

Golden goblins : hot sensation for the hungry / Bovril.

Contributors

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Golden Gobblins

Hot sensation for the hungry!



Don't tell the family but this latest trick with cold meat is a wonderful way of making a few odds and ends into a fine hot meal.

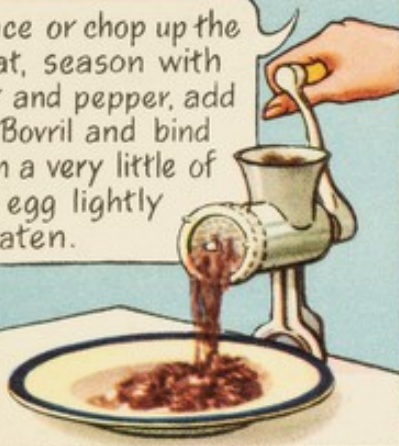
1

* INGREDIENTS *

- | | |
|-----------------------------|-----------------------------|
| $\frac{1}{2}$ lb. flour | 2 oz. Margarine or Butter |
| 1 teaspoon baking powder | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{2}$ lb. cold meat | Milk · One Egg |
| Fat for frying | 1 dessertspoon Bovril |

2 TASTY FILLING.....

Mince or chop up the meat, season with salt and pepper, add the Bovril and bind with a very little of the egg lightly beaten.



3

MAKING THE DOUGH

Sift the flour, salt and baking powder in a bowl and rub in the butter or margarine. Add the remainder of the beaten egg and just enough milk to make a stiff paste.



4

ROLL OUT

On a floured board, roll the dough out thinly and cut into rounds about three inches across.



Recipe Reel No 10 (continued)



7 BY THE WAY—ABOUT FRYING

Deep fat frying is both wholesome and economical when properly done. You can use the fat over and over again. Always use enough fat to give a depth of four inches in your pan. The temperature must be high enough to seal the outside of the food immediately—or food becomes fat-soaked and hard to digest. A faint blue smoke rising from the fat shows it is ready for use.

Never try to cook too much food at once as this lowers the temperature. Reheat the fat after each batch of frying. Strain fat after use to remove any crumbs.



It's a simple matter to turn cold meat into a hot success when you use Bovril in your cookery. Bovril not only adds a special delicious richness all its own but it brings out the flavour of other ingredients and makes everything you eat more nourishing.

BOVRIL the power of Beef

Bovril, Old St., London