

**Simple recipes for quick and economical dishes : suggested by users of BetoX / Phillips Yeast Products Ltd.**

**Contributors**

Phillips Yeast Products.

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# SIMPLE RECIPES

## FOR QUICK AND ECONOMICAL DISHES

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### Suggested by users of BETOX

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I have tried BETOX spread thinly on hot buttered Toast and it is most delicious.

SCRAMBLED EGGS are much more appreciated if the toast is spread with BETOX first.

SAUSAGE and MASH with BETOX Gravy is most appetising.

BETOX is delicious for moistening and flavouring Rissoles.

A SMALL QUANTITY spread on Welsh Rarebit and Dripping Toast, adds a delightful piquancy.

Have used BETOX for many kinds of Gravy, also for Stuffed Onions which is a tasty supper dish.

BETOX is wonderful for making a quick Soup with vegetables and tomatoes when time is so limited a tasty meal can be made in ten minutes.

Spread BETOX lightly on potato crisps. This makes a simple and inexpensive meal, which is relished by everyone.

My sandwiches, made with BETOX mixed with the butter, with which I spread the bread, then a little hard-boiled egg, were pronounced delicious.

Excellent for Stews and Vegetable Dishes.

As a CONDIMENT—either alone or mixed with Mustard. It greatly improves the flavour of the meat.

As a SANDWICH SPREAD with thin tomato slices, most appetising.

BETOX is excellent in sandwiches combined with chopped celery and as a savoury with hot buttered toast.

BETOX is all you say of it and more, with sandwiches—a great improvement is lettuce or mustard and cress—a meal in itself.

Have found BETOX extremely nice as a sandwich spread, especially with sliced tomatoes, watercress, cucumber, etc.

Cream Cracker biscuits spread with a little BETOX are a real treat, we enjoy them so much we hardly know when we have had enough.

Have you tried BETOX on hot buttered Crumpets, it's good ! !

As a sandwich spread WITH CHEESE grated or sliced—or even with the humble dripping is very tasty.

1½<sup>D.</sup>

½ lb. JAR

SUPER QUALITY

**BeToX**

TRIAL SIZE (about 3 ozs.) 6d.

2½<sup>D.</sup>

1 lb. JAR

Sole Makers: PHILLIPS YEAST PRODUCTS LTD., Park Royal Road, London, N.W. 10



# A FEW EASILY PREPARED & APPETISING BETOX RECIPES

## SHEPHERD'S PIE.

*Ingredients :*  $\frac{3}{4}$  lb. of any cooked meat, 1 oz. butter, 1 chopped onion, mashed potatoes, 3 teaspoonfuls BETOX.

Mince the meat. Then butter a pie-dish and put in the meat, mixed with chopped onion. Dissolve 3 teaspoonfuls of BETOX in a cup of boiling water and pour over. Heap the mashed potatoes on top, smoothing with knife and mark with fork. Brush over with milk or beaten egg, and bake in good oven until brown.

## VEGETABLE STEW.

Peel and slice 2 potatoes, 1 small carrot and turnip and 1 small onion. Place them in a saucepan with a pinch of salt and cover them with water. Let them simmer gently until tender. Put three large teaspoonfuls of BETOX in a large teacup. Fill the cup with boiling water and stir until dissolved. Then add to the vegetables in the saucepan and bring to the boil for a few minutes. This makes a savoury and satisfying meal, which will be relished by everyone.

## BETOX CHEESE RAREBIT.

Butter one side of a lightly toasted slice of white or brown bread. Spread on a little BETOX. Place some grated cheese on top and put under the grill for a minute or two until browned. Served hot it will tempt the most jaded appetite.

## DELICIOUS RISsoles.

*Ingredients :*  $\frac{1}{2}$  lb. cold meat,  $\frac{1}{4}$  lb. stale bread,  $\frac{1}{4}$  lb. cold boiled potatoes, 1 onion, a little thyme and parsley, 3 teaspoonfuls of BETOX.

Cut the meat, bread and vegetables into small pieces. Then put three teaspoonfuls of BETOX into a large

cup. Fill the cup with boiling water and stir until dissolved. Add a small quantity to the meat and vegetables and put them through a mincing machine. Form into oval or cork shapes. Flour or bread-crumbs them as preferred and fry in dripping till nicely browned. Serve with the remainder of the BETOX as gravy. If a thick gravy is required, a little flour should be added and the gravy brought to the boil for a minute or two.

## STEWED STEAK & VEGETABLES.

*Ingredients :*  $\frac{1}{2}$  lb. steak, 2 onions, 2 carrots, 1 small turnip, small piece of dripping, 1 teaspoonful of BETOX.

Melt dripping. Cut steak into neat pieces, dust with flour or BETOX Gravy Powder, and Brown. Add the onion and brown, cover with water, bring to the boil, then simmer slowly. Add the carrot and turnip cut into neat pieces. Cook slowly for  $1\frac{1}{2}$  to 2 hours. When cooked add the BETOX, (made in a cup with boiling water), and boil for several minutes longer. Serve with toast.

## STEAK AND KIDNEY PUDDING.

*Ingredients :*  $\frac{1}{2}$  lb. steak,  $\frac{1}{4}$  lb. Ox kidney, 4 oz. flour,  $1\frac{1}{2}$  tablespoonfuls chopped suet, 3 teaspoonfuls of BETOX.

To make paste, mix suet with flour, add salt, bind with cold water and roll out. Then cut the steak and the kidney into small pieces. Line bowl with paste. Add in the steak and kidney and half the quantity of the BETOX (made in a cup with boiling water). Cover top of bowl with paste, tie on greased paper and steam for 2 to  $2\frac{1}{2}$  hours. When cooked, cut the top of pudding, pour in the remainder of the BETOX and serve.

1'2<sup>D.</sup>

$\frac{1}{2}$  lb. JAR

SUPER QUALITY

**BeToX**

TRIAL SIZE (about 3 ozs.) 6d.

2'2<sup>D.</sup>

1 lb. JAR

FOR A GRAVY—COMPLETE IN ITSELF—TRY  
**BETOX GRAVY POWDER**

3-pint size 3d.

9-pint size 7 $\frac{1}{2}$ d.

Sold by Grocers and the Popular Price Stores.