Meals without rationed meat / Stork Margarine Cookery Service.

Contributors

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OATMEAL BATTER

OATMEAL BOLLAND
2 cas. flour
2 tablespoonsful oatmeal
1 cgg
4 pint milk
Pinch of salt
1 oz, dripping

OATMEAL DUMPLINGS

4 ozs. fine oatmeal
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

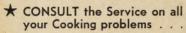
A BOILING FOWL

CREAM CHEESE

For Thin Cream, use
2 oas. unsalted Special
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—

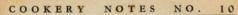
I pint thin cream (equals double the quantities given in recipe above). I teaspoonful of salt, Allow the cream to stand in a warm place in the kitchen until slightly sour, covering it to prevent dust from getting in. Add the salt and stir well, then put the cream in a bag of butter muslin and leave it to drain. The bag can be tied to a tap over the sink, or to the cross-sail of an operationed chair with a basin undernath to catch the dreppings, it in a cloth, between two chopping boards, with a heavy weight on top.



Letters addressed to:

THE STORK MARGARINE COOKERY SERVICE, UNILEVER HOUSE - LONDON, E.C.4

will receive prompt and personal replies.





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 Content 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



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.

5/4/41

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 3 ozs, fine oatmeal 2 cas, chopped suet Pinch of salt Cold water to mix

2 large carrots
2 large potators
2 tablespoonsful paraley
Salt and pepper
1 teaspoonful sugar
2 teaspoonful ground ginger
4 teaspoonful ground ginger
5 or drapping
6 or drapping

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

Serves self-raising flour, salt and oatmeal into a bowl, add the chopped seet, mix to a stiff dough with cold water and rull out on a lightly-floured board to a water and rull out on a lightly-floured board to a few coarse of the coarse of the source of the boil, fit the round of paste on top and simmer gently for 1 to 1½ hours. Cut the top in four and lift on to a place. Pile the stew over the crust, sprinkle with chopped paralley and serve very hot. Serves 4-6.

VEGETABLE POTATO PIE

VEGETABLE POTATO PIE

Wash and prepare all the vegetables, cut the carrot
parsnip
1 small cauliflower
2 ons. cooked butter beans
A little chopped onion, or
shallot, or 1 leek
1-14 lbs. mashed potatoes
1 tablespoonful chopped minut
1 tablespoonful chopped minut
2 one cooked by the beans and, if
possible, a little chopped onion or shallot or a leek,
cut in this slices, into a pie dish, including the small
green leaves round the cauliflower. Season, add the
chopped heats and 3 tablespoonful of water. Spread
the maked potatoes on ny and bake for 14 hours a
modirate oven (Regulo Maik 4). Serve 4-46.

Salt and pepper

CARROT AND POTATO PIE

Salt and pepper

CARROT AND POTATO PIE

Illis petatores
Illis carrots
Illis

RAW VEGETABLE SALAD

Carrot turnip or 1 small sweds small cabbage small tars bectroot and turnip or 1 small sweds small cabbage small tars bectroot the cabbage fined with a sharp kinde. Mix all begehre and nos in the dressing.

It bis begone it vinegat tablespoonful oilst teaspoonful salt teaspoonful salt teaspoonful pepper teaspoonful the pepper small state to the cabbage fined and beat the dressing well with teaspoonful behinded.

Pour over the salad just before serving. Serves 6.

small raw because
Dressing
1 tablespoonful vinegar
2 tablespoonful oil
1 teaspoonful salt
1 teaspoonful pepper
2 teaspoonful dry mustard
2 teaspoonful sugar
3 teaspoonful sugar
4 teaspoonful sugar

COOKED VEGETABLE SALAD

COOKED VEGETABLE SAL

zhblespoonful each of;
cooked carrot, cut in dice
cooked postroes, cut in silics
cooked rauliflower,
broken in small pieces
cooked betroot, cut in cubes
Thick Dressing

i pint home-made thick cream
ying and tablespoonful tarragon
i tablespoonful tarragon
i teaspoonful madde mustard

† teaspoonful made mustard 1 dessertspoonful salad oil

I dessertspoonsus
FISH PIE

1 lb. cooked white fish
3½ lbs. cooked potatoes
1 oz. Special Margarine
½ pint boiling milk
5 tablespoonsful chopped
parsley

Salt and pepper

Cod, whiting, fresh haddock, brill or rock salmon, can be used for this dish. Steam the fish or simmer it gently in suled water until tender. Remove all the bones and skin and flake it roughly with a fork. Sever the potatocs, or put them through a ricer, mush them well with the margarine, melted in boiling milk. Mix fash, potatocs and chopped parsley together, and season care fully with salt and pepper, then its light of fully. Put into a pie dish and bake for 30 minutes in a moderately het oven (Regulo Mark 6). Serve very hor, Serves 4-6.

Mix all together and stir well.

FISH HOT-POT

1 lb. fillered white fish
1 lb. potators
2 pint milk and water
2 tablespoonsful anchovy
sauce or essence
1 oz. margarine
A little pepper

Any kind of white fish can be used for this dish. Take away benes and skin, but leave the fish in fairly large piece—about as big as filters from a small sole. Scrub the potatoes, and cut them, unpeeled, in slices. Work the anchoryy sauce into the margazine and beat it well. Pat into a deep pie-dish or a small casserole in the control of the property of the proper

potatoes. Serves 4-6.

CHICKEN AND HAM CROQUETTES

I the chicken and ham roll, Break up the meat and mix it with the mashed potatoes, breakfast sausage or galantine Add a lattle left-over cold, white sauce to hand the relative cold white sauce to have the sauce state of the cold with state before crumbs and fry in a little fat made hot in a frying-pan, turning once. Serves 4-6.

Ib. cold fish
 tablespoonsful stale-bread crumbs

1 cupful milk 2 tablespoonsful thick white sauce

Remove all skin and bones from the fish and break up into very small flakes with a fork. Pour the vinegax over and season with salt and pepper and a pinch of cayenne. Soak the breadcumbs in the milk, squeez them in the corner of a cloth, nix them with the fish, add the parsley and the anchovy easence. Max well and bind the mixture together with thack cold white Brush a small pudding basin with melted margarine and cost it lightly inside with stale-bread crumbs. Put in the mixture, cover with a doubled paper bushed with melted margarine and steam for \(\frac{1}{2} \) hour. Serve with Parsley Sauce. Serves 2-5

1 tablespoonful chopped parsley 2 teaspoonsful anchovy essence Salt, pepper and cayenne 1 teaspoonful vinegar

SCOTCH FISH LOAF

Ib. cooked fish, such as soused herring or mackerel, or salmen
 I egg
 3 tablespoonsful milk
 Salt and pepper
 Coarse oatmeal

BAKED MACARONI

BAKED MAGANA

de car, macaroni

1 tablespoorful salt

Boiling water

1 oz. margarine

1 oz. flour

† pint macaroni water

† teaspoonful made mustard

† teaspoonful Worcester

5 tablespoonful stablespoonful stablespoo

Flake the fish, removing the skin and bone. Beat the egg with the milk. Mar the full with enough outmed to make a loose moist paste and bind with the egg and milk; seaton with sail and epperpending the egg and milk; seaton with sail and epperpending the egg and sail and experience of the egg and the egg and e

Break up the macaroni, and cook it in boiling water with 1 tablespoonful of salt for 18-10 minutes. Try a small piece between the teeth to see whether it is soft all through. As soon as the macaroni is cooked, daran tap, ton over the macaroni for the macaroni for the following the following the following cook many times the following cook until it bubbles, then draw the pan off the beat and add ½ pint of macaroni water. Bring to the boat and add ½ pint of macaroni water. Bring to the boat and add ½ pint of macaroni water. Bring to the beat and add ½ pint of macaroni water. Bring to the beat and add ½ pint of macaroni water. Bring to the beat and add ½ pint of macaroni water. Bring to the beat and add ½ pint of macaroni water. Bring to the beat and add ½ pint of bacterial counts and back for ½ 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

CURRIED MACARONI

† fb. maczoni

† tablespoorful salt

† oz. magznie or cooking fat

† oz. flour

† oz. flour

† tablespoonful curry powder

† tablespoonful curry powder

† tablespoonful chopped

† small green apple, peeled,

† small green apple, peeled,

† bay leaf cored and chopped

† pach ground ginger

† respoonful of xinegar

Pepper and a pinch of cayenne

Put the macaroni into a saucepan nearly full of boiling water with I tablespoorful 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.

Make it his margaines or cooking fat in the saucepan. Make it holds a sale of the saucepan of the sa