

Some interesting recipes : Allinson self-raising wholewheat cake-flour : makes wonderful cakes and pastry / Allinson Limited.

Contributors

Allinson, Ltd.

Publication/Creation

London : Allinson, [between 1950 and 1959?]

Persistent URL

<https://wellcomecollection.org/works/wug4x3sz>

License and attribution

Conditions of use: it is possible this item is protected by copyright and/or related rights. You are free to use this item in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s).

**wellcome
collection**

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

Some interesting recipes

ALLINSON

SELF-RAISING WHOLEWHEAT

CAKE-FLOUR



Makes wonderful cakes and pastry

...to give better results

SHORT CRUST PASTRY

8 ozs. Allinson Wholewheat Cake-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.

NOTE. If a richer pastry is required add one egg.

FLAKY PASTRY

8 ozs. Allinson Wholewheat Cake-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 repeat twice more using up the remainder of the fat. Leave in a cold place for one hour. Roll out and fold once more and use as required. To glaze, brush with a whisked egg before baking. Bake at 450°-475°.

ALLINSON WHOLEWHEAT SCONES

12 ozs. Allinson Wholewheat Cake-Flour*.
2 Tablespoons sugar*.
Pinch of Salt*.
Milk.
1 Egg.
Piece of butter size of large Walnut.

Mix together all dry ingredients*. Rub in the butter and add the egg and mix together with a fork. Gradually add milk until a stiff dough is formed. Roll out on a floured board to $\frac{3}{4}$ " thickness. Cut into rounds with a cutter. Place on a flat, greased baking sheet. Glaze tops with milk or egg. Bake at 475°-500° for 10-15 minutes.

ALLINSON GINGERBREAD

10 ozs. Allinson Wholewheat Cake-Flour*.
 $\frac{1}{2}$ Pint of Milk.
Pinch of Salt*.
 $\frac{1}{2}$ Teaspoon Mixed Spice*.
 $\frac{1}{2}$ lb. Golden Syrup.
 $\frac{1}{2}$ lb. Sultanas.
2 ozs. Margarine or Butter.
1 $\frac{1}{2}$ ozs. Brown Sugar*.
1 oz. Peel or Preserved Ginger.
 $\frac{1}{2}$ Teaspoon Ground Ginger*.
Almonds or nuts for decorating.

Mix together all dry ingredients* and add fruit. Mix together the warmed milk, margarine and syrup. Stir liquid ingredients into dry ingredients and mix well. Pour into a greased tin lined with grease-proof paper. Arrange almonds on top. Cook at 325°-350°. Time about 50-60 minutes.

FRUIT CAKE

8 ozs. Allinson Wholewheat Cake-Flour.
6 ozs. Castor Sugar.
6 ozs. Margarine or Butter.
3 Eggs.
2 ozs. Glace Cherries.
2 ozs. Mixed peel.
4 ozs. Sultanas.

Cream fat and sugar well in a slightly warmed bowl. Beat in the eggs one at a time. Fold the flour in gently and then add the fruit and peel. Put into a greased cake tin, lined with grease-proof paper and bake at 350°F. Time about 90 minutes.

MADEIRA CAKE

7 ozs. Allinson Wholewheat Cake-Flour.
4 ozs. Margarine or Butter.
4 ozs. Sugar.
2 Eggs.
A little milk.
Grated rind of lemon.

Cream fat and sugar in a slightly warmed bowl. Beat in eggs one at a time. Fold in flour gently. Add a very little milk and grated lemon rind. Put in a greased tin and cook at 350°-375°. Time about 75 minutes.

Cakes, pastries, scones, biscuits, batter . . . they all bake better and taste better with Allinson Self-Raising Wholewheat Cake-Flour.

This superb flour, 100% stoneground, contains all the natural goodness and flavour of wheat that has been carefully blended from the finest, matured wheat and pure, compost-grown wheat, organically grown on selected English farms.

Allinson Wholewheat Cake-Flour contains an entirely new self-raising agent, specially designed so that none of the raising power is wasted during mixing—it does not start its work *until the cake is in the oven*. Even more important, the raising power is controlled all through 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. Now you can be certain that your cakes and pastries will rise the way they should !

Because the new self-raising agent has no after-taste, your baking will retain its perfect flavour. And the flavour really is perfect when you bake with Allinson Self-Raising Wholewheat Cake-Flour. It's nourishing too !

For further free recipes, write to :

ALLINSON LIMITED
210-214 Cambridge Heath Road, Bethnal Green,
London, E.2.