

## **Snacks on toast / Stork Margarine Cookery Service.**

### **Contributors**

Stork Margarine Cookery Service.

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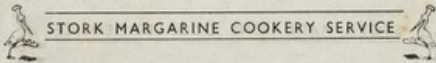
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STORK MARGARINE COOKERY SERVICE

### SALMON SAVOURY

- |   |                         |
|---|-------------------------|
| 1 small tin salmon  | 1/2 teaspoonful nutmeg  |
| 1 oz. margarine   | 1/2 teaspoonful vinegar |
| 1 heaped tablespoonful flour  | A good pinch of cayenne |
| 1 tablespoonful tomato sauce  | Salt and pepper         |
| 1 pint liquid from salmon tin, made up with water or vegetable stock if necessary |                         |
| 1 teaspoonful chopped parsley   |                         |

Drain and mash the salmon, saving the liquid from the tin. Melt the margarine, add the flour and cook until it bubbles, stirring all the time. Add the 1/2 pint liquid, and stir until boiling. Cook for 3 minutes, stirring continuously. Add the mashed salmon, tomato sauce, nutmeg, cayenne, vinegar and seasoning. Stir gently over a low heat until hot all through. Serve on slices of hot toast spread with margarine. Garnish with chopped parsley. Serves 3-4 portions

### SAUSAGE AND SCRAMBLED EGG SAVOURY

- |  |                       |
|--|-----------------------|
| 1 lb. sausage meat or skinned sausages | 4 reconstituted eggs  |
| 2 tomatoes                             | 4 tablespoonsful milk |
| 1 level teaspoonful made mustard       | 1 1/2 oz. margarine   |
| 1 level teaspoonful meat extract       | Salt and pepper       |

Mix the sausage meat, made mustard, and meat extract thoroughly together with a fork and season. Cut up the tomatoes, and fry them in 1 oz. margarine until soft. Mix the fried tomatoes with the sausage meat, then fry all together, turning over and over with a fork, until the sausage meat is cooked (about 10 minutes). Cover and keep hot. Add the 4 tablespoonsful of milk to the reconstituted eggs, season and stir well. Make the remainder of the margarine hot in a saucepan, pour in the eggs, and stir over a low heat until the eggs are cooked. Have ready 4 slices hot toast, spread with margarine, spread an equal amount of scrambled egg on each, then an equal amount of cooked sausage mixture. Serve at once. Serves 4 portions

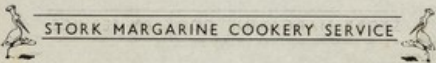
### WELSH RAREBIT

- |   |                       |
|---|-----------------------|
| 4 ozs. grated cheese (preferably Cheddar) | 2 tablespoonsful milk |
| 1 level teaspoonful made mustard          | 1 oz. margarine       |
| Pinch of salt, pepper and cayenne         |                       |

Put the grated cheese, milk, margarine, mustard, and seasoning into a saucepan, and stir over a low heat until the cheese is just melted. Pour over slices of hot margarine toast, and brown for a minute or two under the grill. Serves 2-3 portions



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to help solve your present-day cooking problems.



STORK MARGARINE COOKERY SERVICE



STORK MARGARINE  
COOKERY SERVICE

COOKERY NOTES No. 88

AUGUST, 1947

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## SNACKS ON TOAST

- |  |                                   |
|--|-----------------------------------|
| BUCK RAREBIT (WITH SCRAMBLED OR POACHED EGG)     | HERRING ROES ON TOAST             |
| CREAMED MINCED BEEF OR HAM AND TOMATOES ON TOAST | MEAT PASTE SAVOURY                |
| DEVILLED SAUSAGES ON TOAST                       | QUICK SARDINE AND POTATO SNACK    |
| FISH PASTE SAVOURY                               | SAVOURY PORK IN CLOVE SAUCE       |
| FRIED CHEESE SANDWICH                            | SALMON SAVOURY                    |
| HAM AND HORSE RADISH SAVOURY                     | SAUSAGE AND SCRAMBLED EGG SAVOURY |
| HAM OR PORK AND BAKED BEAN SNACK                 | WELSH RAREBIT                     |

A quick dish for evening or supper, or even for breakfast, is something every family demands from time to time. The housewife, then, wants to have handy some recipes based on ingredients which would reasonably be available in the store cupboard or larder.

Such recipes are included in this month's Cookery Notes, and they range from old-established favourites to new and delicious ways of preparing quickly savoury meals on toast, or served with toast.

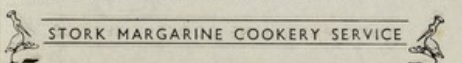
### BUCK RAREBIT

- |                          |  |
|--------------------------|--|
| 4 ozs. grated cheese     | 1 lb. large onions (Spanish, if possible)  |
| Salt, pepper and cayenne | 4-5 rounds hot toast spread with margarine |
- Peel the onions, put into a saucepan, cover with cold, slightly salted water, bring to the boil, and cook until soft (about 20 minutes, according to size). Drain, and chop. Mix with the grated cheese, season, put into a saucepan, and heat, stirring all the time, until the cheese is just melted. Season, and spread on the hot toast spread with margarine. Place under a hot grill for 2-3 minutes until golden brown.

NOTE: Buck Rarebit should be served with a fresh poached egg on top. If unable to spare this, serve with scrambled reconstituted eggs piled on top.

### SCRAMBLED EGGS

- |  |                   |
|--|-------------------|
| 4 eggs (shell or reconstituted dried eggs) | Knob of margarine |
| 4 tablespoonsful milk                      | Salt and pepper   |
- Add the milk and salt and pepper to the eggs, and beat well. Melt the margarine in a saucepan, pour in the eggs, and stir briskly over a low heat until the mixture thickens and sets. Serve at once.



STORK MARGARINE COOKERY SERVICE

**POACHED FRESH EGGS**

Half fill a frying pan with water. Add 2 teaspoonsful salt and, if liked, about a dessertspoonful of vinegar. (This gives the egg whites a good colour.) Bring to the boil. Break each egg into a cup and then slide it gently into the boiling water. Cook over gentle heat until set. Lift out with a fish slice, allow to drain for a second or so over the pan, and slide gently on to the Buck Rarebit, or hot toast spread with margarine.

If an egg poacher is used, half fill the bottom pan with water, add salt only, and bring to the boil. Rub with margarine the individual containers in the top pan, break the eggs, one at a time, into a cup, slide into the containers, place them into position, put on the lid and cook gently until set. Remove the containers separately, and gently slide the eggs out on to the Buck Rarebit, or margarine toast.

**CREAMED MINCED BEEF OR HAM AND TOMATOES ON TOAST**

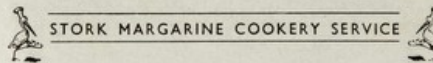
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| 1 oz. margarine   | 1 heaped tablespoonful flour |
| 1½ gills milk, milk and water, or vegetable stock                             |                              |
| 1 tablespoonful finely chopped parsley or 2 tablespoonsful chopped watercress |                              |
| Salt and pepper   |                              |
| 3-4 ozs. chopped corned beef, tinned ham or pork, or any cold cooked meat     |                              |
| 1 tomato per person   |                              |

Melt the margarine in a saucepan, add the flour, and cook until it bubbles. Add the liquid, and cook until boiling, stirring all the time. Stir in the chopped meat, and parsley or watercress, season, and cook gently for 5 minutes longer, stirring continuously. Keep hot until required. Cut the tomatoes in half, sprinkle the cut side with salt and pepper, place, cut side upwards, on the greased bars of the grill pan, and cook under a hot grill for about 5 minutes; or slice, and fry, without breaking, in a little hot margarine. Spread the slices of hot toast with margarine, spread over the creamed beef, and arrange the tomatoes on top. Serve at once. Serves 3-4 portions

**DEVILLED SAUSAGES ON TOAST**

- |  |  |
|--|--|
| ½ lb. sausages   | 3 tablespoonsful tomato or sweet chutney |
| 1 oz. margarine  | 3 level teaspoonsful made mustard        |
| 1 tablespoonful vinegar  | 3 level teaspoonsful curry powder        |
| 1 heaped tablespoonful flour   | 1 tablespoonful mushroom ketchup         |
| 1 heaped teaspoonful meat or vegetable extract, or 2 meat or ½ pint water or vegetable stock | vegetable cubes                          |
| Salt and pepper  |  |

Cut the sausages each into 4 portions. Make the margarine hot in a frying pan, and fry the pieces of sausage until cooked, turning over and over until well browned. Remove, sprinkle the pan with the flour, and stir over the heat for about half a minute. Stir in the chutney, mustard, curry powder, ketchup, vinegar, and meat extract, or meat cubes mixed to a paste with a little warm water. Add the water or vegetable stock and seasoning, and stir until boiling. Add the pieces of fried sausage, and cook gently for 7-10 minutes longer, stirring at intervals. Serve on slices of hot toast spread with margarine. Serves 3-4 portions

**FISH PASTE SAVOURY**

- |   |                         |
|---|-------------------------|
| 1 large jar fish paste                        | 1 tablespoonful vinegar |
| ½ oz. margarine                               | Salt and pepper         |
| 1 tablespoonful green tomato or sweet chutney |                         |

Melt the margarine, turn the fish paste into a basin, and mix with the melted margarine, chutney and vinegar, seasoning to taste. Heat the mixture in a saucepan over a low heat, stirring all the time, and spread on rounds of hot toast spread with margarine.

An alternative way of serving the savoury is to spread the cold mixture on rounds of margarine toast and heat under a hot grill for a minute or two. Serves 4-5 portions

NOTE: This mixture also makes a very good sandwich filling.

**FRIED CHEESE SANDWICH**

- |                                    |                          |
|------------------------------------|--------------------------|
| 1 oz. grated cheese                | Salt, pepper and cayenne |
| ¼ teaspoonful made mustard         | Margarine for spreading  |
| 2 thick slices of bread per person | Cooking fat for frying   |

Spread the bread with margarine, then very lightly with the mustard. Spread the cheese thickly on the margarine side of one slice, pressing down with a knife, and sprinkle with salt, pepper and cayenne. Press the other slice on top, with the margarine side down. Make the margarine or cooking fat smoking hot in a frying pan, put in the sandwich, and fry golden brown, first on one side, and then on the other. Serve at once. Grilled tomatoes may be arranged on top, if liked. Serves 1 portion

**HAM AND HORSE RADISH SAVOURY**

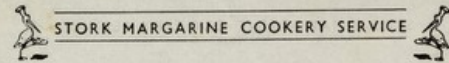
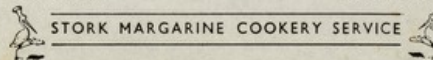
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|---|------------------------|
| 3 ozs. tinned ham, or any other tinned meat |                        |
| 1 oz. margarine                             | ½ pint vegetable stock |
| 1 heaped tablespoonful flour                | ¼ teaspoonful sugar    |
| 2 heaped teaspoonful horseradish sauce      | Salt and pepper        |

Melt the margarine, add the flour, and cook until it bubbles. Stir in the horseradish sauce and the vegetable stock, and cook until boiling, stirring all the time. Cook for 3 minutes, stirring continuously. Add the ham, cut into cubes, and the sugar and seasoning. Make very hot, stirring all the time. Serve on slices of hot toast spread with margarine. Serves 2 portions

**HAM OR PORK AND BAKED BEAN SNACK**

- |   |                                     |
|---|-------------------------------------|
| 1 round hot toast spread with margarine, per person |                                     |
| 1 slice tinned pork or ham                          | 1 teaspoonful tomato or table sauce |
| ¼ teaspoonful made mustard                          | 1 heaped tablespoonful baked beans  |
| 1 teaspoonful grated cheese (optional)              |                                     |
| Knob of margarine or cooking fat for frying         |                                     |

Make the margarine hot in a frying pan, and fry the slices of tinned ham or pork until nicely browned on both sides. Place on the rounds of hot margarine toast. Mix the mustard and table sauce together, and spread over the slices of meat. Warm the beans gently in a saucepan, arrange on top of the meat, sprinkle with the grated cheese, and place for a minute or two under a hot grill until the cheese is melted and beginning to turn brown. Serves 1 portion

**HERRING ROES ON TOAST**

- |                          |                                      |
|--------------------------|--------------------------------------|
| ½ lb. herring roes       | 1 small jar anchovy or bloater paste |
| Salt, pepper and cayenne | 1 oz. margarine or cooking fat       |

Wash and dry the roes, and sprinkle with salt, pepper and cayenne. Make the margarine hot in a frying pan, and fry the roes for 3-5 minutes on each side, turning carefully with a fish slice to avoid breaking. Spread anchovy or bloater paste lightly on slices of hot toast spread with margarine, and heat for a minute under the grill. Arrange the cooked roes on the toast, and serve at once. Grilled tomatoes may be placed round. Serves 2-3 portions

NOTE: The anchovy or bloater paste may be omitted if not liked.

**MEAT PASTE SAVOURY**

- |                        |   |
|------------------------|---|
| 1 large jar meat paste | 1 level teaspoonful meat extract            |
| ½ oz. margarine        | 1 tablespoonful tomato or sweet table sauce |

Melt the margarine; turn the meat paste into a basin, and mix with the tomato sauce, meat extract, and melted margarine. No seasoning is required. Spread on rounds of hot toast spread with margarine, and place under a hot grill for a minute or two, or heat in a saucepan before spreading on the toast. Serves 4-5 portions

NOTE: This savoury mixture also makes a delicious sandwich filling.

**QUICK SARDINE AND POTATO SNACK**

- |                            |                 |
|----------------------------|-----------------|
| ½ lb. tomatoes             | 1 oz. margarine |
| ½ lb. cold cooked potatoes | Salt and pepper |
| 1 tin sardines             | Chopped parsley |

Drain the oil from the sardines and chop them up roughly. Slice the tomatoes and potatoes. Make the margarine hot in a frying pan. Mix the potatoes, sardines and tomatoes roughly together, seasoning well, add to the hot margarine, and cook, turning over and over with a fork, until hot all through. Serve sprinkled with finely chopped parsley. Serves 3-4 portions

**SAVOURY PORK IN CLOVE SAUCE**

- |  |                           |
|--|---------------------------|
| 1 heaped teaspoonful brown or granulated sugar |                           |
| 3 ozs. tinned or cold cooked pork              | 1 oz. margarine           |
| 1 heaped tablespoonful flour                   | 5 cloves                  |
| ½ pint vegetable stock or water                | 1 dessertspoonful vinegar |
| 1 level teaspoonful-dry mustard                | Salt and pepper           |

Crush the cloves, and simmer in the ½ pint liquid for 10 minutes. Strain, and make the liquid up to ½ pint again with water or vegetable stock. Chop the pork, and fry for a minute or two in the hot margarine. Remove the pork, sprinkle the flour into the pan, and stir over the heat for a minute. Mix the mustard to a smooth paste with the vinegar. Add to the pan the ½ pint liquid, the sugar and the mixed mustard, and stir until boiling. Add the chopped pork, season, and cook for 5 minutes longer, stirring all the time. Serve on slices of hot toast spread with margarine. Serves 2-3 portions

