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Contributors

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GREEN VEGETABLES



No country in the world grows vegetables better than we do, and probably no country in the world cooks them worse. For generations we have wasted our root vegetables by excessive peeling and over-cooking, and boiled most of the goodness out of our green vegetables—only to pour it down the sink.

When fresh fruit is short we need green vegetables more than ever because they all contain the important fresh fruit vitamin, Vitamin C. Some have more than others. Brussels Sprouts, parsley and watercress all contain more than oranges; cabbage, cauliflower, spinach, swedes, broccoli, turnip tops and kale are all good sources of this vitamin. Not only do green vegetables give us vitamin C, but also vitamins A and B, iron and calcium. Green peas and beans, broad, French and runner, make a welcome change in the menu, but remember they do not take the place of the leafy, green vegetables, as they contain only a little vitamin C. See that you have a salad a day as well as peas and beans when they are in season.

GREEN VEGETABLES should be served in other ways than as an accompaniment to a meat course. They make excellent supper or lunch dishes, combined with cheese, eggs, bacon, meat or milk. They are invaluable raw as sandwich fillings and also as salad served with hot or cold dishes.

For healthy eating plan to have a green leafy vegetable at least once every day.

If vegetables are cooked carelessly much of their food value is lost. Their vitamin C—the fresh fruit vitamin—is easily destroyed by bad cooking. Throwing away the cooking water also wastes valuable mineral salts and vitamins.

So when you cook green vegetables follow these rules:

GENERAL RULES FOR ALL GREEN VEGETABLES

- 1** Use as fresh as possible. If you grow your own vegetables do not gather until you actually need them.
- 2** Wash the vegetables thoroughly, but avoid soaking where possible and never soak for long. Half an hour in cold salted water is enough for even the most tight-hearted cabbage.
- 3** Never drown vegetables. You need only just enough water to keep the pan from burning. Allow $\frac{1}{4}$ pint of water and 1 dessertspoon of salt for each 2 lb. of vegetables. The water must be boiling before the vegetables are added.
- 4** Cook with the lid on the pan. If you have no lid a plate can be used. This point is important because the vegetables are to be "steam-boiled" and if the steam is allowed to escape the pan will go dry and burn.
- 5** Boil briskly for 10-15 minutes, giving the pan an occasional shake.
- 6** Drain off any liquid and use for making soups and gravies or thicken with flour and use as a sauce. See recipe.
- 7** Serve the vegetables at once. Keeping hot or re-heating will destroy the vitamin C. Before serving, if you can spare it, add a teaspoonful of margarine to the vegetables and toss them well.

If these suggestions are followed the vegetables will be crisp and full of flavour. They will also retain the greater part of their vitamin and mineral salts.



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CABBAGE, SAVOY & RED CABBAGE

Allow 1½ lb. for 4 portions. Remove the dark or coarse outer leaves and use them shredded in soups or stews. Do not throw them away because they contain more of the vitamins and mineral salts than the more tender inner leaves. Cut the cabbage in quarters and wash well. Then shred with a sharp knife cutting across from top to stem. Cook quickly in a little water as described in General Rules. All sorts of additions may be made to cabbage or savoy cooked in this way. A few bacon rinds chopped small; a few teaspoons of vinegar and a sprinkling of nutmeg, or perhaps a shake of caraway seeds, and you have something quite new and intriguing.

SPRING GREENS

Allow 1½ lb. for 4 portions. Wash well and shred with a sharp knife. Treat in the same way as cabbage.

KALE

Allow 2 lb. for 4 portions. Wash well and unless the kale is very young and tender strip the leaves off the tougher stalks. Use the stalks for soup or stock. If the leaves are large shred them before cooking in the same way as cabbage.

SPINACH

Allow 2 lb. for 4 portions. Wash the spinach very thoroughly, shake and put in a pan without any water. Sprinkle with a little salt, put on the lid and cook gently until tender (about 10 minutes). Drain and serve or, if preferred, the spinach may be chopped and a little margarine and pepper added, with a pinch of mace or nutmeg.



TOPS

Allow 1½ lb. for 4 portions. Broccoli tops, turnip tops and beetroot tops have good food value and are excellent if cooked as already described for cabbage. So are the broad bean tops which gardeners always pick off.

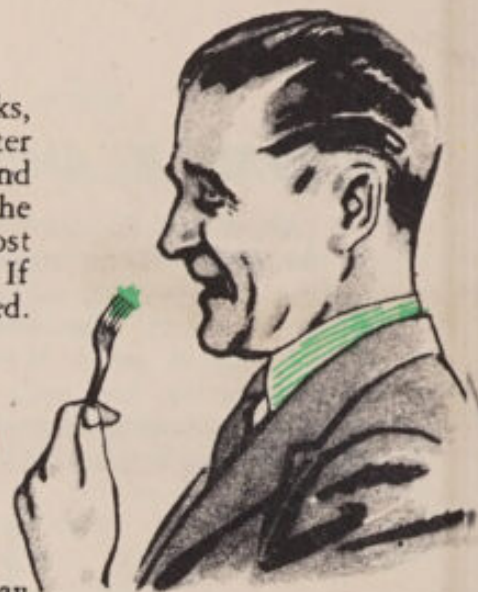
BRUSSELS SPROUTS

Allow 1½ lb. for 4 portions. Remove any decayed leaves and wash well. Cut very large sprouts in half. Cook as described in "General Rules for all Green Vegetables."

CAULIFLOWER & BROCCOLI

Allow 1 large head for 4 portions. Break into sprigs and wash well. Cook as described in "General Rules for all Green Vegetables." When buying cauliflowers, always ask for the leaves as well as the flower, as the leaves make a

dish by themselves if cooked as cabbage. The stalks, cooked until tender in a very little boiling salted water and then drained, rolled in brown breadcrumbs and quickly fried in a very little hot fat or browned in the oven, have a nutty flavour and are a new dish to most people. They are also delicious grated raw in a salad. If peeled, the whole stem, from the root up, can be used.



SEAKALE BEET, SWISS CHARD OR SILVER BEET

Allow $1\frac{1}{2}$ lb. for 4 portions. The green leaves may be cooked separately as spinach and the white stalks cooked and served in the same way as celery, which it resembles in texture though not in flavour. When it is to be served as an accompaniment to meat and potatoes, the best flavour is obtained by cooking the leaves and stalks together. Slice the stalks and boil with the green tops in the same way as cabbage. Drain, season well with pepper, nutmeg or mace, and if possible, add a little fat.

YOUNG NETTLES

Allow 2 lb. for 4 portions. Pick only the very young and tender leaves, using gloves for picking. Wash well, cook and serve in the same way as cabbage.

PEAS

Allow 2 lb. for 4 portions, but the amount depends on the fullness of the pods. When boiling fresh garden peas put a teaspoonful of sugar, if possible, and a little salt in the water as well as the mint, and be careful not to cook them too long or too fast, or they will come out of their skins. If you are cooking another vegetable, peas are delicious cooked in a steamer on the top. Sprinkle with a pinch of salt and put a sprig of mint with them in the steamer. Save the water for soup and gravy.

FRENCH OR RUNNER BEANS

Allow $1\frac{1}{2}$ lb. for 4 portions. When young, cook whole with only the tops and tails removed. When older, the stringy vein which develops along the rib of the pod must be removed. Most housewives like to slice the beans lengthwise, but it is a great saving in time to break them with the fingers into 2 inch lengths, and less flavour is lost this way. Boil until tender in a very small amount of salted water. If you like your beans to glisten, add a teaspoonful of fat to the water. Be sure to save the water. It is good as a drink by itself or for gravy or soup.

BROAD BEANS

Allow 2-4 lb. for 4 portions. The amount needed depends on the fullness of the pods. When young, broad beans can be cooked, unshelled, in a little boiling salted water and eaten pod and all. Or the beans can be shelled and the pods sliced. The cooked sliced pods are very good as a hot vegetable or served cold in salad. When the beans are older the pods are too tough to eat as a vegetable, but make good stock for soup. Broad beans which have been allowed to mature in their pods may be stored for winter use. Make sure they are quite dry before packing in airtight tins. Soak and use as haricots.

RECIPES

SAUCE FOR VEGETABLES

$\frac{1}{2}$ oz. margarine, fat or dripping $\frac{1}{2}$ pint hot vegetable stock
2 tablespoons flour Salt and pepper
Pinch of nutmeg (optional)

Cook the vegetables as described under "General Rules for all Green Vegetables," strain and keep the vegetable water, making it up to half a pint if necessary with hot water. Melt the fat in the saucepan and mix in the flour, stirring until it is well blended. Add the vegetable water and stir until the mixture boils. Boil 5 minutes. Add seasoning (salt may not be needed as there will be some in the vegetable stock), nutmeg, if used, and the vegetables. Mix well and serve at once.

CREAMED CABBAGE

$\frac{3}{4}$ pint water $\frac{1}{2}$ oz. margarine or dripping
 $1\frac{1}{2}$ lb. shredded cabbage 3 tablespoons flour
2 teaspoons salt 4 tablespoons grated cheese
Pinch of pepper

Boil half a pint of water, add the cabbage and salt and boil 5 minutes. Add the margarine to this. Blend the flour and cheese with the remaining $\frac{1}{4}$ pint of water, add to the cabbage, season well and cook for another 10 minutes. Serve hot. Suitable for a lunch or supper dish.

PIQUANTE SPINACH

3 lb. spinach 2 teaspoons salt
 $1\frac{1}{2}$ rashers bacon 3 teaspoons horseradish sauce

Wash and prepare the spinach. Chop bacon and fry till golden brown. Add spinach and salt and moisten with a very little water. Cook until tender. Strain and chop well. Mix in horseradish and serve at once.

BEANS BEARNAISE

1 lb. runner beans 2 tomatoes, chopped
Small knob of fat Salt and pepper
1 oz. bacon chopped

Break beans into short lengths and cook until tender in a very little boiling salted water. Drain and keep hot. Place fat in pan and fry bacon and tomatoes. When cooked add the beans and mix well. Season and serve.

BROCCOLI or CAULIFLOWER with HOLLANDAISE SAUCE

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| 1 large or 2 small broccoli or cauliflowers | 4 peppercorns (in muslin bag) |
| 2 tablespoons flour | 2 dried eggs, reconstituted |
| $\frac{1}{2}$ pint milk or stock, or vegetable water | 3 tablespoons vinegar |
| | Pepper and salt |

Separate broccoli or cauliflower into small pieces and boil until tender in very little salted water. Drain. Mix the flour to a smooth paste with a little of the milk or stock, boil remainder, pour on to flour, return to pan, stir until it boils, and boil 5 minutes with the peppercorns. Remove from heat and add the eggs carefully, boil 2-3 minutes longer. Remove the peppercorns, add vinegar and seasoning and pour over the broccoli or cauliflower.

BRUSSELS SPROUTS A L'ITALIENNE

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| 1 lb. Brussels sprouts | Salt and pepper |
| Salt | Pinch of grated nutmeg |
| 1 oz. margarine | Lemon substitute |
| 1 oz. flour | 2-3 oz. grated cheese |
| 1 pint milk and vegetable water | |

Wash and clean the sprouts; cook in a little boiling salted water until tender. Drain, keeping the vegetable water. Melt the fat, add the flour and cook for about 2 minutes. Add the liquid, bring to the boil and cook for 5 minutes. Add seasoning to taste, grated nutmeg, a few drops of lemon substitute and grated cheese. Mix thoroughly. Add the sprouts to the sauce and heat through. Serve hot.

RED CABBAGE

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| 1 oz. fat or dripping | 1 tablespoon vinegar |
| 1 lb. red cabbage, shredded | Salt and pepper |
| 1 large onion, sliced | 2 teaspoons of sugar, brown if possible |
| 1 large apple, sliced | |
| 2 tablespoons stock or water | |

Melt the fat in a saucepan and add all the other ingredients. Cover with a tightly fitting lid and boil gently until the cabbage is tender, about 30-40 minutes. Shake the pan occasionally during cooking to prevent the cabbage from sticking. Do not cook over a fierce heat or the cabbage will boil dry. This is excellent served with pork or with grilled or fried sausages.

Ask for Ministry of Food Leaflet "Salads" and "Root Vegetables" or send a postcard to:

Food Advice Service, Ministry of Food, London W.1.

The Ministry of Food has compiled the "ABC of Cookery" which gives suggestions and methods for cooking and preparing food. Obtainable from H.M. Stationery Office or through any Bookseller. Price 1/- or 1/2 by post.

