without being previously cooked for 10 minutes, but the baking time will be much longer, about 1½ hours in a fairly hot oven (Regulo Mark 6), and it must be covered with a piece of greaseproof paper brushed with melted margarine.

Serves 5-6 portions

STUFFED UNCOOKED TOMATOES

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|---|------------------------|
| 6 large tomatoes | 12 good-sized radishes |
| 3 heaped dessertspoonful chopped cold cooked or tinned meat | |
| 3 dessertspoonful salad dressing | |
| Salt, pepper, and a little vinegar, if liked | |

Cut off the top of each tomato, and remove the inner pulp. Wash, trim and grate the radishes, and mix with the chopped meat, salad dressing, tomato pulp, vinegar and salt and pepper. Fill the tomatoes, and serve with salads. Serves 3-4 portions

SALMON FILLING:

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| 6 large tomatoes | 3 heaped tablespoonsful Grade 3 salmon |
| 3 heaped dessertspoonful finely chopped watercress | |
| 3 dessertspoonful salad dressing | 1 teaspoonful vinegar |
| Salt and pepper | |

Mix the salmon, drained of any liquid, with the pulp from the tomatoes and all the other ingredients, seasoning well. Fill the tomatoes with the mixture, and serve with salads.

NOTE: Tinned herrings, pilchards, sardines or white cooked fish can be used instead of salmon.

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COOKERY NOTES No. 85

MAY, 1947

SUMMER DINNERS

BROAD BEANS AND PORK
BROAD BEANS IN ONION SAUCE
WITH SAUSAGES
CREAMED CORNED BEEF AND
FRESH PEAS
CASSEROLE OF NEW PEAS
CREAMED NEW POTATOES AND
FRENCH OR RUNNER BEANS
WITH CHEESE OR REHEATED
MEAT

CARROT, PEA AND CHEESE PATTIES
CARROTS IN CHEESE AND
WATERCRESS SAUCE
LAMB CHOPS AND WHITE TURNIPS
SPRING GREENS AND BACON
WITH EGG SAUCE
STUFFED MARROW
STUFFED UNCOOKED TOMATOES:
WITH MEAT FILLING
WITH SALMON FILLING

When the early summer vegetables are available, they are delicious cooked in the ordinary way and served with meat or fish.

They can also help to provide flavoursome main meal dishes with the addition of a little meat or fish, or can be served as vegetable savouries. The recipes in this leaflet are for those occasions when summer vegetables are plentiful but there is very little left of the week's meat ration.

BROAD BEANS AND PORK

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|--|----------------------------------|
| 2 lbs. broad beans | 4-6 ozs. pickled pork |
| ½ pint vegetable stock or water | ½ oz. margarine |
| 1 heaped dessertspoonful flour | 1 heaped teaspoonful dry mustard |
| 2 good teaspoonful meat or vegetable extract, or 1½ meat or | |
| 1 tablespoonful tomato sauce or sweet table sauce [vegetable cubes | |

Wash the pork, and steep in cold water overnight. Shell and wash the beans. Put the pork into a saucepan with about a quart of fresh cold water, bring to boiling point, lower the heat, add the beans, and cook gently until the beans are soft and the pork is tender (30-40 minutes), allowing 25 minutes to the pound or part of a pound and 25 minutes over for the pork.

Prepare the sauce just before the pork and beans are cooked. Place the margarine, tomato sauce, meat or vegetable extract, and mustard in a pan over a low heat, and stir together until smooth and well mixed. (If meat or vegetable cubes are used, break up and mix to a smooth



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paste with a tablespoonful of hot water before adding.) Add the flour and stir in smoothly. Gradually add the $\frac{1}{2}$ pint vegetable stock or water, stirring until free from lumps. Bring to the boil, and cook for 3 minutes, stirring all the time.

Drain the beans and pork when cooked. Cut the pork into slices, add to the sauce, and also add the beans. Stir all together and serve very hot.

NOTE: Pork chops, fried or grilled, may be served instead of pickled pork. Put the shelled and washed beans into about 1 quart of boiling water to which 2 level teaspoonsful of salt has been added. Cook moderately fast until the beans are soft (20-30 minutes). Drain and toss in a little hot melted margarine, or fat from the chops. Make and serve the sauce separately.

BROAD BEANS IN ONION SAUCE—with Sausages

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| 1-1½ lbs. grilled or fried sausages | 2 lbs. broad beans |
| 1 large onion (or 2 if liked) | 1 oz. margarine |
| 1 heaped tablespoonful flour | Parsley for garnishing |
| $\frac{1}{2}$ pint milk (or milk and vegetable stock) | Salt and pepper |

Shell, wash and cook the beans as directed in note to above recipe. Peel the onion, and cook until soft (about 20 minutes) in boiling salted water. Drain and chop into pieces. Melt the margarine in a saucepan, add the flour and cook until it bubbles, stirring all the time. Add the milk, and stir until boiling. Add the chopped onion, and simmer for 2 or 3 minutes longer, stirring continuously. Mix the drained beans with the sauce. Season and serve with the sausages, and garnish with chopped parsley.

Serves 4-5 portions

CREAMED CORNED BEEF AND FRESH PEAS

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| 1 lb. fresh peas | $\frac{1}{2}$ pint milk (or milk and water) |
| 4 ozs. corned beef | 1 rounded tablespoonful flour |
| 1 oz. margarine | Salt and pepper |
| 1 sprig of mint | 1 lb. small new potatoes (optional) |

Put the shelled peas into boiling, salted water with the sprig of mint, and boil moderately fast until the peas are soft (15-20 minutes, depending on the age of the peas). While the peas are cooking, melt the margarine in a saucepan, add the flour and cook until it bubbles, stirring all the time. Add the milk and cook until boiling, stirring continuously. Add the corned beef, cut into cubes, and the drained cooked peas. Season to taste, stir, and re-heat for a few minutes, stirring frequently. Serve with new potatoes and another green vegetable, or, if preferred, serve as a savoury on slices of hot toast spread with margarine. To make a quick, substantial all-in-one meal, add a pound of freshly cooked very small new potatoes with the peas, and serve very hot, garnished with finely chopped parsley.

Serves 3-4 portions

CASSEROLE OF NEW PEAS

For cooking when the oven is in use

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|----------------------------|--------------------------------|
| 3 lbs. fresh peas | 1 oz. margarine |
| 1 teaspoonful sugar | $\frac{1}{2}$ teaspoonful salt |
| 4 tablespoonful cold water | Sprig of mint |

Pour sufficient boiling water over the shelled peas to cover them, and leave them to soak for 2 or 3 minutes. Strain off the water, and place



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the peas and mint in a casserole, sprinkling over the sugar and salt. Melt the margarine and pour over the peas, shaking well to coat them. Add the cold water, cover the casserole, place on the lowest shelf of a hot oven (Regulo Mark 7) and cook for 1 hour, or until the peas are soft. Serve with the gravy from the casserole, removing the sprig of mint. Peas cooked in this way have a delicious flavour, but are not such a good colour as boiled peas. Serve as an accompaniment to roast lamb, or with cold sliced meat reheated in the casserole while the peas are cooking. Add the cold meat half an hour before the peas are cooked.

Serves 3-4 portions

CREAMED NEW POTATOES AND FRENCH OR RUNNER BEANS with Cheese or Re-heated Meat

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| 1 lb. new potatoes | 1 lb. French or runner beans |
| 1 heaped tablespoonful finely chopped spring onions, onion tops | or chives |
| 1 heaped tablespoonful chopped parsley | 1 oz. margarine |
| 1 rounded dessertspoonful flour | Sprig of mint |
| $\frac{1}{2}$ pint milk, or milk and vegetable stock | Salt and pepper |

Wash and string the beans, and cut into slices lengthwise in a slanting direction. Wash and scrape the potatoes, and cook both separately in boiling salted water, adding the sprig of mint to the potato water. Melt the margarine, add the flour and cook until it bubbles, stirring all the time. Add the milk, chopped parsley and finely chopped onions, bring to the boil, and cook for 3 minutes, stirring continuously. Add the cooked and drained beans and potatoes, stir over the heat for a further 2 to 3 minutes, season and serve.

NOTE: Whilst this dish is a meal in itself, and has a delicious and delicate flavour, it may be varied by the addition of 1-2 tablespoonful grated cheese, or 2-3 ozs. cold cooked or tinned meat, cut into cubes. Add to the sauce with the beans and potatoes, and stir over a low heat until the cheese is melted or the meat hot all through.

Serves 3-4 portions

CARROT, PEA AND CHEESE PATTIES

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| $\frac{1}{2}$ lb. carrots | 4 ozs. fresh peas | 2 ozs. grated cheese |
| 3 heaped tablespoonful fresh or dried breadcrumbs | 1 level tablespoonful dried egg | 1 tablespoonful milk |
| 2 ozs. margarine, or 1 oz. margarine and 1 oz. cooking fat | 2 tablespoonful water from cooked vegetables | Salt and pepper |

Cook the carrots and peas in boiling salted water until soft (15-20 minutes). Drain, saving the water, and press through a sieve or strainer. Reconstitute the egg with the 2 tablespoonful vegetable water. Mix with the sieved vegetables, the grated cheese, and 2 tablespoonful breadcrumbs. Melt 1 oz. of the margarine and stir in, seasoning to taste. Allow to stand for about 10 minutes until the mixture thickens. Divide into 5 portions, and form each portion into a flat cake. Brush with milk and roll in the remaining breadcrumbs. Melt the remaining margarine or cooking fat in a frying pan, and fry the cakes or patties until golden brown on both sides, turning carefully with a flat slice.

Makes 5 cakes or patties

NOTE: Omit cheese and add 3-4 ozs. finely chopped cold cooked or tinned meat, or 2-3 tablespoonful tinned salmon mashed with a fork.



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CARROTS IN CHEESE AND WATERCRESS SAUCE

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|---|-------------------------|
| $\frac{1}{2}$ pint water in which carrots were boiled | 1 oz. margarine |
| $\frac{1}{2}$ lb. carrots | $\frac{1}{2}$ pint milk |
| 1 heaped tablespoonful flour | 1 oz. grated cheese |
| 1 heaped tablespoonful finely chopped watercress | Salt and pepper |

Wash and scrape the carrots, and cut into small cubes. Cook in boiling salted water until soft (about 20 minutes). Drain, saving the water, and keep hot. Melt the margarine, add the flour and cook until it bubbles, stirring all the time. Add the milk and carrot water, and stir until boiling. Cook for 3 minutes, stirring continuously. Stir in the grated cheese and the cooked carrots, and cook gently until the cheese is just melted. Add the chopped watercress, salt and pepper, and serve with any meat or fish in season.

Serves 3-4 portions

LAMB CHOPS AND WHITE TURNIPS

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| 4 lamb chops (or pork chops) | 1 lb. white turnips |
| $\frac{1}{2}$ pint water from cooked vegetables | 1 teaspoonful sugar |
| 1 rounded dessertspoonful flour | Salt and pepper |
| $\frac{1}{2}$ level teaspoonful freshly grated nutmeg | 1 oz. margarine |

Wash and peel the turnips, and cut into cubes. Parboil in fast-boiling salted water. Drain, saving the water. Melt the margarine in a frying pan, and brown the chops well on both sides. Place in a casserole. Sprinkle the frying pan with the flour and cook until it begins to turn pale golden. Add the $\frac{1}{2}$ pint turnip water and bring to the boil, stirring all the time. Mix with the parboiled turnips, adding sugar and nutmeg, and seasoning to taste. Pour over the chops, cover, and cook for 1 hour in a moderate oven (Regulo Mark 4) or until the meat is tender.

Serves 4 portions

SPRING GREENS AND BACON WITH EGG SAUCE (an Irish Dish)

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|---|-------------------------------|
| $\frac{1}{2}$ lbs. spring greens, or curly kale | 3-4 rashers bacon |
| $\frac{1}{2}$ pint milk | 3 reconstituted eggs |
| 1 oz. margarine | 1 level dessertspoonful flour |
| 1 heaped tablespoonful finely chopped onion, chives or onion tops | Salt and pepper |
| 1 heaped tablespoonful finely chopped parsley | |

Wash the greens carefully, a leaf at a time, under a running tap. Shred in thin slices with a sharp knife, and cook in boiling salted water for 15 minutes. Drain in a colander, pressing the water out with the bottom of a saucer. Keep hot by covering the colander with a plate and placing it over a saucepan of gently boiling water. While the greens are cooking, make the sauce. Melt the margarine in a saucepan, add the flour and cook until it bubbles, stirring all the time. Add the milk and the finely chopped onion or chives, and cook until boiling, stirring all the time. Add the parsley and the reconstituted eggs, and cook gently for a further 3 minutes, stirring continuously. Season with salt and pepper. Fry the bacon, remove from the pan and keep hot. Then sauté (that is, lightly fry) the drained greens in the hot bacon fat, turning them over and over until piping hot. Serve on a hot dish with the bacon on top, and the sauce served in a sauce boat. This dish is particularly good served with potatoes boiled in their jackets.

NOTE: The sauce can be made omitting the onion and parsley, if liked.

Serves 3-4 portions



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