

Dried eggs, household milk & cheese / Margarine Cookery Service.

Contributors

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with greaseproof paper and steam for one hour. If using your oven, this pudding can also be baked in a greased pie dish for 90-60 minutes in a moderate oven (Regulo Mark 5). Serve with chocolate sauce. (Serves 4 to 6 people.)

MACARONI SURPRISE

2½ ozs. macaroni | 1 oz. margarine
 1 pint Household milk | 1 teaspoonful vanilla flav. icing
 1 tablespoonful dried egg mixed with 4 tablespoonful plum jam
 2 tablespoonful water | or 1 lb. bottle plums in syrup
 1 oz. sugar | or 1 lb. bottle plums in water and
 1 oz. breadcrumbs | 1 oz. sugar

Break the macaroni into small pieces and put it into a pan with the Household milk and sugar. Simmer gently for about ½ of an hour until tender. Stir in egg mixture and vanilla flavouring. Grease a pie dish and spread the plum jam or the plums in the bottom, draining off most of the juice. (If plums are bottled in water, mix with an ounce of sugar to sweeten.) Pour the macaroni mixture on top and spread evenly. Sprinkle thickly with the breadcrumbs and dot with the margarine. Bake in a moderate oven (Regulo Mark 4) for 30-35 minutes. (Serves 4-5 persons.)

BAKED PLUM SPONGE

4 ozs. National self-raising flour, or 4 ozs. National plain flour with 1 level tea-
 spoonful baking powder | 2 ozs. margarine
 1 oz. sugar | 1 tablespoonful dried egg mixed with 2 tablespoonful water
 2 lbs. plums bottled in syrup, or 2 lbs. plums bottled in water and 1 oz. sugar
 2 tablespoonful syrup or water in which they were bottled | Pinch of salt
 1 cup liquid Household milk | 2½ teaspoonful water
 1 teaspoonful lemon substitute mixed with 2½ teaspoonful water

Cream the margarine and sugar together, and beat in the egg. Add the sifted flour, salt and baking powder, if plain flour is being used. Mix with enough Household milk to make to a dropping consistency. Add the lemon substitute and stir in. Arrange the plums in the bottom of a greased pie dish (if bottled in water, mix with an ounce of sugar). Add 2 tablespoonful syrup or water in which they were bottled. Pour the sponge mixture over and spread evenly. Bake for 40-50 minutes in a moderate oven (Regulo Mark 5) until the sponge mixture is cooked through. Serve with plum sauce, made from the remains of the plum juice, thickened with a teaspoonful of cornflour or flour. (Serves 6 to 8 people.)

PRUNE PUDDING

6 ozs. self-raising flour, or 6 ozs. plain flour and 1 level teaspoonful baking powder
 ½ pint water or cold tea | 2 ozs. sugar
 2 ozs. margarine, cooking fat or suet | 3 ozs. prunes
 About 4 tablespoonful liquid Household milk
 1 heaped teaspoonful cornflour or custard powder
 Pinch of salt

Soak the prunes overnight in the water or cold tea. Remove the stones, and chop the pulp into small pieces. Save the juice for sauce. Rub the fat into the sifted flour, salt, and baking powder if plain flour is used. Add the sugar and chopped prunes. Mix to a soft dough with the Household milk. Put into a greased pudding basin. Cover, and steam for two hours.

Prune Sauce: With a little of the prune juice blend a heaped teaspoonful of custard powder or cornflour to a smooth thin paste. (If neither is available, use National Flour.) Bring the remainder of the juice to the boil. Add the blended cornflour or custard powder and stir for a couple of minutes until the cornflour is cooked. (Serves 6 to 8 people.)

SULTANA RICE CUSTARD

1½ ozs. rice | 2 ozs. sultanas
 1 oz. sugar | Grated nutmeg
 1 pint Household milk | 1 oz. custard powder

Make Household milk according to directions on tin. Blend custard powder to a smooth paste with a little of the milk. Mix thoroughly with the remainder of the milk, and add rice, sugar and sultanas. Cook gently in a saucepan on a low gas for 30 minutes, stirring frequently. Turn into a well-greased pie dish, grate a little nutmeg over the top and bake for 1½ hours in a very slow oven (Regular Mark 1). If a joint or a casserole is being cooked at the same time, place pudding on the bottom shelf of the oven, so that the same amount of fuel cooks the whole meal. (Serves 4 to 6 persons.)

COOKERY NOTES are published by the MARGARINE COOKERY SERVICE, Unilever House, London, E.C.4, to help solve your war-time cookery problems.

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COOKERY SERVICE NOTES No. 38

Recipes approved by the Ministry of Food

JANUARY, 1943

DRIED EGGS, HOUSEHOLD MILK & CHEESE

BATTERS—Sweet and Savoury.

YORKSHIRE PUDDING
 BAKED TOMB-IN-THE-HOLE DESSERTS
 SAVOURIES
 PANCAKES

PLUM CAKE.

JAM SPONGE.

SAVOURIES:—

BACON OMELETTE
 CHEESE AND EGG CUTLETS
 MACARONI CROQUETTES
 NOVELTY PIE
 SAVOURY POTATO OMELETTE
 TOMATO HERBOT BEANS A LA GRATIN

PUDDINGS:—

APPLE COB PUDDING
 STEAMED OR BAKED CHOCOLATE PUDDING
 MACARONI SURPRISE
 BAKED PLUM SPONGE
 PRUNE PUDDING
 SULTANA RICE CUSTARD

**HOME FRONT
 COOKERY ADVICE**

It is up to all of us to make the best use of rations of Household Milk and Dried Eggs, and also to remember that these two commodities help us to make very nourishing dishes with cheese as the main ingredient.

First, we must realise that there are some recipes in which Dried Eggs and Household Milk cannot give exactly the same results as their natural equivalents, but a little extra care in mixing will make up for the differences.

BATTERS: This leaflet gives a foundation Batter recipe which is very good if you carefully follow the mixing instructions.

SPONGES: The Cookery Service has received innumerable letters asking for wartime sponge recipes, and here I must make it clear that with wartime rations you cannot make a real sponge mixture unless you save up the necessary ingredients, including shell-eggs, and then follow a good pre-war recipe. The recipe which follows is definitely a wartime substitute, but when spread with jam will help to make a nice change at tea-time.

OMELETTES: Made from Dried Eggs these are very good. Use your thickest frying pan, and have the fat really hot before you add the egg. Mix the egg according to directions, but do not beat till they froth, there should be no bubbles in the egg mixture for an omelette. As the egg sets on the sides of the pan, just ease it away with a round-bladed knife and let the liquid egg run into the space thus made.

RECIPES: All the recipes give the minimum quantities of fat and sugar. They are very good substantial dishes, but if you have it to spare, you can add a little more fat and sugar which will make them even nicer.

BATTERS—Sweet and Savoury. Foundation Recipe

4 ozs. self-raising flour
4 ozs. plain flour and 1 level tea-spoonful baking powder
2 tablespoonful dry Household milk
1 tablespoonful dried egg, mixed with 2 tablespoonful water
1 pint water
Pinch of salt

Mix the dried egg and put aside. Sieve flour, salt, dry milk powder (and baking powder if plain flour is used) into a bowl. Add the water gradually, beating all the time, until the mixture is free from lumps. Add the mixed dried egg and whisk 3-4 minutes until the surface is covered with air bubbles. Leave to stand for half-an-hour, beat again for a few minutes and used in any of the following ways—

YORKSHIRE PUDDING Put 1 oz. cooking fat into a meat pan, and place in oven. When the fat is melted and very hot, pour in 1/2 pint Batter as recipe, and bake 40-45 minutes in a fairly hot oven. (Regulo Mark 1.) Enough for 6 people.

BAKED TOAD-IN-THE-HOLE DISHES Make batter as recipe. Arrange in the pan chops, sausages, or sausage meat rolled in seasoned flour, liver, fillets of fish, chopped up bacon and cooked vegetables; pour over the batter. Bake as for Yorkshire Pudding. Serve with thick gravy.

SWEETS

(a) Serve the baked batter sprinkled with sugar, honey, jam, syrup or apple sauce, or instead of pastry, with stewed prunes or other fruit.
(b) Add to the liquid batter 2-3 ozs. prunes, sultanas, dates, etc. Bake as for Yorkshire Pudding.
(c) **Pancakes:** Make these as a change. For each pancake, drop a tablespoonful of the batter on a hot frying pan, with just enough melted fat to cover the pan. When lightly browned underneath, turn over, and cook the other side. Sprinkle with sugar or jam, and serve very hot.

SAVOURIES

(1) **Baked:** Add to the liquid batter
4 ozs. grated cheese
4 ozs. grated raw carrot or swede
Season, and bake as for Yorkshire Pudding.
(2) **Pancake Savouries:** Add to the liquid batter
4 ozs. grated cheese
4 ozs. chopped cooked carrots, swedes, etc.
Fry the same as for Pancakes.
Serve these Savouries with brown gravy and green vegetables.

PLUM CAKE

1 lb. National self-raising flour
1 lb. National plain flour and 2 heaped teaspoonful baking powder
3 ozs. sugar
3 ozs. cooking fat or margarine
4 ozs. prunes
1 pint water or cold tea
1 teaspoonful mixed spice, if liked
Pinch of salt

Soak prunes overnight in 1/2 pint water or cold tea. Remove the stones, and chop prunes into small pieces. Put them into a large saucepan with the liquid in which they were soaked, the sugar and fat, and bring to the boil. Allow to cool slightly, then add the sifted flour, salt, spice, and baking powder, if using plain flour. Mix well, and put into a well greased cake tin, with a greaseproof paper in the bottom. Bake in a slow oven (Regulo Mark 3) for 1 1/2 hours.

JAM SPONGE

No. 1—smaller and richer mix
3/4 ozs. self-raising flour
1/2 teaspoonful baking powder
or
3/4 ozs. plain flour
2/2 teaspoonful baking powder
2 ozs. sugar
1 tablespoonful dried egg mixed with 2 tablespoonful water
1/2 pint lukewarm water
Pinch of salt
Plum jam for spreading

No. 2—a larger, plainer mix
6 ozs. self-raising flour
1 heaped teaspoonful baking powder
or
6 ozs. plain flour
2 heaped teaspoonful baking powder
2 ozs. sugar
2 tablespoonful dried egg mixed with 4 tablespoonful water
2 tablespoonful dry Household milk
1/2 pint lukewarm water
Pinch of salt
Plum jam for spreading

Prepare a greased sandwich tin, lined at the bottom with greaseproof paper. Mix dried egg and put aside. Sieve flour, baking powder and salt into a mixing basin and put aside. Measure the lukewarm water into a deep bowl. Add the sugar and sprinkle dry milk powder on top. Stir briskly with a fork until the milk powder is dissolved. Then whisk rapidly with an egg beater or wire whisk for 5-10 minutes until the mixture resembles beaten white of egg. Add mixed egg to the sieved flour, to which pour over the milk mixture. Quickly mix all well together and pour into the greased sandwich tin.

Bake recipe No. 1 for 35-40 and No. 2 for 40-45 minutes in a medium oven (Regulo Mark 5). After baking and while still hot, you can brush the top with melted margarine, scraped from a wrapper, to give the sponge a glossy appearance when cold. Cook, cut open, and spread with plum jam.

SAVOURY DISHES

BACON OMELETTE
1 tablespoon dried egg mixed with 4 tablespoons liquid Household milk or water
4 ozs. cold cooked potatoes
1 rashers bacon
Remove rind and rust from bacon (keeping rind for frying); chop roughly. Peel and chop onion or leek finely. Cut potato in slices. Fry potatoes, onion and bacon until golden-brown in a medium-sized frying pan. Mix the dried egg with liquid Household milk or water, seasoned with pepper and salt. Pour into frying pan over fried ingredients, and cook gently without stirring until under-side lifts easily from the pan. Turn carefully with a palette knife or egg-slice and cook until under-side is again set. Fold over and serve immediately. (Enough for 1 person.)

CHEESE AND EGG CUTLET

4 ozs. cold cooked potato
4 ozs. cold cooked vegetables
4 ozs. grated cheese
2 tablespoonful breadcrumbs
1 oz. margarine, melted
1 tablespoon dried egg mixed with 2 tablespoons liquid Household milk or water
Mix together potato, vegetables, cheese, breadcrumbs, mixed egg and melted margarine. Season to taste. Form into cutlets on a board. Brush with Household milk, cook with breadcrumbs and fry until golden brown in a little fat or dripping. (Enough for 4 persons.)

MACARONI CROQUETTES

6 ozs. macaroni
1 tablespoonful dried egg mixed with 2 tablespoonful water
4 ozs. unseasoned sausage meat
1 oz. margarine or cooking fat
1 oz. flour
1 teaspoonful made mustard
1 gill of liquid Household milk or the water in which the macaroni was cooked
Break the macaroni into pieces and cook in boiling salted-water for 20 minutes until soft. Drain into a colander, and save the water to use for making sauce. Chop the macaroni finely and mix with the sausage meat and mixed egg. Bring the milk or water to the boil. Melt the margarine in a pan, add the flour and mustard, blend well, and cook until the flour bubbles. Draw off the heat and add the boiling milk or water, stirring all the time with a wooden spoon to prevent lumps. Return to the heat and boil for a couple of minutes, stirring briskly. Add the macaroni mixture, season well and stir. Turn out on to a plate to cool. Form into croquettes or cutlets on a well-floured board. Brush over with Household milk, coat with breadcrumbs and fry in a little fat until golden-brown on both sides. Drain well and serve garnished with chopped parsley. (Enough for 4-6 persons.)

NOVELTY PIE

Potato Pastry
1/2 ozs. self-raising flour or 1 1/2 ozs. plain flour and 1/2 teaspoonful baking powder
3 ozs. mashed potato (cold)
1 oz. margarine or cooking fat
Pinch of salt
Cold water to mix if necessary

Rub the fat into the sieved flour, salt and baking powder, if plain flour is used. Add the mashed potato and mix to a stiff dough with a little cold water if necessary. Roll out to a thickness of about 1/4 of an inch on a lightly floured board. Line a flan ring (placed on a baking sheet) or a sandwich tin with the pastry. Place a piece of greaseproof paper firmly over the pastry to keep up the edges. Bake for 10 minutes in a quick oven (Regulo Mark 6). Remove paper carefully, using a knife to separate it from the pastry, as the potato is inclined to stick.

Filling
1 gill Household milk (made according to directions on tin)
1 tablespoonful dried egg mixed with 2 -tablespoonful water
2 teaspoonful chopped parsley
Mix all these ingredients together and pour into the flan. Return to a slow oven (Regulo Mark 3) and bake for an hour until mixture has set. (Enough for 4 persons.)

SAVOURY POTATO OMELETTE

4 ozs. left-over potatoes
2 ozs. grated cheese
2 tablespoonful liquid Household milk
1 tablespoon dried egg mixed with 2 tablespoons liquid Household milk or water
Cut the potatoes in slices, and fry in a little fat or dripping until golden-brown. Mix the dried egg and add the extra 2 tablespoonful Household milk and grated cheese. Season with salt and pepper according to taste, and pour over the potatoes in the frying pan. Cook slowly until the egg mixture begins to set. Turn carefully with a palette knife or egg slice and cook until under-side is again set. Serve immediately. (Enough for 1 person.)

TOMATO HARICOT BEANS AU GRATIN

1 lb. haricot beans
1 dessertspoonful chopped parsley
1 oz. margarine,
1 oz. flour
1 pint liquid Household milk or water in which beans were cooked
2 ozs. grated cheese
2 tablespoonful home-made tomato sauce or puree
Salt and pepper to taste

Soak the beans in cold water overnight. Cook until soft and keep hot. Melt the margarine in a saucepan. Add the flour, stirring all the time, and cook until it bubbles. Bring the milk to the boil. Draw the cooked flour off the gas and add milk, stirring all the time to prevent lumps. Return to the heat, and stir until the mixture boils. Lower the heat to simmering point and add the grated cheese and tomato sauce or puree to the mixture. Stir until the cheese is melted; add the beans, season and serve very hot, sprinkled with the chopped parsley. (Enough for 4 persons.)

APPLE COB PUDDING

1 lb. cooking or bottled apples
2 ozs. sugar
2 ozs. breadcrumbs
2 ozs. margarine
1 1/2 ozs. ground or chopped cob or hazel nuts
6 whole nuts
1 large tablespoonful dried egg mixed with 2 tablespoonful water
1 tablespoonful dry Household milk
1 teaspoonful vanilla flavouring
A little water

Peel, core and slice apples. Cook slowly in just a little water with half an ounce of sugar. Brush a pie dish with melted fat. Mix the remaining ounce and a half of sugar, melted margarine, ground or chopped nuts, beaten egg, vanilla flavouring, and dry milk, and pour into the pie dish. Chop the six whole nuts roughly and sprinkle on top. Bake for 40-50 minutes in a moderate oven (Regulo Mark 4) until cooked through and golden-brown on top. (Serves 5 to 6 people.)

STEAMED CHOCOLATE PUDDING

3 slices stale bread, 1 inch thick
1 pint Household milk (made according to the directions on the tin)
1 tablespoonful dried egg mixed with 2 tablespoonful water
2 ozs. sugar
1 tablespoonful cocoa

Soak bread in cold water for half an hour. Squeeze as dry as possible and break up. Bring the Household milk to the boil. Pour over the bread. Add the cocoa and sugar, then the egg, and mix all together. Put into a greased pudding bowl. Cover