

"What's cooking?" : November-December : seasonable recipes selected and tested by the Home service advisers of the gas industry / British Gas Council ; illustrated by Joan Martin May.

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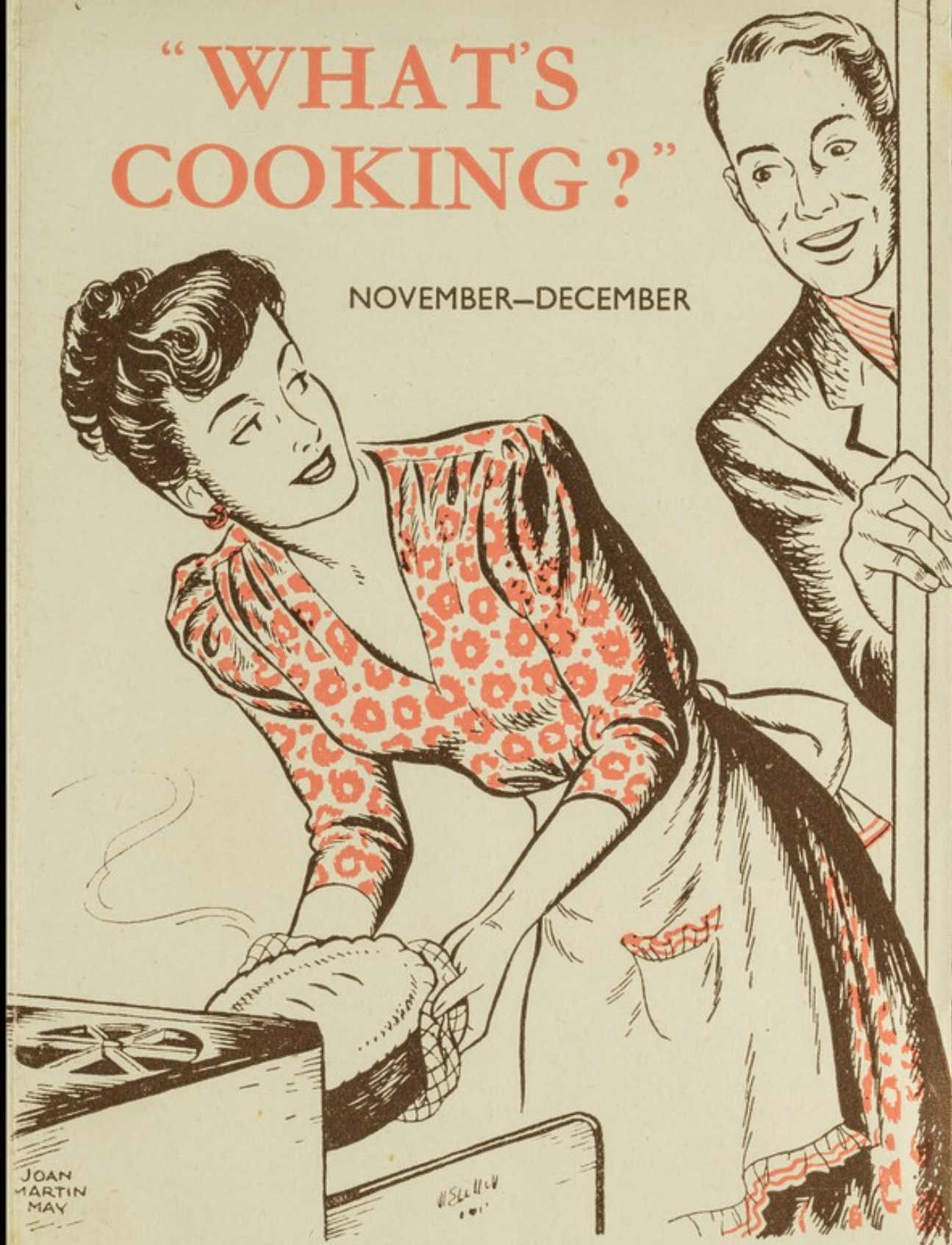
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"WHAT'S COOKING?"

NOVEMBER—DECEMBER



Seasonable recipes selected and tested by the
Home Service Advisers of the Gas Industry.

WHAT'S COOKING?

Wintry weather makes for larger appetites. Here are recipes to please the palate and to nourish growing bodies. There are suggestions, too, for sweets and cakes for the party season. Gas cooking, of course, gives them that extra touch that means perfection.



**This is the Fourth of a new series of Recipe Leaflets which are published at two-monthly intervals, making six issues in all. Each one contains a number of recipes, based on existing rations, tested and recommended by the Home Service Advisers of the Gas Industry.*

Soups for cold days :

BRUNOISE (VEGETABLE SOUP)

1 medium carrot, 1 small turnip, half a parsnip, 1 small leek, 2 finger-lengths of celery, $\frac{1}{2}$ oz. margarine, $1\frac{1}{2}$ pints boiling water, salt and pepper.

Peel carrot, turnip, parsnip; chop leek and celery finely; shred the root vegetables on a medium grater. Melt the margarine in a pan, add vegetables, and place lid on firmly. Cook on a very low flame for ten minutes, shaking occasionally. Pour on the boiling water and add seasoning. Bring to boil and simmer for 15-20 minutes. To make this into a genuine MINESTRONE soup, use the same ingredients as above but add a little shredded cabbage and a few skinned and quartered tomatoes. When the soup boils add a tablespoonful of chopped macaroni. Cook for twenty minutes. If you can spare it, hand grated cheese with this soup.

TOMATO SOUP

6 large tomatoes, 1 onion, 1 oz. dripping, 2 pints water, 1 tablespoonful vermicelli, salt and pepper.

Chop the onion finely, skin and quarter the tomatoes. Melt the dripping, add the onion and tomatoes, simmer gently for fifteen minutes. Cover with warm water, bring to the boil and simmer for one hour. Season with salt and pepper. Add the vermicelli ten minutes before serving, boil gently. Serve very hot.

Two unusual fish dishes :

COD À LA FRANCAISE

2 lb. tail of cod, 1 lb. cold cooked potatoes, 12 small onions, 2 oz. grated cheese, $\frac{1}{2}$ pint milk (or milk and water), 2 oz. margarine, 2 oz. flour, breadcrumbs, salt and pepper.

Season the fish with salt and pepper, put into a greased fireproof dish, pour the milk over and bake in a moderate oven for half an

hour. Boil the onions in a small quantity of water till tender, then drain. Melt the margarine in a saucepan, stir in the flour, then gradually add the liquor from the fish made up to 1 pint with onion water. Stir till boiling and season with salt and pepper. Arrange the onions round the fish, then a border of thickly sliced potatoes, pour the sauce over, sprinkle with grated cheese and crumbs, and bake in a quick oven till lightly browned.

FISH FLORENTINE

Small fillets of plaice, whiting or lemon sole, 2 lb. cooked spinach, 2 oz. grated cheese, $\frac{1}{2}$ pint white sauce, salt and pepper.

Take 6 small fillets of fish and remove the skin. Season each fillet with salt, pepper and a few drops of lemon juice; roll up, place on a greased baking dish, cover with greased paper, and bake in a moderate oven for ten minutes. Boil and drain the spinach, chop finely, season and place on a greased oven dish. Arrange the cooked fillets on top. Make up the white sauce to coating consistency, stir in the cheese, with the exception of one tablespoonful, and any liquor that came from the fish whilst baking; coat the fish with the sauce, sprinkle over the remaining cheese and a few breadcrumbs, and return to the oven till lightly browned.

And something savoury :

MEAT CAKES IN CASSEROLE

$\frac{1}{2}$ lb. minced beef, 2 small onions, 2 carrots, $1\frac{1}{2}$ oz. dripping, $\frac{3}{4}$ pint vegetable stock, $1\frac{1}{2}$ oz. breadcrumbs, 2 sticks celery, one small egg, 2 level tablespoonfuls flour, chopped parsley to taste, seasoning, savoury balls.

Grate one of the onions and add it to the meat together with the breadcrumbs, chopped parsley and the beaten egg. Season with salt and pepper and mix thoroughly. Roll into small balls, flatten and coat with seasoned flour. Prepare and slice remaining vegetables. Make some veal forcemeat, roll into small balls, flatten and coat with seasoned flour.

Melt the dripping in a frying pan and lightly brown the meat cakes, onions and savoury balls. Lift out and put the meat cakes into a casserole with the prepared vegetables. Add the two tablespoonfuls of flour to the fat in the pan, and when brown, gradually stir in the stock (or water, with vegetable extract added to taste). Stir till boiling, then pour over the contents of the casserole, cover, and cook for two hours in a slow oven, adding the savoury balls the last half hour.

CREAMED MEAT WITH TOMATO

$\frac{3}{4}$ lb. tomatoes, chopped cooked meat, $\frac{1}{2}$ pint white sauce, sweet pickles.

Skin and slice the tomatoes, lay them at the bottom of a casserole, cover with pieces of cold cooked meat and a little sweet pickle. Cover lightly with white sauce, and repeat layers till casserole is full. Sprinkle with breadcrumbs. Make very hot in oven and serve at once.

PIKANTE MAKKARONI

3-4 oz. macaroni, 2 onions, $\frac{1}{2}$ oz. dripping, 1 lb. cooked meat, 5 tablespoonfuls tomato puree, 2 tablespoonfuls bread crumbs, 2 level tablespoonfuls grated cheese, $\frac{1}{2}$ oz. margarine

Cook the macaroni in boiling salted water until tender. Strain and place the macaroni in a greased pie-dish. Chop the onions finely and fry them in heated dripping until golden brown, then place half of them over the macaroni. Slice the meat, and arrange in the pie-dish. Cover with remainder of onions and the tomato puree. Mix the breadcrumbs and cheese together and sprinkle over as a top layer, then add the margarine cut into small pieces. Bake for thirty minutes in fairly hot oven.

SAUSAGES AND APPLES

$\frac{1}{2}$ lb. sausages, 2 oz. dripping, 1 large cooking apple, a little flour, parsley, milk. Croutons of fried bread.

Heat the dripping in a frying pan, prick the sausages and fry till brown. Lift out and keep hot. Peel, core and slice the apple. Dip in a little milk, then in flour, and fry in the pan in which the sausages were cooked. Drain well, then fry some small triangles of bread in the same pan. Cut the sausages into slices and arrange these alternately with the apples, in two lines in the centre of a hot dish. Surround with croutons of fried bread and garnish with parsley.

Some "sweet" ideas:

APPLE STEFFON

$\frac{1}{2}$ lb. suet pastry, $1\frac{1}{2}$ lb. apples, 2 oz. currants, $\frac{1}{2}$ lemon, cinnamon, brown sugar, 1 oz. candied peel, 1 oz. margarine.

Spread the margarine thickly over the bottom and sides of a pudding basin, then sprinkle liberally with the brown sugar and line with pastry. Peel, core and cut up apples into small pieces, and put half in the basin; then sprinkle over the chopped candied peel, currants, grated rind and juice of half a lemon, a dust of cinnamon and sugar to taste; add the apples and a little more sugar. Pour over half a teacupful of water, cover with crust, twist a greased paper over the top, and bake in a moderate oven for about $1\frac{1}{4}$ hours.

LINZER TART

4 oz. flour, 1 oz. cornflour, pinch of salt, $3\frac{1}{2}$ oz. butter or margarine, $2\frac{1}{2}$ oz. sugar, $2\frac{1}{2}$ oz. milled hazel nuts or almonds, $\frac{1}{4}$ teaspoonful cinnamon, grated rind and juice of lemon, 1 yolk of egg, apricot jam.

Pass the flour, cornflour and salt through a sieve and rub the butter in lightly. Add the sugar, milled nuts, cinnamon and a little lemon rind. Mix well together, then add the yolk of egg and sufficient lemon juice to form a short paste. Roll out the paste and line a sandwich tin with it. Trim the edge with scissors. Roll out the trimmings and cut into strips. Spread a little apricot jam over the bottom of the tart. Arrange the strips of pastry as a lattice. Bake for 30 minutes in a moderate oven. Turn out when cool and fill the spaces between the lattice with more apricot jam.

WINTER FRUIT SALAD

$\frac{1}{2}$ lb. of black or white grapes, 1 oz. shelled walnuts, 1 gill of fruit syrup, 2 bananas, 2 oranges, glace-cherries, 4 oz. of sugar, 1 lemon, 1 apple, 2 slices of tinned pineapple or other tinned fruit, 1 gill of water, 2 tablespoonfuls of sherry.

The grapes should be wiped, the bananas peeled and sliced, the apple peeled, cored and sliced, the skin and all white pith removed from the oranges which should then be divided into their natural sections. Dice the pineapple. Strain off $\frac{1}{4}$ pt. syrup from the tinned fruit; chop fruit into small pieces. Chop the walnuts finely and cut the cherries into quarters. Mix all the fruits together in a bowl. Put the sugar, water, and the pineapple juice into a pan, stir until the sugar has melted, and then boil fast for a few minutes. Add the strained lemon juice and sherry and boil up again. Put this with a spoon over the fruit salad and allow to become cold. Put the salad into a glass dish and sprinkle with chopped walnuts. Serve with mock cream.

Cakes for the festive season :

CHERRY CAKE

8 oz. flour, 4 oz. castor sugar, 2 tablespoonfuls milk, 1 oz. citron peel, 4 oz. butter or margarine; 2 eggs (shell or reconstituted), 4 ozs. glace cherries, lemon essence.

Sieve the flour. Cut the peel into small dice and halve the cherries. Cream the butter and sugar, add the beaten eggs with one or two tablespoonfuls of flour, beat lightly, then add the cherries and peel, remainder of flour, milk and a few drops of lemon essence. Bake in a moderate oven for $1\frac{1}{4}$ hours.

ALMOND CRISPS

3 oz. margarine, 1 egg, 4 oz. flour, 3 oz. sugar, 2 teaspoonfuls almond essence, 2 oz. semolina, 1 oz. cornflakes.

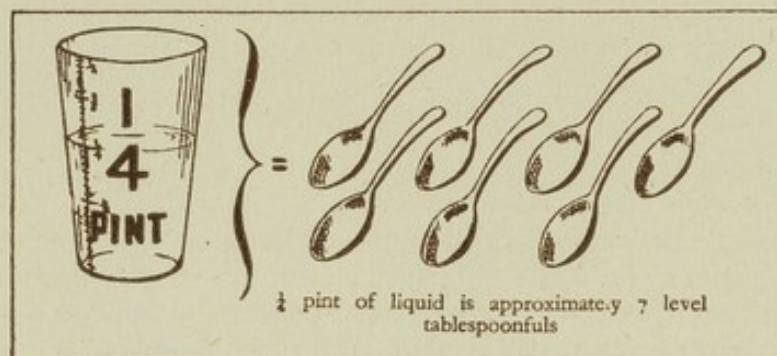
Cream the margarine and sugar, then add the egg, almond essence, flour, semolina and slightly crushed cornflakes. Mix together and knead thoroughly. Roll out thinly on a floured board and cut into fingers. Bake on a well-greased baking tin in a slow oven till golden brown.

WALNUT CAKES

5 oz. flour, 4 oz. castor sugar, 2 eggs (shell or reconstituted) 3 oz. butter or margarine $1\frac{1}{2}$ oz. chopped walnuts, 1 or 2 tablespoonfuls milk, glace icing.

Cream the fat and sugar, add the well-beaten eggs gradually, then the flour and chopped walnuts. Mix lightly and add a spoonful or two of milk, to make the mixture a soft consistency that will drop easily from the spoon. Three parts fill greased patty tins and bake in a moderate oven for 15 to 20 minutes. When quite cold spread the top with glacé icing and put half a walnut in the centre of each.

TABLE OF HANDY WEIGHTS AND MEASURES



If your recipe gives the weight of the ingredients in ounces you can get the exact equivalent by consulting this list and measuring the quantity in tablespoonfuls.

FOOD	Weight of one level tablespoonful	FOOD	Weight of one level tablespoonful
Breadcrumbs, fresh ...	$\frac{1}{4}$ OZ.	Margarine ...	$\frac{3}{4}$ OZ.
Breadcrumbs, dry, sifted ...	$\frac{1}{3}$ OZ.	Oatmeal, medium ...	$\frac{3}{4}$ OZ.
Cheese, grated ...	$\frac{1}{4}$ OZ.	Potatoes, cooked, mashed ...	1 OZ.
Cocoa ...	$\frac{1}{4}$ OZ.	Potatoes, finely grated, raw	1 OZ.
Cornflour ...	$\frac{1}{4}$ OZ.	Rice ...	1 OZ.
Custard Powder ...	$\frac{1}{4}$ OZ.	Semolina ...	$\frac{1}{2}$ OZ.
Flour, national, unsifted ...	$\frac{1}{3}$ OZ.	Sugar granulated ...	$\frac{1}{2}$ OZ.
Golden Syrup or Treacle ...	1 OZ.	Sultanas ...	$\frac{1}{2}$ OZ.
Lard ...	1 OZ.	Jam ...	1 OZ.

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