

Puddings without eggs / Ministry of Food.

Contributors

Great Britain. Ministry of Food.

Publication/Creation

[London] : Ministry of Food, [1936]

Persistent URL

<https://wellcomecollection.org/works/ckyptptb>

License and attribution

This work has been identified as being free of known restrictions under copyright law, including all related and neighbouring rights and is being made available under the Creative Commons, Public Domain Mark.

You can copy, modify, distribute and perform the work, even for commercial purposes, without asking permission.



Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>

PUDDINGS

without eggs



SPECIAL PLUM PUDDING

8 oz. grated raw potato
6 oz. grated raw carrot
4 oz. plain flour
1 teaspoon salt
2-4 oz. sugar

1 teaspoon bicarbonate of soda
1 teaspoon ground nutmeg
1 teaspoon ground cinnamon
10-12 oz. mixed dried fruit
3 oz. melted dripping

Prepare and grate the vegetables. (This can be done overnight). Mix all the dry ingredients together, add the fruit and vegetables and, lastly, the melted dripping. Put into a greased basin, 2 pint size, and cover with greased paper. Steam for 3-4 hours.

NOTE:—This pudding only keeps for 2-3 days. It makes a delicious rich tasting pudding with no trace of carrot or potato flavour.



STEAMED JAM PUDDING

8 oz. self-raising flour
or 8 oz. plain flour and
4 teaspoons baking powder
Pinch of salt
2 oz. margarine or cooking fat

2 oz. sugar
Just over $\frac{1}{2}$ pint milk or milk
and water
3 tablespoons jam

Mix the flour, baking powder, if used, and salt together. Rub in the margarine or cooking fat and add the sugar. Mix to a stiff consistency with the milk or milk and water. Grease a basin, $1\frac{1}{2}$ or 2 pint size, and put the jam at the bottom. Add the mixture and steam for $1\frac{1}{2}$ hours.



VARIATIONS

- 1 **MARMALADE** Use marmalade instead of jam.
- 2 **CHOCOLATE** Omit jam. Increase sugar to $2\frac{1}{2}$ -3 oz. Add 3-4 tablespoons cocoa with the sugar. Add a little vanilla essence with the liquid.
- 3 **MIXED FRUIT** Omit the jam. Add 1 teaspoon mixed spice and 3 oz. dried fruit with the sugar.
- 4 **GINGER** Omit the jam. Add 3 teaspoons ground ginger with the flour, etc., and 1 tablespoon syrup with the liquid.

SUET CRUST PUDDING

8 oz. plain flour and
4 teaspoons baking powder
or 8 oz. self-raising flour
Pinch of salt

1 oz. grated suet or other fat
1 tablespoon grated raw potato
Water to mix (about 4 table-
spoons)

Mix together the flour, salt and baking powder if used. Add the suet (if other fat is used rub this into the flour, etc., until the mixture resembles breadcrumbs), grated potato and enough water to mix to a stiff dropping consistency.

Ways of using the Suet Crust

- 1 **FRUIT PUDDING** Use $1\frac{1}{2}$ lb. raw fruit (approximately), 2-3 oz. sugar. Roll out $\frac{3}{4}$ of the mixture, line a greased basin, 2 pint size, with this. Fill the basin with fruit, and sugar, moisten the edge of the pastry with water. Roll out the remaining $\frac{1}{4}$ of pastry and cover the contents of the basin with this. Press the edges well together. Steam for $1-1\frac{1}{2}$ hours.
- 2 **SPOTTED DICK** Add 3-4 oz. any dried fruit to the suet crust mixture before adding the liquid. Put the mixture into a greased basin and steam for $1\frac{1}{2}$ hours.
- 3 **JAM OR SYRUP PUDDING** Put 2-3 tablespoons jam or syrup in the bottom of a greased basin. Add the suet crust mixture and steam for $1\frac{1}{2}$ hours.



22500837636

Q7235

1936

G78P

Unable to display this page

MOCHA PUDDING

2-4 tablespoons sugar
2 tablespoons cocoa
4 tablespoons flour
Pinch of salt

$\frac{1}{2}$ pint coffee
 $\frac{1}{2}$ pint milk, fresh or household
Vanilla essence

Mix the sugar, cocoa, flour and salt, adding the coffee gradually. Heat the milk and add to the mixture. Return to the saucepan, bring to the boil and cook for about 8 minutes, stirring frequently. (This pudding is easier to make in a double pan or in a basin standing in a pan of boiling water). Add vanilla essence to taste. Serve cold.

MARSHMALLOW CREAM

$\frac{1}{2}$ pint water
 $\frac{3}{4}$ tablespoon powdered gelatine
3 tablespoons household milk, dry

1 dessertspoon sugar
Flavouring and colouring essence

Boil the water, pour on to the gelatine and stir until dissolved. Leave to cool slightly. Mix the milk and sugar with the water and gelatine and beat until smooth. Leave until quite cold and just beginning to set, add flavouring and then beat vigorously until the mixture is thick and light. Add colouring if liked. Pile into a dish and serve very cold.



BARLEY MOULD

2 tablespoons barley kernels
2 tablespoons sugar
1 pint milk
Few drops vanilla or almond essence

$1\frac{1}{2}$ -2 tablespoons powdered gelatine dissolved in a little boiling water

Mix barley, sugar and milk. Cook in a double pan or in a basin over a pan of boiling water for 35-45 minutes. Remove from the heat and add the essence and dissolved gelatine. Stir well and pour into a damp mould. Allow to set.

SEMOLINA PUDDING

$4\frac{1}{2}$ tablespoons semolina
1 tablespoon sugar
Pinch of salt

$1\frac{1}{2}$ pints milk, fresh, household or tinned
Grated nutmeg

Mix the semolina, sugar and salt with a little of the cold liquid. Boil the remaining liquid, and when boiling pour it into the blended semolina. Mix well, return to the pan, stir until it boils, and boil 5 minutes or cook 15 minutes over hot water. Pour the mixture into a pie dish and grate a little nutmeg on top. Bake in a hot oven for about 15 minutes till brown on top or brown under the grill.

For other pudding recipes ask for leaflets "Semolina Recipes," "Oats and Barley" and "How to Make Short Pastry," or send a postcard to Food Advice Service, Ministry of Food, London, W.1.