

**Egrol custard powder : (vanilla, standard & escoya flavours) makes the egg-like custard : delicious and health-giving with Summer fruits ... / F.W. Hampshire & Co. Ltd.**

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F.W. Hampshire & Co.

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# EGROL

CUSTARD POWDER

(Vanilla, Standard & Escoya Flavours)  
makes the

## Egg-like Custard



Delicious and  
Health-Giving  
with Summer Fruits

The reverse side of this leaflet gives a few easily prepared yet health giving nutritive dishes in which EGROL CUSTARD is used.

ESCOYA is a flavour which no one else makes. A few people do not like it though many prefer Egrol Custard, Escoya flavour, to any other. You may be one who will be delighted with it. We urge you to try Escoya flavour as well as Vanilla or Standard.

11 pints tin 7½d. 2 pint pkt. 1½d. 1 pint pkt. 1d.

Sole makers F.W.HAMPSHIRE & Co. Ltd. Riverside Wks. DERBY



## RECIPES.

### EGROL CUSTARD.

**DIRECTIONS**—For one pint of Custard take one tablespoonful ( $\frac{1}{2}$  oz.) Egrol, add sufficient milk to make a smooth paste, then boil 1 pint of milk or cream with  $1\frac{1}{2}$  to  $2\frac{1}{2}$  tablespoonful of sugar, according to taste, and while thoroughly boiling pour steadily into the basin, stirring all the time. Boil up again for a minute. Ready when cold. Very important. Stir well before pouring on boiling milk.

### FRUIT PUDDING.

**INGREDIENTS**—Stewed mixed fruit, Raspberries, Gooseberries and Strawberries, stale sponge cakes.

**METHOD**—Cut the sponge cake into  $\frac{1}{2}$  inch slices, and with them line a pudding basin. Stew the fruit in a jar until tender, sweeten to taste and pour both fruit and syrup into a basin. Cover with slices of cake, press it down with a plate and weight until cold, then serve with Egrol Custard. For a plain pudding, stalebread may be used instead of the cake.

### GOOSEBERRY TRIFLE.

**INGREDIENTS**—2 lbs. green gooseberries, 6 ozs. of sugar,  $\frac{1}{2}$  of a pint of cream,  $\frac{1}{2}$  pint of Egrol Custard, 3 sponge cakes, 1 oz. of almonds.

**METHOD**—Stew the gooseberries with the sugar and 4 tablespoonfuls of water in a jar until tender, then rub through a fine sieve. Divide each sponge cake into 3 or 4 slices, place them in a deep dish, cover with gooseberry pulp, pour over the warm custard, and allow the preparation to become perfectly cold. When ready to serve whip the cream stiffly, spread it lightly over the entire surface, sprinkle with almonds, previously blanched, shredded and baked golden brown, and serve.

### RED CURRANT AND RASPBERRY TART.

**INGREDIENTS**— $1\frac{1}{2}$  pints of red currants,  $\frac{1}{2}$  pint of raspberries, 2 or 3 tablespoonfuls of moist sugar, short crust.

**METHOD**—Strip the currants from the stalks, put half of them unto a pie-dish with an inverted cup in the midst. add the sugar and raspberries, then the remainder of the currants, piling them rather high in the centre. Cover with paste, brush lightly over with water, dredge well with castor sugar, and bake for about  $\frac{1}{2}$  of an hour in a moderately hot oven. Serve with Egrol Custard.

### EMPRESS PUDDING.

**INGREDIENTS**—1 quart of milk, 4 ozs. of rice, 2 ozs. of butter, 1 tablespoonful of sugar, paste or paste trimmings, stewed raspberries and gooseberries, salt.

**METHOD**—Simmer the rice in the milk until tender and fairly dry, then add the butter sugar, and a good pinch of salt. Line the edge of the pie-dish with paste, then spread a thin layer of rice on the bottom of the dish, and cover thickly with the stewed fruit. Repeat until the dish is full, letting the top layer be of rice. Bake in a moderate oven for about  $\frac{1}{2}$  an hour, and serve with Egrol Custard.

### STRAWBERRY SOUFLE.

**INGREDIENTS**— $\frac{1}{2}$  a pint of strawberry pulp sweetened to taste,  $\frac{1}{2}$  lb. of strawberries cut into dice, 2 ozs. of castor sugar, 2 ozs. of fine flour,  $1\frac{1}{2}$  ozs. of butter, 3 yolks of eggs, 4 whites of eggs, 1 gill of milk or cream, carmine.

**METHOD**—Reduce the strawberries to a pulp by passing them through a hair sieve, and sweeten to taste with castor sugar. Melt the butter, stir in the flour, add the milk, boil well, then incorporate the sugar and strawberry pulp. Now beat in the yolks of eggs separately, brighten the colour by adding a few drops of carmine, stir in the strawberries, cut into dice, and lastly, and very lightly, the stiffly whisked whites of eggs. Pour the mixture into a well buttered mould and bake in a hot oven from 35 to 40 minutes. Serve with Egrol Custard.

### CHERRY PIE.

**INGREDIENTS**—1 lb. ripe Cherries, 2 to 3 tablespoonfuls of moist brown sugar, short paste.

**METHOD**—Stalk the Cherries, roll the paste into an oval form a little larger than the top of the pie-dish, invert the dish in the centre of the paste, and cut round, leaving  $\frac{1}{2}$  inch margin on all sides. Line the edge of the pie-dish with the trimmings, put in half the cherries, and the sugar, then the remainder of the cherries. Moisten the paste lining the edge of the dish with water, put on the cover, press the edges together and notch them at intervals of about  $\frac{1}{2}$  inch. Bake in a brisk oven from 40 to 50 minutes, and when the paste has risen and set, brush it over lightly with cold water, and dredge well with castor sugar. This must be done quickly, and the pie immediately replaced in the oven. If the pie is to be eaten cold, directly it leaves the oven the crust should be raised gently with a knife to allow some of the steam to escape, otherwise it may lose some of its crispness. Serve with Egrol Custard either hot or cold.

### BANANA CREAM.

**INGREDIENTS**— $\frac{1}{2}$  oz. gelatine, 1 gill of thick cream, 1 pint of Egrol Custard, 4 bananas, juice of  $\frac{1}{2}$  a lemon.

**METHOD**—Well soak the gelatine, put it with the cream and whisk till stiff, then mix it with one pint of good thick Egrol Custard (either vanilla or escova flavour), four bananas peeled and cut into slices about a quarter of an inch thick, and the juice of  $\frac{1}{2}$  a lemon mix well and when just beginning to set pour into a wetted mould. When cold turn out. This dish looks well if decorated with little heaps of whipped cream of different colours