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Contributors

Allinson, Ltd.

Publication/Creation

London : Allinson, [195u].

Persistent URL

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Try these exciting recipes

**ALLINSON
PASTRYCOOK
SELF-RAISING FLOUR**



A really superb flour

Some Allinson Pastrycook Flour Recipes

SHORT CRUST PASTRY

8 ozs. *Allinson Pastrycook Flour**.
4 ozs. *Vegetable Margarine or Butter*.
 $\frac{1}{2}$ Teaspoon *Salt**.
Cold Water.

Mix dry ingredients* together, and rub in fat gently with the fingers. Mix to a stiff paste with water. Bake at 425°—450°. If glazing is required, brush over with water or milk and sprinkle lightly with castor sugar.

RICH SHORT PASTRY

Use the above recipe with the addition of one egg.

FLAKY PASTRY

8 ozs. *Allinson Pastrycook Flour*.
3 ozs. *Margarine*.
3 ozs. *Cooking Fat*.
Pinch of Salt.
Squeeze of lemon juice.
Cold Water.

Divide fat into four parts. Rub one part of each fat into the salted flour. Mix to an elastic dough with lemon juice and water. Roll out and spread second part of each fat on top of the dough. Fold into three, press edges together and give half turn. Roll out and fold once more and use as required. To glaze, brush with a whisked egg before baking. Bake at 450°—475°.

HONEY CAKE

8 ozs. *Allinson Pastrycook Flour*.
3 ozs. *Margarine or Butter*.
1 Egg.
 $\frac{1}{2}$ Pint *Milk*.
3 Tablespoons of *Honey*.
2 ozs. *Chopped Peel*.

Rub the fat into the flour, add the peel. Stir in the beaten egg and milk, add the honey and then beat well. Place in the greased baking tin and bake for 60 minutes. Temperature 350°—400°.

WALNUT CAKE

6 ozs. *Allinson Pastrycook Flour*.
4 ozs. *Butter*.
3 ozs. *Walnuts*.
4 ozs. *Sugar*.
2 Eggs.
Vanilla Essence.

Cream butter and sugar. Beat in eggs one at a time. Add flour and chopped walnuts and add a few drops of vanilla essence. Bake in a sandwich tin at 400°F. for about 25 minutes, or in a round cake tin, approx. 7" in diameter, for about 50 minutes at 375°F. When cold, ice and decorate with halves of shelled walnuts.

WELSH CHEESE CAKES

Rich Short Pastry.
2 ozs. *Margarine or Butter*.
2 ozs. *Castor Sugar*.
2 ozs. *Allinson Pastrycook Flour*.
Jam.
1 Egg.

Line 18 tart tins with the pastry cut to fit. Put a little jam in the bottom of each tartlet. Cream fat and sugar, beat in the egg and mix in the flour. Divide this between the tartlets. Cook at 400°—425°F. for 15-20 minutes.

SHREWSBURY BISCUITS

6 ozs. *Allinson Pastrycook Flour*.
2 ozs. *Castor Sugar*.
2 ozs. *Margarine*.
1 Egg.
Little Milk.
Vanilla Essence.

Cream sugar and fat. Add egg and beat well. Add salt to flour and add both to creamed sugar/egg. Then add flavouring and milk and mix well together. Roll out on a well floured board. Cut into fancy shapes. Bake on a greased flat baking sheet. 375° for 20 minutes.

Baking cakes and pastries of which you can be truly proud calls for the use of the finest quality flour available.

Allinson Pastrycook Self-Raising Flour, is, indeed, the finest and purest of baking flours. It is the result of many years of intensive research and possesses the ideal properties for cake and pastry making. Stoneground, 81% extraction, this superb and nutritious flour contains a proportion of pure, compost-grown wheat. The natural goodness of this wheat is reflected in the rich, creamy colour of the flour and its pure, smooth texture and flavour.

To ensure perfect baking results, Allinson Pastrycook Flour contains an entirely new self-raising agent that has been carefully designed to prevent any of the raising power being wasted during mixing. It does not start until the cake is in the oven, and, most important, the raising power is controlled throughout the baking. And—if anything unexpected crops up and interrupts your cake-making, don't worry no harm will be done. If anything, the delay in putting your Cake in the oven will improve its texture and appearance. You can, therefore, be certain that your cake will rise the way it should.

You can be certain also that your baking will retain its perfect flavour, because the new self-raising agent does not have the 'bite' or aftertaste that is so often associated with this type of product.

Allinson Pastrycook Flour can be used with complete success in all recipes requiring self-raising flour.

ALLINSON LTD.

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