

Meals without rationed meat / Stork Margarine Cookery Service.

Contributors

Stork Margarine Cookery Service.

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OATMEAL BATTER

2 ozs. flour
2 tablespoonsful oatmeal
1 egg
 $\frac{1}{2}$ pint milk
Pinch of salt
1 oz. dripping

Mix flour, oatmeal and salt together, break in the egg. Mix with the milk to a smooth paste and beat well. Melt an ounce of dripping in a baking tin, pour in the batter and bake $\frac{1}{2}$ to 1 hour in a moderately hot oven (Regulo Mark 6). Serve with roast beef or, as a pudding, with jam. Serves 4.

OATMEAL DUMPLINGS

4 ozs. flour
4 ozs. fine oatmeal
1 teaspoonful baking powder
Pinch of salt
Pinch of mixed herbs
3 ozs. margarine, cooking fat
or chopped suet
Cold water to mix

Sieve flour, oatmeal, and baking powder and salt into a bowl and rub in the fat, or add the chopped suet. Mix with cold water to a stiff dough. Cut off small pieces and roll between floured hands into small balls. Lay on top of stew, or drop into boiling water and simmer for one hour.

A BOILING FOWL

Even a tough bird can be made up into a very good chicken dish with a little extra cooking. Truss the bird for roasting, put it into a large pan of cold water with a carrot and a turnip and an onion, if you have one. Add a tablespoonful of salt and bring the pan slowly to the boil. Leave the bird to simmer for an hour. Strain off the water into a bowl and use it for making soup, sauces or gravies.

The bird can now be roasted, basting it well with hot dripping in the usual way. Roast for about 45 minutes. Or, if you want to make it go further, cut the bird into joints and cook it in a casserole with 1 oz. margarine and two or three carrots, finely sliced, some small onions or shallots, if you have them, and some potatoes. Par-boil the potatoes, bringing them to the boil and cooking them for 5 minutes. Drain them (be careful to save the potato water for soup) and cut them in fairly small pieces. Put them into the casserole to cook with the bird. Add a cupful of the chicken stock and some sprigs of parsley and cook gently for several hours, in a moderate oven (Regulo Mark 6) or over a slow heat. Serve in the casserole.

CREAM CHEESE

Home-made cream can still be made with Special unsalted Margarine.

Thick Cream Recipe

For $\frac{1}{2}$ pint of cream use:
 $\frac{1}{2}$ lb. unsalted Special
 $\frac{1}{2}$ pint milk Margarine

For Medium Cream, use

3 ozs. unsalted Special
 $\frac{1}{2}$ pint milk Margarine

For Thin Cream, use

2 ozs. unsalted Special
 $\frac{1}{2}$ pint milk Margarine

and make in the same way.

When cheese is difficult to buy, or when you can get only a small quantity, try making your own Cream Cheese from this home-made cream. Use—

$\frac{1}{2}$ pint thin cream (equals double the quantities given in recipe above). $\frac{1}{2}$ teaspoonful of salt. Allow the cream to stand in a warm place in the kitchen until slightly sour, covering it to prevent dust from getting in. Add the salt and stir well, then put the cream in a bag of butter muslin and leave it to drain. The bag can be tied to a tap over the sink, or to the cross-rail of an upturned chair with a basin underneath to catch the drippings. Leave overnight, and when the bag has stopped dripping take out the cheese and press it in a cloth, between two chopping boards, with a heavy weight on top.

The recipe is as follows:—

Warm the milk and the unsalted Special Margarine together until the margarine is melted. Cool the mixture to blood heat by pouring backwards and forwards from the saucepan to a jug. When the mixture is warm (but not hot) pour it into the bowl of the cream machine until the latter is half full. Pump with quick, hard strokes, bringing the handle as high as possible. When the cream is made, stir gently with a fork and put it aside to get quite cold. Stir again before using.

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your Cooking problems . . .

Letters addressed to:

THE STORK MARGARINE
COOKERY SERVICE,

UNILEVER HOUSE - LONDON, E.C.4
will receive prompt and personal replies.

COOKERY NOTES NO. 10



MEALS WITHOUT RATIONED MEAT

Vegetable Sea Pie — Vegetable Potato Pie
Carrot and Potato Pie — Vegetable Salads and Dressings
Fish Pie — Fish Hot-pot — Fish Pudding
Chicken and Ham Croquettes
Scotch Fish Loaf — Baked Macaroni — Curried Macaroni
Oatmeal Batter Pudding — Oatmeal Dumplings
How to Cook a Boiling Fowl
Home-made Cream and Cream Cheese

STORK MARGARINE
COOKERY SERVICE

THE STORK MARGARINE COOKERY SERVICE is sponsored by the makers of Stork Margarine in the interests of National Service and in the confident belief that when victory has been finally achieved Stork Margarine will once again be available to the discerning housewife.

MEALS WITHOUT RATIONED MEAT

Here are some ideas that may help you out with your meat ration, or even take the place of meat. Although fish supplies fluctuate, some fish dishes are included; they will be found a good substitute for a meat meal. Macaroni can still be had, and two good filling macaroni dishes are given here.

Carrots, potatoes, and oatmeal are all plentiful and cheap, and some ways of using them are suggested. If you can spare a little of your unsalted Special Margarine to make cream, you may like to try the cream cheese recipe, especially as cheese is scarce.

VEGETABLE SEA PIE

- 3 ozs. self-raising flour } Crust
- 3 ozs. fine oatmeal }
- 2 ozs. chopped suet }
- Pinch of salt }
- Cold water to mix

- 2 large carrots
- 2 large potatoes
- 2 tablespoons parsley
- Salt and pepper
- 1 teaspoonful sugar
- 1/2 teaspoonful ground ginger
- 1/2 oz. margarine, cooking fat or dripping

Scrub and scrape the carrots and either grate them on a coarse grater, or cut them downwards in strips, then chop the strips into square pieces. Scrub the potatoes well, and cut each one, unpeeled, into small pieces. Make the fat hot in a saucepan, put in the vegetables, cover and cook them for 10 minutes, shaking the pan from time to time. Add salt, pepper, sugar and ginger, and about 1 pint of boiling water.

Sieve self-raising flour, salt and oatmeal into a bowl, add the chopped suet, mix to a stiff dough with cold water and roll out on a lightly-floured board to a round that will just fit inside your saucepan. When the vegetables have come to the boil, fit the round of paste on top and simmer gently for 1 to 1 1/2 hours. Cut the top in four and lift on to a plate. Pile the stew over the crust, sprinkle with chopped parsley and serve very hot. Serves 4-6.

VEGETABLE POTATO PIE

- 1 carrot
- 1 parsnip
- 1 small cauliflower
- 2 ozs. cooked butter beans
- A little chopped onion, or shallot, or 1 leek
- 1-1 1/2 lbs. mashed potatoes
- 1 tablespoonful chopped mint or parsley
- Salt and pepper

Wash and prepare all the vegetables, cut the carrot and parsnip in small pieces and pull the cauliflower to pieces. Put them all with the butter beans and, if possible, a little chopped onion or shallot or a leek, cut in thin slices, into a pie dish, including the small green leaves round the cauliflower. Season, add the chopped herbs and 3 tablespoonful of water. Spread the mashed potatoes on top and bake for 1 1/2 hours in a moderate oven (Regulo Mark 4). Serves 4-6.

CARROT AND POTATO PIE

- 1 lb. potatoes
- 1 lb. carrots
- 1 pint boiling milk
- 1 oz. margarine
- 2 ozs. dripping
- 3 tablespoonful coarse oatmeal
- Salt and pepper

Scrub the potatoes and scrape the carrots. Cut both in thin slices. Make the dripping hot in a saucepan, put in the carrots and cook them until they begin to soften. Put a layer of sliced potatoes in a large pie-dish, season with salt and pepper, cover with sliced carrots. Repeat these layers until the dish is full, pour in the melted dripping from the saucepan and the boiling milk. Scatter the oatmeal on top and bake for 1 1/2 hours in a moderate oven (Regulo Mark 4). Serves 4-6.

RAW VEGETABLE SALAD

- 1 carrot
- 1 turnip or 1 small swede
- 1 small cabbage
- 1 small raw beetroot

- Dressing
- 1 tablespoonful vinegar
- 2 tablespoonful oil
- 1/2 teaspoonful salt
- 1/2 teaspoonful pepper
- 1/2 teaspoonful dry mustard
- 1 teaspoonful sugar

COOKED VEGETABLE SALAD

- 2 tablespoonful each of:
- cooked carrot, cut in dice
- cooked potatoes, cut in slices
- cooked cauliflower, broken in small pieces
- cooked beetroot, cut in cubes

- Thick Dressing
- 1 pint home-made thick cream
- 1 tablespoonful tarragon vinegar
- 1/2 teaspoonful made mustard
- 1 dessertspoonful salad oil

FISH PIE

- 1 lb. cooked white fish
- 1 1/2 lbs. cooked potatoes
- 1 oz. Special Margarine
- 1 pint boiling milk
- 3 tablespoonful chopped parsley
- Salt and pepper

Wash and prepare the vegetables. Grate the carrot, beetroot and turnip on a coarse vegetable grater. Shred the cabbage finely with a sharp knife. Mix all together and toss in the dressing.

To make the Dressing—Mix together in a cup the salt, pepper, mustard and sugar. Add the vinegar and stir well. Add the oil and beat the dressing well with a fork until it is thoroughly blended. Serves 6.

Pour over the salad just before serving. Serves 6.

Mix all together and stir well.

This amount of made-up dressing is enough for two or three salads. It keeps very well if it is poured into a bottle and well corked. Serves 4.

Cod, whiting, fresh haddock, hail or rock salmon, can be used for this dish. Steam the fish or simmer it gently in salted water until tender. Remove all the bones and skin and flake it roughly with a fork. Sieve the potatoes, or put them through a ricer, mash them well with the margarine, melted in boiling milk. Mix fish, potatoes and chopped parsley together, and season carefully with salt and pepper, then take a large fork and beat the mixture thoroughly until it is light and fluffy. Put into a pie dish and bake for 30 minutes in a moderately hot oven (Regulo Mark 6). Serve very hot. Serves 4-6.

FISH HOT-POT

- 1 lb. filleted white fish
- 1 lb. potatoes
- 1 pint milk and water
- 2 tablespoonful anchovy sauce or essence
- 1 oz. margarine
- A little pepper

Any kind of white fish can be used for this dish. Take away bones and skin, but leave the fish in fairly large pieces—about as big as fillets from a small sole. Scrub the potatoes, and cut them, unpeeled, in slices. Work the anchovy sauce into the margarine and beat it well. Put into a deep pie-dish or a small casserole alternate layers of fish and potato slices, put little pieces of the anchovy mixture between the layers and make the top layer of potato. Pour in the milk and water and season with a little pepper. Cover with a paper brushed with melted margarine and bake for an hour in a moderate oven (Regulo Mark 4). Take off the paper ten minutes before serving to brown potatoes. Serves 4-6.

CHICKEN AND HAM CROQUETTES

- 1/2 lb. chicken and ham roll, breakfast sausage or galantine
- 1/2 lb. mashed potatoes
- 1 tablespoonful cold white sauce
- Stale-bread crumbs

Break up the meat and mix it with the mashed potatoes. Add a little left-over cold white sauce to bind the mixture together and form into flat round cakes. Coat with stale-bread crumbs and fry in a little fat made hot in a frying-pan, turning once. Serves 4-6.

FISH PUDDING

- 1/2 lb. cold fish
- 2 tablespoonful stale-bread crumbs
- 1/2 cupful milk
- 2 tablespoonful thick white sauce
- 1 tablespoonful chopped parsley
- 2 teaspoonful anchovy essence
- Salt, pepper and cayenne
- 1 teaspoonful vinegar

Remove all skin and bones from the fish and break up into very small flakes with a fork. Pour the vinegar over and season with salt and pepper and a pinch of cayenne. Soak the breadcrumbs in the milk, squeeze them in the corner of a cloth, mix them with the fish, add the parsley and the anchovy essence. Mix well and bind the mixture together with thick cold white sauce.

Brush a small pudding basin with melted margarine and coat it lightly inside with stale-bread crumbs. Put in the mixture, cover with a doubled paper brushed with melted margarine and steam for 1/2 hour. Serve with Parsley Sauce. Serves 2-3.

SCOTCH FISH LOAF

- 1/2 lb. cooked fish, such as soured herring or mackerel, or salmon
- 1 egg
- 3 tablespoonful milk
- Salt and pepper
- Coarse oatmeal

Flake the fish, removing the skin and bone. Beat the egg with the milk. Mix the fish with enough oatmeal to make a loose moist paste and bind with the egg and milk; season with salt and pepper. If more liquid is needed, add a little vinegar. Brush a pie-dish with melted margarine or cooking fat and pour the mixture in. Sprinkle some oatmeal on top and bake in a moderately hot oven until golden brown (Regulo Mark 6). Serve hot, with steamed potatoes, or cold, with sliced cucumber or green salad. Serves 4.

BAKED MACARONI

- 4 ozs. macaroni
- 1 tablespoonful salt
- Boiling water
- 1 oz. margarine
- 1 oz. flour
- 1 pint macaroni water
- 1/2 teaspoonful Worcester Sauce
- 3 tablespoonful stale-bread crumbs

Break up the macaroni, and cook it in boiling water with 1 tablespoonful of salt for 18-20 minutes. Try a small piece between the teeth to see whether it is soft all through. As soon as the macaroni is cooked, drain off all the water into a bowl and let the cold water tap run over the macaroni for a few minutes. Keep it hot.

Melt an ounce of margarine in a saucepan, stir in the flour, cook until it bubbles, then draw the pan off the heat and add 1/2 pint of macaroni water. Bring to the boil, stirring all the time. Cook for a few minutes, then add mustard and Worcester Sauce. Put the macaroni into a pie-dish, pour the sauce over it, cover with the stale-bread crumbs and bake for 1/2 hour in a hot oven (Regulo Mark 7). Serves 4-6.

If you have any cheese, grate a little and serve it separately with this dish.

CURRIED MACARONI

- 1/2 lb. macaroni
- 1 tablespoonful salt
- 1 oz. margarine or cooking fat
- 1 oz. flour
- 1 tablespoonful curry powder
- 1 pint macaroni water
- 1 small green apple, peeled, cored and chopped
- 1 bay leaf
- Pinch ground ginger
- 1 teaspoonful of vinegar
- Pepper and a pinch of cayenne

Put the macaroni into a saucepan nearly full of boiling water with 1 tablespoonful of salt and cook for 18-20 minutes. Drain off the water into a bowl, wash the macaroni in cold water and keep it hot.

Melt the margarine or cooking fat in the saucepan. Make it hot, and cook in it the chopped onion (spring onion or thinly sliced leek can be used), then the chopped apple, until both are quite soft. Stir in the flour and the curry powder, cook for a few minutes, then take the pan off the heat and add 1/2 pint of macaroni water. Bring to the boil, season with ginger, pepper, and cayenne, add bay leaf and vinegar, then stir in the cooked macaroni. Leave to simmer very gently for 1/2 hour. Remove the bay leaf and serve very hot. Serves 6.