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PREPARED AND ISSUED BY THE MINISTRY OF FOOD

[1940/5]

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INTRODUCTION

FOREWORD

by Dr. J. C. Drummond, Scientific Advisor to the Ministry of Food.

THE PROBLEM.

The feeding of the civilian population, particularly those actively engaged in war work, is of the greatest importance to-day. On it depends the maintenance of the morale and the efficiency of the Home Front. It is not only a question of providing palatable and sustaining dishes. Meals must be planned to provide as much nourishment as possible.

Special enquiries have shown that many people do not habitually eat a nutritious diet. In the large majority of cases, the chief defect is an insufficient consumption of what are termed the "protective foods." The more important are milk and milk products, margarine, vegetables, fruit, wheatmeal bread and oatmeal. They are called "protective" because they are in one respect or another rich in the vitamins or other constituents vitally important for our health.

Apart altogether from the question of cost, it is probable that those who are working long hours in factories or whose home life is considerably disturbed by war conditions will be finding it difficult to get the right food. That brings the character of the meals to be provided in canteens and at other feeding centres into very sharp relief. The problem is, therefore, to provide really highly nutritious meals at the lowest possible cost.

THE AIM.

The aim in planning meals in canteens should be to provide in one meal during the day a substantial proportion of all the essential nutrients required by the body. If this is ensured, the nature of the other meals becomes correspondingly less important. By making good the deficiencies of the home diet, the canteen meals are of greatest benefit to the worker.

WHAT IS REQUIRED?

There is no evading the fact that such meals cannot be provided without using larger quantities of the "protective" foods (milk, potatoes, vegetables, oatmeal, wheatmeal bread) than are often employed in canteen catering. There are no alternatives. If the health and efficiency of the workers is not to suffer, adequate amounts of these foods must be eaten.

BASIC FOODS FOR CANTEEN USE.

The main meal served in a canteen should include the following quantities of foods for 100 persons for six days.

National wheatmeal or wholemeal bread	90 lb.
Oatmeal or wheatmeal flour	8 lb.
Potatoes	300 lb.
Green vegetables	60 lb.
Carrots	60 lb.
Root vegetables	60 lb.
Raw vegetables	18 lb.
Milk	25 gallons

Where liver, fat fish* and cheese are obtainable, these should be used once a week.

PLANNING OF MEALS IN CANTEENS.

The following points should be considered in the planning of the menus:—

1. NATIONAL WHEATMEAL BREAD.

(a) National wheatmeal bread is made from an 85 per cent. extraction flour, and can be bought at the same price as white bread. Because it is more nutritious than white bread, use it as widely as possible in canteen meals. It is light brown in colour, and if introduced gradually should soon prove popular.

(b) Use stale wheatmeal bread as crumbs in steamed puddings, stuffings, soups and coatings, or sliced in charlottes and other bread puddings.

2. WHEATMEAL OR OATMEAL.

By using wheatmeal flour or oatmeal the food value of the dish is increased.

Details of how and where to use these ingredients are given in individual recipes.

3. POTATOES. Use more potatoes.

(a) Potatoes are a valuable protective and energy food. Consider them as an essential food, and not merely as an accompaniment to the main dish.

(b) Serve potatoes at every meal, giving large helpings, particularly when meat portions are small.

(c) Use potato in pastry, scones, cakes.

(d) Use mashed potatoes as flan cases and for covering pies.

(e) Use potato as a basis for *all* soups.

* Fat fish are herrings, pilchards, mackerel, salmon, kippers, bloaters, sardines, eels, sprats.

- (f) Mix mashed potatoes with salmon, sardines, minced meat, etc., for rissoles, fish cakes, sandwich-spreads, etc.
- (g) Give baked potatoes stuffed with vegetable mixtures as snacks.
- (h) Use raw grated potato in place of half the suet in steamed puddings and suet pastry.
- (j) Serve potato fadge, pancakes and scones for tea instead of buns and cakes.

4. VEGETABLES. Use more vegetables, particularly green vegetables and carrots.

- (a) The quantity of vegetables served in canteens must be increased, particularly when supplies of milk, cheese, eggs, liver and fat fish are limited.
- (b) The greener the green vegetable, the more nutritious it is.
- (c) Whenever possible serve two vegetables *as well* as potatoes at subsidiary as well as main meals.
- (d) Serve a second vegetable with fish and chips, pie and chips, sausage and mash, etc.
- (e) Popularise thick vegetable soups, hotpots, curries and stews, vegetable pies and puddings.
- (f) Introduce grated or chopped carrot, shredded cabbage or chopped parsley into shepherd's pie, meat pies, pasties and all savoury dishes.
- (g) Raw grated carrot added to steamed puddings and cakes will help to sweeten them.
- (h) Cooked mashed vegetables, suitably flavoured, make excellent sandwich fillings.

5. RAW VEGETABLES AND RAW FRUIT. Serve a raw vegetable or fruit every day.

- (a) The provision of raw vegetables in some form to take the place of raw fruit is essential for good health.
- (b) Always serve salads in winter as well as in summer. Shredded cabbage is as good as lettuce for a foundation, and has better food value.
- (c) Sprinkle chopped parsley and grated carrot into soups and stews immediately before serving.
- (d) Serve a sprig of watercress or a spoonful of grated carrot or chopped parsley with savoury dishes.

6. MILK. The regular inclusion of a third-of-a-pint of milk per head per day.

- (a) It is impossible to exaggerate the importance of milk as a food, not only for children but also for adults. Adolescent workers should be given special consideration.
- (b) When fresh liquid milk is not easy to obtain, dried separated milk should be used, as it is nearly as nourishing as whole milk. Keep such liquid milk as is available for drinks, and use separated milk for cooking purposes.
- (c) Serve milk as a drink, flavoured with coffee or cocoa, or in soups, puddings, sauces, custard and tea.
- (d) If milk drinks are served at the mid-morning break the full quantity need not be used at dinner.

INTRODUCTION OF UNFAMILIAR FOODS AND NEW DISHES.

- (a) Make no sudden changes. Increase or decrease sizes of portions gradually.
- (b) Introduce unfamiliar foods into dishes which are known and liked, e.g., oatmeal and vegetables into meat pies.
- (c) See that a new dish is accompanied by something popular, e.g., gravy, custard.
- (d) Serve an already popular pudding after a novel first course and vice versa.
- (e) Pay particular attention to the flavouring and appearance of dishes.
- (f) Serve raw vegetables first as a garnish, e.g., a sprig of watercress or a spoonful of chopped parsley or raw grated carrot. When this has become an accepted part of the meal, the quantities can gradually be increased to form a salad.
- (g) When introducing jacket potatoes, first serve one peeled and one unpeeled.
- (h) In making these changes it is essential that the kitchen and serving staff should appreciate the value of the new foods served, in order that they will encourage the workers to try them. The display of posters and conversation with the workers are other ways in which the canteen supervisor can help to overcome conservative food habits.

CUSTOMARY FOODS OF WHICH THE SUPPLY IS VARIABLE OR REDUCED.

1. MEAT.

- (a) If care is taken in the planning of meals, a reduced supply of meat need have no injurious effect on good health.
- (b) Make the best and fullest use of the meat ration, and make up with such milk as is available, oatmeal, potatoes, green and pulse vegetables, wheatmeal bread, wheatmeal flour.
- (c) The meat ration can be used
either (1) By reducing the size of meat helpings, thus making one day's supply last for two or more days,
or (2) By making no change in the size of meat portions but by providing more meatless meals.
- (d) **Reduction in size of meat portions.**
 - (1) Increase the size of vegetable and potato portions.
 - (2) Serve both green and root vegetables in preference to a very large helping of either alone.
 - (3) Include pulse vegetables, wheatmeal bread, wheatmeal flour or oatmeal in the meal in order to maintain its body-building value.
- (e) **Meatless Meals.**
 - (1) Where fish, cheese and eggs are unobtainable, scarce or expensive, serve a vegetable dish containing pulse and green vegetables, potatoes, wheatmeal bread, wheatmeal flour or oatmeal.
 - (2) Include milk in all vegetable meals.
 - (3) Follow a vegetable dish by a satisfying pudding. If a light pudding is served, precede with a soup.
 - (4) A pastry crust, toasted oatmeal coating, rusks or toast will provide something "to bite on" in an otherwise rather soft meal.
 - (5) Vegetable meals will not prove popular unless well flavoured. See page 11.
 - (6) For recipes see page 73.

2. LIVER.

- (a) Since liver is of outstanding nutritional value, use it whenever obtainable, even though the quantity is insufficient to give a full portion per head.

- (b) A small quantity of liver added to a vegetable dish will help to popularise it by giving a good flavour.

3. CHEESE.

When cheese cannot be provided, the need for increasing the consumption of green vegetables is of vital urgency, otherwise the meals will be deficient in essential protective elements.

4. EGGS.

- (a) Since the nutrients contained in the egg may be obtained from the basic foods listed on page 4, the egg may be regarded as a luxury food.
- (b) If eggs are available use them in meatless meals.

5. ONIONS, LEEKS, CELERY.

- (a) Their chief value lies in their flavour. They promote appetite, but they do not stand high in the list of nutritious vegetables.
- (b) When scarce they may be used in the dried or essence form, or their place may be taken by other root vegetables and vegetable (yeast) extract or parsley added for flavour. (See page 10.)

6. SWEETENING AGENTS.

- (a) **Sugar and Syrup.** Sugar is purely an energy food. An increase in the consumption of potatoes or bread will make up for reduction in sugar allowances.
- (b) **Jam.** Owing to the prolonged cooking of the fresh fruit, jam cannot be regarded as a protective food. Its energy value can be replaced as for sugar. For alternatives in sandwiches or on bread see page 81.
- (c) **Dried Fruits.**—Figs, dates, sultanas, etc., contain different protective elements from fresh fruit.
- (d) **Carrots.**—Raw grated carrot added to puddings, cakes, buns, etc., will have sweetening effect.
- (e) **Saccharine.**—Add after cooking, otherwise a bitter flavour will result. It has *no* food value. 48 full-strength tablets are equivalent to one pound of sugar.
- (f) If puddings cannot be served owing to lack of the above, it is recommended that the meal should consist of:—
either Vegetable soup, main dish, cup of tea or coffee,
or Main dish, salad and national wheatmeal bread, cup of tea or coffee.

7. FAT.

- (a) **Cooking fat**, unlike margarine and butter, has no protective value. When short of fat, bake all rissoles, cutlets, fish and potatoes.
- (b) **Suet**.—Replace half the suet in steamed puddings and suet crust pastry with raw grated potato.

8. BUNS, CAKES and PASTRIES.

- (a) As supplies are cut, serve one or more of the following in their place for tea or mid-morning break.

Scones—wheatmeal, potato, or oatmeal.

Potato fadge.

Baked potatoes.

Potato pancakes.

Sandwiches

Rolls and baps.

These will not require margarine or butter if served with one of the spreads or fillings given on page 81.

PREPARATION AND COOKING OF VEGETABLES.

Much of the Protective value of vegetables is lost by lack of care in the preparation and cooking. The following points will help in retaining the maximum food value.

PREPARATION OF VEGETABLES.

- (1) Use vegetables as fresh as possible.
- (2) Washing is better than soaking. If vegetables have to be left after preparing, add salt to the water.
- (3) Use as many outside leaves as possible.
- (4) Serve potatoes unpeeled whenever practicable.

COOKING OF VEGETABLES.

- (1) Boil in as small a quantity of water as possible.
- (2) Use soda only for softening the tough outer leaves and when it is essential for good colour.
- (3) Put all vegetables, green, root and potatoes into *boiling* water or *heated* steamers.
- (4) Cook all vegetables for as short a time as possible.
- (5) Use the same water for successive cookings. Fresh water must be used the next day.

- (6) Use up vegetable water in soups, gravies and stews.
- (7) Potatoes steamed or boiled in their jackets may be crisped in the oven ten minutes before serving.
- (8) Do not use a haybox for cooking vegetables except in cases of emergency. Much of the nutritive value is lost.
- (9) Serve vegetables immediately after cooking, as far as is practicable. On no account keep them for prolonged periods in a hot plate.

RAW VEGETABLES.

- (1) Prepare salads and raw vegetables as short a time as possible before serving.
- (2) Cover salads after shredding and grating. If possible keep in a cool dark place, if they cannot be served immediately.
- (3) Scrub root vegetables in preference to peeling and shred or grate all vegetables rather than chop.

REMEMBER

- (1) Clean plates are a compliment to the cook.
- (2) Well served vegetables sell themselves.

FLAVOURINGS.

- (1) Since meat has a very definite flavour it requires only salt and pepper to bring this out.
- (2) Vegetable dishes require additional seasoning and the importance of stressing this point to cooks cannot be overestimated.
- (3) The following flavourings are suggested:—
 - (a) Having Protective value:—
Vegetable (yeast) extracts
Parsley (fresh)
 - (b) Having little or no Protective value:—
Sage, Chives, Cinnamon, Mint, Shallots, Nutmeg, Thyme, Bay Leaves, Herbs, Peppercorns, Mustard, Cloves, Celery salt, Spice, Meat Extracts, Curry, Horseradish.
- (4) Bone stock has little food value apart from the fat which is skimmed from the top. Its excellent flavour is useful in vegetable dishes, and the addition of vegetable (yeast) extract will increase its nutritional value.
- (5) Vegetable stock has good food value but less pronounced flavour than bone stock. It is necessary to add vegetable (yeast) extract to supply flavour.

On the following pages an index of meals and their recipes will be found. For easy reference these have been grouped as follows:—

- A. (a) 36 Menus for main meals planned on the desirable consumption of basic foods.
 Nos. 1-24—Suitable for England and Wales.
 Nos. 25-36—Suitable for Scotland and N. Ireland.
- (b) As some of the meals are richer in particular nutrients than others, the sequence of meals set out in the following pages has been especially planned to provide over each period of six days a generally balanced diet.
 It is recognised that due to constant alterations in supplies, it may be impossible to adhere to this sequence, but every effort should be made to do so as far as conditions permit.
- B. Light Summer Meals.
- C. Subsidiary Meals (suitable for night workers).
- D. Emergency Meals.
- E. Vegetable dishes.
- F. Sandwich fillings and spreads.

STANDARD RECIPES.

The following are standard details for making the beverages, sauces, etc., wherever they are included as part of the meals:

Tea

Tea $\frac{3}{4}$ lb.
 Milk 4 pints
 Sugar $\frac{1}{2}$ lb.
 Water to 50 pints.

Cocoa

Cocoa $\frac{3}{4}$ -1 lb
 Milk 5 gallons
 Sugar $\frac{1}{2}$ lb.
 Water to 50 pints.

Mayonnaise

Milk 2 pints
 Flour $\frac{1}{2}$ lb.
 Seasoning
 Sugar 2 oz.
 Mustard 1 oz.
 Vinegar 1 pint

Oatmeal Pastry

Plain Flour .. . 5 lb.
 Oatmeal (fine) 2 $\frac{1}{2}$ lb.
 Fat 3 lb.
 Salt 1 oz.

(1 heaped tablespoon)

N.B.—Wheatmeal flour can be used in place of oatmeal.

Coffee

Coffee 1 $\frac{1}{2}$ -2 lb. or equivalent
 of a good essence
 Milk 3 gallons
 Sugar $\frac{1}{2}$ lb.
 Water to 50 pints.

METHOD.

Make a sauce with flour and milk, add salt, pepper, sugar and made mustard. When cooked add vinegar. Allow to become quite cold before serving.

METHOD.

Make as for short crust pastry, except that longer time will be required for rubbing in the fat, and the dough should be softer.

APPROXIMATE SIZE OF SERVINGS PER PERSON.

The following details will be found useful when ordering or making up quantities for meals:

FOOD	WEIGHT SERVED	APPROXIMATE MEASURE
Meat (cooked)	according to ration	
Fish (cooked)	2-4 oz.	
Vegetables, root cooked)	4-6 oz.	4 good tablespoonfuls
green (cooked)	4-6 oz.	4 good tablespoonfuls
potatoes (cooked)	8 oz.	3-4 medium potatoes 4 level tablespoonfuls (mashed)
Vegetable stew and Hot Pot	8 oz. (not counting gravy or potatoes)	$\frac{1}{4}$ -1 pint including stew and gravy
Wheatmeal Bread	2-4 oz.	2-4 whole slices $\frac{1}{2}$ in. thick
Salad	1 oz.	Raw salad
	2-3 oz.	Cooked vegetable salad
Steamed pudding	3-4 oz.	
Custard	2 oz.	2 tablespoonfuls
Milk in cocoa or coffee	$\frac{1}{2}$ pint	1 large teacupful

These servings are approximately correct for a working man doing medium hard work.

For heavy workers give larger servings of potatoes and bread, if the meal is found to be insufficient to satisfy hunger.

For women, light workers, office staffs, if the meal is found too heavy, reduce the quantity of bread and give a smaller helping of pudding, or a lighter pudding such as stewed fruit and custard, but on no account reduce the quantity of milk and vegetables served.

A. MEALS FOR ENGLAND AND WALES.

The following 24 meals give some idea of the variety that can be obtained in meals which if used as near as possible in the order suggested will form a well-balanced diet:

No.	First Course	Second Course.	
1.	Shepherd's Pie Watercress or raw vegetable garnish Wheatmeal bread	Rice Pudding	Tea
2.	Beef Stew with grated raw carrot Potatoes Wheatmeal bread	Turnover Custard	Coffee
3.	Fish and potato pie Parsley sauce Carrots, Potatoes Wheatmeal bread	Bread and Butter Pudding	Coffee
4.	Mock Goose Cabbage, Potatoes Raw vegetable garnish Wheatmeal bread	Stewed fruit Custard	Coffee
5.	Salmon Salad Jacket Potatoes Wheatmeal bread	Apple Charlotte Custard	Coffee
6.	Roast Joint and stuffing Swedes, Watercress Potatoes Wheatmeal bread	Rolled oats Bakewell tart Chocolate sauce	Coffee
7.	Sausage and potato pie Raw vegetable garnish Wheatmeal bread	Boiled pudding Vanilla Sauce	Coffee

No.	First Course	Second Course.	
8.	Irish Stew and vegetables Potatoes Wheatmeal bread	Baked batter pudding	Tea
9.	Herrings in oatmeal Raw carrots, Spinach, potatoes Wheatmeal bread	Flan Custard	Coffee
10.	Liver pudding Carrots, Watercress Mashed potatoes Wheatmeal bread	Blancmange	Tea
11.	Vegetable cutlets Raw cabbage and beetroot salad Jacket potatoes Wheatmeal bread	Steamed pudding Custard	Coffee
12.	Rabbit vegetable pie Carrots, potatoes Wheatmeal bread	Trifle	Coffee
13.	Lancashire Hot Pot Potatoes Wheatmeal bread	Chocolate bakewell tart Custard	Coffee
14.	Grilled red herrings Parsley sauce Carrots, mashed potatoes Wheatmeal bread	Summer pudding Custard	Tea
15.	Roast joint and stuffing balls Swedes, potatoes Wheatmeal bread	Coffee mould Custard	Tea

Midday Meals

No.	First Course	Second Course	
16.	Liver Stew Cabbage, potatoes Wheatmeal bread	Boiled Roly Poly Custard	Coffee
17.	Baked Stuffed Fish Potatoes Spinach Mustard and Cress Wheatmeal bread	Baked potato pudding	Cocoa
18.	Brown vegetable pie Potatoes Wheatmeal bread	Steamed pudding Custard	Coffee
19.	Rissoles Watercress or raw vegetable salad Jacket potatoes Wheatmeal bread	Flaked oats Milk pudding	Tea
20.	Cold Meat Salad Jacket potatoes Wheatmeal bread	Boiled ginger pudding Vanilla sauce	Coffee
21.	Baked red herrings Carrot garnish Cabbage, potatoes Wheatmeal bread	Milk pudding	Tea
22.	Liver and bacon hot pot Spinach, potatoes Wheatmeal bread	Baked curd flan	Coffee
23.	Vegetable curry Cabbage chutney Potatoes Wheatmeal bread	Boiled fruit pudding Custard	Coffee
24.	Brown rabbit stew Greens, potatoes Wheatmeal bread	Baked fruit charlotte	Coffee

MIDDAY MEAL RECIPES.

All quantities sufficient for 100 persons.

MEAL 1.

FIRST COURSE.

Shepherd's Pie.

Mince	10 lb.
*Onions	4 lb.
Oatmeal or wheatmeal		
flour	2 lb.
Potatoes	65 lb.
Margarine	1 lb.
Milk	3 pints
Seasoning		
Stock or water		
Carrots	20 lb.
Watercress	3—5 lb.	
(or raw vegetable salad)		
Wheatmeal bread		10 lb.

METHOD.

Cook potatoes, mash with milk and seasoning. Peel and chop onion, mix with mince. Blend oatmeal with water and stir into mince. Simmer gently until cooked. Put into pie dishes, cover with potatoes, dot with margarine and bake in a hot oven or under grill until brown. Serve with watercress and wheatmeal bread.

SECOND COURSE.

Rice Pudding.

Milk	30 pints
Rice	3 lb.
Sugar	10 oz.
Dried fruit or		
other sweeten-		
ing agent	2 lb.
Margarine	$\frac{1}{2}$ lb.

METHOD.

Put rice, fruit and sugar in pie dishes. Pour over milk. Add margarine in small pieces. Bake in slow oven.

Tea see p. 11.

* See page 8.

All quantities sufficient for 100 persons.

MEAL 2.

FIRST COURSE.

Beef Stew.

Meat	8 lb.
Mixed Root	
Vegetables	15 lb.
Carrots	15 lb.
Haricot beans ..	6 lb.
Oatmeal or wheat-	
meal flour	1 lb.
Cooking Fat	$\frac{1}{2}$ lb.
Stock or water	
Seasoning	
Browning	
Carrot (grated raw)	3 lb.
Potatoes	65 lb.

METHOD.

Wash and soak beans over-night. Prepare and cut up meat and vegetables. Melt fat and put all ingredients in a casserole or saucepan. Season well. Fry. Pour over sufficient stock or water to cover, including the water in which the beans were soaked. Cover with a lid, bring to the boil and simmer gently for $2\frac{1}{2}$ —3 hours or until tender. Add browning. Immediately before serving stir in the raw carrot.

Note.—Care must be taken not to add too much stock. This is a stew not a soup.

The potatoes may be boiled separately or cooked in the stew.

Wheatmeal bread 10 lb.

SECOND COURSE.

Turnover.

Flour	5 lb.	} Pastry
Oatmeal or		
wheatmeal flour	$2\frac{1}{2}$ lb.	
Margarine	$1\frac{1}{2}$ lb.	
Cooking Fat	$1\frac{1}{2}$ lb.	
Salt		
Dates or Dried Fruit	6 lb.	

METHOD.

Make the oatmeal pastry as for short crust. Roll out to about $\frac{1}{2}$ inch thick. Chop or mince the dates and spread over half the pastry. Cover with the other half and seal the edges with water. Bake until the pastry is cooked and golden brown. Serve with custard. If possible, make individual turnovers, they are simpler to serve.

Custard.

Custard Powder	1 lb.
Milk	10 pints
Sugar	10 oz.

Coffee see p. 11.

All quantities sufficient for 100 persons.

MEAL 3.

FIRST COURSE.

Fish and Potato Pie.

Salt White Fish .. 15 lb.
Potatoes 40 lb.
*Onions, leek or celery 4 lb.
Margarine 1 lb.
Browned breadcrumbs
Seasoning

Carrots 25 lb.
Potatoes 25 lb.

Parsley Sauce.

Milk 5 pints
Fish Stock 5 pints
Parsley (chopped) 1 lb.
Seasoning.

Wheatmeal bread 10 lb.

METHOD.

Soak fish for 24 hours in cold water. Cook and mash.

Cook potatoes in boiling salted water. Mash thoroughly with margarine and seasoning. Chop onions. Mix all ingredients together, put into pie dishes, sprinkle with browned breadcrumbs and bake in oven.

Serve with carrots, potatoes and parsley sauce.

SECOND COURSE.

Bread and Butter Pudding.

Wheatmeal bread 10 lb.
Margarine .. 1 lb.
Dried fruit or
dates 3 lb.
Water 5 pints
Milk 10 pints
Custard powder .. 1 lb.
Sugar 10 oz.

Coffee see p. 11.

METHOD.

Slice bread and spread with margarine. Arrange in greased pie dishes in layers with dried fruit. Mix together milk and water, pour over 5 pints and leave to soak. Make custard with remaining 10 pints and as soon as it begins to thicken pour over the puddings. Bake in a moderate oven until brown.

* See page 8

All quantities sufficient for 100 persons.

MEAL 4.

FIRST COURSE.

Mock Goose.

Liver	10 lb.
*Onions, leeks or celery	5 lb.
Oatmeal or wheat- meal flour ..	1½ lb.
Potatoes	20 lb.
Cooking fat ..	1 lb.
Wheatmeal bread- crumbs	5 lb.
Sage	3 oz.
Stock or water Seasoning Swede (raw grated)	3 lb.

METHOD.

Wipe liver and cut into small pieces. Roll in seasoned oatmeal. Prepare and chop the onions finely and mix with breadcrumbs sage and seasoning. Put liver and stuffing in alternate layers in pie dishes. Add sufficient stock or water to cover. Scrub potatoes and slice thinly. Lay on top of pie. Dot with margarine. Bake in moderate oven for 2—3 hours. Serve with a spoonful of raw grated swede.

Gravy.

Margarine	½ lb.
Flour	¼ lb.
Stock or water ..	8 pints
Seasoning. Browning.	
Cabbage	35 lb.
Potatoes	65 lb.
Wheatmeal bread	10 lb.

SECOND COURSE.

Stewed Fruit.

Fresh stewing fruit	20 lb.
Sago (fine)	½ lb.
Saccharine to sweeten	

METHOD.

Wash fruit and stew with sago until tender. Allow to cool, sweeten with saccharine. Serve with custard, hot or cold.

Custard.

Milk	10 pints
Custard powder ..	1 lb.
Sugar	10 oz.

Coffee see p. 11.

* See page 8

All quantities sufficient for 100 persons.

MEAL 5.

FIRST COURSE.

Salmon Salad.

Chilled salmon .. 15 lb.

METHOD.

Serve cold with salad.

Carrot and Cabbage Salad.

Carrots 6 lb.

Cabbage 4 lb.

*Onion, leek or celery ½ lb.

Potatoes 65 lb.

Wheatmeal bread .. 10 lb.

METHOD.

Cabbage. Shred very finely. Wash in cold salted water. Drain thoroughly.

Carrots. Scrub thoroughly. Grate very finely.

Onion, Leek or Celery. Peel and grate finely. Mix all together and serve with mayonnaise if desired.

SECOND COURSE.

Apple Charlotte

Dried Apple Rings.. 15 lb.

(or Apples—cooking 25 lb.)

Wheatmeal bread .. 10 lb.

Margarine 1½ lb.

Dried fruit or other
sweetening agent 1 lb.

Water

METHOD.

Wash apple rings and soak overnight. Make the bread into fine breadcrumbs and put in alternate layers with the apples and fruit, and moisten with water. Dot with margarine. Bake in a moderate oven for 1 hour.

Serve with custard.

Custard.

Milk 10 pints.

Custard powder .. 1 lb.

Sugar 10 oz.

Coffee see p. 11.

* See page 8.

All quantities sufficient for 100 persons.

MEAL 6.

FIRST COURSE.

Roast Joint and Stuffing.

Joint 15 lb.

Stuffing.

Wheatmeal bread-
crumbs 5 lb.
*Onions or leeks 2 lb.
Fat 1 lb.
Sage
Seasoning
Milk 2 pints

Gravy.

Flour $\frac{3}{4}$ lb.
Fat $\frac{1}{2}$ lb.
Stock or water 8 pints
Seasoning
Browning
Watercress 3 lb.
Swedes 30 lb.
Potatoes 65 lb.
Wheatmeal bread 10 lb.

METHOD.

Wipe and roast meat. Make stuffing and bake in tins. Serve with gravy, swedes, potatoes, and watercress.

Note.—If onions and leeks are not obtainable, forcemeat stuffing may be used.

SECOND COURSE.

Rolled Oats Bakewell Tart.

Flour 5 lb.	} Pastry
Oatmeal or wheatmeal flour 2½ lb.	
Margarine 1½ lb.	
Cooking fat 1½ lb.	
Salt	
Cake crumbs (or breadcrumbs) 1½ lb.	
Rolled oats 1½ lb.	
Jam 10 oz.	
Milk to mix approx. 1 pint	

METHOD.

Make oatmeal pastry as for short crust. Roll out and line deep pastry plates or baking tins. Mix cake crumbs with rolled oats. Bind together with milk.

Spread the jam on the pastry, cover with the mixture of rolled oats and cake crumbs. Bake in a moderate oven. Serve with chocolate sauce.

Chocolate Sauce.

Milk 10 pints
Cornflour 1 lb.
Chocolate powder $\frac{1}{2}$ lb.
Sugar 10 oz.

Note.—If chocolate powder is unobtainable use cocoa and add saccharine to the sauce when cooked.

Coffee see p. 11.

* See page 8

MEAL 7.

FIRST COURSE.

Sausage and Potato Pie.

Sausages or sausage
meat 15 lb.
Potatoes 65 lb.
Seasoning
Stock

Gravy.

Flour $\frac{1}{4}$ lb.
Margarine $\frac{1}{2}$ lb.
Stock or water .. 8 pints
Seasoning
Browning

Raw grated turnip .. 3 lb.
Wheatmeal bread .. 10 lb.

METHOD.

Put the sausage meat in pie dishes. Cook potatoes and mash with stock and seasoning. Cover the sausage and bake in a moderate oven. Serve with gravy and a portion of raw grated turnip.

SECOND COURSE.

Boiled Pudding.

Wheatmeal bread-
crumbs 8 lb.
Flour 3 lb.
Baking
powder 3 tablespoonfuls
Carrots (grated) .. 6 lb.
Margarine $1\frac{1}{2}$ lb.
Dried fruit or dates 4 lb.
Salt
Mixed spice (or other
flavouring) $\frac{1}{4}$ lb.

METHOD.

Mix together flour, mixed spice, baking powder and salt. Rub in the margarine. Add breadcrumbs, dried fruit and finally the finely grated carrots and sufficient water to mix to a soft consistency. Steam or boil for at least 3 hours. Serve with white vanilla sauce.

Vanilla Sauce.

Milk 10 pints.
Cornflour 1 lb.
Sugar 10 oz.
Vanilla essence
1-2 tablespoonfuls.

Coffee see p. 11.

All quantities sufficient for 100 persons.

MEAL 8.

FIRST COURSE.

Irish Stew and Vegetables.

Mutton	15 lb.
Carrots	15 lb.
*Onions, leeks or		
celery	5 lb.
Turnips or parsnips	10 lb.
Pearl barley	2 lb.
Stock or water		
Seasoning		
Potatoes	65 lb.
Parsley (chopped)	1 lb.
Wheatmeal bread	10 lb.

METHOD.

Soak barley overnight.
Cut up meat and vegetables.
Put all ingredients in pan with seasoning. Simmer gently until tender. Some of the potatoes may be cooked separately if desired.

Immediately before serving stir in the chopped parsley.

SECOND COURSE.

Batter Pudding.

Flour	5 lb.
Oatmeal or wheatmeal		
flour	3 lb.
Milk	20 pints.
Baking powder		
	8 level tablespoonfuls	
Margarine	$\frac{1}{4}$ lb.

METHOD.

Mix the flour and oatmeal together. Add milk slowly; beat well. Then add water until the batter is a thick running consistency. Pour mixture into greased baking tins and cook. Serve with lemon sauce.

Lemon Sauce.

Milk	10 pints.
Custard powder	1 lb.
Sugar	10 oz.
Lemon essence		
	1-2 tablespoonfuls	

*Tea see p. 11.

* See page 8

MEAL 9.

FIRST COURSE.

Herrings in Oatmeal.

Herrings or pilchards..	100 (25 lb.)
Oatmeal or wheatmeal flour	2 lb.
Seasoning	
Potatoes	65 lb.
Spinach	45 lb.
Carrot (grated raw)	3-5 lb.
Wheatmeal bread ..	10 lb.

METHOD.

Wash and trim herrings. Roll in seasoned oatmeal, and bake for 20—25 minutes or fry in hot fat. Serve with potatoes, spinach and a garnish of raw carrot.

SECOND COURSE.

Flan.

Flour	5 lb.	} Pastry
Oatmeal or wheatmeal flour	2½ lb.	
Cooking fat ..	1½ lb.	
Margarine ..	1½ lb.	
Salt		
Stewing fruit	15 lb.	
Cornflour	3 oz.	
Sugar	10 oz.	

METHOD.

Make pastry. Line tins and cook. Prepare and stew fruit according to kind. Strain off juice and thicken with cornflour. When cool arrange fruit in flans. Pour over the thickened juice. Serve with custard. (3 oz. cornflour is sufficient to thicken 6 pints of juice).

Custard.

Milk	10 pints
Custard powder ..	1 lb.
Saccharine	

Coffee see p. 11.

All quantities sufficient for 100 persons.

MEAL 10.

FIRST COURSE.

Liver Pudding.

Liver	8 lb.
*Celery, leek or		
onion	3 lb.
Mixed vegetables		20 lb.
Parsley	2 oz.
Oatmeal or		
wheatmeal flour		1 lb
Stock or water		
Seasoning		
Flour	5 lb.
Oatmeal or		
wheatmeal flour		2½ lb.
Salt		
Margarine	1½ lb.
Cooking fat	1½ lb.
Carrots	30 lb.
Potatoes	65 lb.
Watercress	3-5 lb.
Wheatmeal bread		10 lb.

METHOD.

Prepare and cut up vegetables. Make pastry and line greased pudding basins. Wipe liver and cut in slices. Mix chopped parsley and oatmeal with seasoning and coat the liver. Put the vegetables in the basins with sliced liver on top and pour in water or stock. Cover with the remaining pastry. Steam or boil for 3—4 hours. Serve with potatoes, carrots and a garnish of watercress.

Pastry

SECOND COURSE.

Blancmange.

Custard powder or		
cornflour	4 lb.
Milk	30 pints
Sugar	10 oz.
Flavouring essence		
Colouring essence		

METHOD.

Make custard or cornflour, sweeten. Add flavouring essence and colour. Pour into damp pudding basins. When cold turn out.

Tea see p. 11.

* See page 8

MEAL 11.

FIRST COURSE.

Vegetable Cutlets.

Carrots	8 lb.
*Onions or leeks	2 lb.
Potatoes	20 lb.
Milk	3 pints
Oatmeal or wheatmeal		
flour	$\frac{1}{2}$ lb.
Parsley	3 oz.
Seasoning		
Vegetable extract		
		4 tablespoonfuls
Browned breadcrumbs		
Margarine	$\frac{3}{4}$ lb.

Gravy.

Flour	$\frac{3}{4}$ lb.
Margarine	$\frac{1}{2}$ lb.
Water or stock	8 pints
Seasoning		
Browning		

Beetroot and Cabbage Salad.

Cabbage	5 lb.
Beetroot (cooked)	4 lb.
Potatoes	65 lb.
Wheatmeal bread	10 lb.

SECOND COURSE.

Steamed Date Pudding.

Wheatmeal bread-		
crumbs	5 lb.
Flour	5 lb.
Baking powder		
		2 $\frac{1}{2}$ tablespoonfuls
Dates or dried fruit	5 lb.
Cocoa	1 lb.
Margarine	1 $\frac{1}{2}$ lb.
Cooking fat	1 $\frac{1}{2}$ lb.
Salt		
Water		

Custard.

Milk	10 pints
Custard powder	1 lb.
Sugar	10 oz.

Coffee see p. 11.

* See page 8

METHOD.

Cook potatoes, carrots and chopped onion and mash together with chopped parsley and seasoning. Make a sauce with oatmeal and milk and vegetable extract, and stir in potato mixture. Form into cutlets, roll in browned breadcrumbs and bake or fry in deep fat. Serve with gravy, jacket potatoes and salad.

METHOD.

Wash and shred cabbage finely, season, mix with mayonnaise (see page 11). Serve with sliced cooked beetroot.

METHOD.

Mix flour, baking powder, cocoa and salt. Rub in fat. Add breadcrumbs and chopped dates or fruit. Add a little water and mix to a soft consistency. Steam for 2 $\frac{1}{2}$ —3 hours. Serve with custard.

All quantities sufficient for 100 persons.

MEAL 12.

FIRST COURSE.

Rabbit and Vegetable Pie.

Rabbits ..	15 (20 lb.)	
*Onions, leeks or		
celery	2 lb.	
Swedes	5 lb.	
Stock or water		
Seasoning		
Oatmeal or		
wheatmeal flour	2½ lb.	}
Flour	5 lb.	
Margarine ..	1½ lb.	
Cooking fat ..	1½ lb.	
Salt		
Potatoes	65 lb.	
Carrots	30 lb.	
Parsley	1 lb.	
Wheatmeal		
bread	10 lb.	

METHOD.

Clean, joint and cut up rabbits. Prepare vegetables and cut into small pieces. Put all together in pan with seasoning and sufficient water to cover. Stew until tender, turn into pie dishes. Make short crust pastry and cover pies. Bake until brown.

Slice carrots, cook and sprinkle with chopped parsley immediately before serving.

SECOND COURSE.

Trifle.

Wheatmeal bread-	
crumbs	5 lb.
Jam or syrup ..	10 oz.
Apples (cooking) ..	15 lb.
(Or Apple rings	8-10 lb.)
Custard powder ..	1¼ lb.
Sugar	10 oz.
Milk	10 pints

METHOD.

Stew apples with jam or syrup and mix with bread-crumbs. Put in dishes. Make custard. Pour over trifle and leave to set.

Coffee see p. 11.

* See page 8.

All quantities sufficient for 100 persons.

MEAL 13.

FIRST COURSE.

Lancashire Hotpot.

Meat	15 lb.
Haricot beans	3 lb.
*Onions, leeks or celery	5 lb.
Cabbage (shredded)	2 lb.
Carrots	10 lb.
Turnips	5 lb.
Swedes	5 lb.
Barley	2 lb.
Seasoning		
Water or stock		
Potatoes	65 lb.
Carrots (grated raw)	3 lb.
Wheatmeal bread	10 lb.

METHOD.

Soak beans and barley overnight. Wipe and cut up meat. Prepare and slice vegetables. Put all together with barley and seasoning in hot pots or pie dishes. Cover with layers of sliced unpeeled potatoes. Add water and cook in a slow oven. Some of the potatoes may be cooked separately if preferred. Serve with a spoonful of grated raw carrot.

SECOND COURSE.

Chocolate Bakewell Tart.

Flour	5 lb.	Pastry
Oatmeal	2½ lb.	
Margarine	1½ lb.	
Cooking fat	1½ lb.	
Jam	10 oz.	
Cake crumbs	3 lb.	
Milk to mix			
Chocolate powder			
(or cocoa) ..	¼-½	lb.	

METHOD.

Make oatmeal pastry as for short crust. Roll out and spread over deep plates or baking tins. Mix the cake crumbs with chocolate powder or cocoa, and bind with milk. Spread the jam on the pastry, cover with the mixture. Bake in a moderate oven. Serve with custard.

Custard.

Milk	10 pints
Custard powder	1 lb.
Sugar	10 oz.

Coffee see p. 11.

* See page 8

All quantities sufficient for 100 persons.

MEAL 14.

FIRST COURSE.

Grilled Herrings.

Red Herrings (100) 25 lb.
 Potatoes 65 lb.
 Margarine 1 lb.
 Carrots 20 lb.

METHOD.

Grill or bake herrings. Cook potatoes and mash with margarine. Cook and mash carrots. Serve with parsley sauce.

Parsley Sauce.

Milk 10 pints
 Cornflour 1 lb.
 Margarine $\frac{1}{2}$ lb.
 Parsley 1 lb.

SECOND COURSE.

Summer Pudding.

Wheatmeal bread .. 10 lb.
 Stewing fruit 20 lb.
 or dried fruit 15 lb.
 Saccharine

METHOD.

Prepare and stew fruit and sweeten with saccharine. Line basins with sliced bread. Fill with layers of fruit and bread, finishing with a layer of bread. Press down with a weight and allow to stand overnight. Serve with custard.

Custard.

Milk 10 pints
 Custard powder .. 1 lb.
 Sugar 10 oz.

Tea see p. 11.

All quantities sufficient for 100 persons.

MEAL 15.

FIRST COURSE.

Roast Joint and Stuffing Balls.

Meat 15 lb.

Stuffing Balls.

Wheatmeal bread-
crumbs 5 lb.
Mixed herbs
Seasoning
Milk 2 pints
Margarine 1½ lb.

METHOD.

Make stuffing. Roll into balls. Place round meat in baking tins and roast. Serve with potatoes and swedes and a garnish of watercress.

Gravy.

Fat (from joint) .. ½ lb.
Flour ¼ lb.
Stock or water .. 8 pints
Browning
Seasoning

Potatoes 65 lb.
Swedes 30 lb.
Watercress 3-5 lb.

Wheatmeal bread.. 10 lb.

SECOND COURSE.

Coffee Mould.

Milk 30 pints
Cornflour 4 lb.
Coffee to flavour
Sugar 10 oz.

METHOD.

Thicken sweetened coffee milk with cornflour. Pour into damped moulds and allow to set.

Tea see p. 11.

All quantities sufficient for 100 persons.

MEAL 16.

FIRST COURSE.

Liver Stew.

Liver	10 lb.
Root vegetables	..	15 lb.
*Onions, leeks	6 lb.
Cooking fat	1 lb.
Water or stock		
Oatmeal or wheatmeal		
flour	1½ lb.
Potatoes	65 lb.
Cabbage	35 lb.
Parsley (chopped)	..	1 lb.
Wheatmeal bread	..	10 lb.

METHOD.

Wipe and cut up liver, fry in fat for a few minutes, add sliced onions and vegetables and continue frying. Pour on sufficient water or stock to cover. Season. Bring to boil and simmer until tender. Thicken with blended oatmeal. Immediately before serving stir in chopped parsley.

SECOND COURSE.

Boiled Roly Poly Pudding.

Oatmeal or			
wheatmeal flour	2½ lb.		
Flour	5 lb.	
Margarine	1½ lb.	
Cooking fat	1½ lb.	
Salt			
Dried fruit	4 lb.	

Pastry

METHOD.

Make pastry. Roll into strips, spread with dried fruit, roll up and tie in floured cloth. Boil 2—3 hours.

Custard.

Milk	10 pints
Custard powder	..	1 lb.
Sugar	10 oz.

Coffee see p. 11.

* See page 8

All quantities sufficient for 100 persons.

MEAL 17.

FIRST COURSE.

Baked Stuffed Fish.

Salt white fish 15 lb.

Stuffing.

Wheatmeal bread-
crumbs 5 lb.

*Onions or leeks.. .. 2 lb.

Fat 1 lb.

Chopped parsley .. ½ lb.

Seasoning

Milk approx. 1 quart

Potatoes 65 lb.

Spinach 45 lb.

Mustard and cress 1-1½ lb.

Wheatmeal bread .. 10 lb.

METHOD.

Soak fish for 24 hours. Spread with layers of stuffing and bake. Serve with a garnish of mustard and cress.

SECOND COURSE.

Baked Potato Pudding.

Potato (raw,
grated) 8 lb.

Oatmeal or wheat-
meal flour .. 4 lb.

Margarine 1½ lb.

Cooking fat .. ½ lb.

Custard powder .. ½ lb.

Cocoa 3 lb.

Milk 6-8 pints

Sugar 10 oz.

Dried fruit .. 1½ lb.

METHOD.

Mix dry ingredients and grated potato. Rub in fat and mix to a very moist consistency with milk. Steam or bake.

Cocoa see p. 11.

* See page 8

All quantities sufficient for 100 persons.

MEAL 18.

FIRST COURSE.

Brown Vegetable Pie.

*Onions, leeks or		
celery	5 lb.	
Carrots	15 lb.	
Potatoes	20 lb.	
Mixed		
vegetables ..	15 lb.	
Dried peas or		
beans	4 lb.	
Flour	1½ lb.	}
Milk	10 pints	
Margarine ..	1½ lb.	
Vegetable extract		
4 tablespoonfuls		
Seasoning		
Browning		
Potatoes	65 lb.	
Turnips (raw, grated) ..	3-5 lb.	
Wheatmeal		
bread	10 lb.	

METHOD.

Soak dried vegetables overnight. Prepare and cook potatoes. Prepare and cut up other vegetables and cook until tender. Make white sauce, then add vegetables and browning. Season. Pour over vegetables in open dishes. Cover with a layer of mashed potato. Served with a spoonful of grated raw turnip.

SECOND COURSE.

Steamed Spiced Pudding.

Wheatmeal bread ..	8 lb.
Flour	1½ lb.
Baking	
powder 3	tablespoonfuls
Suet (or margarine	
and fat)	2 lb.
Mixed fruit	3 lb.
Mixed spice 3	tablespoonfuls
(or other flavouring)	
Water to mix	
Salt	

METHOD.

Soak bread overnight in enough water to cover. Squeeze dry. Mix flour, baking powder, shredded suet, salt, fruit, sugar and mixed spice. Add bread, mix all well together, adding some of the water from the bread. Steam 3—4 hours. Serve with custard.

Custard.

Milk	10 pints
Custard	1 lb.
Sugar	10 oz.

Coffee see p. 11.

* See page 8

All quantities sufficient for 100 persons.

MEAL 19.

FIRST COURSE.

Rissoles.

Mince	10 lb.
Lentils	3 lb.
*Onions, leeks or celery		5 lb.
Oatmeal or wheatmeal		
flour	2 lb.
Margarine	1 lb.
Browning		
Seasoning		
Stock or water		
Browned breadcrumbs		

Gravy.

Flour	$\frac{1}{4}$ lb.
Fat	$\frac{1}{2}$ lb.
Water or stock	..	8 pints
Seasoning		
Browning		
Potatoes	65 lb.
Watercress	3 lb.
Wheatmeal bread		10 lb.

METHOD.

Soak and cook lentils. Make sauce with oatmeal, margarine, stock, browning and seasoning. Stir in cooked mince, lentils and onions. Shape into cakes, roll in browned breadcrumbs and fry or bake. Serve with gravy, jacket potatoes and a portion of watercress.

SECOND COURSE.

Flaked Oats Milk Pudding.

Milk	30 pints
Rolled oats or oat		
flakes	4 lb.
Sugar	10 oz.
Margarine	1 lb.

METHOD.

Put the rolled oats and sugar in pie dishes. Pour in milk. Dot with margarine. Bake in slow oven for 4 hours.

Tea see p. 11.

* See page 8

All quantities sufficient for 100 persons.

MEAL 20.

FIRST COURSE.

Cold Meat and Salad.

Meat	15 lb.	}	Salad
*Onions or celery	1 lb.		
Carrots	6 lb.		
Watercress .. .	2 lb.		
Beetroot	3 lb.		
Cabbage	3 lb.		
Potatoes	65 lb.		
Wheatmeal bread	10 lb.		

METHOD.

Roast meat and serve cold with jacket potatoes, salad and mayonnaise if desired (see page 11).

For salad, grate carrots and onions, shred cabbage and mix together. Serve with sliced beetroot and watercress.

SECOND COURSE.

Boiled Ginger Pudding.

Flour	6 lb.
Baking powder	3 tablespoonfuls
Wheatmeal bread-crumbs	6 lb.
Margarine	1½ lb.
Cooking fat	1½ lb.
Dates or dried fruit	4 lb.
Ground ginger .. .	2 oz.
Salt	
Water to mix	

METHOD.

Mix flour, baking powder, ginger and salt. Rub fat into flour. Add fruit and bread-crumbs. Mix to a soft consistency. Steam for 3—4 hours. Serve with white vanilla sauce.

Vanilla Sauce.

Milk	10 pints
Cornflour	1 lb.
Sugar	10 oz.
Vanilla essence	

Coffee see p. 11.

* See page 8

All quantities sufficient for 100 persons.

MEAL 21.

FIRST COURSE.

Baked Red Herrings.

Herrings	..	(100)	25 lb.
Carrot (raw)	3 lb.
Potatoes	65 lb.
Cabbage	35 lb.
Wheatmeal bread	..		10 lb.

METHOD.

Soak herrings for 24 hours. Bake and serve with cabbage and potatoes and a garnish of grated raw carrot.

SECOND COURSE.

Milk Pudding.

Rice or Sago	..	3	lb.
Milk	..	30	pints
Sugar	..	10	oz.
Dried fruit	..	3	lb.
Margarine	..	1½	lb.

METHOD.

Place rice, fruit and sugar in pie dishes. Pour over the milk. Add margarine in small pieces. Bake in a slow oven.

Tea see p. 11.

* See page 8

All quantities sufficient for 100 persons.

MEAL 22.

FIRST COURSE.

Liver and Bacon Hot-Pot.

Liver	10 lb.
Bacon or sausage ..	4 lb.
Oatmeal or wheatmeal flour	1 lb.
Carrots	5 lb.
*Onions, leeks or celery	5 lb.
Water or stock	
Seasoning	
Parsley (chopped) ..	1 lb.
Potatoes	65 lb.
Spinach	45 lb.
Wheatmeal bread ..	10 lb.

METHOD.

Prepare and slice vegetables. Wipe liver and roll in seasoned oatmeal. Arrange in layers in dishes with chopped bacon, onion and sliced potatoes. Cover with water or stock. Cook in slow oven for 3—4 hours. Serve with a sprinkling of chopped parsley. Some of the potatoes may be cooked separately if preferred.

SECOND COURSE.

Baked Curd Flan.

Flour ..	5 lb.	} Pastry.
Oatmeal ..	2½ lb.	
Salt		
Margarine	1½ lb.	
Cooking fat	1½ lb.	} Lemon Curd.
Milk ..	10 pints	
Custard powder	1½ lb.	
Sugar ..	10 oz.	
Lemon essence 3-4 tablespoonfuls		

METHOD.

Make pastry. Line flan tins and pour in cooked lemon curd. Bake and serve hot or cold.

Coffee see p. 11.

* See page 8

All quantities sufficient for 100 persons.

MEAL 23.

FIRST COURSE.

Vegetable Curry.

Haricot beans	..	6	lb.
Carrots	15	lb.
Root vegetables	..	15	lb.
*Onions, leeks or celery	5	lb.
Oatmeal or wheatmeal flour	1½	lb.
Seasoning			
Curry powder	..	4-6	oz.
Cooking fat	1	lb.
Stock or water			
Rice	5	lb.

Raw Cabbage Chutney.

Cabbage	3	lb.
Chutney or pickle to flavour			
Potatoes	65	lb.
Wheatmeal bread	..	10	lb.

METHOD.

Wash and soak beans overnight. Cut up vegetables, dry and cook all together in stock or water until tender. Mix oatmeal and curry powder, blend with a little water and add. Cook for a further 30 minutes and serve with boiled rice and raw cabbage chutney.

METHOD.

Wash cabbage. Shred and mix with chutney.

SECOND COURSE.

Boiled Fruit Pudding.

Flour	5½	lb.	} Pastry.
Baking powder	2½	tablespoonfuls		
Oatmeal or wheatmeal flour	2½	lb.		
Suet (or margarine and fat)	..	2	lb.	
Salt				
Dried fruit	15	lb.	
Or stewing fruit	..	25	lb.	

Custard.

Milk	10	pints
Custard powder	..	1	lb.
Sugar	10	oz.

Coffee see p. 11.

* See page 8

METHOD.

Make suet pastry. Line pudding basins. Put in prepared fruit. Pour in water. Steam or boil for 3—4 hours. Serve with custard. If a sour fruit is used, sweeten with sugar and add saccharine to the custard after cooking.

All quantities sufficient for 100 persons.

MEAL 24.

FIRST COURSE.

Brown Rabbit Stew.

Rabbits	15 (20 lb.)
Swedes	5 lb.
*Onions, leeks or celery	5 lb.
Oatmeal or wheatmeal flour	1½ lb.
Cooking fat	½ lb.
Seasoning	
Stock or water	
Carrot (raw)	3 lb.
Potatoes	65 lb.
Greens	35 lb.
Wheatmeal bread ..	10 lb.

METHOD.

Wash, joint and cut up rabbits. Prepare and cut up vegetables and put all in pan. Season. Pour over enough stock or water to cover. Bring to boil and simmer gently. One hour before serving add oatmeal blended with water. Colour with browning. Immediately before serving stir in grated raw carrot.

Potatoes may be cooked in the stew or served separately.

SECOND COURSE.

Baked Fruit Charlotte.

Wheatmeal bread ..	10 lb.
Margarine	1½ lb.
Stewing fruit	15 lb.
Jam	10 oz.

Custard.

Milk	10 pints
Custard powder ..	1 lb.
Sugar	10 oz.

METHOD.

Make breadcrumbs. Arrange with fruit and dabs of margarine in layers in basin. Heat jam in a little water and pour over the mixture. Bake in a moderate oven and serve with custard.

Coffee see p. 11.

* See page 8

MEALS FOR SCOTLAND

The following meals have been specially prepared according to Scottish tastes:

No.	First Course	Second Course.
25	Stewed mince Bubble and squeak	Fruit Flan Milk to drink
26	Lentil and vegetable soup Wheatmeal bread Cheese and potato pie Celery salad	Fruit slices
27	Black puddings or haggis or sausages Potatoes and turnips Grated carrot salad	Boiled pudding Milk to drink
28	Scotch broth and dump- lings Herring fish cakes Parsley sauce	Milk pudding
29	Steak and kidney stew Potatoes	Wheatmeal scones filled with salad Milk to drink
30	Liver pie Potatoes and kale Grated beetroot salad	Rice pudding
31	Scotch broth Wheatmeal bread Sausages Mashed potatoes Turnips	Hasty pudding

Meals for Scotland

No.	First Course	Second Course.
32	Mixed vegetable hotpot Raw vegetable garnish Potatoes	Steamed pudding Milk
33	Lentil soup Wheatmeal bread Rissoles Cabbage salad	Milk pudding
34	Liver and mince stew Kale Potatoes	Trifle Milk
35	Broth Wheatmeal bread Herrings Beetroot salad Mashed potatoes	Milk pudding
36	Meat pudding Turnips Potatoes	Stewed fruit Milk

All quantities sufficient for 100 persons.

RECIPES

MEAL 25.

FIRST COURSE.

Mince.

Minced meat 10 lb.
Oatmeal or wheat-
meal flour 2-3 lb.
*Onions, leeks or
carrots 6 lb.
Water or stock
Seasoning
Parsley (chopped) .. 1lb.

METHOD.

Cook mince gently in water or stock with very finely chopped onion or leek and seasoning. An hour before serving add fine oatmeal and immediately before serving stir in chopped parsley. Season well. Serve with bubble and squeak.

Bubble and Squeak.

Cabbage 35 lb.
Potatoes 65 lb.
Dripping 2 lb.

Cook cabbage and potatoes separately. Drain well. Mix together and fry in hot dripping.

SECOND COURSE.

Fruit Flan.

Flour 5 lb.	} Pastry
Oatmeal or wheatmeal flour 2½ lb.	
Margarine .. 1½ lb.	
Cooking fat .. 1½ lb.	
Salt	
Dried fruit .. 10 lb.	
or stewing fruit 20-25 lb.	
Cornflour .. 3 oz.	
Sugar 10 oz.	
Milk to drink 4 galls.	

METHOD.

Make pastry. Line tins and cook. Prepare and stew fruit according to kind. Strain off juice and thicken with cornflour. When cool, arrange fruit in flan. Pour over thickened juice.

Three ounces of cornflour is sufficient to thicken six pints of juice.

* See page 8

All quantities sufficient for 100 persons.

MEAL 26.

FIRST COURSE.

Lentil and Vegetable Soup.

Cabbage	5 lb.
*Onions or leeks	2 lb.
Turnips	2 lb.
Lentils	2 lb.
Milk	30 pints
Water or stock	35-40	pints
Seasoning		
Oatmeal or wheat-		
meal flour	1½ lb.
Carrots (raw)	5 lb.
Wheatmeal bread		5 lb.

METHOD.

Soak lentils overnight. Prepare vegetables and cut into small pieces. Add stock or water, potatoes and lentils. Season well. Bring to the boil and simmer until tender. Blend oatmeal in a little milk and add to soup. Simmer for a further 60 minutes. Add milk and re-heat but do not boil. Immediately before serving add grated raw carrot.

Fish and Potato Pie.

Salt fish	10 lb.
Potatoes	65 lb.
Milk	3 pints
Carrots	5 lb.
Parsley	4 oz.
Seasoning		

METHOD.

Soak fish for 24 hours and cook. Prepare, cook and slice carrots. Cook potatoes and mash with milk. Put potatoes, fish, carrots and chopped parsley in layers in pie dishes, finishing with a layer of potato. Bake in a hot oven or under grill until brown.

SECOND COURSE.

Fruit Slices.

Flour	5 lb.	}	Pastry
Oatmeal or				
wheatmeal flour	2½ lb.			
Salt				
Margarine	1½ lb.		
Cooking fat	1½ lb.		
Currants or other				
dried fruit	4-6 lb.		
Sugar	10 oz.		

METHOD.

Make the oatmeal pastry as for plain shortcrust. Roll out to about ⅛" thick. Mix the currants and the sugar and spread over half the pastry. Cover with the other half and seal the edges with water. Bake until the pastry is cooked and golden brown.

* See page 8

All quantities sufficient for 100 persons.

MEAL 27.

FIRST COURSE.

Fried Black Puddings or Haggis or Sausages.

Black Puddings,
Haggis or Sausages 20 lb.

Carrot (raw) 3 lb.

Potatoes 65 lb.

Turnips 30 lb.

METHOD.

Cook black puddings and serve with a garnish of raw carrot.

SECOND COURSE.

Boiled Pudding.

Wheatmeal bread-
crumbs 8 lb.

Flour 3 lb.

Sugar 10 oz.

Baking
powder 3 tablespoonfuls

Grated carrot 6 lb.

Margarine 1½ lb.

Dried fruit 4 lb.

Mixed spice or other
seasoning ¼ lb.

Salt

Water to mix

Milk to drink .. 4 galls.

METHOD.

Mix together flour, spice, baking powder and salt. Rub in the margarine. Add the breadcrumbs, dried fruit and finally the finely grated carrots and sufficient water to make a soft consistency. Steam or boil for 3-4 hours.

All quantities sufficient for 100 persons.

MEAL 28.

FIRST COURSE.

Scotch Broth and Dumplings.

Kale	2 lb.	}	Broth
Carrots	6 lb.		
Leeks or celery	6 lb.		
Turnips	6 lb.		
Parsnips	6 lb.		
Barley	1½ lb.		
Dried peas or beans	1½ lb.	}	Dumplings
Seasoning			
Oatmeal or wheatmeal flour	3 lb.		
Flour	2 lb.		
Fat or suet .. .	2 lb.		
Seasoning			
Wheatmeal bread	5 lb.		

METHOD.

Soak peas and barley overnight. Prepare and cut up vegetables and put into pans with seasoning and sufficient stock or water to cover.

Make dumplings by rubbing the fat into the flour and oatmeal or mixing in the shredded suet. Season and mix to a stiff consistency. Make into small dumplings and add to broth 1 hour before serving.

Fish Cakes.

Fish (herrings) ..	15 lb.
Potatoes	30 lb.
Milk	3 pints
Seasoning	
Browned Breadcrumbs	
Margarine	1 lb.

METHOD.

Cook fish and potatoes separately. Remove bones from fish and mince. Mix all ingredients together. Form into cakes and roll in browned breadcrumbs. Bake with dabs of margarine or fry. If made up dishes are not liked, the herrings and potatoes can be served separately.

Parsley Sauce.

Milk	5 pints
Water	5 pints
Cornflour	1 lb.
Parsley (chopped) ..	1 lb.
Seasoning	
Potatoes	35 lb.

Make sauce and add parsley immediately before serving.

SECOND COURSE.

Milk Pudding.

Sago	3 lb.
Milk	25 pints
Water	5 pints
Sugar	10 oz.

METHOD.

Put sago and sugar in pie dishes. Pour over the milk and water. Bake in a slow oven for 2-2½ hours.

All quantities sufficient for 100 persons.

MEAL 29.

FIRST COURSE.

Steak and Kidney Stew.

Steak	..	10 lb.	or 15 lb.
Kidney	..	5 lb.	steak
Haricot beans	..	2 lb.	
Carrots	..	8 lb.	
*Onions or leeks	..	5 lb.	
Turnips	..	10 lb.	
Cabbage	..	3 lb.	
Oatmeal or wheat-			
meal flour	..	1½ lb.	
Seasoning			
Stock or water			
Potatoes	..	65 lb.	

METHOD.

Prepare and cut up the meat and vegetables into small pieces. Put into pans with stock and seasoning. One hour before serving add the oatmeal, blended with a little water.

SECOND COURSE.

Wheatmeal Scones.

Wheatmeal flour	..	5 lb.
White flour	..	5 lb.
Baking		
powder	4-5	tablespoonfuls
Margarine	..	1 lb.
Milk to mix	..	5 pints
Salt		

METHOD.

Mix together all dry ingredients. Rub in fat. Mix to a soft dough with milk. Form into scones. Bake in a hot oven for 10-20 minutes according to size.

Salad.

Raw cabbage or		
lettuce	..	3 lb.
Beetroot, cooked	..	2 lb.
Carrots	..	3 lb.
Milk to drink	..	4 galls.

METHOD.

Grate carrots and shred the lettuce or cabbage. Slice the beetroot. Mix all together with mayonnaise and fill scones.

* See page 8

All quantities sufficient for 100 persons.

MEAL 30.

FIRST COURSE.

Liver Pie.

Liver and stewing		
steak	10	lb.
Carrots	2	lb.
*Onions, leeks or		
celery	2	lb.
Turnips	2	lb.
Water or stock		
Oatmeal or		
wheatmeal flour	2½	lb.
Flour	5	lb.
Margarine ..	1½	lb.
Salt		
Cooking fat ..	1½	lb.
Beetroot (raw)	3	lb.
Potatoes	65	lb.
Kale	35	lb.

Pastry

METHOD.

Make oatmeal pastry as for short crust. Prepare and cut up into small pieces the meat and vegetables. Put the meat and vegetables in alternate layers in pie dishes. Add stock. Cover with pastry and cook very slowly until meat is tender and pastry brown.

Serve with potatoes and kale and raw grated beetroot.

SECOND COURSE.

Milk Pudding.

Rice	3	lb.
Milk	30	pints
Sugar	10	oz.
Dried fruit ..	2	lb.

METHOD.

Put dry ingredients into pie dishes. Pour over the milk. Bake in a slow oven.

* See page 8

All quantities sufficient for 100 persons.

MEAL 31.

FIRST COURSE.

Scotch Broth.

*Onions or leeks	..	2	lb.
Carrots	5	lb.
Cabbage	3	lb.
Barley	2	lb.
Parsley	$\frac{1}{2}$	lb.
Seasoning			
Water	50	pints
Wheatmeal bread		10	lb.

METHOD.

Soak barley overnight. Prepare and cut up vegetables. Put in pans with water and seasoning. Cook all together until tender. Add chopped parsley immediately before serving.

Sausage and Mash.

Sausages	20	lb.
Cooking fat			
Potatoes	65	lb.
Milk	3	pints
Turnips	20	lb.

METHOD.

Melt fat and cook sausages. Mash potatoes with milk and season well. Serve with turnips.

SECOND COURSE.

Hasty Pudding.

Milk	30	pints
Oatmeal or wheatmeal flour	3	lb.
Sugar	10	oz.
Jam	10	oz.
Flavouring essence or cocoa			
Margarine	$\frac{1}{4}$	lb.

METHOD.

Mix oatmeal and sugar together and blend with part of the milk. Put the rest of the milk on to heat. When boiling pour the blended milk over the blended oatmeal, return to pan, cook for a minute or two, then pour into greased pie dishes and bake in an oven for 1 hour until browned. Serve with jam.

* See page 8

All quantities sufficient for 100 persons.

MEAL 32.

FIRST COURSE.

Vegetable Hotpot.

Haricot beans	2 lb.
Dried peas	2 lb.
Carrots	10 lb.
Swedes	10 lb.
Greens	5 lb.
*Onions or leeks	5 lb.
Potatoes	10 lb.
Oatmeal or wheat- meal flour	1 lb.
Margarine	$\frac{1}{2}$ lb.
Stock or water		
Seasoning		
Vegetable extract		
		3-4 tablespoonfuls
Potatoes	65 lb.
Turnips (raw grated)		3 lb.

METHOD.

Soak beans and peas and cook for one hour. Put in dishes with vegetables prepared and sliced or diced, margarine and oatmeal. Cover with sliced potatoes. Add stock or water. Cook in moderate oven. Serve sprinkled with grated raw turnip.

SECOND COURSE.

Steamed Spice Pudding.

Wheatmeal bread- crumbs	5 lb.
Flour	5 lb.
Baking powder	$2\frac{1}{2}$ tablespoonfuls	
Suet (or margarine and fat)	$2\frac{1}{2}$ lb.
Sugar	10 oz.
Cinnamon		
Milk to mix approx.	$3\frac{1}{2}$ pints	
Salt		
Milk to drink or serve with pudding	4 galls.	

METHOD.

Mix suet or rub fat into dry ingredients. Add breadcrumbs and sugar. Mix to a soft consistency with milk. Pour the pudding mixture into greased basins. Steam for 2—3 hours.

* See page 8

All quantities sufficient for 100 persons.

MEAL 33.

FIRST COURSE.

Lentil Soup.

Lentils	3 lb.
Carrots	10 lb.
*Onions, leeks or celery	4 lb.
Milk	3 pints
Water or stock	40-50 pints
Oatmeal or wheat- meal flour ..	1½ lb.
Wheatmeal bread	5 lb.

METHOD.

Wash and soak lentils overnight. Prepare and cut up onions or leeks and carrots and cook all together gently using the water in which the lentils were soaked. Thicken with oatmeal or wheatmeal flour. Before serving add the milk and reheat.

Rissoles.

Stewing steak or venison (minced) ..	10 lb.
Cooking fat	1 lb.
Potatoes	20 lb.
Parsley (chopped) ..	6 oz.
Stock or water	
Browned breadcrumbs	

METHOD.

Mince the meat. Cook the potatoes. Chop the parsley finely and add to the potatoes and mince. Form all the mixture into cakes. Roll in browned breadcrumbs and bake with dabs of fat or fry.

Cabbage Salad.

Cabbage (raw)	3 lb.
Beetroot (raw)	2 lb.
Potatoes	45 lb.

METHOD.

Wash cabbage thoroughly and shred. Season well. Mix with mayonnaise or chutney and serve with raw grated beetroot.

SECOND COURSE.

Milk Pudding.

Milk	30 pints
Rolled oats	3 lb.
Sugar	10 oz.
Margarine	½ lb.

METHOD.

Lay oats and sugar in the bottom of pie dishes. Pour over the milk. Dot with margarine. Bake in a slow oven until cooked and brown.

* See page 8

All quantities sufficient for 100 persons.

MEAL 34.

FIRST COURSE.

Liver and Mince Stew.

Liver	5 lb.
Mince	5 lb.
*Leeks or onions	..	6 lb.
Oatmeal or wheat-		
meal flour	1½ lb.
Cooking fat	½ lb.
Water or stock		
Seasoning		
Carrot (raw)	3 lb.
Beetroot	30 lb.
Potatoes	65 lb.

METHOD.

Wipe and cut up liver, mix with mince, roll in seasoned oatmeal and fry in fat. Wash and cut up onions finely. Add to the mixture. Season well. Add water or stock. Simmer for 3—4 hours. Immediately before serving add grated carrot. Serve with potatoes and hot cooked beetroot.

SECOND COURSE.

Fruit Charlotte.

Wheatmeal bread	..	10 lb.
Dried apple rings	..	15 lb.
Or cooking apples	..	25 lb.
Margarine	1½ lb.
Dried fruit or other		
sweetening agent	1	lb.
Sugar	10 oz.
Milk to drink	..	4 galls.

METHOD.

Soak apple rings overnight and stew. Put crumbs and fruit in alternate layers in pie dishes. Dot with margarine and bake until brown.

* See page 8

All quantities sufficient for 100 persons.

MEAL 35.

FIRST COURSE

Broth.

Carrots	6 lb.
Leeks	6 lb.
Kale	2 lb.
Turnips	6 lb.
Barley	2 lb.
Dried peas	1½ lb.
Water	50 pints
Parsley	3 oz.
Seasoning		

Wheatmeal bread 10 lb.

METHOD.

Soak peas and barley overnight. Prepare and cut up the vegetables and put all into pans with water and seasoning. Cook all until tender. Immediately before serving add chopped parsley.

Herrings.

Herrings	..	100 (25 lb.)
Oatmeal	2 lb.
Cooking fat	1 lb.
Potatoes	65 lb.
Milk	3 pints

METHOD.

Coat herrings in oatmeal and bake in moderate oven for 20—30 minutes, or fry. Serve with mashed potatoes.

Beetroot Salad.

Lettuce or cabbage	..	3 lb.
*Onions (raw)	½ lb.
Beetroot (cooked)	..	3 lb.

METHOD.

Cut up the beetroot into small pieces, chop onion finely. Mix together and serve with shredded lettuce or cabbage and mayonnaise if desired (see p. 11).

SECOND COURSE.

Milk Pudding.

Rice or other cereal	3 lb.
Milk 30 pints
Sugar 10 oz.
Dried fruit 2 lb.
Margarine 1½ lb.

METHOD.

Put rice, dried fruit, sugar and margarine in bottom of pie dishes. Pour on the milk. Bake in a slow oven for 2—2½ hours.

* See page 8

All quantities sufficient for 100 persons.

MEAL 36.

FIRST COURSE.

Meat Pudding.

Meat	15 lb.
*Onions, leeks or		
carrots	5 lb.
Parsley	4 oz.
Seasoning		
Water or stock		
Oatmeal or		
wheatmeal flour	2½ lb.	
Flour	5 lb.
Salt		
Cooking fat	1½ lb.
Margarine	1½ lb.
Potatoes	65 lb.
Turnips	30 lb.
Cabbage (raw)	3 lb.

Pastry.

METHOD.

Make pastry, line pudding basins. Cut meat into small pieces and place in basins with seasoning, chopped parsley and onion. Add a little water. Cover with pastry and boil for 2—3 hours. Serve with cooked turnips and potatoes and a spoonful of finely shredded raw cabbage.

SECOND COURSE.

Stewed Fruit.

Stewing fruit	25 lb.
Or Dried fruit	15 lb.
Water		
Sugar	10 oz.
Milk to drink or serve		
with fruit	4 galls.

METHOD.

Wash dried fruit, cut up and soak overnight in water. Stew until tender with sugar.

If sour fruit is used, it may be necessary to add saccharine for sweetening.

* See page 8

B. LIGHT SUMMER MEALS.

We do not eat nearly enough salads in this country. They are very good for our health, and they ought to be much more popular. Salads need not consist solely of lettuce, tomato and cucumber. Many other fresh vegetables can be made of use to provide tasty and very attractive dishes.

It will probably be found that a variety of salads can soon be made popular with little effort in the summer months. Women workers particularly welcome them, knowing, as they do, that they are so good for their complexions and figures, as well as their general health.

A few suggestions for summer canteen menus are therefore given.

CANTEEN SUMMER MEAL.

A suggested meal consists of:—

- (1) Salad;
- (2) Wheatmeal Bread;
- (3) Margarine or Butter;
- (4) Milk;
- (5) Potatoes (hot or cold).

and one of the following:—

- (1) Soused herring or pilchards;
- (2) Cooked red herring;
- (3) Kipper;
- (4) Salmon (chilled or canned);
- (5) Sardines;
- (6) Herring (canned);
- (7) Liver loaf or liver sausage;
- (8) Egg;
- (9) Mixed dried pulse and green vegetables (cooked) bound with white sauce or mayonnaise.

SALADS.

The salad should be approximately four ounces. Use lettuce or cabbage as the foundation.

Add one or more of the following to give variety:—

- (1) Watercress;
- (2) Shredded spinach;
- (3) Shredded brussels sprouts;
- (4) Grated carrot raw or sliced carrot cooked;
- (5) Beetroot, raw or cooked;

- (6) Radishes;
- (7) Spring onions;
- (8) Mustard and cress;
- (9) Chopped parsley;
- (10) Tomato.

Serve with mayonnaise or salad dressing if desired.

Additions for cold weather or heavy workers.

Sedentary workers may like this type of meal even in cold weather; in which case it may be followed by a hot pudding or preceded by a thick vegetable soup.

The same additions may be made for heavy workers who like this type of meal, but who do not find it sufficiently satisfying.

The milk may be drunk hot or cold, flavoured as desired.

C. SUBSIDIARY MEALS

(Suitable for Night Workers)

Experience shows that workers on night shifts have a greater preference for savoury "snacks" than for a "dinner." Twelve suggestions for "snack" meals are therefore given, together with the quantities and recipes. These menus are also constructed on nutritional lines.

Meal No.

1. **Vegetable cutlets and chips or boiled potatoes**
Winter salad with wheatmeal bread and margarine.
Glass of milk and cup of tea
or cup of milk coffee or cocoa.
2. **Brown vegetable milk soup**
Wheatmeal bread.
Salmon pasties
Grated raw carrot
Cup of tea.
3. **Vegetable pie and chips or boiled potatoes**
Watercress
Wheatmeal bread.
Glass of milk and cup of tea or
Cup of milk coffee or cocoa.

Meal No.

4. Vegetable savoury and jacket potatoes
Wheatmeal bread and margarine
Glass of milk and cup of tea or
Cup of milk coffee or cocoa.
5. Savoury fish pie and mashed potatoes
Watercress
Wheatmeal bread and margarine
Glass of milk and cup of tea or
Cup of milk coffee or cocoa.
6. Beans on toast and chips or boiled potatoes
Wheatmeal bread
Cabbage and celery salad
Glass of milk and cup of tea or
Cup of milk coffee or cocoa.
7. Sausage and carrot pasties with chips or
boiled potatoes
Cooked carrot salad
Wheatmeal bread
Glass of milk and cup of tea or
Cup of milk coffee or cocoa.
8. Bacon and potato fadge
Wheatmeal bread and margarine
Swede and chutney salad
Glass of milk and cup of tea or
Cup of milk coffee or cocoa.
9. Vegetable soup
Wheatmeal bread
Wheatmeal scones
Beetroot and cabbage salad
Cup of tea
10. Salmon cutlets and chips or jacket potatoes
Watercress
Wheatmeal bread and margarine
Glass of milk and cup of tea or
Cup of milk coffee or cocoa.
11. Vegetable potato pie
Carrot and cabbage salad
Wheatmeal bread and margarine
Glass of milk and cup of tea or
Cup of milk coffee or cocoa.
12. Herring patties and mashed potatoes or chips
Wheatmeal bread
Glass of milk and cup of tea or
Cup of milk coffee or cocoa.

RECIPES

All quantities sufficient for 100 persons.

MEAL 1.

Vegetable Cutlets.

Carrots	..	8	lb.	
*Onions or				
leeks	..	2	lb.	
Wheatmeal				
breadcrumbs		2	lb.	
Potatoes	..	15	lb.	
Parsley	..	6	oz.	
Seasoning				
Oatmeal or				
wheatmeal flour		$\frac{1}{2}$	lb.	} Sauce
Stock	4	pints	
Browned				
breadcrumbs				
Cooking fat	..	$1\frac{1}{2}$	lb.	
Potatoes	..	65	lb.	

METHOD.

Make a thick sauce with the oatmeal and stock. Season. Make the breadcrumbs, add to the sauce. Cook and mash the carrots, add to the mixture with finely chopped parsley. Form into cutlet shapes or cakes. Roll in browned breadcrumbs and bake. Serve with potatoes and salad.

Winter Salad.

Carrot	3	lb.
Cabbage	3	lb.
Seasoning			
Wheatmeal bread	..	10	lb.
Margarine	$1\frac{1}{2}$	lb.

METHOD.

Wash and scrub carrots. Grate finely. Add to well-washed shredded raw cabbage. Season. Serve with mayonnaise if desired.

Drink.

Milk	4	galls.
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The milk can either be served hot or cold and followed by a cup of tea or served as milky coffee or cocoa.

* See page 8

All quantities sufficient for 100 persons.

MEAL 2.

Brown Vegetable Soup.

Barley	2 lb.
Oatmeal or wheat- meal flour	1½ lb.
Dried peas or beans	2 lb.
Potatoes	20 lb.
*Onions, leeks or celery	2 lb.
Carrots	5 lb.
Turnips	5 lb.
Cabbage	5 lb.
Seasoning	
Water or stock	
Milk	3 galls.
Browning	
Wheatmeal bread	10 lb.

METHOD.

Wash and soak peas or beans and barley overnight. Prepare vegetables and cut into small pieces. Add stock or water. Bring to the boil, and simmer gently until tender. Blend oatmeal with a little milk and add to the soup an hour before serving. Add milk and reheat but do not boil. Colour with gravy browning.

Salmon Pasties.

Salmon (canned or chilled) 8-10	lb.
Parsley	4 oz.
Milk	3 pints
Flour	6 oz.
Seasoning	
Flour	6 lb.
Baking powder	
2½ tablespoonfuls	
Potatoes	3 lb.
Margarine	1½ lb.
Cooking fat.. ..	1½ lb.
Seasoning	
Water	
Carrot (raw)	3 lb.

Potato Pastry

METHOD.

Make a thick white sauce with the flour and milk. Season well and add finely chopped parsley. Flake the salmon and add to the sauce. Make the potato pastry by rubbing the fat into the flour, baking powder and seasoning. Add dry mashed potatoes. Mix to a medium dough with a small quantity of water. Roll out and cut into rounds or squares. In the centre of each piece put some of the fish mixture. Fold over and seal the edges. Bake in a hot oven. Serve with grated raw carrot.

Tea see p. 11.

* See page 8.

All quantities sufficient for 100 persons.

MEAL 3.

Vegetable Pie.

Dried Peas	1½ lb.
Haricot beans	1½ lb.
Carrots	10 lb.
Swedes	4 lb.
*Onions, leek or celery	4 lb.
Parsley	4 oz.
Seasoning	
Curry powder to flavour	
Water	

Oatmeal or		
wheatmeal flour	2½ lb.	
Flour	5 lb.	
Salt		
Margarine	1½ lb.	
Cooking fat	1½ lb.	
Potatoes	65 lb.	
Watercress	3 lb.	
Wheatmeal bread	10 lb.	

Pastry

METHOD.

Wash and soak peas and beans overnight. Wash and slice carrots and swedes. Peel and chop the onions finely. Mix all together, season and cook. Mix with curry powder.

Make oatmeal pastry as for shortcrust. Line pie tins. Fill with the vegetable mixture. Add a very little vegetable stock and finely chopped parsley. Cover with pastry. Bake in a hot oven. Serve with potatoes and watercress.

Drink.

Milk and Tea or Coffee or Cocoa. See p. 11.

* See page 8

All quantities sufficient for 100 persons.

MEAL 4.

Vegetable Savoury.

Carrots	10 lb.
*Onions, leeks or celery	5 lb.
Potatoes	10 lb.
Cabbage	10 lb.
Turnips	5 lb.
Parsnips	5 lb.
Seasoning	
Milk	10 pints
Oatmeal or wheatmeal flour	12 oz.
Sage to flavour	
Seasoning	
Browning	
Parsley (chopped)	1 lb.
Jacket potatoes	65 lb.
Wheatmeal bread	10 lb.
Margarine	1½ lb.

} Sauce

METHOD.

Prepare and cut up vegetables. Cook until tender in water with seasoning. Make a white sauce with oatmeal and milk. Add sage and seasoning. Put the vegetables in open dishes and cover with sauce. Heat in oven or under the grill.

Serve with jacket potatoes, and a garnish of raw chopped parsley.

Drink.

Milk and Tea or Cocoa or
Coffee. See p. 11

* See page 8

All quantities sufficient for 100 persons.

MEAL 5.

Savoury Fish Pie.

Salt white fish	10 lb.
Oatmeal or wheat- meal flour	1½ lb.
Seasoning	
Wheatmeal bread	2 lb.
*Onions, leeks or celery	5 lb.
Herbs	
Cooking fat	1½ lb.
Carrots	10 lb.
Potatoes	10 lb.
Seasoning	
Water	
Potatoes	65 lb.
Watercress	3 lb.
Wheatmeal bread	10 lb.
Margarine	1½ lb.

METHOD.

Soak fish for 24 hours. Wash and cut up carrots and potatoes. Make breadcrumbs and mix with finely chopped onions, sage, seasoning and half the fat. Cut up the fish, roll in seasoned oatmeal. Place in greased dishes and cover with layers of breadcrumb mixture, sliced carrot and sliced potatoes. Dot with fat. Add water. Bake in a moderate oven. Serve with mashed potatoes and watercress.

Drink.

Milk and tea or Coffee or
Cocoa. See p. 11.

* See page 8

All quantities sufficient for 100 persons.

MEAL 6.

Beans on Toast.

Haricot beans	..	6 lb.	
*Onions, leeks or celery	2 lb.	
Carrots	6 lb.	
Flour	$\frac{1}{4}$ lb.	Sauce
Margarine	$\frac{1}{4}$ lb.	
Milk	3 pints	
Curry powder to flavour			
Seasoning			
Browning			
Wheatmeal bread	10 lb.	Toast
Margarine	$\frac{1}{2}$ lb.	

METHOD.

Wash and soak beans overnight. Prepare vegetables and cut up into small pieces, and season. Cook beans and vegetables together until tender.

Make white sauce with margarine, flour and milk. Season. Add curry powder. Colour with gravy browning. Mix with cooked vegetables. Serve on toast with salad and potatoes.

Cabbage and Celery Salad.

Cabbage	3 lb.
*Celery and beetroot	..	2 lb.
Potatoes	65 lb.
Wheatmeal bread	..	5 lb.
Margarine	$\frac{1}{4}$ lb.

Wash vegetables. Shred cabbage. Chop celery or beetroot. Mix together with mayonnaise.

Season.

Drink.

Milk and tea or coffee or cocoa. See p. 11.

* See page 8

All quantities sufficient for 100 persons.

MEAL 7.

Sausage and Carrot Pasties.

Sausage meat	..	10	lb.
Carrots	10	lb.
*Onions, leeks or celery	2	lb.
Oatmeal or wheat- meal flour	..	$\frac{1}{2}$	lb.
Seasoning			
Water			
Flour	6	lb.
Potatoes	3	lb.
Baking powder	3	tablespoonfuls	
Margarine	$1\frac{1}{2}$	lb.
Cooking fat	..	$1\frac{1}{2}$	lb.
Salt			
Potatoes	65	lb.
Wheatmeal bread		10	lb.

Pastry

METHOD.

Prepare carrots and onions and grate very finely. Mix with sausage meat. Season. Blend oatmeal with a little water and stir into the sausage mixture. Make potato pastry by mixing the fat into the flour, baking powder and salt. Add the dry mashed potato. Mix to a medium dough with a little water. Roll out. Cut into squares or rounds. Place a portion of the sausage mixture in the centre. Fold over the pastry and seal the edges. Bake until cooked and brown. Serve with potatoes and carrot salad.

Cooked Carrot Salad.

Carrots	10	lb.
Mustard and Cress		$\frac{1}{2}$	lb.

METHOD.

Cook and slice carrots, mix with mayonnaise and seasoning and cover with mustard and cress.

Drink.

Milk and tea or coffee or cocoa. See p. 11.

* See page 8

MEAL 3.

Bacon and Potato Fadge.

Potatoes 65 lb.
Flour 5 lb.
Milk to bind
Parsley (chopped) .. ½ lb.
Seasoning
Bacon 6 lb.

METHOD.

Cook and mash potatoes. Work in the flour and parsley mashed with milk if necessary. Roll out half an inch thick, cut into portions and fry in the bacon fat. Serve with fried bacon.

Swede and Chutney Salad.

Raw swedes 5 lb.
Chutney to flavour
Seasoning
Wheatmeal bread .. 10 lb.
Margarine 1½ lb.

METHOD.

Wash swedes and grate very finely. Season. Mix with chutney and serve with bread.

Drink.

Milk and tea or coffee or
cocoa. See p. 11.

All quantities sufficient for 100 persons.

MEAL 9.

Vegetable Soup.

Carrots 15 lb.
 *Onions, leeks or
 celery 2 lb.
 Turnips 2 lb.
 Cabbage 6 lb.
 Oatmeal or wheat-
 meal flour 2 lb.
 Potatoes 30 lb.
 Milk 30 pints
 Water or stock
 Seasoning
 Browning
 Vegetable extract
 4 tablespoonfuls
 Wheatmeal bread 10 lb.

METHOD.

Prepare and cut up vegetables. Cover with water, season, bring to the boil and simmer until the vegetables are soft. Add blended oatmeal one hour before the soup is cooked. Just before serving add the milk and reheat but do not boil. Colour with gravy browning if desired.

Wheatmeal Scones.

Wheatmeal flour .. 5 lb.
 White flour 5 lb.
 Baking
 powder 4-5 tablespoonfuls
 Margarine 1½ lb.
 Milk to mix
 Salt

METHOD.

Mix together all dry ingredients. Rub in fat. Mix to soft dough with milk. Form into scones. Bake in a hot oven for 10—20 minutes. Serve with salad.

Beetroot and Cabbage Salad.

Cabbage 5 lb.
 Beetroot 3 lb.
 Potato (cooked) .. 10 lb.

METHOD.

Wash cabbage and shred finely. Mix potatoes with mayonnaise (p. 11). Season and serve with cooked beetroot and shredded cabbage.

Tea see p. 11.

* See page 8.

All quantities sufficient for 100 persons.

MEAL 10.

Salmon Cutlets.

Salmon (canned or chilled) ..	10 lb.	} Sauce
Potatoes ..	10 lb.	
Wheatmeal breadcrumbs	2 lb.	
Parsley ..	4 oz.	
Seasoning		
Flour	6 oz.	}
Margarine ..	6 oz.	
Milk	3 pints	
Seasoning		
Cooking fat..	1½ lb.	
Potatoes ..	65 lb.	
Watercress ..	3 lb.	
Wheatmeal bread ..	10 lb.	
Margarine ..	1 lb.	

METHOD.

Cook and mash the potatoes, add flaked salmon and bread-crumbs and season well. Make a thick sauce with flour, fat and milk. Add the sauce and finely chopped parsley to the salmon mixture. Form into cutlet shapes or cakes. Roll in browned breadcrumbs and bake with dabs of fat. Serve with watercress and potatoes.

Drink.

Milk and tea or coffee or cocoa. See p. 11.

All quantities sufficient for 100 persons.

MEAL 11.

Vegetable Potato Pie.

Haricot beans	..	5 lb.
Carrots	15 lb.
Turnips	5 lb.
*Onions, leeks or		
celery	2 lb.
Parsnips	3 lb.
Oatmeal or wheat-		
meal flour	..	1 lb.
Potatoes	10 lb.
Margarine	12 oz.
Mixed herbs to		
flavour		
Water or stock		
Seasoning		
Potatoes	65 lb.
Milk	3 pints.
Margarine	12 oz.

Wheatmeal bread 10 lb.

METHOD.

Wash and soak beans overnight. Prepare and cut up carrots, turnips, parsnips, onions and 10 lb. potatoes, add beans, herbs and seasoning. Cover with water, bring to the boil and cook until tender. Blend the oatmeal with some of the vegetable stock, and stir into the vegetables. Place the mixture in pie dishes and cover with the 65 lb. potatoes mashed with milk, margarine and seasoning. Dot with margarine and brown in oven or under the grill. Serve with salad.

Cabbage and Carrot Salad.

Cabbage	3 lb.
Carrot	3 lb.

Wash cabbage, shred finely and mix with raw grated carrot. Mix with mayonnaise (see page 11).

Drink.

Milk and tea or cocoa or coffee. See p. 11.

* See page 8

All quantities sufficient for 100 persons.

MEAL 12.

Herring Patties.

Herrings ..	15 lb.	} Filling
Flour	6 oz.	
Milk	3 pints	
Seasoning		
Oatmeal ..	2½ lb.	} Pastry
Flour	5 lb.	
Salt		
Cooking fat ..	3 lb.	
Potatoes	65 lb.	
Watercress	3 lb.	
Wheatmeal bread ..	10 lb.	
Margarine	1½ lb.	

METHOD.

Wash, fillet and steam herrings. Make a white sauce. Bone and mince the herrings and stir into the sauce.

Make oatmeal pastry as for shortcrust pastry. Line patty cases and bake. Fill the patty cases with the herring mixture. Serve with watercress and potatoes.

Drink.

Tea and milk or coffee or cocoa. See p. 11.

D. EMERGENCY CANTEEN MEALS.

Some suggestions are offered for simple meals which could easily be provided in the event of serious interference with the operation of a canteen kitchen. These meals take the form of good, nourishing soups or stews which can be cooked on a low heat and with very simple equipment. Under the worst conditions they could probably be prepared in dixies over an open trench fire made with bricks on any flat surface.

Six examples of such meals are given. They are not "snacks," but good, nutritious, "square" meals.

MILK

An allowance of one-third pint per head is recommended. It is best given as cocoa or coffee. If it is not convenient to give it in this form it can be added to the soup or stew in place of some of the water or stock. In the latter case it should be added after the soup or stew is cooked and the whole brought to serving temperature.

POTATOES

It will probably be found best to cook these in the stews. They need not be peeled, but merely scrubbed and sliced.

1 Thick vegetable soup or stew	Wheatmeal bread and margarine	Tea
2 Meat stew with mixed vegetables	Wheatmeal bread and margarine	Cocoa
3 Split pea and carrot soup	Wheatmeal bread and margarine. Raw cabbage and chutney	Tea
4 Fish Hash	Wheatmeal bread and margarine. Turnip and beet-root salad	Cocoa
5 Potato and watercress soup	Wheatmeal bread and margarine. Carrot and cabbage salad	Tea
6 Rabbit stew	Wheatmeal bread and margarine. Carrot and celery	Cocoa

All quantities sufficient for 100 persons.

EMERGENCY MEAL 1.

Thick Vegetable Stew.

Cabbage	9 lb.	
Parsley	2 oz.	
*Onions or leeks ..	3 lb.	} or 10 lb. root vegetables.
Turnips or celery ..	3 lb.	
Parsnips	4 lb.	
Potatoes	65 lb.	
Split peas	3 lb.	
Milk	30 pints	
Water or stock		
Oatmeal or wheatmeal		
flour	2 lb.	
Carrots, raw, grated	4 lb.	
Vegetable extract ..		
4 tablespoonfuls		
Cooking fat	1 lb.	
Wheatmeal bread ..	25 lb	
Margarine	1½ lb.	

Tea see p. 11.

EMERGENCY MEAL 2.

Meat Stew with Mixed Vegetables.

Meat (bully beef, etc.)	10 lb.	
Haricot beans ..	5 lb.	
*Onions or leeks ..	10 lb.	} or 30 lb. mixed vegetables.
Carrots	20 lb.	
Potatoes	65 lb.	
Oatmeal or wheatmeal		
flour	1 lb.	
Parsley (chopped) ..	1 lb.	
Water or stock		
Cooking fat	1 lb.	
Wheatmeal bread ..	25 lb.	
Margarine	1½ lb.	

Cocoa see page 11.

* See page 8

All quantities sufficient for 100 persons.

EMERGENCY MEAL 3.

Pea and Carrot Soup.

Split peas or lentils	8 lb
Carrots (grated) ..	12 lb.
Swedes	5 lb.
*Onions or leeks ..	5 lb.
Potatoes	65 lb
Oatmeal or wheatmeal flour	2 lb.
Milk	30 pints
Water or stock ..	45 pints
Cooking fat	1 lb.

Wheatmeal bread ..	25 lb.
Margarine	1½ lb.
Cabbage (raw, grated)	4 lb
Chutney	

} Sandwich

Tea see p. 11.

EMERGENCY MEAL 4.

Fish Hash.

Salt white fish ..	10 lb.
Sage	2 oz.
*Onions or leeks ..	5 lb.
Potatoes	65 lb.
Cabbage	35 lb.
Water or stock	
Cooking fat	1 lb.
Wheatmeal bread ..	25 lb
Margarine	1½ lb.
Beetroot (cooked) ..	4 lb.
Turnip (raw, grated)	2 lb.

Mayonnaise

Cook vegetables and fish in
separate boilers. Serve to-
gether.

Cocoa see page 11.

* See page 8

All quantities sufficient for 100 persons.

EMERGENCY MEAL 5.

Potato and Watercress Soup.

Potatoes	75 lb.	
Watercress	6 lb.	
Oatmeal or wheatmeal			
flour	1 lb.	
Milk	30 pints	
Water or stock			
Seasoning			
Cooking fat	1 lb.	
Wheatmeal bread (dry			
to eat with soup)		10 lb.	
Wheatmeal bread	..	25 lb	
Margarine	1½ lb	
Carrot (grated)	..	3 lb.	} Serve with mayonnaise or oil and vinegar if available.
Cabbage (shredded)		3 lb.	
*Onion (grated)	..	1 lb.)	

Tea see p. 11.

EMERGENCY MEAL 6.

Rabbit Stew.

Rabbits (15)	20 lb.	
Carrots	20 lb.	
*Onions or leeks	10 lb.	} or 30 lb. mixed root vege- tables
Potatoes	65 lb.)	
Water or stock			
Oatmeal or wheatmeal			
flour	1 lb.	
Cooking fat	1 lb.	
Seasoning			
Herbs			
Wheatmeal bread	..	25 lb	
Margarine	1½ lb.	} Sandwich
Carrot (raw, grated)	..	4 lb.	
Celery (chopped)	..	2 lb.	
Pickles to flavour			

Cocoa see page 11.

* See page 8.

ADDITIONAL MEATLESS (VEGETABLE) RECIPES.

VEGETABLE PIE	SAVOURY POTATO ROLL
VEGETABLE PUDDING	SCALLOPED POTATOES
VEGETABLE FLAN	STUFFED POTATOES
VEGETABLE ROLY-POLY	VEGETABLE HOT-POT
VEGETABLE PASTIES	CABBAGE MOULD
VEGETABLE	VEGETABLE CHARLOTTE
SAUSAGE ROLLS	BAKED PEASE PUDDING
BAKED VEGETABLE	LENTIL CUTLETS
SAUSAGE	VEGETABLE-TOAD
VEGETABLE	STUFFED MARROW
COTTAGE PIE	POTATO EGGS
VEGETABLE	
POTATO FLAN	

SERVE ALL THESE DISHES WITH POTATOES AND A VEGETABLE.

All quantities sufficient for 100 persons.

Vegetable Pie.

Haricot beans	5 lb.	
(or other pulse vegetables)		
Carrots	.. 15 lb.	
Turnips	.. 5 lb.	
*Onions, leeks		} or 10lb. other root vegetables
or celery	.. 2 lb.	
Parsnips	.. 3 lb.	
Oatmeal or wheatmeal		
flour	1 lb.	
Stock or water		
Vegetable extract		
4 tablespoonfuls		
Flour 5 lb.	
Oatmeal or wheatmeal		} Pastry
flour	2½ lb.	
Fat (as much margarine as available)	3 lb.	
Salt		

METHOD.

Wash and soak beans overnight. Prepare and cut up vegetables, add beans and seasoning. Cover with water, bring to boil and cook until tender. Blend the oatmeal with a little water and stir into vegetable and add vegetable extract. Put all into pie dishes and cover with oatmeal or potato short-crust pastry. Cook in hot oven until brown.

Cook potatoes separately although some may be cooked in the pie. Serve with thick brown gravy. If fat is available fry the cut up vegetables for about 10 minutes before adding the stock or water.

* See page 8.

Vegetable Pudding.

Flour	5½ lb.	Pastry
Baking powder	2½ tablespoons		
Oatmeal or wheatmeal flour	2½ lb.		
Suet	2 lb.	
Salt.			
Mixed vegetables	15	lb.	
Potatoes	10 lb.	
Parsley	4 oz.	
Oatmeal or wheatmeal flour	1	lb.	
Seasoning			
Vegetable extract	4	tablespoonfuls	
Stock or water			

METHOD.

Make oatmeal suet pastry and line basins, leaving sufficient for the top. Scrub and slice carrots and potatoes and put in basins in alternate layers sprinkling chopped parsley, seasoning and oatmeal between. Pour in stock or water in which vegetable extract has been dissolved. Cover with remaining pastry and steam 3 hours. Turn out and serve with gravy.

Vegetable Flan.

Flour	6 lb.	Pastry
Potato (cooked)	3	lb.	
Baking powder	3	tablespoons	
Fat	3 lb.	
Salt			
Milk	6 pints	Sauce
Flour	3 lb.	
Fat	¼-½ lb.	
Parsley	3-4 oz.	

Cooked vegetables 20-25 lb.
(pulses, carrots turnips, swedes, celery, cabbage, beetroot, etc. In summer make use of fresh peas and beans, spring onions and salad vegetables, using mint to add flavour).

METHOD.

Line flan tins with pastry. Prick well with a fork and bake until firm but not browned. Make sauce, stir in cooked chopped vegetables and pour mixture into flans. Garnish with peas or grated carrot and bake in moderate oven for 20-30 minutes.

All quantities sufficient for 100 persons.

Vegetable Roly-Poly.

Raw mixed			
vegetables	15 lb.		
Soaked pulse			
vegetables	5 lb.		
Seasoning			
Oatmeal or			
wheatmeal flour	2½ lb.	}	Pastry
Flour	5 lb.		
Fat	3 lb.		
Salt			

METHOD.

Make oatmeal pastry as for short crust, taking care to rub the fat well in. Mix to a moist dough. Prepare and cut up the vegetables into very small pieces. Roll out the pastry to wide and long strips. Spread over the vegetables. Season and roll up. Tie in floured pudding cloths and steam for 3-4 hours. Serve with brown gravy, potatoes and a vegetable.

Vegetable Pasties.

Flour	5 lb.	}	Pastry
Oatmeal or			
wheatmeal flour	2½ lb.		
Fat	3 lb.		
Salt			
Mix cooked			
vegetables	25 lb.		
including pulses,			
potatoes, carrots			
Parsley	3-4 oz.		
Stock or water			
Vegetable extract			
	4 tablespoonfuls		

METHOD.

Make pastry as for short crust and roll into rounds. Mix together vegetables and parsley and moisten with vegetable stock in which vegetable extract has been dissolved. Pile on to pastry, fold over edges and seal with a little water. Bake in a hot oven until brown. Serve with gravy, potatoes and a vegetable.

Vegetable Sausage Rolls.

Flour	5 lb.	} Pastry
Oatmeal or wheatmeal flour	2½ lb.	
Fat	3 lb.	
Potatoes ..	25 lb.	
Mixed, cooked vegetables	15 lb.	
Parsley ..	3-4 oz.	
Vegetable extract	4 tablespoonfuls	

METHOD.

Boil the potatoes, and mash them with seasoning. Make the pastry, and roll out to ¼-in. thick. Mix the potato with the chopped parsley, vegetables and vegetable extract dissolved in a little stock or water. Cut the pastry into oblongs, put a roll of the potato mixture on the pastry, wet the edges and fold over, as for sausage rolls. Bake for 15 minutes. Serve hot with gravy or cold with salad.

Baked Vegetable Sausage.

Mixed vegetables	15 lb.
Pulse vegetables	5 lb.
Potatoes	10 lb.
Wheatmeal bread- crumbs	2 lb.
Milk	4 pints
Oatmeal (fine) or wheatmeal flour	½ lb.
Vegetable extract	4 tablespoonfuls
Browning	
Seasoning	
Herbs	
Toasted oatmeal or browned breadcrumbs	

METHOD.

Cook and mash together vegetables and potatoes. Make a thick sauce with oatmeal, milk and vegetable extract. Add browning and herbs. Stir in vegetable mixture and bread crumbs. Season well. Make into sausage shapes, roll in toasted oatmeal and bake. Serve hot with thick gravy, or cold with salad.

Vegetable Cottage Pie.

Pulse vegetables	5 lb.
Mixed vegetables	15 lb.
Parsley	½ lb.
Stock or water	
Oatmeal or wheatmeal flour	½ lb.
Potatoes	20 lb.
Seasoning	

METHOD.

Cook and slice or chop vegetables. Put in dishes and sprinkle in oatmeal and seasoning. Pour in stock or water. Cover with cooked mashed potatoes and bake until brown.

All quantities sufficient for 100 persons.

Vegetable Potato Flan.

Potatoes	20 lb.	
Flour or oatmeal	2 lb.	
Mixed vegetables	15 lb.	
Pulse Vegetables	5 lb.	
Seasoning		
Mint		
Milk	6 pints	
Oatmeal or		
wheatmeal flour	1 lb.	}
Fat	$\frac{1}{4}$ - $\frac{3}{4}$ lb.	
Browning		
Vegetable extract		
2 tablespoonfuls		
Browned breadcrumbs		

METHOD.

Cook and mash potatoes. Work in flour or oatmeal and seasoning. Line flan tins. Cook vegetables, make gravy mix all together with seasoning and chopped mint and pile in flans. Sprinkle with browned bread crumbs. Bake.

Savoury Potato Roll.

Potatoes	30 lb.
Oatmeal or wheat-	
meal flour	2 lb.
Onions or leeks ..	3 lb.
Carrots	10 lb.
Sage	
Seasoning	
Milk	
Browned breadcrumbs	

METHOD.

Cook and mash potatoes. Work in oatmeal, raw grated carrots and onions, sage and seasoning. Make into rolls, coat with milk and browned bread crumbs and bake or fry. Serve with thick gravy. This mixture can also be made into potato cakes or croquettes.

Scalloped Potatoes.

Potatoes	50 lb.
Onions, leeks,	
carrots or celery	12 lb.
Parsley	4 oz.
Oatmeal or	
wheatmeal flour ..	1 lb.
Milk	20 pints
Seasoning	

METHOD.

Scrub the potatoes and cut into thick slices. Prepare and slice onions or other vegetables. Season the oatmeal. Grease pie dishes and fill with layers of potato, vegetable, oatmeal and parsley, ending with potatoes. Pour over milk or milk and water. Bake for $1\frac{1}{2}$ -2 hours. Serve with two other vegetables and gravy or sauce.

Stuffed Potatoes.

Potatoes	100	
Mixed vegetables ..	15 lb.	
(dried peas, haricot beans, butter beans, celery, carrots, swedes, etc.)		
Milk	5 pints	} Sauce
Oatmeal (fine) or wheatmeal flour	10 oz.	
Parsley	3-4 oz.	

METHOD.

Bake potatoes in their jackets in the oven, cut in half and remove some of the inside. Mix with the cooked chopped parsley vegetable and white sauce and pile into the potatoes. Reheat and serve with gravy and vegetables. A little cooked herring or other fish may be added.

Vegetable Hot Pot.

Mixed vegetables ..	15 lb.
Pulse vegetables ..	5 lb.
Potatoes	10 lb.
Stock or water	
Vegetable extract	4 tablespoonfuls
Herbs	
Seasoning	

METHOD.

Prepare and cut up all vegetables. Put in dishes with seasoning and herbs. Pour in stock in which vegetable extract has been dissolved. Cover with layers of sliced potato and dot with margarine if available. Cook in oven 3-4 hours. May be stewed if preferred.

Cabbage Mould.

Cabbage	15 lb.
Lentils	5 lb.
*Onions or leeks ..	2 lb.
Oatmeal or wheatmeal flour	1 lb.
Sage	
Seasoning	

METHOD.

Line pudding basins with outer green leaves of cabbage. Chop hearts and cook with cooked mashed lentils, onions, oatmeal, seasoning and sage. Press into basins, fold over cabbage leaves, cover with greased paper and steam for 1½ hours.

* See page 8.

All quantities sufficient for 100 persons.

Vegetable Charlotte.

Wheatmeal			
bread (toasted)	10	lb.	
Mixed			
vegetables	15	lb.	
Pulse vegetables	5	lb.	
Margarine	1½	lb.	
Oatmeal or wheat-			
meal flour	1	lb.	
Milk	..	6	pints
Parsley	..	4	oz.
Vegetable extract			
	4	tablespoonfuls	
Browning			
Seasoning			

Sauce

METHOD.

Fry bread in margarine or spread margarine on toast and line pie dishes. Prepare cook and slice vegetables, put in pie dishes. Pour over sauce, cover with a layer of bread. Bake in a moderate oven until crisp and brown.

Baked Pease Pudding.

Split peas	15	lb.
Potatoes	5	lb.
*Leeks, celery, onion			
or carrot	..	2	lb.
Parsley	2	oz.
Water	20	pints
Milk	3	pints
Margarine	..	2	lb. or less
Seasoning			
Worcester sauce			

METHOD.

Soak peas overnight. Strain off liquid and heat to the boil. Add peas and sliced vegetables and potatoes. Cook until soft. Mash well, add flavouring and if necessary add milk.

Add margarine, chopped parsley and seasoning. Put all into greased pie dishes and bake for ¼-1 hour. Serve with brown gravy containing vegetable extract, potatoes and a vegetable.

* See page 8.

Lentil Rissoles.

Fat 1½ lb. or less
 Oatmeal or wheat-
 meal flour 1½ lb.
 Milk 12-15 pints
 Lentils .. 25 lb.
 soaked, cooked and
 mashed
 *Onions or
 leeks (cooked) 4 lb.
 Salt and pepper

METHOD.

Melt the fat, add the oatmeal and cook for 2-3 minutes. Add the milk gradually and cook until it thickens. Add chopped onion and the lentils, and cook until it forms a fairly stiff consistency. Turn on to an oatmealed board. Form into balls or rissoles, and fry in hot fat until browned or bake. Serve with potatoes, vegetable and gravy or sauce.

Vegetable Toad.

Milk	20 pints	} Batter
Flour	5 lb.	
Oatmeal or			
wheatmeal flour		3 lb.	
Baking powder			
8 level tablespoons			
Pulse vegetables		5 lb.	
Mixed vegetables		15 lb.	
Herbs			
Seasoning			

METHOD.

Make batter. Cook and slice vegetables. Mix with herbs and seasoning. Put into greased dishes, pour over batter. Bake until brown. Serve with gravy.

Stuffed Marrow.

Marrow .. 30 lb. (approx.)
 Breadcrumbs 2 lb.
 Mixed vegetables 12 lb.
 Pulse vegetables 3 lb.
 Milk
 Seasoning
 Herbs

METHOD.

Prepare and cut off ends of marrow. Remove pulp. Cook vegetables, mash and mix with breadcrumbs, herbs, seasoning and milk. Stuff into marrow. Replace ends and bake or steam. Serve in slices with brown gravy.

Potato Eggs.

Carrots 20 lb.
 Parsley 4 oz.
 Oatmeal or
 wheatmeal flour 1 lb.
 Potatoes 20 lb.
 Seasoning
 Toasted oatmeal or
 browned breadcrumbs

METHOD.

Prepare, cook and mash carrots. Work in fine oatmeal, parsley and seasoning. Roll into balls. Cook and mash potatoes, season and mould round carrot balls. Roll in toasted oatmeal and bake or fry. Serve hot with brown gravy, or cold with salad.

* See page 8.

SANDWICH FILLINGS

- (1) In all sandwiches use wheatmeal bread. Margarine or butter is not essential, particularly when the spread is soft. If, however, either is available, it adds to the value of the meal. "Open" sandwiches are made by using one slice of bread only, and leaving the spread uncovered.
 Similar fillings may also be used in scones, rolls and jacket potatoes. They are also suitable for making savoury toast by piling or spreading on slices of toasted bread and reheating under the grill.
- (2) To give variety and something to bite on:—
 - (a) Fry or toast the bread on the inside only and fill with a soft spread.
 - (b) Grill or fry the sandwich after filling.
 - (c) To make a soft spread more solid, mix in toasted oatmeal, rolled oats or browned wheatmeal bread-crumbs.
- (3) Use all fillings and spreads generously, so that there is a thick layer between the slices of bread.
- (4) The nutritional value of these sandwiches is considerably improved if served with a raw vegetable such as watercress, lettuce, shredded cabbage, grated carrot, chopped parsley, or a mixture of these bound with mayonnaise, pickle or chutney. Spread the filling on one slice, the salad vegetable on the other and place together. Alternatively serve the raw vegetable as a garnish.
- (5) These recipes are not intended for keeping or storing. They are for immediate use, and should not be kept for longer than two days unless otherwise stated.

SAVOURY SPREADS.

All quantities sufficient for 100 sandwiches (approximately).

(1) LENTIL SPREAD.

Lentils, split peas or haricot beans	..	2½ lb.
Potatoes (cooked)	1¼ lb.
Grated carrot, raw	2½ lb.
Vegetable (yeast) extract	3 oz.
Seasoning		

Soak lentils overnight. Cook in salted water until soft and the water absorbed. Mash potato with milk, mix with lentil mixture and grated carrot, and beat in vegetable extract to flavour. Allow to cool.

(2) VEGETABLE SPREAD.

Carrots	2½ lb.
Swedes or other vegetable	1¼ lb.
Potato	2½ lb.
Spring onion or watercress or onion	¼ lb.
Seasoning		

Cook vegetables, skin and mash. Mix with chopped spring onion or watercress and mayonnaise.

For mayonnaise recipe see p. 11.

(3) POTATO SPREAD.

Potato	.. 6 lb.	Margarine ¼ lb.
Milk	.. ½ pint	Vegetable extract	.. 3 oz.

Cook potatoes and mash with hot milk in which the vegetable extract and margarine have been melted. Set aside to cool. Chopped spring onion may be used in place of vegetable extract.

(4) SALMON LOAF.

Salmon (canned or chilled)	2 lbs.	or sardines, pilchards,
Breadcrumbs 1 lb.	herrings.
Milk 4 pints	
Flour or fine oatmeal	.. 1 lb.	
Salt and pepper		

Make a thick white sauce with the flour and milk. Mash the salmon and breadcrumbs together, add to the sauce and beat well. Put in a greased basin, jar or cup, cover with greased paper, and steam 1 to 1½ hours. When cold turn out and slice.

(5) SALMON AND POTATO SPREAD.

Salmon (canned or chilled), or sardines, pilchards,	
herring, kipper (cooked) 2 lb.
Potato 4 lb.
Breadcrumbs	
Salt and pepper	

Cook potatoes and mash with salmon. Season, and if necessary add breadcrumbs and/or toasted oatmeal to absorb the salmon juice, and make the mixture a spreading consistency.

(6) RABBIT PASTE.

Chop finely left-over rabbit, and add a little cooked bacon if available. Moisten with gravy, add a little sauce or curry powder and seasoning. Mix with breadcrumbs or toasted oatmeal and beat well. If desired, mix in browning to colour.

(7) VEGETABLE CURRY.

Mixed vegetables	2 lb.	Spring onion	¼ lb.
Boiled rice	.. 2 lb.	Margarine	¼ lb.
Curry powder		2 tablespoonfuls

Fry diced vegetables and finely-chopped spring onion in margarine. Add a little vegetable water, stir in curry powder and seasoning. Mix with cooked rice and allow to cool.

(8) BACON SPREAD.

Minced bacon rinds 1 lb.

Raw rolled oats .. 1 lb.

Sage
Spring onion } chopped 2 oz.

Pepper

Water or stock .. 4 pints

Mix minced bacon rinds with rolled oats or wheatmeal breadcrumbs. Add water or stock, stir in and bring slowly to the boil. Cook gently 3-5 minutes or until the mixture leaves the sides of the pan. Leave overnight to cool.

(9) MASHED SARDINE, PILCHARD OR HERRING.

—Mix with raw, grated carrot, salt and pepper to flavour.

(10) SLICED SAUSAGE WITH SHREDDED CABBAGE.

—Salt, pepper and pickle or chutney to flavour.

(11) SLICED SAUSAGE WITH POTATO and sliced raw spring onions, salt pepper, and mayonnaise to flavour.

(12) BAKED BEANS with raw grated carrot, shredded cabbage or chopped parsley, salt, pepper and mayonnaise to flavour.

(13) GRATED CARROT AND SHREDDED OR PICKLED CABBAGE mixed together with toasted oatmeal and bound with mayonnaise or pickle.

SWEET SPREADS.

(14) DATE SPREAD.

Stoned dates .. 2 lb. Cocoa ¼ lb.

Water 1 pint Mashed potatoes 1 lb.

Mince dates, blend cocoa with water, add potatoes and dates, and cook all together for 5-10 minutes. Allow to cool.

(15) DATE AND CARROT SPREAD.

Carrots (raw) 5 lb.

Dates or figs or other dried fruit 1½ lb.

Mince together and use as a spread.

(16) LEMON SPREAD.

Oatmeal (fine) 1½ lb. Milk and water 6 pints

Custard Powder 6 oz. Lemon essence ¼ teaspoonful

Cook the oatmeal in the milk for 20 minutes, add the blended custard powder, and cook for another five minutes. When cold mix in the lemon essence and two melted saccharine tablets. If sweetened custard powder is used there is no need for saccharine.

AVOIDANCE OF WASTE IN CANTEENS.

The only wastage that should be tolerated is "plate wastage." Every effort should be made to cut this down to a minimum.

- (1) Do not give larger helpings than can be eaten.
- (2) Remove before cooking or serving any part of the food which would otherwise be left on the plate.

Apart from "plate wastage" all other left-over foods can and should be used up in some form or other.

Strict watch should be kept by the canteen manageress or supervisor to see that her staff understand fully the need for care in the prevention of waste. To help them they should be provided with a series of bins or boxes adequately labelled, e.g., "Plate Wastage," "Bones," "Papers," "Tins."

Fat.

- (1) Cut off all excess fat from meat before it is cooked. Either render down this fat or grate and use as suet.
- (2) Skim off fat which comes to the surface while cooking soups and stews.
- (3) See that the fat left in pan or dish after frying or roasting is poured off and made use of.

Bread.

Never allow stale bread to be thrown away. It can be made into:—

- (1) Breadcrumbs for puddings, pies and stuffing.
- (2) Brownd breadcrumbs for coating, etc.
- (3) Soaked bread for puddings and savoury pies.
- (4) Rusks for serving with soup, etc.

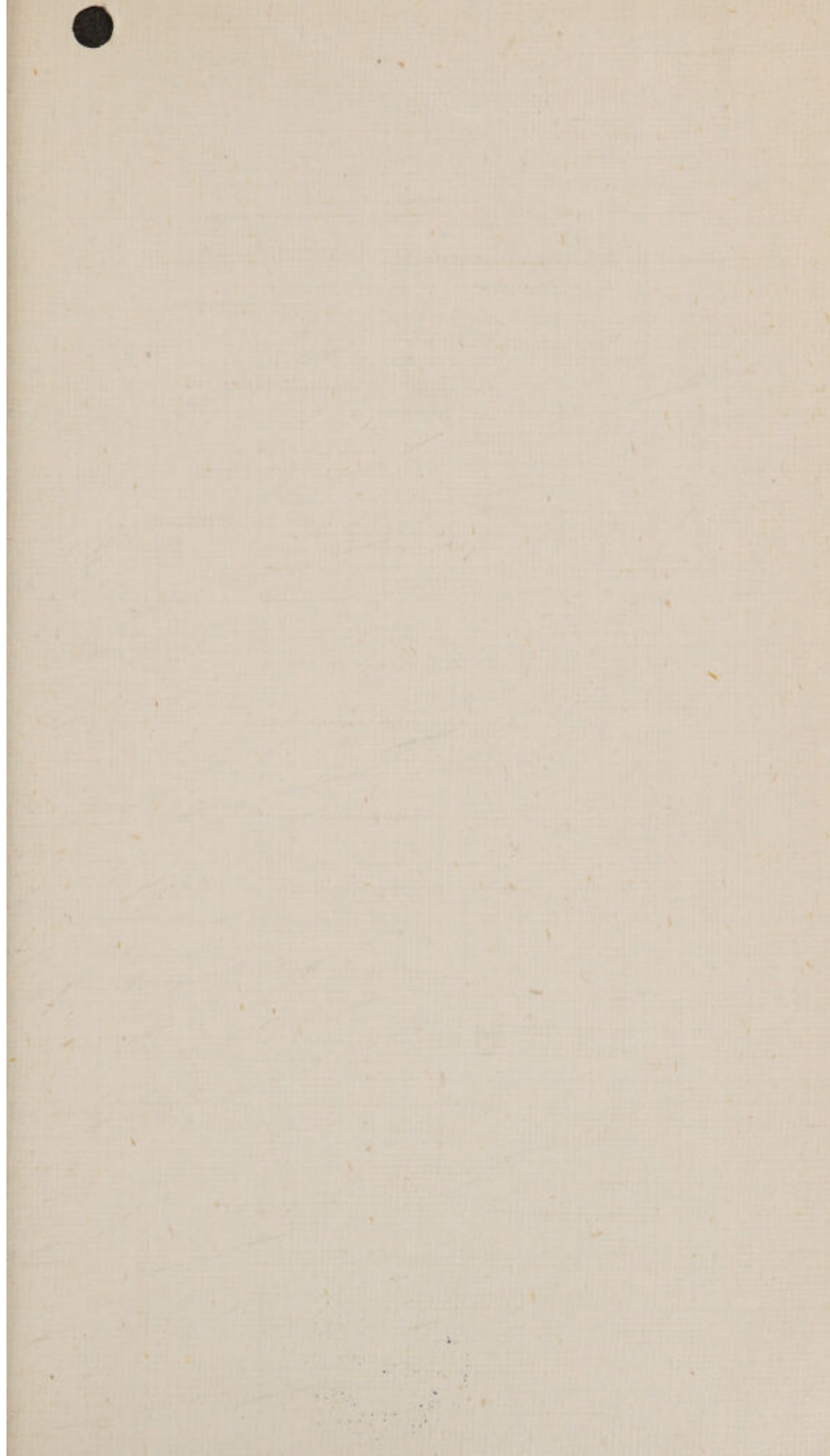
Vegetables.

- (1) The only waste which should be allowed in regard to vegetables is the decayed leaves and parts which are going bad.

(2) Outside leaves of green vegetables, if too tough for eating raw, should be cooked or shredded and added to the soup. Thick stalks can be grated and added to salads or soups.

- (3) Whenever possible, cook potatoes in their jackets.





7.1.9. 1534.

Catering establishments allowed.

1 lb tea per 280 hot beverages served

= 10g per 17½