

Potato cookery / Margarine Cookery Service.

Contributors

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16. SAVOURY VEGETABLE AND CHEESE FLAN

FLAN PASTRY: 10 ozs. cold mashed potatoes
2 ozs. flour

FILLING: 4 ozs. carrot Small onion or leek
4 ozs. cheese Pepper and salt

Mix together the cold mashed potato and the flour. Grease a flat baking sheet and the inside of a flan ring. Place the flan ring on the baking sheet and line with the potato mixture, smoothing the bottom and sides with a knife. Grate the cheese and carrot and chop onion. Put half the carrot in the bottom of the flan. Salt and pepper well. Put half the cheese on top, then all the onion, spreading it evenly. Cover with the remainder of the carrot, again seasoning well, then remainder of the cheese, pressing it down evenly. Bake in a hot oven (Regulo Mark 7) for 30-40 minutes until the flan is golden brown on top and the potato forms a crust underneath. Cool slightly, then transfer carefully on to a dish by sliding off with a palette knife from the baking sheet. Serve immediately.
(Enough for 4 persons.)

17. POTATO STUFFING

1 lb. mashed potato 1 tablespoonful parsley
1 or 2 rashers of fairly fat bacon salt and pepper
1 onion or leek

Chop parsley, onion or leek and uncooked bacon. Add mashed potato, season well, and mix together. Use for all types of stuffing where bread is normally used. This quantity is sufficient for a rabbit or chicken.

18. LANCASHIRE HOT POT

1 lb. neck of mutton 1 lb. potatoes
2 leeks or 1 onion small head of celery (if possible)
water or stock pepper and salt

Cut up meat into chops. Prepare and slice vegetables. Put a layer of sliced potatoes at bottom of casserole, then the chops, onion, celery, pepper and salt. Pour in water or stock, which must not cover the top layer of sliced potatoes. Add this layer of potatoes and brush tops with melted fat. Cover with greased paper, which must be removed shortly before dish is ready to allow potatoes to brown. Bake in a moderate oven for 2 hours (Regulo Mark 5).
(Enough for 4 persons.)

19. BAKED POTATO SCONES—FOUNDATION RECIPE

1 lb. cold mashed potatoes 1 teaspoonful salt
4 ozs. flour 1 teaspoonful baking powder
2 ozs. margarine a little household milk

Sieve the flour, salt and baking powder. Rub in the margarine. Add mashed potatoes and mix with the milk to make a soft but not sticky dough. Roll out on a floured board about 1/2 inch thick. Cut in rounds and bake in a fairly hot oven for 15-20 minutes (Regulo Mark 6).

SWEET SCONES: Add before mixing 1 oz. sugar and 2 ozs. dry chopped prunes, sultanas, currants or dates.

CHEESE SCONES: Add before mixing 4 ozs. grated cheese.

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COOKERY SERVICE NOTES No. 39

Recipes approved by the Ministry of Food

FEBRUARY, 1943

**HOME FRONT
COOKERY ADVICE**

POTATO COOKERY

Do you want to help save a quarter of a million tons of shipping a year? Of course you do, because you know shipping space is urgently needed for our victory, and it is the housewife who can do it by using more potatoes instead of imported foods. Let's admit we take potatoes for granted, but how we would grumble if there was a shortage. So now that the Government has planned a large potato crop, let us all do our bit by using more, and save that shipping space. It will be your cheapest war effort, too, as potatoes cost so little.

First, let us all plan to buy more potatoes regularly. If you usually buy 4 lbs. a week, buy 8 lbs. a week; if it's 6 lbs., buy 12 lbs., and so on.

Then always boil more potatoes for a meal than you need, so that you will always have some cold potatoes ready for use.

Now here are nice and appetising ways to use those extra potatoes: where a recipe is needed you will find it, bearing the same number, later in the leaflet.

BREAKFAST:

1. Fried potatoes with bacon.
2. Scrambled egg and potato.
3. Fried potatoes and prunes—an unusual mixture, but a very nice change.

MAIN MEAL, HIGH TEA or SUPPER

1. An extra potato for each person:
2. Baked Stuffed Potatoes.
3. Soups: Thicken any soup with potatoes instead of flour.
4. Potato Rissoles—fried.
5. Baked Potato Cheese Pie.
6. Fried Potato Cheese.
7. Curried Potatoes.
8. Potato Omelette.
9. Welsh Rarebit.
10. Potato Soufflé.



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

12. Dripping Potato Pastry.
13. Baked Potato Pastry Crust and Sausage and Vegetable Pie recipe.
14. Steamed Potato Pudding Crust and Rabbit Pudding recipe.
15. Steamed Sponge Pudding and recipes.
16. Plan Pastry and Savoury Vegetable and Cheese Plan recipe.
17. Potato Stuffing.
18. Lancashire Hot Pot.

TEA-TIME:

19. Potato Scones—sweet and savoury.

1. SCRAMBLED EGG AND POTATO

Knob of margarine 2 tablespoonful liquid household milk
2 tablespoonful dried egg mixed with 2 tablespoonful cold mashed potatoes
4 oz. water salt and pepper
Melt the margarine in a frying pan, and stir in the egg and milk. Add potatoes, pepper and salt, and stir over a low heat till set. Serve with flavourings to taste—tomato sauce, celery salt, etc. (Enough for 2 persons.)

2. FRIED POTATOES AND PRUNES

Break up with a fork 3 cold potatoes, add 4 cooked prunes or prunes soaked overnight. Beat together, and fry until potatoes are browned both sides. (Enough for 1 person.)

3. BAKED STUFFED POTATOES

Scrub the potatoes, which should be of an even size. Dry, cut in two lengthwise, and sandwich between the halves a sausage, slice of spam or a sardine, or hollow out a little from the lower half of the potato and fill with a slab of cheese, or some Grade 3 salmon seasoned to taste. (The scooped out potato can be used in steaks or for frying.) Tie or skewer the sides together. Place on the bars of the oven and bake until soft at a fairly moderate heat about 1½ to 2 hours. (Regulo Mark 3.)

4. SOUPS

Any soup can be thickened by including 1 lb. potatoes to 2½ pints of liquid, along with the other ingredients. Also, if you sieve vegetable soups the cooking time can be reduced to just the time needed to soften the vegetables.

Potato Soup.

1½ lbs. potatoes 1 teaspoonful chopped parsley
3 leeks 2½ pints water
1 oz. margarine salt and pepper
Peel the leeks and potatoes, cut leeks in slices and potatoes in pieces, and cook them gently in the margarine for 7 minutes with the saucepan lid on. Add the water, chopped parsley and pepper and salt. Bring to the boil, and simmer for 20 minutes. Put through a sieve and reheat. (Enough for 6 persons.)

5. POTATO RISsoles—FRIED

8 ozs. mashed potato 4 ozs. unrationed sausage meat
4 ozs. cold cooked vegetables 1 tablespoonful chopped parsley
pepper and salt
Mix mashed potato, cold cooked vegetables, sausage and chopped parsley well together. Season well, and form into rissoles on a floured board. Fry in a little fat until golden brown on both sides. (Makes 5-6 Rissoles.)
Variations: Instead of sausage meat use 3 ozs. grated cheese, chopped spam, or minced cold meat. Grade 3 salmon, or sardines.

6. BAKED POTATO CHEESE PIE

1 lb. boiled potatoes weighed after peeling, or 1 lb. cold cooked potatoes 1 small onion or leek
1 oz. margarine Household milk
6 ozs. grated cheese salt and pepper
Chop the onion or leek and fry in the margarine till soft. Mash the potatoes, add cheese, pepper and salt and pour in fried onion and melted fat. Beat all together, adding a little household milk until mixture is smooth and creamy. Put in a greased pie dish and bake in a moderately hot oven until golden brown—about 20 minutes. (Regulo Mark 6.) (Enough for 4 persons.)

7. FRIED POTATO CHEESE

3 medium sized cold potatoes Pepper and salt
2 ozs. grated cheese Fat for frying
2 tablespoonful bottled tomatoes or sauce
Break up potatoes with a fork, mix in cheese and tomatoes or sauce, and pepper and salt. Fry all together, turning mixture over when the underside is done, so that both sides are browned. (Enough for 1 person.)

8. CURRIED POTATOES

1 lb. potatoes, weighed after peeling. 1 onion. 1 apple and 1 bottled tomato, or 1 tablespoonful tomato puree if possible. 6 prunes. 1 oz. fat. 1 oz. flour. 1 dessertspoonful curry powder. 1 dessertspoonful chutney. 1 dessertspoonful vinegar. Pepper and salt. ½ pint stock or water.
Partly cook potatoes by boiling them for 10 minutes. Chop onion and fry in the fat until golden brown. Add chopped or grated apple (you need not remove the peel), flour and curry powder. Mix well. Stir in stock, tomato, stoned chopped prunes, chutney and vinegar, pepper and salt, and stir until mixture thickens. Add sliced potatoes, and simmer on a very low heat until they are cooked—about 1 hour. (Enough for 4 persons.)

9. POTATO OMELETTE

4 ozs. cold potatoes 2 tablespoonful liquid household milk
1 tablespoonful dried egg mixed with pepper and salt
2 tablespoonful water 1 oz. fat or dripping
Cut the potatoes in slices and fry in the fat until golden brown. Mix the dried egg and add the extra 2 tablespoonful household milk, and season with pepper and salt. Pour over the potatoes in the frying pan. Cook slowly until the egg mixture begins to set. Turn carefully with an egg slice until under side is again set. Serve immediately. (Enough for 1 person.)

10. WELSH RABBIT WITH POTATO

4 ozs. cold mashed potato (3 heaped 1 teaspoonful flour
tablespoonful) 6 ozs. grated cheese
knob of margarine 1 teaspoonful made mustard
1 dessertspoonful household milk mixed 2 teaspoonful Worcester Sauce
with ½ pint water
Melt margarine in a saucepan. Stir in flour. Add milk and stir till it thickens. Add grated cheese, potatoes, mustard and Worcester sauce. Stir all together over a low heat for a few minutes—the mixture should be stiff. Spread on toast, and grill until golden brown. (Enough for 4 slices.)

11. POTATO SOUFFLE—FOUNDATION RECIPE

1 lb. potatoes, weighed after peeling 1 gill lukewarm water
1 dessertspoonful dried egg mixed with 1 tablespoonful household milk powder
2 dessertspoonful water pepper and salt
1 oz. margarine
Boil potatoes, and mash with margarine, beaten egg, pepper and salt. Beat well until smooth and creamy. Put water into a shallow bowl. Sprinkle milk powder on top. Whisk with an egg whisk for about five minutes until the mixture is thick and frothy and resembles beaten white of egg. Add to the potato mixture and mix thoroughly. Put into a greased pie dish and bake for 25 minutes in a hot oven (Regulo Mark 7). Serve immediately. This makes a very attractive and surprising topping for meat or savoury pies. If the pie filling wants longer baking than the potato souffle, pour over the potato mixture 25 minutes before completion of the full baking time.
Chocolate Souffle: Mix with sieved potatoes 1 oz. cocoa and 2 ozs. sugar.

12. DRIPPING POTATO PASTRY

1 lb. cold mashed potatoes 1 teaspoonful baking powder
2 ozs. flour salt and pepper
1½ tablespoonful melted dripping
Sieve flour and baking powder. Add cold mashed potatoes, pepper and salt. Mix all together with melted dripping. Roll out. Use for covering meat pies and savoury dishes. Bake for 30-40 minutes in a fairly hot oven (Regulo Mark 6.)

13. BAKED POTATO PASTRY CRUST

3 ozs. plain flour and ½ teaspoonful 6 ozs. mashed potato
baking powder, or 3 ozs. self-raising 1½ ozs. margarine or cooking fat
flour salt, water to mix
Sieve flour, salt and baking powder into a basin. Rub in margarine. Add potato. Mix to a stiff paste with water. Roll out on a floured board, and use for covering pies. Bake for 30 minutes in a fairly hot oven (Regulo Mark 6) and 15 minutes in a moderate oven (Regulo Mark 4).

SAUSAGE AND VEGETABLE PIE

Baked Potato Pastry as recipe 4 ozs. carrot
1 lb. sausages or sausage meat small onion or leek
4 ozs. potatoes salt and pepper
1 gill water or stock

Slice the potatoes very thinly and put them in the bottom of a medium sized pie dish. Season. Grate the carrot and chop the onion. Sprinkle half of each over the potatoes. Again season. Slice the sausages lengthwise in half. Lay in layers on top of the vegetables. If using sausage meat spread a layer about ½ inch thick. Cover with the remainder of the carrot and onion. Sprinkle with pepper and salt. Add half a gill water or stock. Cover with baked potato pastry, rolled out to a thickness of about half an inch. Bake for 30 minutes in a fairly hot oven (Regulo Mark 6). Reduce heat and bake in a moderate oven for 15 minutes (Regulo Mark 4). (Enough for 4 persons.)

14. STEAMED POTATO PUDDING CRUST

8 ozs. plain flour 1 teaspoonful baking powder
2 ozs. grated raw potato salt
2 ozs. margarine or cooking fat water to mix
Sieve flour, salt and baking powder. Rub in the margarine or cooking fat. Add grated potato. Mix to a fairly stiff paste with water. Use for meat or roly-poly puddings. Steam for 2-3 hours.

RABBIT PUDDING

Steamed potato pudding crust as recipe 1 tablespoonful flour
1 rabbit salt and pepper
1 onion or leek water or vegetable stock
1 or 2 rashers of bacon
Joint the rabbit and soak for half an hour in cold water to which a dessertspoonful of salt has been added. Dry with a cloth and coat with the flour, mixed with 1 teaspoonful salt and half a teaspoonful pepper. Chop the bacon, and onion or leek. Make the potato crust and line a greased basin with two-thirds of it, saving a third for the top. Put alternate layers of rabbit, onion and bacon in the basin seasoning each layer. Half fill the basin with cold water or vegetable stock, and cover with the rest of the pastry. Steam for 2-3 hours. (Enough for 4 persons.)

15. STEAMED SPONGE PUDDING—FOUNDATION RECIPE

8 ozs. plain flour 2 teaspoonful baking powder
4 ozs. mashed potato water to mix
3 ozs. margarine or cooking fat pinch of salt
1 oz. sugar
Sieve the flour, baking powder, and salt into a bowl. Rub in the margarine or cooking fat. Add the mashed potato and sugar and mix to a fairly wet dough with water. Put into a greased pudding bowl, cover, and steam for two hours. (Enough for 4 persons.)

VARIATIONS

RED CAP PUDDING: Put 2 tablespoonful home-made plum jam in the bottom of the pudding basin before putting in the pudding mixture.

TREACLE PUDDING: Serve plain with warmed golden syrup.

FRUIT PUDDING: Add 2 ozs. of any dried fruit before mixing.

PRUNE PUDDING: Place in the bottom of the pudding basin 1 lb. prunes soaked overnight, then cover with pudding mixture.