

**More recipes for buns and scones / Stork Margarine Cookery Service.**

**Contributors**

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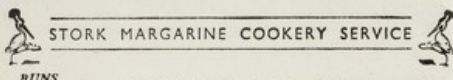
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## STORK MARGARINE COOKERY SERVICE

### BUNS

#### FRUIT BUNS (Eggless) boiled method

8 ozs. (8 heaped tablespoons) self-raising flour Pinch of salt  
4 ozs. margarine 2 ozs. (2 rounded tablespoons) sugar  
1 heaped tablespoon golden syrup 4 ozs. mixed dried fruit  
1 oz. mixed peel  $\frac{1}{2}$  level teaspoon grated nutmeg  
 $\frac{1}{2}$  level teaspoon mixed spice  $\frac{1}{2}$  pint hot water  
 $\frac{1}{2}$  level teaspoon bicarbonate of soda

Sieve the flour, nutmeg, spice, and salt together. Put the margarine, fruit, peel, sugar and syrup with the water in a saucepan, and bring to the boil. Allow to simmer for 3 minutes. Cool, and stir in the bicarbonate of soda. Make a well in the centre of the flour, etc., pour in the cooled mixture, and stir quickly together, mixing well. Put 2 well-rounded teaspoons of the mixture into each of 18 greased bun tins, and bake for 20-25 minutes in a moderately hot oven (Regulo Mark 5: 380° F) on the second shelf from the top. Cool on a wire tray. Makes 18 Buns.

#### GINGERBREAD BUNS

2 ozs. margarine 2 ozs. (5 level dessertspoons) black treacle  
2 ozs. (4 level dessertspoons) golden syrup 1 egg  
 $1\frac{1}{2}$  ozs. (3 rounded dessertspoons) Demerara sugar 5 dessertspoons milk  
1 heaped teaspoon marmalade Small pinch of cayenne  
2 ozs. (2 heaped tablespoons) self-raising flour  
2 ozs. (2 heaped tablespoons) fine oatmeal, or wholemeal flour  
1 slightly rounded teaspoon mixed spice  
1 heaped teaspoon ground ginger  
Pinch of bicarbonate of soda (or one-eighth level teaspoon)

Melt the margarine in a saucepan, add the treacle, syrup, sugar, milk and marmalade, and stir over a low heat until the sugar is dissolved. Remove, and cool to luke-warm. Sieve together the flour, ginger, spice, cayenne and bicarbonate of soda. Add the oatmeal, or wholemeal flour, and stir well together. Beat the egg a little, and stir into the flour, etc. Add the cooled treacle mixture, mix, and beat well together. Divide the mixture equally between 17 bun tins brushed with melted margarine, and bake for 25 minutes in a moderately hot oven (Regulo Mark 5: 380° F) on the second shelf from the top. Cool on a wire tray. Makes 17 Buns.

#### WHEATMEAL OR OATMEAL SULTANA BUNS

4 ozs. (4 heaped tablespoons) self-raising flour  
4 ozs. (4 heaped tablespoons) wheatmeal or fine oatmeal  
1 level teaspoon baking powder 4 ozs. margarine  
2 eggs (or 1 egg and 2 extra tablespoons milk) 2 tablespoons milk  
4 ozs. (4 rounded tablespoons) sugar 4 ozs. sultanas  
Pinch of salt

Sieve the flour, baking powder, and salt together, and mix with the wheatmeal or oatmeal. Put the margarine into a bowl, and beat until soft. Add the sugar and beat together until light and creamy. Add the eggs, one at a time from a cup, and beat each in thoroughly. If the mixture shows any signs of curdling, add a little of the flour, etc. with each egg. When the eggs are beaten in fold in the flour and meal mixture, with the fruit and milk. Divide the mixture between 20 well-greased bun tins, putting about 2 rounded teaspoons in each, and bake for 25 minutes in a moderately hot oven (Regulo Mark 5: 380° F) on the second shelf from the top. Cool on a wire tray. Makes 20 Buns.

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## STORK MARGARINE COOKERY SERVICE

### COOKERY NOTES No. 133

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#### MORE RECIPES FOR BUNS AND SCONES

Bath Buns	Hot Cross Buns	Wheatmeal or Oat-
Bun Loaf	Muffins	meal Sultana Buns
Crumpets	Potato Scones	Wholemeal Scones
Fruit Buns (Eggless)	Sally Lunns	Yorkshire Tea Cakes
Gingerbread Buns	Treacle Scones	

#### BATH BUNS (with rich Yeast Bun Dough)

FERMENT:  $\frac{1}{2}$  pint luke-warm water, or milk and water

4 ozs. (4 heaped tablespoons) plain flour

1 oz. (1 rounded tablespoon) sugar

$1\frac{1}{2}$  ozs. yeast (3  $\frac{1}{2}$  level dessertspoons when crum- } OR {  $1\frac{1}{2}$  ozs. dried yeast (5 level  
bled) } dessertspoons)

OTHER INGREDIENTS:  $1\frac{1}{2}$  lbs. plain flour 6 ozs. margarine

$\frac{1}{2}$  oz. (1 heaped teaspoon) salt 1 egg

4 ozs. (4 rounded tablespoons) sugar 1 oz. (1 slightly rounded table-

sugar spoon) syrup

12 ozs. sultanas 4 ozs. mixed chopped peel

8 ozs. (8 rounded tablespoons) sugar nibs or Demerara sugar

To make the Ferment: Blend the yeast with the sugar, and gradually add the water and sieved flour to make the Ferment. Cover with a cloth and put in a warm place for approximately 30 minutes until bubbles appear all over the surface.

To make the dough: While the Ferment is developing, sieve the  $1\frac{1}{2}$  lbs. plain flour and the salt together. Cream the margarine and sugar together, and beat in the syrup. Beat in the egg. Fold in the sieved flour. Add the Ferment when ready, and mix to a smooth dough. Knead thoroughly, return to the bowl, cover and leave in a warm place until it has doubled its bulk (approximately 1 hour). Knock back the dough to its original size by pressing out the gas with the knuckles. Again knead thoroughly. Work in the fruit and peel and 6 ozs. of the sugar nibs or Demerara sugar. Again cover, and allow to rise for a further 20 minutes.

To make and "prove" the Buns: Divide into small portions, form into rounds and place on well-greased trays. Brush the tops with milk, and sprinkle with the remaining sugar nibs. Cover with a damp cloth so draped that it does not touch the tops, and again leave in a warm place to prove for 30 minutes.

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## STORK MARGARINE COOKERY SERVICE



### Bath Buns—continued

Bake for 15-20 minutes in a hot oven (Regulo Mark 7 : 425° F) on the second shelf from the top. Cool on a wire tray.  
Makes 32 Bath Buns.

### YORKSHIRE TEA CAKES (plain yeast dough)

FERMENT:  $\frac{1}{2}$  pint luke-warm water or milk and water  
4 ozs. (4 heaped tablespoons) plain flour  
1 oz. (1 rounded tablespoon) sugar  
 $\frac{1}{2}$  oz. yeast (approximately 2½ level dessertspoons when crumbled) OR  $\frac{1}{2}$  oz. (3 level dessertspoons) dried yeast  
OTHER INGREDIENTS :  
3 level teaspoons salt  
2 ozs. (2 rounded tablespoons) sugar  
1 lb. plain flour  
2½ ozs. margarine  
4 ozs. currants or sultanas (optional)  
Egg or milk to coat

Make and develop the Ferment as directed for Bath Buns. Sieve the 1 lb. plain flour and salt together, rub in the margarine, and stir in the sugar. Add the Ferment when ready and mix together to a fairly soft dough. Knead well, place in a bowl, cover with a cloth and leave in a warm place until it doubles its bulk (approximately 1 hour). Continue as directed for Bath Buns, adding the fruit similarly, if used, until ready to divide into portions.

Take pieces of the dough about 6 ozs. each in weight (or about the size of three large eggs). Shape into flat rounds, place on greased baking sheets, brush the tops with milk or egg, and leave to prove as directed for Bath Buns. (30-40 minutes). Again brush with egg or milk, and bake for 15-20 minutes in a hot oven (Regulo Mark 7 : 425° F) on the second shelf from the top. Cool on a wire tray. Brush with glaze (recipe on next page) while still hot.

Makes approximately 6 Tea Cakes.

### BUN LOAF (with yeast)

Ingredients as for Yorkshire Tea cakes, using 8 ozs. mixed fruit and peel.

After the final kneading, divide the dough into two portions, form into oblongs, put into two 1 lb. greased bread tins, pressing out to the sides. Brush with egg or milk, cover with a cloth, and leave in a warm place to prove for approximately  $\frac{1}{2}$  hour, or until nicely domed above the edges of the tins. Bake for 40 minutes on the middle shelf of a moderately hot oven (Regulo Mark 5 : 380° F). Brush with glaze (recipe on next page) after removal from oven. Cool on a wire tray.  
Makes 2 Loaves.

### HOT CROSS BUNS (with yeast)

Ingredients and method as for Yorkshire Tea Cakes, sieving 4 level teaspoons mixed spice, and 1 level teaspoon cinnamon in with the flour, and adding 5-6 ozs. currants instead of 4 ozs. After final kneading, divide into portions about the size of a large egg, form into rounds, and place on greased baking sheets. Mark a cross on each with a knife, cutting into the dough a little. Brush with egg or milk, cover with a cloth, and leave to prove in a warm place for 30 minutes. Bake for 15-20 minutes in a fairly hot oven (Regulo Mark 7 : 425° F). Brush with glaze after removing from the oven, and cool on a wire tray.  
Makes 25 Buns.



## STORK MARGARINE COOKERY SERVICE



### GLAZE

2 ozs. (2 rounded tablespoons) sugar  
5 tablespoons water  
 $\frac{1}{2}$  level teaspoon gelatine  
Place the sugar and water in a saucepan over a gentle heat, dissolve, then bring to the boil. Cool a little, add the gelatine, and stir until dissolved. Immediately the buns are removed from the oven brush the glaze over while it is still liquid, and leave until set.

### SALLY LUNNS (with yeast)

Ingredients and method as for Yorkshire Tea cakes up to stage when divided into portions.

Divide the dough into four equal portions, mould into rounds, and place in four 5-inch cake tins, greased, and lined round the sides with greased greaseproof paper. Press out to fit the tins. Brush the tops with egg or milk. Cover, and prove for 40 minutes in a warm place. Bake in a hot oven (Regulo Mark 7 : 425° F) for 23 minutes. Cool and sprinkle with icing sugar.  
Makes 4 Sally Luns.

### CRUMPETS

1 lb. 2 ozs. plain flour  
 $\frac{1}{2}$  oz. yeast (approximately 2½ level dessertspoons when crumbled) OR  $\frac{1}{2}$  oz. (3 level dessertspoons) dried yeast  
1 level teaspoon sugar  
5 level teaspoons salt  
 $\frac{1}{2}$  pint luke-warm water  
 $\frac{1}{2}$  oz. (3 level dessertspoons) dried yeast  
 $\frac{1}{2}$  pint cold water  
 $\frac{1}{2}$  level teaspoon bicarbonate of soda

Blend the yeast with the sugar, and gradually stir in the luke-warm water. Sieve the flour, make a hole in the centre, pour in the yeast mixture, stir together until thoroughly mixed, cover, and leave in a warm temperature for 1½ hours. Blend the bicarbonate of soda smoothly with the  $\frac{1}{2}$  pint of cold water. Add to the yeast and flour mixture, beating well. Leave to stand for 10 minutes longer in a warm place. Finally stir in the salt.

Grease the crumpet rings (or hoops) lightly, and place on a moderately hot non-greased girdle or hot plate. Ladle the batter into the hoops, allowing about one-eighth of a pint (or 5 tablespoons) to each, and cook over a moderate heat until the surface is well covered with holes (8-10 minutes) then remove the hoops, turn and cook the other side. Serve hot, spread with margarine, or toast when cold, and spread with margarine.  
Makes 18 Crumpets.

### MUFFINS

14 ozs. (14 heaped tablespoons) plain flour  
 $\frac{1}{2}$  oz. yeast (or 2½ level dessertspoons when crumbled) OR  $\frac{1}{2}$  oz. (3 level dessertspoons) dried yeast  
 $\frac{1}{2}$  pint luke-warm water  
1 rounded teaspoon sugar  
Sieve the flour and salt together. Blend the yeast with the sugar, and mix smoothly with the luke-warm water. Add to the flour, and mix to a smooth dough. Mix with a wooden spoon for five minutes in a warm temperature. Cover the basin with a cloth, and leave in a warm temperature for  $\frac{1}{2}$  hour (on the top of the cooker, when the oven heat is turned on, is very suitable).

Knock back the dough to its original size, that is, press out the gas from the dough with the knuckles. Cover again with the cloth, and leave in a warm place for a further  $\frac{1}{2}$  hour to rise again.

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## STORK MARGARINE COOKERY SERVICE



### Muffins—continued

Divide into six portions, mould into rounds, and fit into greased muffin rings placed on a lightly floured board. Leave to prove, or rise in a warm place, covered with a damp cloth, for 45-50 minutes.

Heat to a moderate temperature a lightly greased girdle or hot-plate, and cook the Muffins, still in the rings, for 5-7 minutes on each side. When one side is cooked, remove the ring before turning over. Split open, and serve either hot, or toasted when cold, spread with margarine.  
Makes 6 Muffins.

NOTE: The proving time varies according to temperature. When ready for cooking, the surface of the muffins will retain the impression of the finger when lightly pressed.

### SCONES

#### POTATO SCONES

$\frac{1}{2}$  lb. cooked potatoes  
2 ozs. margarine  
3 ozs. (3 heaped tablespoons) plain flour  
1 level teaspoon salt  
Mash or sieve the potatoes, and beat in the margarine. Sieve the flour and salt together, and work smoothly into the potato mixture. Turn out on to a lightly floured board, divide into four portions, and roll each out thinly into a fairly large round. Cut each into four triangles, and cook on a hot lightly greased girdle, frying pan, or hot-plate for about 5 minutes on each side, until nicely browned. Serve hot or cold, spread with margarine.  
Makes 16 Scones.

#### TREACLE SCONES

8 ozs. (8 heaped tablespoons) plain flour  
1 rounded teaspoon baking powder  
 $\frac{1}{2}$  level teaspoon ground ginger  
2 ozs. margarine  
1 well-filled tablespoon black treacle  
 $\frac{1}{2}$  level teaspoon salt  
1 level teaspoon ground cinnamon  
 $\frac{1}{2}$  level teaspoon mixed spice  
1 oz. (1 rounded tablespoon) sugar  
6 tablespoons fresh or sour milk  
Milk to coat

Sieve together the flour, baking powder, ginger, spices and salt, and rub in the margarine. Stir in the sugar. Warm the treacle, and mix with the milk. Add to the rubbed-in mixture, and stir in to form a soft dough. Turn out on to a lightly floured board, and knead a little. Roll out to about  $\frac{1}{4}$ -inch thick, and cut into rounds with a  $\frac{1}{4}$ -inch cutter. Place a little apart on a greased baking sheet, brush the tops with milk, and bake for 12 minutes in a hot oven (Regulo Mark 7 : 425° F) on the second shelf from the top.  
Makes 12 Scones.

#### WHOLEMEAL SCONES

8 ozs. (8 heaped tablespoons) self-raising wholemeal flour  
 $\frac{1}{2}$  level teaspoon salt  
6 tablespoons milk  
2 ozs. margarine  
Milk to coat  
Mix the flour and salt together, and rub in the margarine. Add the milk and mix to a stiff dough. Turn out on to a floured board, and knead lightly. Divide in two, roll each portion out to a round about  $\frac{1}{4}$ -inch thick. Cut half-way through each scone on top in the form of a cross, making four triangles. Brush over with milk, place on a lightly-greased baking sheet, and bake for 25-30 minutes in a hot oven (Regulo Mark 7 : 425° F) on the second shelf from the top. Serve either hot or cold, separated, cut open, and spread with margarine.  
Makes 8 Scones.