

**Hot cakes for cold days : rolls, buns, girdle cakes and scones / Margarine Cookery Service.**

**Contributors**

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Wellcome Collection  
183 Euston Road  
London NW1 2BE UK  
T +44 (0)20 7611 8722  
E [library@wellcomecollection.org](mailto:library@wellcomecollection.org)  
<https://wellcomecollection.org>

milk and stir in, beating well. Add the remainder of the milk gradually and finally beat for 5 minutes. Have ready a hot greased girdle or frying-pan, on which the greased muffin or crumpet rings have been fried out to become hot. (If muffin rings are not available, metal pastry cutters can be used.) Half fill each ring with the mixture, and leave until pale brown underneath, with bubbles appearing on the surface. Remove the rings and turn the crumpets, glowing to brown on the other side. Serve hot spread with margarine, or, if left until cold, toast and spread with margarine. Makes 8-12 crumpets

#### FARMHOUSE GIRDLE CAKE

7 ozs. self-raising flour 1 1/2-2 oz. currants  
1 oz. margarine or cooking fat 6 tablespoonful milk  
1 tablespoonful sugar 1/2 teaspoonful salt

Sieve the flour and salt, rub in the margarine, add the sugar and currants, and mix with the milk to a smooth, easily worked dough. Turn on to a floured board, knead well, and roll out to a round about 1/4 inch thick. Prick all over with a fork, and bake on a fairly hot greased girdle until nicely browned on both sides. For convenience in turning, the round may be divided into halves or quarters when it is placed on the girdle. Makes 8 portions

NOTE: This can also be baked in a greased sandwich tin on the second shelf of a fairly hot oven (Regulo Mark 6) for 25 minutes.

#### GIRDLE SCONES

1/2 lb. self-raising flour 1/2 pint milk  
1 oz. margarine 1-2 ozs. sultanas, etc.  
1 dessertspoonful sugar 1/2 teaspoonful salt

Sieve the flour and salt into a basin, rub in the margarine, add the sugar and fruit, and mix to a fairly soft dough with the milk. Turn on to a floured board, knead lightly, and roll out to 1/4 inch thick. Cut into small triangles or squares, and bake on a floured girdle for 12-14 minutes, 5-6 minutes on each side. Makes 12-15 scones

#### EMERGENCY MUFFINS

8 ozs. self-raising flour 1/2 teaspoonful salt  
1/2 pint milk or milk and water

Sieve the flour and salt into a basin, and make a well in the centre. Pour in the milk, and mix with a fork to a soft dough. If baking in muffin rings, grease the rings, place on the greased girdle, and make hot. Half fill the rings with the batter, smoothing towards the sides, and bake for 12-14 minutes (6-7 minutes on each side, or until nicely browned and baked through). When turning, remove the rings and do not replace. If the girdle is small, a better method is to take a tablespoonful of the batter at a time, drop on to a well-floured board, and turn over in the flour until coated lightly all over. Then gently form into a round with the fingers, pressing out to a thickness of about 1/4 inch. Lift carefully with a palette or round-bladed knife on to a girdle and bake as directed. Three muffins can be baked at a time by this method on a small girdle or frying-pan. Cut open while hot and spread with margarine, or, if allowed to cool, toast and spread with margarine. Makes 5-6 muffins

#### SYRUP MUFFINS

1/2 lb. self-raising flour 1 dessertspoonful syrup  
1 oz. margarine 1/2 tablespoonful sugar  
1/2 pint milk 1/2 teaspoonful salt

Sieve the flour and salt into a basin, and add the sugar. Melt the margarine with the syrup, cool slightly, and mix with the milk. Make a well in the flour, add the syrup mixture, and stir in. Turn out on to a well-floured board, knead lightly, roll out to 1/4 inch thick, cut into rounds, and bake on a hot greased girdle for 12-14 minutes (6-7 minutes on each side). Serve hot or cold, split open, and spread with margarine. Makes 12-15 small or 8 large muffins

NOTE: As the dough is very soft, on no account should the muffins be more than 1/4 inch thick before baking, otherwise they will not bake all through.

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## COOKERY SERVICE NOTES No. 69

Recipes approved by the Ministry of Food

OCTOBER, 1945

**HOME FRONT  
COOKERY ADVICE**

### HOT CAKES FOR COLD DAYS ROLLS, BUNS, GIRDLE CAKES AND SCONES

ROLLS: BREAKFAST OR DINNERS ROLLS FRENCH ROLLS	BUNS, CAKES AND SCONES: BATH BUNS (WITH YEAST) CANDIED PEEL BATH BUNS (WITHOUT YEAST) HOT APPLE SLICES MARALADE BUNS OATMEAL COOKIES
RUSKS: RUSKS RUSKS USING STALE BREAD	SWEET OATMEAL SCONES SPICED TEA BUNS YORKSHIRE TEA CAKES (WITH YEAST) YORKSHIRE FRUITED TEA CAKES YORKSHIRE TEA CAKES (WITHOUT YEAST)
GIRDLE OR HOT PLATE COOKERY: CRUMPETS FARMHOUSE GIRDLE CAKES GIRDLE SCONES EMERGENCY MUFFINS SYRUP MUFFINS	

Plain and economical buns, scones and cakes can be just as delicious as their more smartly dressed sisters in the shape of fancy cakes and sandwiches.

We cannot always spare the ingredients for the richer cakes, so this month we are giving various recipes for the more satisfying buns and scones, for rolls to make in an emergency, and recipes for those kinds of scones and muffins which can be cooked on a girdle or hot plate, or even in a strong frying pan.

Many of these recipes can be made and cooked quickly and eaten hot, and are specially useful when unexpected visitors call and the cake tin is empty or the bread is getting low.

#### ROLLS

##### BREAKFAST OR DINNER ROLLS

1/2 lb. self-raising flour 1/2 teaspoonful salt 1/2 pint milk

Sieve the flour and salt together, add the milk, and mix with a fork. Turn on to a floured board, knead well, make into a long roll, and divide into eight pieces. Work each piece into a smooth roll or ball.



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and place them well apart on a greased tin. Make three marks across the top of each with the back of a knife, brush over with a little milk, and bake in a very brisk oven (Regulo Mark 9) for 12-15 minutes. Makes 8 rolls

#### FRENCH ROLLS

1 lb. self-raising flour 1 dried egg reconstituted  
1 oz. margarine 1 teaspoonful salt  
1 pint milk

Sieve the flour and salt into a basin, and make a well in the centre. Melt the margarine, and when lukewarm remove from the heat and stir in the reconstituted egg and milk. Pour into the flour, and mix to a soft dough. Turn on to a floured board, knead lightly, divide into two equal portions, form each into a roll or twist, brush with egg or milk, and bake on a greased tin in a hot oven (Regulo Mark 7) for 30 minutes. Makes 2 rolls

#### RUSKS

1 lb. self-raising flour 1 dried egg reconstituted  
2-3 ozs. margarine 3/4 teaspoonful milk or water  
1 heaped teaspoonful sugar 1/4 teaspoonful salt

Sieve the flour and salt together, rub in the margarine, and add the sugar. Mix the reconstituted egg with the milk or water, add gradually to the flour, and mix. Turn on to a floured board, roll out to a thickness of 1 inch, cut in small rounds (about 2 inches wide) and bake for 15 minutes in a fairly hot oven (Regulo Mark 6) until pale brown. Remove from the oven, divide each round into two thinner rounds to make two rusks by breaking the top half-round away from the bottom half-round. Turn the broken sides up, and bake for a further 30 minutes in a very moderate oven (Regulo Mark 3) until crisp and pale and golden on top. These rusks are very crisp. Makes 24 rusks

#### RUSKS (Using Stale Bread)

Cut the bread into thick slices, place on a baking sheet, and bake for 20 minutes in a fairly hot oven (Regulo Mark 6) until crisp and golden brown. The baking time will vary a little according to the staleness of the bread. Cool the rusks on a wire tray, and store in a biscuit tin. NOTE: When it can be spared, these bread rusks are nicer still if dipped in milk before baking.

#### BUNS, CAKES AND SCONES

##### BATH BUNS (with Yeast)

1/2 lb. plain flour 2 ozs. home-candied peel  
1 oz. yeast 1 dried egg reconstituted  
1/2 teaspoonful granulated sugar 1 pint warm milk  
2 ozs. margarine 1/4 teaspoonful salt

Sieve the flour and the salt together, rub in the margarine, and make a well in the centre. Cream the yeast with a teaspoonful of the sugar, make the milk luke-warm and add, with the egg, to the yeast. Stir together and pour into the flour, adding a teaspoonful of sugar. Mix well together, cover with a cloth, and leave for 1 hour to rise. Stir in the chopped peel, turn on to a lightly floured board, form into a long roll, divide into 8 equal portions, then form each portion into a round ball and place on a greased baking sheet. Brush with milk or reconstituted egg, sprinkle with the remainder of the sugar, and leave in a warm place for 15-20 minutes longer to prove. Bake for 15 minutes in a hot oven (Regulo Mark 7). Makes 8 buns

NOTE: If 3 ozs. each of margarine and sugar can be spared, the buns will be nicer still.  
FOR FRUIT BUNS: Add 2 ozs. sultanas to the above recipe.

##### CANDIED PEEL BUNS (without Yeast)

1/2 lb. self-raising flour 2 ozs. home-made candied peel  
2-3 ozs. margarine 1 dried egg reconstituted  
2-3 teaspoonful granulated sugar 1 pint milk  
1/4 teaspoonful salt

Sieve the flour and salt together, and rub in the margarine. Add 1 teaspoonful of the sugar and the chopped peel. Mix the egg with the milk, add to the flour, and stir in. Turn on to a floured board, flour the hands, and form the dough into a roll. Divide into 8 portions and form each portion into a bun. Place on a greased baking sheet, brush with milk or reconstituted egg, and sprinkle with the remainder

of the sugar. Bake for 15-20 minutes in a fairly hot oven (Regulo Mark 6). Makes 8 buns

NOTE: Instead of making into buns, tablespoonful of the mixture can be placed in rough heaps on the greased baking sheet, as for Rock Cakes.

FOR FRUIT BUNS: Add 2 ozs. sultanas or other dried fruit to the recipe.

#### HOT APPLE SLICES

2 good-sized cooking apples 2 tablespoonful sugar  
8 ozs. self-raising flour 4 tablespoonful milk (approx.)  
2 ozs. margarine or cooking fat 1/4 teaspoonful salt

Sieve the flour and salt into a basin, and rub in the margarine. Peel and grate the apples, and add with all the sugar except 2 teaspoonful, which put aside. Add the milk and mix to a stiff dough. The amount of liquid depends on the size and juiciness of the apples, but on no account should the mixture be too moist. Turn on to a floured board and form into a round that will fit an average-sized sandwich tin. Grease the tin and put in the round, pressing smoothly to the edges. Mark into 8 sections with the back of the knife, brush with milk or reconstituted egg, sprinkle with the remainder of the sugar, and bake for 1 hour in a moderate oven (Regulo Mark 4). Makes 8 good portions

#### MARMALADE BUNS

1/2 lb. self-raising flour About a tablespoonful marmalade  
2 ozs. margarine 1/4 pint milk  
2 tablespoonful sugar 1/4 teaspoonful salt

Sieve the flour and salt into a basin, rub in the margarine, and add 1 teaspoonful sugar. Mix to a soft, pliable dough with the milk. Turn out on to a floured board, knead lightly, and roll out to about 1/4 inch thick. Cut into rounds with 3-inch cutter, place about 1/4 teaspoonful of marmalade in the centre of each, brush half the edge of each round with water, and gather all the edges into a bunch in the centre, enclosing the marmalade, and taking care that none comes out. Press the edges gently together to seal them, then place the buns on a floured board and, with the bunched-up edges underneath, press out very slightly with the tips of the fingers. Place the buns on a greased baking sheet, brush with milk, sprinkle with the remainder of the sugar, and bake for 12 minutes in a hot oven (Regulo Mark 7). Makes 17-18 buns

#### OATMEAL COOKIES

4 ozs. self-raising flour 1 teaspoonful baking powder  
4 ozs. medium oatmeal or rolled oats 1/4 teaspoonful salt  
2 ozs. margarine or cooking fat 4 tablespoonful water  
2 tablespoonful sugar 1/4 teaspoonful each cinnamon and nutmeg

DATE AND APPLE FILLING

1/2 lb. apples (weighed after peeling) 1 tablespoonful syrup  
2 or 3 tablespoonful water according to the juiciness of the apples

To make the pastry, sieve the flour, salt, baking powder and spices together, and mix with the oatmeal. Rub in the margarine, add 1/4 teaspoonful sugar, and mix with the water. Turn on to a floured board, knead well, and roll out to about 1/4 inch in thickness. Cut into 3-inch rounds. Spread half the number of rounds with 1-2 good teaspoonful of the filling, and cover with the remaining rounds, pressing gently down. Place on a greased baking sheet, brush with milk, sprinkle with the remainder of the sugar, and bake for 15-20 minutes in a fairly hot oven (Regulo Mark 6).

To make the filling: Peel and slice the apples, and place with the chopped dates, syrup and water in a saucepan, and cook gently until the apples are soft, stirring often. Use only sufficient water to start the apples cooking. Mix all well together before using. Makes 10 cookies

#### SWEET OATMEAL SCONES

6 ozs. self-raising flour 1 pint milk  
2 ozs. oatmeal 1 dessertspoonful syrup  
1 oz. margarine 1 dessertspoonful sugar  
1 teaspoonful baking powder 1/4 teaspoonful salt

Sieve the flour, salt and baking powder into a bowl, and add the oatmeal. Rub in the margarine and add the sugar. Add the slightly warmed syrup to the milk, pour into the flour, and mix to a fairly soft dough. Turn on to a floured board, knead lightly, roll out to 1 inch in thickness. Cut into small rounds, place on a greased baking sheet, and bake for 10 minutes in a hot oven (Regulo Mark 7). Makes about 12 scones

#### SPICED TEA BUNS

1/2 lb. self-raising flour 1 tablespoonful syrup  
3 ozs. margarine or cooking fat 1/4 teaspoonful ground ginger  
1 dried egg reconstituted 1/4 teaspoonful mixed spice  
1 tablespoonful sugar 1/4 teaspoonful salt

Sieve the flour, salt, ginger and spice into a basin, and add the sugar. Melt the margarine with the syrup, cool, and mix with the milk and egg. Pour on to the flour, etc., stir in, and beat for a minute or two. Have ready 13 or 14 greased bun or tartlet tins. Three-quarters fill each tin with the dough, and bake in a moderately hot oven (Regulo Mark 5) for 20 minutes. Makes 13-14 buns

#### YORKSHIRE TEA CAKES (with Yeast)

10 ozs. plain flour 1 dried egg reconstituted  
1 oz. yeast 1 dessertspoonful sugar  
1/2 oz. margarine 1/4 teaspoonful salt

Sieve the salt and flour together into a basin, and make a hole in the centre. Beat the yeast and the sugar to a cream. Put the margarine into a saucepan, add the milk, and heat both together until they are just luke-warm. Then mix with the yeast mixture and the reconstituted egg. Add this mixture to the flour and stir in. Beat well for a minute or two. Cover and leave in a warm place for 1/2 hour to rise. Turn out on to a floured board, divide into equal portions, and form into two rounds to fit two medium-sized sandwich tins about 6 1/2 inches wide. Grease the tins and place a round in each, and press evenly to the sides. Rest the tins in a warm place to prove the dough for 10 minutes, then bake for 15-20 minutes on the middle shelf of a hot oven (Regulo Mark 7). Eat either hot or cold, sliced and spread with margarine. Makes 2 rounds

Yorkshire Fruited Tea Cakes: Make as Yorkshire Tea Cakes, but add 3 ozs. sultanas or other dried fruit and stir in.

#### YORKSHIRE TEA CAKES (without Yeast)

10 ozs. self-raising flour 1 pint milk  
1 oz. margarine 1/4 teaspoonful salt  
1 dried egg reconstituted 1/4 teaspoonful salt

Sieve the flour and salt together. Melt the margarine, mix with the milk and egg, and add with the sugar to the flour. Mix, turn on to a floured board, divide in two equal portions, and roll out to two rounds large enough to fit two medium-sized sandwich tins 6 1/2 inches wide. Grease the tins, place the rounds inside, and smooth evenly to the sides. Bake for 15-20 minutes on the middle shelf of a hot oven (Regulo Mark 7). Serve hot or cold, sliced, and spread with margarine. Makes 2 rounds

#### GIRDLE OR HOT PLATE COOKERY

Delicious little cakes and scones of the plain or semi-plain type can be made on a girdle or iron frying-pan with a thick base, or the hot plate of an electric stove, when in the interests of time or fuel-saving it is not advisable to light the oven. Cakes of this kind are quick and easy to prepare, and rarely take longer than 12-15 minutes to bake (6-8 minutes on each side). They are very nice eaten hot—split open and spread with a little margarine. Success with girdle or frying-pan baking depends to a great extent on gauging the temperature correctly. To test this, sprinkle on a little dry flour. If the temperature is just right, the flour should become golden-brown in a minute or so. If it turns dark very quickly, the heat is too great and should be lowered until the right temperature is obtained. If the baking is being done over a gas-ring, a thin asbestos sheet over the flame will help to spread the heat more evenly.

When cooking girdle scones, no greasing of the girdle is needed, but the girdle or frying-pan should be well sprinkled with flour. For other types of girdle cakes, such as muffins, crumpets, etc., the girdle should be lightly greased.

#### CRUMPETS

1/2 lb. self-raising flour 1 teaspoonful sugar (optional)  
1 oz. margarine 1/4 teaspoonful salt  
1 pint milk or milk and water

Sieve the flour and salt into a basin, and add the sugar. Melt the margarine and add to the milk. Make a well in the flour, add half the