

## **The original Atora recipe ideas / RHM Foods Ltd.**

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## MAPLE SYRUP AND PECAN NUT PUDDING

Serves 6

175 g (6 oz) McDougalls/Be-Ro Self Raising Flour  
75 g (3 oz) Atora Shredded Beef Suet  
75 g (3 oz) soft light brown sugar  
40 g (1½ oz) pecan nuts, chopped  
1 x 5 ml spoon (1 tsp) mixed spice  
1 egg, size 3, beaten  
5 x 15 ml spoon (5 tbsp) maple syrup (milk to mix)  
25 g (1 oz) whole pecan nuts

1. Grease a 1.7 litre (2 pint) pudding basin. 2. Mix together the flour, Atora, sugar, pecan nuts and spice. 3. Stir in the egg, 2 x 15 ml spoon (2 tbsp) of the syrup and sufficient milk to make a thick/dropping consistency. 4. Place the remaining syrup and whole nuts in the bottom of the basin and spoon the pudding mixture on top. 5. Cover with greased greaseproof paper and foil, secure tightly and steam for 1½-2 hours. Turn out and serve hot.

### MICROWAVE

1. Follow steps 1-3 above. 2. Place pecan nuts in the bottom of the basin and place the pudding mixture on top. 3. Cover loosely with a suitable film and cook on FULL power for 4½ minutes, 650w (3½ minutes 800w). Allow to stand for a few minutes before turning out and serving with remaining syrup. Serve warm with extra maple syrup.

## ROLY POLY

Serves 6

225 g (8 oz) McDougalls/Be-Ro Self Raising Flour  
125 g (4 oz) Atora Shredded Beef Suet  
pinch salt, cold water to mix 5-6 x 15ml (5-6 tbsp)  
5 x 15 ml spoon (5 tbsp) jam, syrup or marmalade

1. Heat oven to 200°C, 400°F, Gas Mark 6 or have ready greaseproof paper, foil and a steamer. 2. To make the pastry, mix together the flour, Atora and salt. Stir in enough water to make a soft elastic dough. 3. Roll out pastry on a floured surface to 25.5 x 20.5 cm (10 x 8 inch) rectangle. Spread with jam, syrup or marmalade to within 2.5 cm (1 inch) of the edges. Moisten edges with water. Roll up loosely from the narrow end. Seal ends by pressing edges together. 4. Place roll on baking tray with the join underneath and bake for about 30-35 minutes. Alternatively loosely wrap in greaseproof paper and foil and steam for 1½ hours.

### MICROWAVE

1. Follow stages 1-3. 2. Loosely wrap in greaseproof paper then a microwave suitable film. 3. Cook on HIGH for 5 minutes (650W)/3 minutes (850W). 4. Allow to stand for 3 minutes before turning out. 5. Dredge with caster or icing sugar.

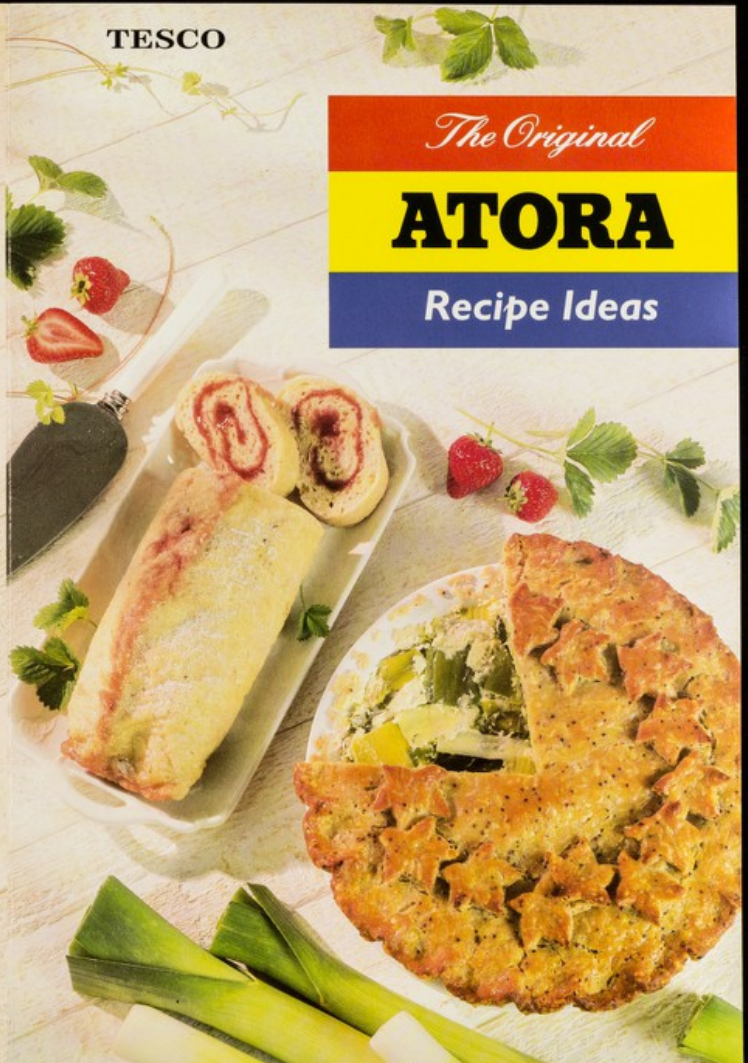
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TESCO

*The Original*

**ATORA**

Recipe Ideas



## FARMHOUSE LEEK PIE

Serves 4

### Filling:

4 medium leeks trimmed, cut into 5 cm (2 inch) long strips  
1 x 150 ml (1/4 pint) single cream  
2 eggs, size 3  
125 g (4 oz) mature Cheddar cheese, grated  
salt and freshly ground black pepper

### Pastry:

225 g (8 oz) McDougalls/Be-Ro Self Raising Flour  
125 g (4 oz) Atora Shredded Beef Suet  
1 x 15 ml spoon (1 tbsp) wholegrain mustard  
pinch salt  
cold water to mix 5-6 x 15ml (5-6 tbsp)  
milk or beaten egg, to glaze

1. Heat oven to 200°C, 400°F, Gas Mark 6. Have ready an 18 cm (7 inch) pie plate. 2. Blanch the leeks in boiling salted water for 3-4 minutes, rinse in cold water and drain thoroughly. Beat the cream and eggs together with a fork, add the cheese and seasoning, mix thoroughly and add the leeks. 3. To make pastry: mix flour, Atora, mustard and salt together. Add sufficient cold water to form a soft elastic dough. Turn onto a floured surface and knead lightly. Roll out half of the dough, line the pie plate and dampen pastry edges. Pour in the filling and roll out remaining pastry to make a lid. Cover the filling, seal the edges firmly, trim and flute. Make a hole in the top and decorate with pastry leaves. Glaze with milk or egg. 4. Bake for about 25-35 minutes until pastry is golden brown.

### COOK'S TIP FOR DIFFERENT DUMPLINGS

Try the following variations for a change:

1. Nutty Dumplings – Stir 25g (1oz) walnuts in with the flour and suet.
2. Chilli Dumplings – Stir in 1/2 x 2.5ml spoon (1/4 tsp) chilli powder with the flour and suet.
3. Poppy Seed Dumplings – Stir in 1 x 5ml spoon (1 tsp) poppy seeds with the flour and suet.
4. Mustard Dumplings – Stir in 2 x 5ml spoon (2tsp) wholegrain mustard with the water.

For last minute dumplings: place dumplings in 5 x 15ml spoon (5 tbsp) of boiling gravy from the stew in a heatproof glass dish. Cover and cook on FULL power for 4 minutes (650W) and 3 1/2 minutes (800W).

## BOEUF BOURGUIGNONNE WITH THYME DUMPLINGS

Serves 4

6 back bacon rashers, thickly sliced  
450 g (1 lb) braising steak, cubed  
1 clove garlic, crushed  
2 x 15 ml spoon (2 tbsp) McDougalls/Be-Ro Self Raising Flour  
300 ml (1/2 pint) red wine, e.g. Burgundy  
salt and freshly ground black pepper  
1 bouquet garni  
25 g (1 oz) butter  
12 baby onions or shallots, peeled  
150 g (5 oz) button mushrooms

### Dumplings:

125 g (4 oz) McDougalls/Be-Ro Self Raising Flour  
50 g (2 oz) Atora Shredded Beef Suet  
pinch salt  
2 x 5 ml spoon (2 tsp) dried thyme  
cold water to mix 5-6 x 15ml (5-6 tbsp)

1. Heat oven to 180°C, 350°F, Gas Mark 4. Have ready a 1.8 litre (3 pint) hob and ovenproof casserole dish. 2. Fry the bacon in its own juices, remove and set aside. Fry the meat until brown and sealed, stir in the garlic and cook for one minute. 3. Sprinkle over the flour, stirring continuously, cook for 2 minutes, stirring, gradually pour in the wine. Season then add the bacon and bouquet garni. Bring up to the boil. Cover, place in oven and cook for 1 1/2 hours. 4. While the casserole is cooking, melt the butter in a frying pan, fry onions until golden brown, set aside on kitchen paper. Add the mushrooms and fry until just soft, then add to the casserole with the onions. Return to the oven for a further 15 minutes. 5. To make the dumplings mix together the flour, Atora, salt and thyme. Stir in enough cold water to form a soft elastic dough. 6. Divide the dough into eight and shape into balls with floured hands. Drop onto the bubbling casserole, cover tightly and cook in the oven for 20 minutes.

### COOK'S TIP

for perfect light dumplings, keep the lid tightly closed during cooking.

Other general hints and tips when cooking with Atora.

- i) Never leave uncooked dumplings standing, cook immediately for best results.
- ii) To prevent saucepan discolouration during steaming, add a little vinegar or lemon juice to the water.
- iii) Puddings should be 2/3rds full to allow room for expansion.
- iv) Before cooking baked suet dishes, make sure the oven is preheated to the correct temperature.