

**Suggestions for breakfast : a good breakfast every day is the first rule in the book of health / Ministry of Food.**

**Contributors**

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## POTATO PUFFS

**PUFFS**  
1 lb. cooked mashed potato  
Salt and pepper  
A little flour

Mix cold mashed potato with seasoning. Add enough flour to bind the potatoes into a dough which will roll out easily, roll out, cut into four fairly large rounds. Season the filling chosen and place a little on each round, damp edges, fold over and seal. Bake on greased tray or fry in shallow fat.

## CHEESE and VEGETABLE CUTLETS

4 oz. grated cheese  
8 oz. mashed potatoes  
4 oz. cooked peas  
2 carrots, finely grated  
1 onion, chopped finely  
4 tablespoons flour  
Salt and pepper  
Browned breadcrumbs

Mix together the cheese, vegetables, and flour, and season well. Form into eight cutlets and coat with browned breadcrumbs. Bake in a moderate oven for 20-25 minutes, or fry in a little fat for 5 minutes, or grill until brown on both sides.

## FRIED CHEESE SANDWICHES

2 oz. cheese, sliced  
4 slices of bread from a 2 lb. loaf  
1 teaspoon milder mustard  
Fat for frying

Place the cheese on two of the slices of bread and lightly spread with the mustard. Cover with the remaining slices of bread, cut in two, and fry in hot fat till golden brown on both sides. Serve hot.

## POTATO FADGE with FRIED BACON

8 oz. cooked mashed potato  
Salt and pepper  
1-2 oz. flour  
4 rashers bacon

Mix potato, seasoning and enough flour to make a stiff dough. Roll out  $\frac{1}{4}$  inch thick and cut into eight pieces. Fry bacon and keep hot, then fry the fadge in the bacon fat until brown on both sides. Serve with the bacon.

## FRIED HERRINGS

4 fillets, or whole herrings  
1 tablespoon flour, or oatmeal  
2 teaspoons salt  
A little pepper  
Fat for frying

Wipe the fish and dip it in the flour or oatmeal to which the salt and pepper have been added. Heat a little fat in a frying pan until a faint blue haze rises. Put in the fish, and cook until brown on both sides.

**N.B.**—If whole herrings are used be sure they are cleaned before cooking.

## POACHED KIPPERS

Cut off the heads and tails. Put the fish in a frying pan with just enough cold water to cover. Bring to the boil, simmer for a few minutes. Drain well and serve with a small knob of butter or margarine on each kipper.

When available, smoked haddock can also be cooked in this way.

## GRILLED FISH

1 tablespoon flour  
 $\frac{1}{2}$  teaspoon salt  
Pinch of pepper  
Pinch of grated mace

2 tablespoons milk  
1 lb. fillet of fish, cut in pieces  
Browned breadcrumbs  
1 oz. cooking fat or dripping

Blend the flour, salt, pepper and mace with the milk. Dip the pieces of fish in this and then roll in browned crumbs. Heat the fat in the grill pan and, when hot, dip the fish in it and grill on both sides till brown and cooked. The pieces of cooked fish can be baked in a hot oven for  $\frac{1}{2}$  hour. Cook in a baking tin or shallow fireproof dish with the fat.

**NOTE.**—The pieces of fish can be sprinkled with salt and pepper and coated in breadcrumbs only.

## HERRING ROE SAVOURY

8 soft roes  
 $\frac{1}{2}$  pint milk  
4 slices of toast  
1  $\frac{1}{2}$  tablespoons flour  
Salt and pepper  
Chopped parsley

Rinse roes. Sew in the milk until they are tender about 10-15 minutes. Place 2 roes on each piece of toast and keep hot. Mix the flour to a smooth paste with a little cold water, add the boiled milk. Return to the saucepan and stir until boiling. Boil 5 minutes, season well, and pour over the roes. Garnish with chopped parsley.

## HARD ROES

These may be washed, dipped in flour or egg and breadcrumbs, and fried in a little hot fat till golden brown.

## GRILLED PILCHARDS on TOAST

1 tin of pilchards (15 oz. size)  
4 slices of buttered toast

Divide the pilchards on to the four slices of toast and place under the grill for several minutes to heat.

## FRIED PILCHARDS on FRIED BREAD

1 tin pilchards (15 oz. size)  
4 slices of bread  
Fat for frying, if necessary

Fry the pilchards till brown on both sides. They should be sufficiently oily to fry without extra fat. Remove from the pan and keep hot. Add a little extra fat if necessary to fry the slices of bread till golden brown on both sides. Divide the pilchards on to the four slices of fried bread and serve hot.

**N.B.**—Canned herrings or sardines may be used instead of pilchards in either of the recipes above.

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# SUGGESTIONS for BREAKFAST



A GOOD BREAKFAST EVERY DAY IS THE FIRST RULE IN  
THE BOOK OF HEALTH

Get up early enough to enjoy breakfast without hurry. A cup of tea and a morsel of toast gulped down with one eye on the clock is no use to anyone. Breakfast is an important meal for all of us, but especially important for growing school children and young factory workers.



## BREAKFAST MENU

### PORRIDGE

(or other cereal with fruit or milk)

### COOKED DISH

(Bacon or fish or meat or cheese or egg with fried potatoes or fried bread)

### NATIONAL or WHOLEMEAL BREAD

with

BUTTER or MARGARINE

and

MARMALADE or JAM or other SWEET SPREAD

TEA or COFFEE

COCOA or MILK for children

## RECIPES

### PORRIDGE (I)

4-6 oz oatmeal 1 teaspoon salt  
2 pints water

Soak the oatmeal in the water overnight. Next morning, add salt, bring to the boil and cook for 15-20 minutes, stirring occasionally to prevent sticking.

**N.B.**—If thick porridge is preferred, use the larger amount of oatmeal.

### PORRIDGE (II)

6-8 oz rolled oats or barley flakes 1 teaspoon salt  
2 pints water

Mix the rolled oats or barley flakes with a little of the cold water. Boil the rest and pour on to the oats or flakes stirring well. Return to the pan. Add the salt and boil the porridge for 5-10 minutes, stirring at intervals.

**N.B.**—If thick porridge is preferred use the larger amounts of rolled oats or barley flakes.

### SEMOLINA PORRIDGE

4-6 oz semolina 1 teaspoon salt  
2 pints liquid (1 pint or less milk and remainder in water)

Blend the semolina and salt with a little of the cold liquid. Bring the remainder to the boil and pour on to the blended semolina. Return to the pan and boil gently for 15-20 minutes stirring well to prevent it burning.

**N.B.**—If thick porridge is preferred use the larger amount of semolina.

### WHEATMEALIES

Cut bread into small dice not more than 1" thick. Spread on a flat tin and bake until quite crisp. Serve with milk and sugar or with stewed fruit.



### SUMMER BREAKFAST DISH

4 oz rolled oats or barley flakes or kernels 1/2 lb. grated apple  
4 tablespoons milk 1-2 tablespoons sugar

Soak the rolled oats or barley flakes or kernels overnight in barely enough water to cover. In the morning, beat up well with the other ingredients. This is a delicious alternative to porridge on summer mornings.

### FRIED BREAD and BACON

4 rashers bacon Fat for frying, if necessary  
4 slices bread 1" thick (from a 1 lb. loaf)

Fry the bacon and push to one side or remove from the pan and keep hot. If the bacon is lean it may be necessary to add a little extra fat to have enough to cover the bottom of the pan. Fry the slices of bread in the hot fat until golden brown on both sides. Serve with the bacon.

### BACON TURNOVERS

1-2 rashers fat bacon 1/2 teaspoon salt  
4 oz plain flour with 1/2-1 teaspoon mixed herbs  
2 teaspoons baking powder 4-6 tablespoons milk  
or 4 oz self-raising flour



Fry and chop the bacon, keeping the fat to fry the turnover. Mix the dry ingredients to a scone dough with milk and roll to 1" thickness. Cut into eight 1" rounds and place bacon in the centre of four. Dump edges and cover with remaining four rounds. Fry in the bacon fat for about 10 minutes until cooked through and golden brown on both sides.

### FRITTERS

4 oz self-raising flour 1/2 teaspoon pepper  
or 4 oz plain flour and 1/2 pint milk (approx.)  
2 teaspoons baking powder 2 oz chopped bacon  
1 teaspoon salt Fat for frying

Mix flour, baking powder, if used, salt and pepper well together. Mix to a stiff batter with the milk. Beat well. Add the chopped bacon. Fry tablespoons of the mixture in hot fat until golden brown on both sides. Serve at once. This quantity makes about 8 fritters.



### ALTERNATIVE FLOURINGS TO USE INSTEAD OF THE BACON:—

- 2 oz. grated cheese
- 2-3 oz. finely chopped cooked meat.
- 2-3 oz. flaked cooked fish and 1 tablespoon chopped parsley
- 1/2 tin (4 1/2 oz. size) mashed sardines and 1 dessertspoon vinegar

### SAVOURY POTATO CAKES

8 oz mashed potato 1 teaspoon salt  
8 oz cooked fish, flaked 1/2 teaspoon pepper  
1 tablespoon chopped parsley

Mix all the ingredients well together. Turn on to a board and shape into 4 cakes. Brown under the grill on both sides or bake in a moderate oven till firm and brown.

### ALTERNATIVE FLOURINGS TO USE INSTEAD OF THE FRESH FISH:—

- CANNED FISH. Use 2 oz. sardines, mackerel, pilchard or herring.
- BACON. Omit the salt. Use 2 oz. chopped bacon. Fry the bacon before mixing with the other ingredients. Use the bacon fat for frying the potato cakes.
- CHEESE AND PARSLEY. Use only 1/2 teaspoon salt. Add 1 1/2 oz. grated cheese and 1 tablespoon chopped parsley.
- MEAT. Use 2 oz. cooked meat, minced or finely chopped and add 1 teaspoon Worcester sauce.

### PAN HASH

8 oz cooked mashed potatoes Salt and pepper  
8 oz mixed cooked vegetables, chopped 1 oz. fat for frying (use the bacon fat)  
2 oz. chopped cooked bacon

Mix all the ingredients together. Melt the fat in a frying pan and fry the mixture on both sides till well browned, about 15 minutes.

**NOTE.**—If no cooked vegetables are available, 1 lb. cooked mashed potatoes may be used.

### ALTERNATIVE FLOURINGS TO USE INSTEAD OF THE BACON:—

- 2 oz. grated cheese
- 2 oz. chopped cooked meat
- 2 oz. flaked cooked fish

ALL SPOONFULS ARE LEVEL.....ALL QUANTITIES FOR 4