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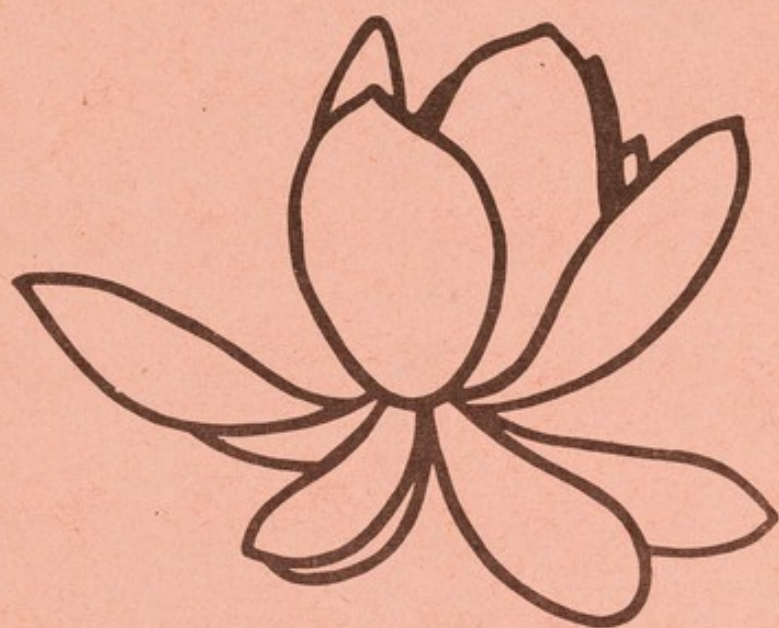
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LOTUS FOODS LTD.

Dorothy H. Foster

Recommends:

1. SEA SOUP serves 4

25g/1oz Ground Dulse	Stock: 1 veg. cube in
1 small Onion chopped	500ml/1pt hot water
1 Tomato peeled and	1 Bayleaf
chopped	Pinch of Saffron
15g/½oz Lotus Natural	1 crushed clove Garlic
Chiplets	

Add Chiplets to hot stock. Soak five mins. Add Bayleaf and Onion. Simmer till cooked (15 mins). Add Tomato, Saffron and Dulse. Simmer few mins. Serve garnished with freshly chopped Parsley.

2. SEAFOOD SAVOURY WITH FENNEL SAUCE serves 4

40g/1½oz Lotus Natural	Stock: 1 veg. cube in
Chiplets Tvp	250ml/½pt dry Cider and
1 Onion cut in rings	250ml/½pt water mixed
½teasp. crushed Fennel	Lemon Juice
Seed	6 Peppercorns
25g/1oz Butter or Margarine	1 Bayleaf
25g/1oz wholewheat	25g/1oz Ground Dulse
Flour	

Simmer Onion in stock with Bayleaf, Fennel, Peppercorns till cooked. Add Tvp and simmer ten mins. Melt Butter in 2nd pan. Add Flour and cook few mins. Add Stock from 1st pan gradually. Cook till it thickens. Add Tvp, and Lemon Juice to taste. Serve garnished with Lemon rings and Parsley accompanied by creamed Potatoes and grilled Tomatoes.

3. LOTUS MINCE (Tvp)

1 teasp. Yeast Extract	250ml/½pt Water or Stock
1 large Onion chopped	(1 veg. cube in 250ml/
Salt and Pepper	½pt water)
1 teasp. dried Sage or	2 teasp. Tomato Ketchup
Mixed Herbs	1 clove Garlic crushed
50g/2oz flavoured OR	Veg. Oil
unflavoured Mince	

Soak Mince in hot stock or water. Lightly fry Onion and Garlic in Oil. Add Mince and Ketchup. Cook 15 mins. Add Yeast Extract and mix. Serve with creamed Potatoes OR mix with creamed Potatoes and beaten Egg to bind. Form into rissole shapes and fry. OR add 1 grated Carrot, put in casserole, top with creamed Potato and bake in moderate oven 30 mins. Serve with one root and green vegetable and brown sauce.

4. LOTUS MINCE A LA BOLOGNAISE

Same as above but add 1 teasp. Basil when cooking Onion and omit Sage or Mixed Herbs. Also add 1 medium tin Tomatoes and 1 tabls. Tomato Puree when cooking Mince and Onion. Serve with whole-wheat Spaghetti and grated Cheese.

5. BLANQUETTE OF LOTUS CHIPLETS WITH ONION serves 4

40g/1½oz Natural Chip- lets Tvp	Stock: 1 veg. cube in 250ml/½ pt water
75g/3oz Butter or Marg- arine	250ml/½ pt Milk
50g/2oz Wholewheat Flour	6 Cloves
2 Onions chopped	Juice ½ Lemon
	Bouquet Garni
	Salt and Pepper

Hydrate Tvp in hot stock. Melt 25g/1oz Marg. Add Onion and cook. Add Tvp, Cloves, Bouquet Garni. Cook 15 mins. Stir occasionally. Make white sauce by melting rest of Marg. Add Flour. Cook few mins. Mix in Milk gradually to keep smooth. Bring to boil. Cook to thicken. Add Tvp mixture. Then Lemon Juice. Serve garnished with Parsley, Lemon and Olives. Nice with baked Potatoes.

6. LOTUS HERB CASSEROLE serves 4

1 Onion sliced		Stock: 3 veg. cubes in
1 Carrot) cut in pieces	1000ml/2pt water
1 Turnip		50g/2oz Lotus Chunks
1 Parsnip		25g/1oz Flour
1 stick Celery		Vegetable Oil
½ teasp. Marjoram) OR	2 tabls. chopped Parsley
Thyme		1 clove Garlic chopped
Bouquet Garni		

Soak chunks in hot stock. Lightly cook Onion and Garlic in hot Oil. Remove from Oil, and brown other vegetables in hot oil. Add Flour and brown. Add a little stock to loosen this from the pan and pour all, with vegetables and Onions, into stock. Add Bouquet Garni. Simmer till cooked — about 30 mins. Garnish with Parsley. Serve with Baked Potatoes. Alternatively, this can all be put into a casserole, topped with sliced potatoes, brushed with Oil and cooked in a moderate oven ½ hour-¾ hour till brown as for a hot pot. Serve with a green vegetable.

7. LOTUS SLICES A LA SCHNITZEL

Soak number of slices required, allowing approx. 2 pieces per portion, in hot stock made with 1 veg. cube in 500ml/1pt water, 1 sliced Onion, 1 sliced Carrot and a sliced stick of Celery, 15 mins. Then simmer about 20 mins. Drain. Roll in well seasoned Flour to which some soup powder has been added. Brown in hot Oil ($\frac{1}{2}$ Butter and $\frac{1}{2}$ Oil gives good flavour) both sides. Serve with lemon quarters and vegetables.

A tasty sauce can be made with the stock to serve with them, by adding Tomato Puree and thickened with any seasoned Flour left over.

(N.B. These slices can be used as an alternative to chicken or veal pieces in any suitable recipe after soaking in hot stock, i.e. casserole with Rosemary, etc.)

8. SAVOURY SOYA SPLITS 6 portions

3 cups cooked Soya Splits	$\frac{1}{4}$ teasp. Ground Sage
1 cup Tomatoes cooked	1 teasp. Yeast Extract
1 cup chopped Celery	1 grated Onion
and leaves	1 Bayleaf
	Salt and Pepper

Cook Soya Splits as per directions of package (this will only take 20 mins. as they are already partially cooked). Mix with other ingredients (add a little soya cooking water if necessary). Simmer ten mins. Serve.

9. SOYA SPLITS SALAD

125g/4oz soaked Soya Splits	French Dressing: 4 tabbsp. Oil
1 chopped raw Onion	8 tabbsp. Cider Vinegar
1 chopped Green Pepper	$\frac{1}{4}$ teasp. Sugar
5 sticks Celery chopped	1 teasp. Mustard
	Salt and Pepper

Cook Soya Splits in water 20 mins. Chop vegetables and mix with the splits. Make French Dressing. Add to other ingredients. Chill in refrigerator one hour. Serve garnished with watercress or Tomato. This can be accompanied by a savoury dish or Cheddar Cheese.

When using unflavoured Lotus Tvp hydrate in well-flavoured stock (i.e. 1 veg. cube per 250ml/ $\frac{1}{2}$ pt water). Flavoured varieties can be hydrated in water or stock.

10. JUNKET Suggested ways of serving . . .

Basic Method: Heat ½ litre/1 pint fresh milk (or re-constituted milk powder) to 110°F. Sweeten to taste. Add 1 teasp. vegetarian Rennet. Stir. Pour into bowl or individual dishes. Top with grated Nutmeg. Serve with Cream.

Alternatively:

- 1 Add coffee to milk before making junket. Serve with rum (optional), flavoured cream, or chopped walnuts as a garnish.
- 2 Old fashioned recipes include flavouring the milk with whiskey or brandy before making the junket.
- 3 Make a puree with any fruit in season (Blackcurrants, Blackberries and Apple, etc.). Sweeten to taste and thicken with little cornflour or arrowroot. Put in individual dishes. Make junket flavoured with vanilla essence and pour on top of fruit. Leave to set. Decorate with one fruit on each. Serve.
- 4 Add any other flavour of your choice such as chocolate, or carob before adding rennet.

Sponge fingers make nice accompaniment to junket.



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LOTUS FOODS

available at most health food shops.

Present range of products include:

LOTUS Textured vegetable protein
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Also Chipleets, Chunks and Slices.
LOTUS liquid Vegetarian Rennet
LOTUS Soya Splits
LOTUS "Sea-Magic" Dulse

Other products to follow.

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