

Carried meals for sedentary workers / Stork Margarine Cookery Service.

Contributors

Stork Margarine Cookery Service.

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STORK MARGARINE COOKERY SERVICE

SPECIAL COOKERY NOTES NO. 20

OCTOBER, 1941

Recipes approved by the Ministry of Food

CARRIED MEALS FOR SEDENTARY WORKERS

1. SAVOURY PASTES FOR SANDWICHES

Potted fish
" liver
Shrimp paste
Indian relish
Potted cheese

*Recipes in Cookery Notes
No. 15.*

2 FILLED SCONES

To make one large or two medium scones:—

4 ozs. flour, sifted with
1 heaped teaspoonful of baking powder and
A pinch of salt
 $\frac{1}{2}$ oz. margarine or cooking fat
Water, milk and water, or sour milk to mix

Rub the fat into the sifted flour and mix to a slack dough with liquid. Form quickly into a flat cake, or cakes, and bake at once, in a hot oven, for 15-20 minutes (Regulo Mark 7). Split in half while still hot and fill with:

SARDINE FILLING

3 sardines
 $\frac{1}{2}$ oz. Special margarine
Few drops of vinegar
 $\frac{1}{2}$ teaspoonful Worcester Sauce
Black pepper and cayenne
Watercress

Take skin and bone from sardines, pound in a mortar with margarine, or mash well with a fork and beat in margarine. Add vinegar and Worcester Sauce and season with black pepper and a grain of cayenne. Spread on scone and put washed, picked watercress on top.

P.T.O.

HADDOCK FILLING

3 ozs. cooked haddock, free from skin and bones

$\frac{1}{2}$ oz. margarine

$\frac{1}{2}$ oz. flour

$\frac{1}{4}$ pint water used to cook haddock

Salt and pepper

Make white sauce with margarine, flour and haddock stock. Stir in the flaked fish and season with very little salt and pepper.

VEGETABLE FILLING

Chop any cooked vegetable, carrots, potatoes, green beans, cauliflower, etc., mix with a little chopped beetroot and a teaspoonful or so of vegetable Béchamel sauce. Season well with salt and pepper.

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.

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