

Christmas fare / by Hilda M. Whitlow.

Contributors

Whitlow, Hilda Mary.
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Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
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6 oz. demerara or granulated sugar. Grated rind and juice of 1 lemon. 3 tablespoonfuls brandy, whisky or rum.
Chop the peel and nuts finely and the dried fruit fairly coarsely. Mix in the dry ingredients, chopped apple, lemon juice and spirit. Leave overnight in a covered mixing bowl. Bottle in three one pound jam jars. Cover and store in a cool place for two or three weeks.

CHRISTMAS PUDDING

6 oz. currants. 6 oz. sultanas. 4 oz. dates. 3 oz. chopped candied peel. 4 oz. plain flour. 1 level teaspoonful grated nutmeg. 1 rounded teaspoonful mixed spice. 1 level teaspoonful baking powder. $\frac{1}{2}$ level teaspoonful salt. 8 oz. breadcrumbs. 4 oz. grated suet or dripping. 8 oz. sugar. Rind and juice of 1 orange and 1 lemon. 1 small cooking apple. 2 tablespoonfuls black treacle. 2 eggs (shell or dried, optional). 5 tablespoonfuls brown ale.
Chop the fruit. Add the sifted flour, baking powder, spices and salt. Mix in the chopped apple, breadcrumbs, sugar, suet or dripping and grated fruit rind. Make a hollow in the centre. Pour in the strained fruit juice, treacle and beaten egg. Mix gradually, adding the ale a little at a time. If eggs are omitted, add a little extra ale or milk to give the correct consistency. Leave overnight in a covered bowl. Turn into two well greased 1 pint pudding basins. Cover with greased, greaseproof paper and pudding cloths. Boil for four hours. When the puddings are cool, re-cover with fresh greased paper and clean dry cloths and store in a cool place.

CHRISTMAS CAKE

8 oz. currants and sultanas. 2 oz. dates. 3 oz. candied peel. 3oz. glacé cherries. 1 oz. cob or hazel nuts. 6 oz. plain flour. 1 level teaspoonful baking powder. 1 level teaspoonful mixed spice. $\frac{1}{2}$ level teaspoonful grated nutmeg. 3 eggs (dried or shell). Grated rind of half an orange and half a lemon (optional). 4 oz. margarine. 4 oz. sugar. 1 tablespoonful black treacle. 2 tablespoonfuls brandy, whisky, rum or sherry (optional). 1-2 tablespoonfuls milk.
Beat the margarine and sugar to a soft cream. Mix in the treacle. Sift together the flour, baking powder and spices. Mix in the cleaned currants and sultanas, chopped dates and nuts, and the quartered cherries, and grated fruit rind. Stir the dry mixture into the creamed fat and sugar a little at a time alternately with the beaten eggs. Add the spirit or wine and the milk. Mix thoroughly. Turn into a seven inch, lined cake tin. Tie a thick piece of brown paper round the outside of the tin. Bake in the centre of the oven for one hour at 345°F. (approx.); one hour at 325°F. (approx.) and about one and a half hours at 300°F. (approx.). Leave to cool in the tin for a few minutes before turning out on to a cake wire to cool. When cold wrap in greaseproof paper and store in a covered tin in a cool place.

RECIPES FOR PARTY SUPPERS AND BUFFET CHOCOLATE WHIP

2 oz. sugar. 1 oz. cocoa powder. $\frac{1}{2}$ pint water. $\frac{1}{2}$ oz. gelatine. 2 egg whites. Grated rind and juice of 1 lemon.
Mix together the powdered gelatine, cocoa, grated lemon rind and sugar in a small saucepan. Stir in the water. Heat gently, stirring continuously, until the sugar and gelatine are dissolved. Simmer for 2 minutes. Cool slightly. Add the lemon juice. Turn into a bowl and leave until cold and beginning to set. Whip the egg whites stiffly. Whisk in the chocolate mixture a spoonful at a time. Turn quickly into glasses and leave to set. Serve with a sprinkling of grated or shredded chocolate over each.

LEMON OR ORANGE SQUASH JELLY

$\frac{1}{2}$ oz. gelatine. 2½ gills water. 1½ gills lemon or orange squash. Sugar to taste. Put the gelatine in a saucepan with the sugar and half the water. Heat gently, stirring continuously, until the sugar and gelatine are dissolved. Strain into a basin. Add the remaining cold water, orange or lemon squash and pour into wet moulds. When set turn out by dipping quickly in and out of hot water.

CIDER CUP

1 quart of cider. 1 pint soda water. $\frac{1}{2}$ pint orange squash. 1 or 2 wine glasses gin. Thinly peeled cucumber and lemon rind, if available. Mix together the cider, squash and gin. Add slices of rind and chill thoroughly. Add the soda just before serving.

CHEESE TWISTS

4 oz. plain flour. $\frac{1}{2}$ oz. cooking fat. 1½-2 oz. grated cheese. 1 level teaspoonful mustard. $\frac{1}{2}$ level teaspoonful salt. 3 or 4 shakes of cayenne pepper. Sift the flour and seasonings together. Rub in the fat. Add 1-1½ oz. grated cheese. Mix to a firm paste with cold water. Roll out thinly. Cut into finger strips. Brush with milk. Sprinkle with remaining cheese and salt. Twist each strip neatly. Bake at 390°F. on greased trays, until lightly brown.

GAME OR TURKEY MOULD

6 oz. cold turkey, game or goose meat. $\frac{1}{2}$ pint aspic jelly. $\frac{1}{2}$ pint espagnol sauce. Seasoning. Garnish of chopped jelly and grated or sliced carrot. Shred the meat finely. Add to it the thick cold sauce and the liquid jelly. Season well and if liked add a little red wine. Turn into a fancy metal mould and leave to set. Turn out. Decorate, and serve with Russian Salad.

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CHRISTMAS FARE



by HILDA M. WHITLOW
Household and Cookery Editor of Homes & Gardens Magazine.

CHRISTMAS DAY COOKING

Like Christmas, Turkey or Goose with all its trimmings comes but once a year, and chicken nowadays seldom joins the family party, so I thought you might like a little help in preparing and cooking the Christmas Dinner. If the work is all beautifully organised beforehand, everything should go smoothly according to plan; there will be no anxious moments and you'll be able to join in the party as light heartedly as the children.

First a word or two about the preparations that can be made before Christmas Day. The pudding and mince-meat will, of course, be made two or three weeks ahead and stored in a cool place. Mince pies can be baked two days in advance and should be kept in a covered tin. If you bake them lightly they won't get over-browned heating up in the oven after the bird is dished. A pound jar of mince-meat and three-quarters of a pound of flour for short pastry will make about fourteen pies.

CHRISTMAS EVE PREPARATIONS

PREPARE the bird. Soak the giblets for half-an-hour in cold, salt water. Put them in a saucepan with a small onion stuck with about four cloves. Cover with fresh cold water and simmer slowly for at least an hour.

Prepare the breadcrumbs for stuffings and bread sauce. Make sauces and stuffings. Put Savoury Stuffing in the neck end of the Turkey or Chicken, sausage meat or Chestnut Stuffing in the tail end. With Goose or Duck serve Sage and Onion Stuffing. Put the bird in the roasting tin with a little fat spread on the breast. Cover with greased, greaseproof paper and leave in the larder. Sauces can also be put ready on Christmas Eve so that they only need re-heating at dinner time.

Vegetables are best prepared at the last minute but we might make an exception, particularly for a big party, and prepare them overnight. Cover potatoes with cold water; drain green vegetables after washing and leave in a bowl covered with a plate.

Have any cold sweets made on Christmas Eve, but don't turn out jellies or decorate trifles until the last possible minute, otherwise they may look a bit tired and messy.

FIRST decide on the time to serve dinner and allow plenty of time for dishing up. Half an hour is not too long, when there are sauces and trimmings to dish and it should give time to clear some of the saucepans away to leave room for the dirty china. Estimate the time needed for the bird, according to its weight and cook it slowly. Remember, overcooking is a general fault with Turkey. It makes the meat dry and inclined to crumble, spoils the flavour and is very wasteful. The slices should be moist, smooth in texture and a delicious flavour. Large birds need shorter time per pound than small ones.

I give the following table as a guide, but it must be varied according to the age and quality of the bird.

Turkey
10 lb. Bird —Allow 15 minutes to heat through and then 10 minutes for each pound weight.
11-13 lb. Bird—Allow 2 hours 5 minutes total time.
16-20 lb. Bird—Allow 3-3½ hours according to thickness of meat in proportion to size of carcase.

Chicken
Allow 10-15 minutes to heat through and 10-15 minutes to each pound according to age of bird.

Goose
8-10 lb. Bird —Allow 2½-2½ hours (approx.).
12-14 lb. Bird—Allow 3-3½ hours (approx.).
15-16 lb. Bird—Allow 3½-3½ hours (approx.).

Duck
Allow 10-15 minutes to heat through and 15-20 minutes to each pound.

COOKING THE TURKEY OR GOOSE

CALCULATE the cooking time—add on 30 minutes for dishing and 15 minutes for the oven to heat to 400°F. Start cooking at 400°F, then lower the gas to keep the fat just sizzling quietly and steadily. Turn a large bird on each side alternately to cook and brown the legs evenly. Baste occasionally and if necessary remove the paper from the breast, shortly before dishing, to allow the skin to brown. Treat goose exactly the same as turkey but on no account prick the flesh until the full cooking time has been allowed. Fat and juices quickly run from a goose leaving the meat dry and flavourless. The same rule applies to any bird but the fault is particularly fatal with goose. Serve with apple sauce or orange salad.

OTHER PREPARATIONS

Allow the pudding 1½-2 hours boiling and remember to have a kettle of boiling water ready for filling up the pan. Next, dish and decorate cold sweets and put ready dessert and sweetmeats if they are being served. Potatoes should go on to cook three-quarters of an hour before dinner time and greens quarter of an hour later. Sauces can be boiled up whilst the bird is being dished. The brown sauce should be heated in the roasting tin after the fat has been strained off, then no juices from the bird will be wasted. For a large party it's a good plan to have the bird carved in the kitchen, arranged on a meat dish with sliced stuffing, covered with paper or a dish and popped back in the oven for a few minutes. Mince Pies can be heated through in the oven when the meat and vegetables are dished, but remember to turn the gas down low. You may like to dish the pudding before starting dinner. If you do, leave the pudding basin over it to prevent drying in the oven. Leave the brandy butter in a cool place until it is served. Heat custard just before serving the pudding.

QUANTITIES OF SAUCE AND STUFFING PER HEAD

Bread Sauce	1 gill (½ oz. breadcrumbs)
Cranberry Sauce	1 gill (2 tablespoonfuls)
Gravy	1 gill (4 tablespoonfuls)
Savoury Stuffing	1 oz. breadcrumbs
Chestnut Stuffing	1 oz. breadcrumbs
Sage and Onion Stuffing	1 oz. breadcrumbs

Note: Recipes for stuffings should be adjusted in proportion to the total quantity of breadcrumbs required.

Chestnut Stuffing. To 1½ lb. of shelled, skinned and sieved cooked chestnuts, add 6 oz. breadcrumbs, seasoning, grated rind of half a lemon. Rub in 1 oz. dripping. Bind to a firm paste with milk or egg.

Cranberry Sauce. Stew ½ lb. of cranberries to a pulp in 6 tablespoonfuls water. Sieve. Add 2 oz. sugar and, if liked, ½ oz. margarine. Reheat.

Hard Sauce or Brandy Butter. Beat 4 oz. butter or margarine to a soft cream. Mix in gradually 3 oz. icing sugar, 1 tablespoonful brandy or rum and 1 dessert-spoonful sherry. Shape neatly in the serving dish and leave to chill.

Mince-meat. 10-12 oz. mixed dried fruit. 4 oz. chopped cob or hazel nuts. 4 oz. candied peel. 8 oz. chopped apple. 4 oz. grated suet or mutton dripping. 1 rounded teaspoonful mixed spice. ½ level teaspoonful grated nutmeg.