

Hav soya flour / G. Havinden Ltd.

Contributors

G. Havinden Ltd.

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Cakes

CHRISTMAS or WEDDING CAKE

10 oz. self raising flour	2 tablesp. dried egg
2 oz. HAV Soya Flour	4 do. water
4 oz. margarine	1 do. golden syrup
4 oz. lard	1 do. black treacle
4-5 oz. sugar (brown pref.)	1½-2 teasp. spice
1 lb. mixed fruit	½ teasp. salt
2 oz. mixed peel or marmalade	do. bicarb. soda
3 oz. grated cooked carrot	do. baking powder
	Lukewarm weak tea to mix

Melt the syrup and treacle with the carrot. Cream the fats until they are white. Beat the sugar well in. Mix the dried egg with the water (following the directions given) and beat for 2-3 minutes. Then carefully beat the egg into the creamed mixture, adding a little flour if it shows any tendency to curdle. Stir in the syrup mixture (including the marmalade if it is used). Have the flour, Soya Flour, salt, spices (your own selection), baking-powder and soda well mixed with the fruits. Add together with sufficient lukewarm milk or tea to make a mixture which will drop from the spoon.

Pour into a well-greased and floured cake tin (8-8½ in. dia.)—or one lined with paper—and start baking in a fairly warm oven for the first ½ hour (Regulo 6 or 415 deg. Fahr.) then lower the heat so that the cake will be baked much more slowly (Regulo 3 to 349 deg. Fahr.). Give the cake about 2-2½ hours in all—but test it after 2 hours.

CHOCOLATE CAKE (Eggless)

8 oz. self-raising flour	½ teasp. salt
1 oz. HAV Soya Flour	½ teasp. bicarb. soda
1 oz. cocoa	1 tablesp. black treacle
3 oz. fat	12-14 tablesp. hot water
3 oz. sugar	

Melt the fat. Dissolve the treacle in the hot water. Mix the flour, Soya Flour, salt, sugar and cocoa in a bowl. Dissolve the soda in the treacle water and stir into the dry ingredients. Stir in the melted fat. Pour into a well-greased and floured baking tin (approx. 7½ x 10 in.) and bake for 30-35 minutes in a not-too-hot oven.

RICH SOYA EGGLESS CAKE

8 ozs. self raising flour	1 tablesp. treacle or golden syrup
2 oz. HAV Soya Flour	
2-3 oz. sugar	1 tablesp. vinegar
3 oz. fat	½ teasp. salt
6 oz. fruit	½ teasp. bicarb. soda
1 teasp. mixed spice	1-1½ cups water

Grease and flour a tin (7" to 7½" dia.). Sieve the flour, spices and salt into a bowl, stir in fruit and sugar. Melt treacle and water together and stir while still hot into this mixture. Add the melted fat. Dissolve the bicarbonate of soda in vinegar and stir quickly into the mixture. Pour into prepared tin and bake for 1½ to 2 hours in a medium warm oven.

**THE IDEAL DAILY RATION
OF HAV SOYA FLOUR IS ONE
TABLESPOON EACH PERSON**

EGGLESS ROCK BUNS

8 oz. self-raising flour	1 dessp. black treacle
1 oz. HAV Soya Flour	½ teasp. bicarb. soda
2 oz. sultanas or ch. dates	1 teasp. mixed spice
3 oz. lard	Pinch of salt
3 oz. sugar	A little milk or water

Sift the dry ingredients together and rub in the lard. Dissolve the treacle in a little milk and water (about 2 tablespoonsfuls) and mix in with a fork. The mixture should be dry enough to heap up and keep its shape during baking. Pile in little rough heaps on a baking sheet and bake for 15-20 minutes in a fairly hot oven. The above quantities should make 14-16 little buns.

SOYA SCONES

½ lb self raising flour	½ teasp. baking powder
1 oz. HAV Soya Flour	½ teasp. salt
1½ oz. lard	Milk or water to mix

Mix the dry ingredients together. Rub in the lard. Add enough milk or water (or milk and water) to make a soft dough (about ½ pint). Roll out ½-inch thick. Cut with a 2-inch round cutter. Brush over with a little milk. Place on a floured tin and bake in a hot oven for 12-15 minutes.

FRUIT SCONES

Add 2 oz. sultanas, currants or chopped dates to the above mixture.

MOCK MARZIPAN (It is most important to follow this recipe exactly without alteration, to achieve the best result.)

4 oz. HAV Soya Flour	2 small teasp. almond ess.
4 oz. granulated sugar	2 tablesp. water
2 oz. unsalted margarine	

Melt the margarine in a saucepan (make sure that it does not brown). Add the sugar, water and essence and stir over the lowest heat for one minute. Remove the saucepan from the heat and add the Soya Flour. Knead all well together for at least two minutes. To colour the marzipan, add the colouring with the essence.

If you want to use it for a layer or covering on a cake, shape a small loaf, wrap it in greaseproof paper and keep in a cool but not cold place. If you want to use it for sweets, shape them while it is still warm. Leave to cool. If you wish, turn in powdered chocolate or cocoa and then store as above. For strawberries, colour with cochineal and shape like strawberries. For 'stalks' use small pieces of green spills.

Should you prefer a different kind of sweet from one that tastes like marzipan, do not add almond essence, but add to the same amount of other ingredients 1 oz. of cocoa and 1 oz. more of sugar. Mix the cocoa with the Soya Flour, otherwise proceed in the same way.

MACAROONS

When the mock marzipan has been prepared, shape a small long loaf with it. Cut into slices of about ¼ in., bend the slices slightly, so as to break the surface a bit, and cook in a low oven until done, about fifteen minutes. They should still be soft when you take them out. They crisp up immediately.

HAV SOYA FLOUR

packed and distributed by

G. HAVINDEN LTD.

(Evacuation Address)

43, CAVENDISH ROAD,
LONDON, N.W.6



HAV SOYA FLOUR

HAV Soya Flour contains 40% of protein, 20% of fat, mineral salts and the vitamins A, B1, B2, D and E. Also it contains no indigestible starch; it is, therefore, a most valuable natural food.

The 'Plus' Food

HAV Soya Flour is more than one good food. It is many good foods in one. It is rich in the protective vitamins. And, as a protein or body-building food, it contains more body-building 'Bricks' than do any other of the 'Pulse' foods. There is so much fat in Soya Flour that you can cut down very much on other fats required in certain recipes.

Try, for instance, this experiment. Next time you make your war-time Short Crust, add 1 oz. Soya Flour to 8 oz. plain flour. You will see at once how much more short the crust is than when made without Soya Flour. There is no dish, savoury or sweet, that is not improved in goodness and food value by the addition of HAV Soya Flour.

Balanced Diet and 'Buffer' Ration

The shortage of such foods as meat, eggs, cheese, fish and milk means that our wartime diet may lack body building 'Bricks'. The National Rations are planned to make a balanced diet possible but every housewife knows that it is not always practical to keep this balance. Therefore she wants a 'Buffer' Ration which can be used regularly to build up a reserve against protein-fat shortages. HAV Soya Flour is ideal for this purpose and the suggested daily ration, divided among all the cooked dishes, is one tablespoonful per person.

HAV SOYA FLOUR IN COOKERY

To your own recipes, add HAV Soya Flour in the following proportions:

SOUPS (Cream or Thick Vegetable) Add one tablespoonful to each quart of stock.

SAUCES (White or Fish) Add one dessertspoonful to each half pint.

STEWES (Meat or Vegetable) Add one tablespoonful for four persons.

MILK PUDDINGS Add from one dessertspoonful to one tablespoonful.

SPICED FLOUR (for Spice Cakes, Puddings, etc.) Add three to four ounces to one pound flour.

GENERAL PURPOSES Blend two to three ounces HAV Soya Flour with each pound of plain or self-raising flour.

WAR-TIME RECIPES

These recipes, introducing HAV Soya Flour, are offered to you in the hope that they will help you with your war-time cooking.

Soups

POTATO SOUP (Foundation Recipe)

1 lb. potatoes (floury) 1 tablesp. HAV Soya Flour
1 good sized onion 1 tablesp. plain flour
1½ pints water ½ pint milk
Pepper and salt to taste

Put the peeled sliced potatoes and sliced onion in a soup pot with the water. Simmer until the vegetables are cooked then press through a sieve. Mix the plain and Soya Flours together with the milk and add water as necessary. Pour into the potato puree and bring to the boil, adding seasoning to taste. Simmer 10 minutes. Add finely chopped fresh parsley.

Note—To save time and fuel, grate the onion and potatoes. The soup can then be made in 30 minutes in all.

ARTICHOKE SOUP Follow the above recipe using ½-lb. potatoes and ½-lb. Jerusalem artichokes.

CARROT SOUP To the first recipe, add a small cupful of grated raw carrots before adding the flours and milk.

LEEK SOUP Slice 1-2 leeks very thinly. Simmer in a small nut of margarine. Add 1-lb. grated raw potatoes and follow the first recipe.

WATERCRESS SOUP Take a small cupful finely chopped watercress, simmer gently for 10 minutes in a small nut of margarine and a tablespoonful water, then add to the first recipe.

Entrees

FISH BONNE FEMME

1-1½ lb. fillets any white fish ½ oz. margarine
A bay leaf 1 oz. plain flour
2-3 sprigs parsley 1 tablesp. HAV Soya Flour
A pinch of thyme Milk
Water Pepper and salt

Put the fish in a saucepan. Add the herbs, a little pepper and salt and a little hot water. Simmer gently until the fish is opaque. Strain off the stock. Melt the margarine in a small pan. Blend the plain flour well in. Add the Soya Flour, the strained fish stock and a little top milk (about ½ pint in all). Simmer to reduce. Place the cooked fish on a heated platter, pour over the sauce (reduced to the desired consistency) and serve.

SHEPHERD'S PIE

1 teacupful minced cooked meat 1 tablesp. plain flour
2 teasp. (approx.) fat
1 do. grated cooked carrot 1 teacupful water
1 small onion, chopped Pepper and salt to taste
1 dessp. HAV Soya Flour 1½ lb. mashed potatoes

Gently fry the chopped onion in the melted fat. Blend in the flours and add the water. Add the minced meat and carrot and heat through. Pour into a deep greased pie-dish. Pile the hot potatoes on top (mashed with a little Household milk and a walnut of margarine). Slip under the grill or in the oven to brown.

VEGETABLE CURRY

2 lb. mixed cooked vegetables — carrots, cauliflower, French or runner beans, peas or any reasonable vegetables.

Make the Curry Sauce as follows—

Melt a tablespoonful cooking fat. Add a finely sliced onion or several spring onions (including the green) and cook gently. Add a chopped apple (if available) and cook slowly. Next, add a tablespoonful of plain flour and brown it gently. Rub in a dessertspoonful of curry-powder and a dessertspoonful of Soya Flour. Add a chopped tomato (if available) or a dessertspoonful of tomato ketchup, a pinch of cinnamon (if available), black pepper and salt to taste and, if wanted, a few grains of Cayenne pepper.

Rub all these together and slowly stir in ¾ pint vegetable water. Add a bay leaf and a tablespoonful of chutney or sweet pickles. Simmer slowly to reduce the sauce to the desired thickness. Taste and correct seasoning. Pour through a sieve and press out the pulp on to the prepared vegetables. Serve with plainly boiled rice or, if rice is not available, mashed potatoes.

Note—If you have rice, you can include diced potatoes in the vegetables.

Pastry

SOYA SHORT CRUST

6 oz. self-raising flour Pinch of salt
1-1½ oz. HAV Soya Flour Water to mix
2 oz. lard or margarine and lard

Put the dry ingredients in a basin. Cut in the fat and rub with the finger-tips to fine crumbs. Mix with a little cold water to make a not-too-moist dough. Use for any meat or fruit pie.

SOYA SUET CRUST (For Meat, Vegetable, Apple or other Fruit Puddings)

½ lb. self-raising flour Pinch of salt
1 oz. HAV Soya Flour Water to mix
3 oz. chopped suet

Mix the dry ingredients. Add the suet and enough water to make a stiff dough. Roll out two-thirds of this to line a pudding basin. Put in the filling—meat, vegetables or fruit—and add the remaining third of the crust as a top. Steam for 3 hours for meat pudding, 2½ hours for vegetable pudding and 2 hours for fruit pudding.

Puddings

YORKSHIRE PUDDING (Foundation Recipe)

3 oz. self-raising flour 2 tablesp. water
2 oz. HAV Soya Flour 1 teasp. salt
1 tablesp. dried egg ½ pint milk and water

Mix the dried egg with the 2 tablespoonfuls of water. Put the remaining dry ingredients in a bowl. Gradually mix in the egg and the milk and water. Have a little fat very hot in a pan. Pour in the batter and bake for about 30 minutes.

TOAD IN THE HOLE

Follow the above directions. Drop sausages or pieces of cooked meat into the batter and bake.

FISH TOAD IN THE HOLE

Add small fillets of smoked haddock to the batter in the first recipe.

SAVOURY PUDDING

To the first recipe, add 1 teaspoonful chopped onion and 1-2 teaspoonfuls mixed herbs with salt to taste.

APPLE BATTER PUDDING

Drop cut-up apples into the centre of the first batter.

FRUIT BATTER PUDDING

Make as for Yorkshire Pudding. When baked, fill with stewed fruit.

SPICED FRUIT PUDDING (less fat, no milk, no eggs)

8 oz. self-raising flour 1 tablesp. HAV Soya Flour
4 oz. moist breadcrumbs 3 tablesp. sugar
4 oz. dried fruit 1 teasp. mixed spice
3 oz. suet or fat Pinch of salt
a little hot water

Mix the self-raising flour with the breadcrumbs and Soya Flour, mixed spice, dried fruit and sugar. Add the shredded suet. Stir cold water into the mixture to make a smooth moist paste. Put into well-greased pudding basin two-thirds full, cover and steam for 2 to 2½ hours.

RICE PUDDING

2 tablesp. rice 1 oz. sugar
1 pint milk 1 oz. HAV Soya Flour.
½ pint water Grated nutmeg

Put the washed rice into a greased pie-dish. Blend the Soya Flour and sugar in the milk and water and pour over the rice. Sprinkle over a little grated nutmeg and bake for 1½—2 hours. **Note**—Sago, Semolina, Tapioca or Macaroni Pudding (use a full 2 oz. macaroni), can be made in the same way and household milk can be used.

SOYA PLUM PUDDING

Tablesp. HAV Soya Flour 1 tablesp. marmalade or mixed peel
Cupful plain flour 1 tablesp. black treacle
do. bread-crumbs 1 teasp. mixed spice
do. finely-chopped suet 1 teasp. bicarb. soda
do. mixed fruit ½ teasp. salt
do. grated raw carrot
do. grated raw potato

Mix together the dry ingredients (except the soda) and stir in the grated carrot and potato. Melt the treacle and marmalade in a scant ½ cupful hot water and dissolve the soda in this. Stir gently into the other ingredients. Pour the mixture into one or two well-greased pudding basins, two-thirds full. Cover with paper or cloth and boil or steam for 2 hours. The mixture should be moist enough to drop easily from a spoon. Serve with custard or sweet white sauce.

Savouries

CHEESE-POTATO PANCAKES

2 tablesp. dried egg 2-3 oz. grated cheese
4 do. water A few grs. Cayenne pepper
1 do. HAV Soya Flour Salt to taste
1 breakfast cupful grated raw potato

Mix the dried egg and Soya Flour with the water. Beat in the potatoes, cheese, salt and pepper. Drop tablespoonfuls of the mixture on to a hot, slightly-greased frying-pan or griddle and brown on both sides. These pancakes will take from 5—7 minutes each.

CHEESE SOUFFLE (Wartime)

1 tablesp. HAV Soya Flour 1 tablesp. chopped parsley
2 do. dried egg 8 do. water
2-3 oz. grated cheese Pepper and salt to taste
2-3 oz. bread-crumbs

Mix together the dried egg, Soya Flour and water. Add the bread-crumbs and beat in the grated cheese, chopped parsley and seasoning to taste. Beat well for 3 minutes. Pour the mixture into a greased pie-dish and bake in a fairly hot oven to set and brown the dish.