

Tomato cookery / Stork Margarine Cookery Service.

Contributors

Stork Margarine Cookery Service.

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STORK MARGARINE COOKERY SERVICE



SAUSAGE AND TOMATO GALANTINE

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| 1 lb. sausages or unrationed sausage meat | 1 rasher of bacon |
| 2-3 ozs. any tinned or cold cooked meat | 1 oz. margarine |
| 2 tablespoonsful sweet table sauce or chutney | 1 medium-sized onion |
| 2 level tablespoonsful dried egg | 6 ozs. tomatoes |
| 4 heaped tablespoonsful fresh breadcrumbs | Salt and pepper |
| 1 tablespoonful chopped parsley | 1 tablespoonful flour |
| 2 level teaspoonsful mustard mixed with 2 teaspoonsful water | |

Pour sufficient boiling water over the tomatoes to cover, leave for a minute, and remove the skins from the tomatoes. Make the margarine hot in a frying pan, chop and fry the onion until soft but not brown. Slice the tomatoes and add, stirring over the heat until almost cooked. Remove, and add the bacon rasher chopped. Fry lightly; and add to the tomatoes, etc. Cut the tinned meat into cubes, and add to the other ingredients. Add the sausages, skinned (or the sausage meat), the mustard, chopped parsley, sieved dried egg, and sweet sauce or chutney, and mix well together with a fork. When well mixed add the breadcrumbs and seasoning, and again mix thoroughly. Sprinkle a plate or pastry board with the flour, and form the sausage mixture into a roll, and coat with flour. Roll up in a cloth brushed with melted margarine, tie the ends securely, and tie with string all round; put into a saucepan of boiling water, boil for 5 minutes, then simmer for 1-1½ hours. Lift out, but do not remove the cloth. Stand on a flat dish, cover with a board with a weight on top and leave until next day. Remove the cloth carefully, and brush the galantine over with glaze (recipe below), repeating two or three times when the previous coat of glaze has set. Slice, and serve with a green salad. Serves 6-8 portions

QUICKLY-MADE GLAZE

- | | |
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| 1 rounded dessertspoonful gelatine | 1 pint hot water |
| 1 level teaspoonful meat extract | Salt and pepper |
| One or two drops gravy browning | |

Dissolve the gelatine in the water over a low heat, stir in the meat extract, and simmer for about 5 minutes, but do not allow to boil. Season if necessary, and colour with the gravy browning. Allow to cool, and just when beginning to set brush over the galantine with the mixture. For further coats it may be necessary to melt the glaze and cool again before applying.

NOTE: This glaze will not keep, so only sufficient for immediate requirements should be made.

STUFFED TOMATO SALAD

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| 6 firm good-sized tomatoes | 1 tablespoonful diced cooked potato |
| Salt and pepper | 3 dessertspoonful salad dressing |
| 2 tablespoonful diced corned beef, or any cold cooked meat | |
| 1 dessertspoonful each of grated carrot, finely chopped chives and chopped parsley or watercress | |

(Note: If chives are not obtainable, use 1 level teaspoonful very finely chopped onion)

Cut a slice from the top of each tomato. Remove the inside pulp, and mix with all the other ingredients. Refill the tomatoes, putting the same quantity of filling in each, and replace the tops. Serve with lettuce, beetroot, potato salad, watercress, etc. Serves 3-6 portions

Variations: Instead of meat, use 3 sardines, or 2 pilchards, or 2 heaped tablespoonsful tinned salmon. Mash with a teaspoonful of vinegar, and season before mixing with the other ingredients.



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**STORK MARGARINE
COOKERY SERVICE**

COOKERY NOTES No. 89

SEPTEMBER, 1947

TOMATO COOKERY

HOT DISHES

- BAKED CHOPS WITH TOMATOES AND MACARONI
- MUSHROOM AND TOMATO HOTPOT
- SAVORY LAMB OR PORK CHOPS
- STEAK AND TOMATO PIE
- STUFFED TOMATOES IN PARSLEY SAUCE WITH RUNNER BEANS
- TOMATO AND MUSHROOM CURRY
- TOMATO AND SAUSAGE PAN HASH

COLD DISHES

- HAM AND TOMATO MOULD
- SAUSAGE AND TOMATO GALANTINE
- STUFFED TOMATO SALAD

This summer, tomatoes will not be quite the novelty they were in previous years, because of the imported supplies which have been available from time to time during the spring.

But even to those who have been lucky enough to obtain the early ones, the flavour of our home-grown tomatoes is still the best in the world, and especially if they are garden grown and can be picked as needed.

First, you will want to make the best use of them by eating them uncooked with salads, but remember really tasty main meal hot or cold dishes can be made with tomatoes.

This leaflet gives such recipes, which will help to give variety to your meals.



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BAKED CHOPS WITH TOMATOES AND MACARONI

- 4 lamb or pork chops 1 large or 2 medium-sized onions
4 ozs. macaroni 1 heaped teaspoonful dried breadcrumbs
1 lb. tomatoes 1 heaped tablespoonful dried breadcrumbs
1 oz. margarine Salt and pepper
1 pint vegetable stock or water in which macaroni was cooked
1 level teaspoonful meat or vegetable extract or 1/2 meat cube

Peel and slice the onions, and cook with the macaroni in boiling salted water until the macaroni is soft (about 20 minutes). Drain, and save the water. Melt 1/2 oz. margarine in a frying pan, and fry the chops on both sides until lightly browned. Remove, add the tomatoes, sliced, sprinkle with salt and pepper, and fry for a minute or two. Arrange a layer of cooked macaroni in the bottom of a shallow fireproof dish, arrange the fried tomatoes on top, and cover with the remaining macaroni. Sprinkle the pan with the flour, and stir until it begins to brown. Add the 1/2 pint liquid and the meat extract (or meat cube mixed to a paste with a little of the liquid), and stir until boiling. Cook for 3 minutes, stirring all the time. Season to taste, and pour carefully round the macaroni and tomatoes. Arrange the chops on top, sprinkle all over with the breadcrumbs, dot with the remaining margarine, cover with greased paper and bake for 45 minutes on the middle shelf of a fairly hot oven (Regulo Mark 6). Serves 4 portions

MUSHROOM AND TOMATO HOTPOT

- 1 lb. potatoes 1/2 pint vegetable stock or water
1/2 lb. tomatoes 1 level dessertspoonful flour
4 good-sized mushrooms 1 oz. margarine
1 rasher of bacon 1/2 teaspoonful meat or vegetable extract
1 medium-sized onion Salt and pepper
3-4 ozs. cold cooked or tinned meat, sausages or sausage meat

Peel the potatoes, cut into slices about 1/2-inch thick, and parboil for 10 minutes. Drain, and save the water. Chop the onion, slice the tomatoes, cut the meat into cubes, peel the mushrooms and cut the bacon into strips. Grease an earthenware casserole or hotpot jar, and add ingredients in the following order: At the bottom a layer of sliced potatoes, then the chopped onion, salt and pepper and a sprinkling of flour; half of the tomatoes, another sprinkle of flour; then the meat, followed by the mushrooms, the bacon, the remaining tomatoes, more salt and pepper, and finally the rest of the potatoes. Add a last sprinkling of flour and dot the top with the margarine. Mix the meat extract with the 1/2 pint vegetable stock, and add to the hotpot. Cover, and cook for 1 hour on the middle shelf of a fairly hot oven (Regulo Mark 6). Serves 4 portions

Note: If fresh meat, such as mutton chops or scrag of mutton, is used, omit bacon, and cook for 2 hours on the middle shelf of a moderately hot oven (Regulo Mark 5).

SAVOURY LAMB OR PORK CHOPS

- 4 lamb or pork chops, or 1 1/2 lb. neck of lamb cut into pieces
1/2 lb. tomatoes 1 rounded dessertspoonful flour
2 onions or leeks 1/2 pint vegetable stock or water
1 oz. margarine Salt and pepper
Bouquet of parsley, thyme, and mint or tarragon

Wash the meat, and trim off some of the excess fat. Make the margarine hot in a frying pan, and fry the chops until golden brown on both sides. Remove, and fry the chopped onions or leeks. Place the meat and



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leeks in a casserole. Sprinkle the pan with the flour, and stir until brown. Add the vegetable stock, and stir until boiling. Cook for 3 minutes, stirring all the time. Season, pour into the casserole, and add the bouquet of herbs. Skin and slice the tomatoes and arrange over and around the meat. Cover, and cook on the middle shelf of a fairly hot oven (Regulo Mark 6) for 1 hour. Remove the herbs before serving. Serves 4 portions

STEAK AND TOMATO PIE

- 1/4 a tin of steak 1 large or 2 medium-sized onions or leeks
2 ozs. macaroni 1/2 gill vegetable stock
1/2 lb. tomatoes 1 level teaspoonful flour
2 medium-sized carrots 1 oz. margarine or cooking fat
1 level teaspoonful meat or vegetable extract, or 1 meat cube mixed to a paste with a little water Salt and pepper
Pastry: 6 ozs. self-raising flour 2 1/2 tablespoonsful water
2 ozs. margarine Pinch of salt

Wash and scrape the carrots and cut into cubes, and peel and slice the onions. Cook with the macaroni in boiling salted water until soft (20-30 minutes). Drain, and save the water. Pour boiling water over the tomatoes, leave for a minute or two, then skin and slice. Melt 1/2 oz. margarine or cooking fat in a pan, and fry the sliced tomatoes until soft. Chop and add the steak, and stir together over the heat for a minute or two. Mix with the cooked macaroni, carrots and onions, and season.

To Make the Gravy. Put the remaining 1/2 oz. margarine in the pan, melt, add the flour, and stir until it bubbles, add the meat extract, add the 1/2 gill vegetable stock, and stir until boiling. Cook for 3 minutes, stirring all the time. Put the steak and macaroni mixture in a large pie-dish or casserole, and pour the gravy round.

To Make the Pastry. Sieve the flour and salt together into a basin, and rub in the margarine. Mix with the water to a stiff paste that leaves the sides of the bowl clean. Roll out thinly on a floured board; cut off a strip about 1-inch wide all round and line the wetted rim of the pie-dish. Dampen all round the strip of pastry with water, lift the remaining pastry on top of the pie, and press gently down all round. Trim and flute the edges, and bake for 30-35 minutes on the second shelf of a fairly hot oven (Regulo Mark 6). Serves 5-6 portions

STUFFED TOMATOES IN PARSLEY SAUCE WITH RUNNER BEANS

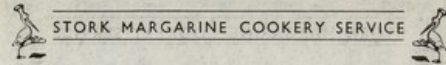
- 4 good-sized tomatoes 1/2 pint milk and water or vegetable stock
12 ozs. cold cooked potatoes 1 level tablespoonful dried breadcrumbs
1 oz. stale grated cheese 1 heaped tablespoonful flour
1 1/2 ozs. margarine 1 heaped tablespoonful chopped parsley
Runner Beans Salt and pepper
2 ozs. corned beef, tinned steak or any cold cooked meat
1 heaped and 1 level tablespoonful fresh breadcrumbs

Cut off the tops of the tomatoes and scoop out the inside pulp. Chop up the meat. In 1/2 oz. margarine fry the meat and tomato pulp for 2 minutes. Add the fresh breadcrumbs, season, and stir until thick. Fill the tomato shells with the mixture, replace the tops and arrange in the centre of a baking dish. Slice the potatoes, and arrange—overlapping—around the tomatoes. Sprinkle with the cheese and salt and pepper.

To Make the Sauce. Melt 1/2 oz. margarine, add the flour and cook until it bubbles; add the 1/2 pint liquid, and stir until boiling. Cook for 3 minutes. Add the parsley, season and pour over the potatoes only.



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Sprinkle with the dried breadcrumbs. Brush the tomatoes with the remainder of the margarine, melted, and bake for 20-25 minutes on the second shelf of a fairly hot oven (Regulo Mark 6). Serve with freshly cooked runner beans. Serves 4 portions

TOMATO AND MUSHROOM CURRY

- 1/2 lb. tomatoes 1/2 pint vegetable stock or water
1/2 lb. mushrooms 1 heaped and 1 level tablespoonful flour
1 1/2 ozs. margarine 1 rounded dessertspoonful curry powder
1 medium-sized onion 1 dessertspoonful vinegar
1 small cooking apple 6 ozs. macaroni
1 1/2 level teaspoonful meat or vegetable extract Salt and pepper

Peel and chop the onion and apple, skin and slice the tomatoes, and peel the mushrooms. If small, leave whole; if large, cut in quarters. Make the margarine hot in a saucepan, and fry the onion and apple until the onion begins to turn brown. Add the flour and curry powder, and stir over the heat for 3-5 minutes. Add the vegetable stock and the meat extract, and stir until boiling. Add the tomatoes and mushrooms, vinegar and seasoning, stir well. Place the lid on the saucepan and simmer for about an hour, stirring at intervals. Serve in a ring of plain boiled macaroni, previously cooked in boiling salted water for 20-25 minutes, and drained and dried off slightly over a very low heat. Serves 3 portions

TOMATO AND SAUSAGE PAN HASH

- 1 lb. tomatoes 3 ozs. any cold cooked or tinned meat
1 lb. cold cooked potatoes 1 rasher (optional)
1/2 lb. sausages 1 large onion
1 oz. margarine 4 tablespoonsful milk
Salt and pepper 1 tablespoonful chopped parsley

Cut the bacon into pieces, chop the onion, cut the potatoes and cold meat into cubes, and skin and slice the tomatoes. Make the margarine hot in a large frying pan, and fry the onions until soft. Remove and fry the sausages until well browned. Remove, and cut each sausage into four portions. Fry the bacon until crisp. Remove, and fry the tomatoes for 2 or 3 minutes. Mix all the ingredients lightly together with a fork, adding milk and parsley. Season, put back in the pan, cover with a lid or plate, and place on a very low heat for 10-15 minutes. Turn once or twice with a fork while heating. Serves 5-6 portions

COLD DISHES

HAM AND TOMATO MOULD

- 3 ozs. tinned ham or pork, or any cold cooked meat
1 1/2 gills vegetable stock (preferably carrot or leek)
1/2 lb. firm ripe tomatoes 1/2 teaspoonful meat or vegetable extract
Salt and pepper Just over 3 dessertspoonful gelatine

Cut the tomatoes into thin slices, and then into triangles. Sprinkle with salt and pepper. Cut the meat into cubes. Measure the vegetable stock (which is greatly improved if previously simmered with some bacon or meat bones, and then strained), add the gelatine and the meat or vegetable extract, and stir over a low heat until the gelatine has dissolved, but do not boil. Add salt and pepper. Arrange some of the tomato triangles around a medium-sized plain wetted and drained mould, and sprinkle cubes of meat in between. Pour over enough of the gelatine mixture to cover. Repeat until all the ingredients have been used up. Place in a cool place, or in a refrigerator, to set. Turn out carefully. Serve with a green salad. Serves 3 portions



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